

Advanced Coaching & Mentoring

Feedback from
Penllergaer Year 1

Use Padlet



PENLLERGAER YEAR 1

POSITIVES

- ✓ EXPLANATION- CLEAR, LOUD, AT THE RIGHT LEVEL
- ✓ ENTHUSIASM
- ✓ CORRECT DEMONSTRATIONS
- ✓ CONTROL METHODS USED- GETTING LOW, QUICK GROUPINGS, BRINGING CHILDREN IN TO TALK TO THEM
- ✓ FUN ACTIVITIES AND GAMES

TO THINK ABOUT:

- ✓ ARE YOU TEACHING THE CORRECT SKILL IN A GAME BASED ON YOUR THEME
- ✓ HAVE YOU REINFORCED COACHING POINTS
- ✓ HAVE YOU REPEATED THE DEMONSTRATION
- ✓ ARE YOU ANIMATED ENOUGH
- ✓ IS EQUIPMENT STORED SAFELY
- ✓ IS THE ACTIVITY REALISTIC / IN THE CORRECT SPACE







Mentoring Week 2

Aims-

1-To look at observation and analysis from a coaches and mentors perspective

2- To understand the ways a coach can feedback to the group during the session to improve performance

OBSERVING AND ANALYSING A SESSION

GROUP WORK TASK

WITHOUT THINKING ABOUT INSTRUCTION / EXPLANATION AND DEMONSTRATIONS. WHAT ARE WE LOOKING FOR WHEN OBSERVING AND ANALYZING A COACHING SESSION?

FEED BACK TO THE FRONT

A CHILD CENTERED APPROACH



Child is involved
in the decision
making of rules
and activity
progressions

Child is
questioned for
prior knowledge

Using participants to
demonstrate

Children to lead
/ deliver part of
the session

Child feels
ownership of the
session

Observation And Analysis

- Observing the way the coach has planned and organised the session to achieve the learning outcomes the types of drills/games used
 - Has the session flowed?
 - Has it progressed well?
 - Are all participants challenged?
- Has the coach used a range of control methods?
 - Are some over challenged?
 - Is the coaching style right ?
- Is there a child/participant centred approach?

HOW SHOULD YOU PROVIDE FEEDBACK AS A COACH? GOOD OR BAD?

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Z8ID_DH58O8](https://www.youtube.com/watch?v=Z8ID_DH58O8)
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QUIPTLAJCYQ](https://www.youtube.com/watch?v=QUIPTLAJCYQ)
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Y5-JNMJA9FI](https://www.youtube.com/watch?v=Y5-JNMJA9FI)
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=BTEKZOCCT0O](https://www.youtube.com/watch?v=BTEKZOCCT0O)
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=83RBVDBX8CA](https://www.youtube.com/watch?v=83RBVDBX8CA)

Providing Feedback As A Coach

- ✓ Ask questions to generate self-feedback / check for understanding
 - ✓ Limit information to one or two key points
 - ✓ Give specific simple information
 - ✓ Keep it positive
- ✓ Highlight positive and share with the group (reinforcement)
 - ✓ Provide some feedback as the group is on task
- ✓ Take members out to correct and provide personal feedback
 - ✓ Use participants to provide feedback to each other (when appropriate)
- ✓ Use videos / ICT – point out specific features (hudl, coaches eye)

The mentee assessment form

- Make as many notes as possible in the first section, this will help you complete the form
- Make sure the form is well presented (Will need to write it out again)
- Type the form
- **COMPLETE STRAIGHT AFTER THE SESSION! WHILE INFORMATION IS FRESH IN YOUR MIND**

• WHERE SHOULD YOU BE AS A MENTOR?

- CLOSE ENOUGH TO HEAR / SEE
- OUT OF THE COACHES EYE IN THE BACKGROUND

Using the mentee assessment form

Where should I be as a mentor?

- 1. 5 required in total (8% per form)**
- 2. Highlight positives (in notes)**
- 3. Identify areas to improve (in notes)**
- 4. (in section on right hand side) From the notes information highlight the main positives from the session and construct some questions to discuss areas to improve**



**Today we will fill in information on instruction /
explanation and demonstrations / observation
and analysis / providing feedback**

WHAT SHOULD A GOOD MENTEE ASSESSMENT FORM LOOK LIKE?

- [VIEW EXAMPLES](#)

This week-

Deliver the same session- make changes from last week

Fill out the 2 parts of the form on the same mentee if possible

Type this form

NEXT WEEK:

9am- Information and planning / Goal setting

11:30am- Session at the LC- delivering a new game to each other. Come with an idea of a game to deliver.

Best games to be selected to be coached at the sports camp at YBB