

**COACHING OBJECTIVES OF THE FOURTH  
SAUDI DEVELOPMENT PLAN 1984-1990,  
AND IT'S EFFECTS ON PREPARING  
EXCELLENT ATHLETES**

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**ABSTRACT:**

This study aims at showing the importance of the coaching in the Saudi Arabian Sports Federations, and some of the relative organizations. This study was based on the descriptive method, and a questionnaire which was designed to collect data about the coaching policy and strategy, as well as financial aids and subsidies, provided by the Saudi government and sports authorities.

Moreover, the objectives of this study showed the number of coaches, coaching courses, organizing system, which supported the background of the Saudi coaching policy towards chalking out excellent plans for the Saudi coaches and athletes to play vital role in the Olympic and International sports activities.

Finally, some proposals and recommendations were presented to support and provide better chances to the coaching policy through the fifth Saudi development plan, 1990-1995.

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## INTRODUCTION:

In 1973, the department responsible for youth welfare became a directorate general within the ministry of labor and social affairs. In 1974, the General Presidency of Youth Welfare = (GPYW) was established by the Council of Ministers's Resolution no. 560 to carry out policy design, agency coordination, and planning functions under the Supreme Council for Youth Welfare," (MP, 1976).

The beginning of the golden age of Saudi sports and youth activities, the coaching policy has the following objectives:

- 1- "Raise the standards of excellence in sports and other activities to international levels.
- 2- Develop relationship needed to promote Sports and recreation activities, (MP, 1976)..

Statistical data of the studies show that the role of sports and youth coaching have become very vital in the Saudi development plans, therefore, the objectives in the Fourth Development plans (1985-1990)," have been included keeping in view the previous plans, to cover the wide ranged areas of coaching and other activities, such sports facilities, recreation and competitive sports. Physical fitness of the nation, increases the number of Saudi excellent athletes and their places on Arabian and international levels in different sports and youth championships".

(GPYW, 1980-1990)

On the other hand, the existing objectives present 50% of the Saudi development plan. However "in the field of sports, by 1985, the youth welfare agency has sponsored 154 sports clubs, with 53,000 members compared to 128 clubs and 35,000 members in 1980. For the first time, Saudi Arabia participated in the Olympic Games of 1984, in football and marksanship (archery). Sports activities culminated in the success of the Saudi national football team winning the Asian Football Cup in 1985, (MP, 1985-1990)

## **OBJECTIVES:**

The main objectives of this study can be stated as follows:

- 1- To implement the Saudi Coaching policy for juniors, youth and excellent athletes.
- 2- To present the Saudi budgets, methods, subsidies provided by the government and sports authorities.
- 3- To put forward lists of the Saudi qualified coaches, judges, and administrators including methods and curriculums for coaching courses.
- 4- To present some proposals for enhancing the Saudi coaching schemes, bearing in mind the quality and quantity of these schemes, in relation to the cooperation of all organizations working in sports and youth fields.

## **PROBLEMS:**

Usually, the problems for such studies arise from administrative, technical, sociological and financial sides, which can be presented as follows:

- 1- Coaches and their place in the employment cadre and society.
- 2- Advantages and disadvantages of coaching and their effects on coaching junior, youth and excellent athletes.
- 3- Using and utilizing modern equipment and facilities.

This study aims at presenting the Saudi point of view on coaching in relation to these points. Also it will show how these problems could be solved in the Saudi sports community.

## **METHOD, APPARATUS AND SUBJECTS:**

This study was based on the descriptive method. A questionnaire including some tables was specially designed for collecting data and material, which had been offered or published by the government or sports authority in Saudi Arabia. Later on, the questionnaire was administered to the main governing bodies of sport and youth activities, which are available in some official printed references.

Information collected from 17 committees and sports federations, which are present-

ing 25 sports, data from SAOC, GPYW, institute of leaders supported the background of this study,

### **PROCEDURE:**

This study adopted the following procedure:

- 1-Setting up of some forms, containing the most valuable and generally related data to coaching..
- 2- Collecting the related data and information..
- 3- Investigating and evaluating the material and sources, then.
- 4- Writing a paper.

### **PREVIOUS STUDIES:**

To the best of the author's knowledge, this is the first comprehensive study on coaching. There are some short papers or studies, which were presented during the first seminar forum on "Developing the Saudi personnel and technical Manpower Staff"

This seminar was sponsored and organized GPYW in 1982 some of these papers are used as references in this study the authors of these papers presented different point of views, and emphasized on the problems of coaching and coaching courses. it is worth mentioning here, that the latest developing plans are seriously shouldering the responsibility of solving most of the 1982's coaching problems.

