

## **INFLUENCES OF HOCKEY COACHES, TEAM COHESION AND MOTIVATIONAL INTENSITY ON THE PERFORMANCE OF PAKISTANI FIELD HOCKEY PLAYERS**

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### **ABSTRACT**

The paper represented the findings of a superior study that highlights the lack of hockey coaches, team cohesiveness, motivational intensity and their influences on the performance of Pakistani national field hockey players. Field hockey recognized as Pakistan's national game (sport) with three Olympic and four world cup titles on its credit but no effort has been made to find out the factors which have turned Pakistan (as team) from the status of a giant into a pygmy from the last two decades. The problem to be addressed in current study was the lack of sufficient coaching structure, lack of team cohesiveness and lack of motivational intensity among players. A sample of 68 national field hockey players from four national departments affiliated with Pakistan Hockey Federation was chosen as respondents. The findings highlighted that current performance of national field hockey players did not compete to the factual requirements of international level and proposed certain alterations in current coaching structure, team cohesiveness and motivational intensity. Recommendations have been made to raise the excellence, relevance, and legitimacy of coaching structure as well as in team regarding cohesion and motivation with players' performance.

**KEYWORDS:** Coaching, Cohesiveness, Motivation, Performance, Achievements, National Players



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