



### Abstract

The study was conducted to determine the preferred coaching style of De La Salle University– Dasmariñas varsity players. One hundred forty-six varsity players of De La Salle University– Dasmariñas were purposively chosen as the participants of the study. Using repeated measure analysis of variance with greenhouse geisser correction, the result showed that there is a significant difference in coaching style where the varsity players preferred  $p = .01$ . The result also suggests that Cooperative coaching style is the preferred coaching style of the varsity players ( $M=43.226$ ). The researchers recommend that coaches should use cooperative coaching style since this is the varsity players' preference. The result implies that it could affect the athletes' motivation and performance. Coaches must be aware that their displayed coaching style might influence their athletes.

**Keywords:** Coaching Style, Preference, Varsity Players