### **SPORTS COACHING AND THE SAUDI DEVELOPMENT PLANS:**

For the first time, in 1969,1970 the Department of Training introduced out courses in Cycling and Handball coaching P.E. students and non - athletes, and cyclists, were enrolled in these courses. Candidates already having different sports backgrounds were neglected, just to encourage new candidates to take part in coaching programmes

Few years later, formal roles and regulations on coaching and judging were formed, keeping in view the national and international requirements. In 1989, the department of training was canceled, during the transition period, (Institute, 1989-1990). For organizing all types of coaching courses became under the responsibility of the Institute of Leaders. All sports and youth organizations and authorities became well aware of this

transition. which organized, financed, and controlled the academic and technical staff. it was said that, "Talented young athletes will be identified and trained for domestic and international field sport competitions and physical fitness and performance level be up graded", (MP, 1985-1990).

### **COACHING AND TEACHING RULES AND REGULATIONS:**

Coaching, teaching and preparing leader is the most critical subject, Sports and Youth Activities need separate plan and for conducting and producing good leaders in these fields. The major coaching courses are in the hand of sports are run by sports Federations and the Institute of Leaders. Both are planning, and carrying out the courses on national level, but coaching and teaching P.E. and sports in schools and universities have different aspects, because the needs, efforts, budgets and preparations are different too. The plans and rules for physical education were made long time ago, even before coaching, but the conflict between coaching and teaching still exists. Specialists in both fields have been calling for separate professional profiles for each. which will support and strengthen both disciplines. Fortunately, physical education teachers can teach, coach and lead coaching courses, whereas, coaches are not qualified enough to perform these studies.

However, the Saudi Policy has been supporting both coaches and physical education teachers. This plan is increasing the number and the specialization areas of sports and youth activities.

### **: ACADEMIC COACHING SCHEME**

Coaching scheme should precisely follow the objectives of the main plan, it must be as much accurate as possible, so that it can fulfil the requirements as are mentioned in the developmental plans. National Sports committees and federations express their needs for coaching courses to the Institute of leaders, which run and supervise all courses. Specialists from different parts of the world, present and deliver lectures, practical exercises and workshops on various topics selected very carefully to match the academic and practical courses are held. Full details of new of brush-up courses. are approved by the General Board of the Institute for Leaders, as shown in table No. -1-.

### **: COACHING SCHEME : ITS CANDIDATES AND CONSUMERS**

According to the "the International Charter for Physical Education and Sport ",

(GPYW, 1980), the Saudi coaching scheme is open to all types of athletes, sportsmen and professionals. Membership in sports clubs are open to all types of professions, it reached its highest levels in 1985:

Students	36299		
Employees	18053		
Agriculture (workers)	1393		
Industrial (workers)	3389		
Military Sectors	3593		
Amateurs	1702	=	71023 (GPYW, 1985)

#### **: GENERAL SERVICES FOR SUPPORTING COACHING SCHEME**

Coaching courses, sports facilities, technical and administrative staff, as well as financial subsidies, are the mainpoints for running successful coaching scheme. National and government sports authorities are competing in introducing the best possible coaching schemes. Table No. -3- shows different types of national sports and recreational facilities, which belong to the GPYW. Other sectors such as general and special education, universities, military, and private sectors, have their own equivalent facilities.

In addition to the Institute for Leaders and sports federations, there are more 20 Intermediate Colleges, 3 Departments of physical Education on university level. They are offering: Diploma, BA, BSc. and MA in the nearest future, which support the general phenomena of coaching.

#### **: COACHES SALARIES IN THE GPYW BUDGETS**

According to the Royal Decree No. 501, (29/3/1394 = 21/4/1974), the Saudi government pay 80% of the coaches salaries. This generous subsidy cover the clubs expenses, and supports the movement of coaching and sports activities, (GPYW,1975). The following small portion is presenting part of the official subsidies, which were paid each year. The following are examples of the GPYW budgets in the latest selected years as follows:

FINANCIAL YEAR	SR	US \$	
1970-1971	2.426.850	647.16	37.336
1973-1974	22.270.440	5.938.784	3.426.211
1974-1975	124.872.783		
1980-1981	2.679.800.00	38.099.408	21.980.427
1981-1982	0	750.644.25	412.276.92
			3

Increases and decreases in the budgets, depended upon certain new projects an constructions.

### CONCLUSION:

This study presents a brief survey of the advantages of the Saudi coaching plans on government, national, and privet levels. Also, it presents the methods and budget for introducing coaches, judges and excellent athletes as the core issues of this study, which introduced the Saudi intererst of coaching as following :1- To increase the number of juniors, coaches, judges and excellent athletes, bearing in mind the quality and quantity of each group.

2- To accept coaching as a profession by the in the Saudi Society

3- To increase the important role of sports facilities, rules of coaching and training programmes, in relation to the top technology of the science of coaching.

### RECOMMENDATIONS:

For supporting this idea, and future studies, the following proposals can be suggested:

1- Introducing physical education, recreation and sports coaching programmes in schools and universities, which are the base of future excellent athletes..

2- Establishing the Saudi Arabian Sports Coaching Association, to share and shoulder the responsibility of coaching profession in Saudi Arabia..

3- Changing the name of the Institute for leaders, to : that of "The Saudi Academy

for Sports Sciences", which will be a proper, better and stronger platform for achieving the technical and administrative mission, equivalent to any other National academy for sports Sciences in the world.

4- Adding English and / or any other European or Asian language to coaching courses, to consolidate the technical specialized background of a specific area of sports.

5- Paying more attention to the public sports grounds and youth sports centres, which will lead and enlarge the base for the future athletes.

6- Paying more attention to modern technology, sports labs., and facilities, in relation to the science of coaching, to be used on a nation-wide scheme.

7- Encouraging researchers for conducting more and advanced studies on training, and coaching Saudi excellent athletes.

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## Coaching Courses and Curriculum

(Translated from : GPYW, 1983)

Subjects	Coaching levels								
	I			II			III		
<b>First : Theory Subjects;</b>									
1) Sports coaching	3	-	3	3	-	3	-	-	-
2) Fund., of Biomechanic	-	-	-	-	2	2	2	-	2
3) Adm., & Org., of Sports	3	-	3	-	-	-	-	-	-
4) Measurement & Evaluation	-	-	-	2	-	2	3	-	3
5) Sports psychology	-	-	-	2	-	2	3	-	3
6) Technology of Sports Edu.	-	-	-	-	-	-	2	-	2
7) Sports Edu.,	3	-	3	2	-	2	1	-	1
<b>Second : Health Subjects;</b>									
8) applied Sports Anatomy	3	-	3	-	-	-	-	-	-
9) Sports physiology	3	-	3	-	-	-	-	-	-
10) First Aid & Sports Injury	-	-	-	2	-	2	2	-	2
11) Health Edu.,	-	-	-	2	-	2	2	-	2
12) Fund., of ph., Therapy	-	-	-	-	-	-	3	-	3
<b>Third : Special Practical Curriculum</b>									
13) Spicial Phy., Training.	-	2	2	-	2	2	-	2	2
14) Fundamentals (of sports).	-	2	2	-	2	2	-	2	2
15) Field work-shop.	-	2	2	-	2	2	-	2	2
16) Practical Perfomance	-	2	2	-	2	2	-	2	2
17) Play Tactics.	-	2	2	-	2	2	-	2	2
18) Esseces of Discussions.	-	2	2	-	2	2	-	2	2

Notes : Tr., = Theory, 45 hours;

Pr., = Practice, 48 hours;

Table No. -2-  
Number of Coaches, Referees, Athletes, Training Centres,

Games	Coaches		Judges		Athletes	Training	Sports
	GPYW	Clubs	Intr.,	O. Levels			
Football	34	222	9	580	17333	4	8270
Basketball	9	57	28	110	4800	4	3687
Volleyball	25	110	16	232	10485	4	6568
Handball	5	71	26	250	7698	3	4795
Table-Tenn.	13	60	7	290	7110	3	9069
Tennis	4	10	0	49	2197	4	958
Swimming	12		3	113	2396	5	355
Waterpolo	3	21	1	21	776	3	98
Diving	2		0	29	134	3	7
Cycling	9	21	8	138	4100	4	1667
Fencing	5	4	4	30	689	6	30
Gymnastic	12	17	1	112	2011	3	227
Athletic	23	76	12	382	14928	4	2144
Wrestling	5		8	11	819	3	68
Boxing	7	8	7	37	995	-	280
Weightlift	5		12	19	908	4	88
Bodybuild.	4		7	18	1032	-	41
Karate	6		1	21	1604	5	419

Total 191 + 710 + 153 + 2483 + 81556 + 67 + 41659

The Grand Total = 126819

Note : By 1990, the number of games, coaches, judges, athletes. etc., have been increasing with the administrative and technical efforts of the sports authorities and the main development plans.

**Table No.-3-****Sports and Recreation Facilities in GPYW Sector**

(Adapted from Jallon,s1988)

S.No.	Facilities	Place	No.	Notice
1-	Headquarters of GPYW.	Riyadh	1	
2-	GPYW. Offices	#	7	New Projects
3-	Saudi Olympic Committees and Sports Federations.	Riyadh	1	Complex
4-	Institute for Leaders.	Riyadh	1	Complex
5-	Youth Welfare Offices.	#	21	All Regions
6-	International Stadium.	Riyadh	1	
7-	Sports Cities.	#	14	New projects
8-	Sportss Clubs.	#	24	New Projects
9-	Sports Halls.	#	3	Complex
10-	Swimming Halls.	#	3	Complex
11-	Training Halls.	#	3	New Projects
12-	Youth Tranning Centers.	#	12	
13-	Youth Hostels.	#	17	All Regions
14-	Costal Cities.	##	2	New Projects
15-	Horse Riding Club.	Riyadh	1	
16-	Permanent Camps.	###	2	New Projects
17-	Public Playgrounds.	#	7	New Projects
18-	Sports Medicine and physical Therapy Center.	Riyadh	1	Complex
19-	Data and Studies Center.	Riyadh	1	Complex
20-	King Fahd Culture Center.	Riyadh	1	Complex

# All Over the Country.

## In Jeddah and Dammas.

### in Hail and Qatif,Both are in the Eastern Part of the Country.