

Feedback from last Semester

Post it note feedback on flipcharts:

- 1- What did you enjoy last year in this module?
- 2- What did you find challenging?
- 3- What do you need more experience in to improve your coaching?
- 4- List 4 ways to deal with a disruptive group



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Advanced Coaching & Mentoring

<https://www.youtube.com/watch?v=tIMBUtyOqUM>



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Introduction

- What are the aims of this block? (Improve your coaching, learn how to mentor successfully and evidence this, complete mentor assessments and to be confident in completing the assignment)
- What is expected of you? Coaching / mentoring
- How will you achieve your grade?
40% theory
60% related to practical



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Organisation

- ❖ gam- Lecture SBC (information needed to successfully mentor / complete assignment / planning practical / feedback from previous week)
- ❖ 11am-2:30pm Practical coaching- We will remain as one group. This is to ensure that you are able to mentor someone. (Think parking- 4 hours at Parc Tawe)



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

How will I get my grade?

- ❖ 5 Mentee Assessment forms- 40%
- ❖ 3 mentoring competencies signed off (verbal feedback to another member of the group) and a written reflection- 20%
- ❖ Mentoring an athlete- producing a schedule - 20%
- ❖ A written piece- 20%



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

What is Mentoring?



The word was inspired by the character called Athene in Homers Odyssey (the story of a 10 year struggle for Homer to return after the Trojan war- Athene was left to look after Homers son Telemachus) (Lattimore, 1965)



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

What is a Mentoring?

A planned relationship between an experienced person and one who has less experience for the purpose of achieving identified outcomes (Dorsey & Baker, 2004)

Case Study- Alex Ferguson / Martin Johnson / Nurses



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Ferguson

Playboy Lee Sharpe had a rude awakening when Ferguson turned up at the winger's house to angrily break up a party towards the end of the 1991-92 season. A fresh-faced Ryan Giggs also got a clip around the ear for breaking curfew.

Read more: <http://metro.co.uk/2013/05/08/sir-alex-ferguson-retires-top-10-fergie-falling-outs-3733789/#ixzz3yFB5Mv1f>



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Martin Johnson

Hired a minibus and went around clubs picking up players on a night out to ensure they did not miss their Curfew.



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Nursing

Why is mentoring heavily used in nursing?



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Mentoring

In this module we are looking at two types of
Mentoring:

- 1- Mentoring an athlete
- 2- Mentoring a coach

Mentoring

Task- With a partner / Half room split

- 1- What are the qualities of a good mentor
- 2- What happens when mentoring goes wrong?

A good mentor:

- ✓ Willingness to share skills, knowledge and expertise
- ✓ Acts as a role model and is respected
- ✓ Has a positive attitude
- ✓ Takes a personal interest in the mentoring relationship
- ✓ Enthusiastic in their field
- ✓ Values ongoing learning and growth in their field
- ✓ Provides guidance and constructive feedback
- ✓ Sets ongoing goals
- ✓ Values the opinions of others
- ✓ Motivates others



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Mentoring gone wrong:

Can create long lasting damage:

Decrease motivation

Encourage bad practice

Can lead to harassment

To much pressure placed on an individual
(The Wall Street Journal, 24 May 2010)



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Research

Look on Moodle- Look wider
than mentoring in sport as
many other theories can be
applied / adapted



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Today's Session:

Penllergaer Primary School Year 1- Following a similar plan to the Year 2 session.

3 groups delivering- 3 groups mentoring

A chance to fill out half a mentee form



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Aims

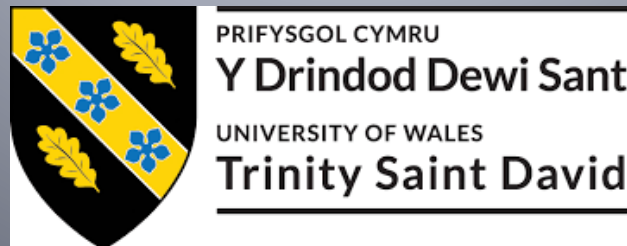


- 1- To understand the points that make effective explanations and instructions
- 2- To identify the key points of an effective demonstration
- 3- Plan for today and next week

Explanation and Instruction

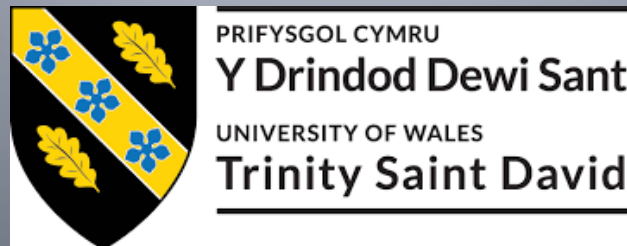
You are explaining a game to a group of
7-11 year olds.

What will make a good explanation?
Tennis ball feedback- Two people to scribe



Explanations and Instructions

- May call group in close / sat down / in a place if necessary. Gains attention of the group
- Introduction- Brief intro outlining the purpose of the session, introduced themselves and health and safety check.
- Questioned group to check for understanding
- Explains the key points / coaching points
- The information given is the correct amount (not to much / to little)
- The group clearly understands instructions
- Used Demonstrations
- Voice is clear and loud enough for everyone to hear
- Uses different pitches & tones is animated to engage group
- Uses movement when necessary to engage the group



AFTER TWO WEEKS WE
TEND
TO REMEMBER ...

10% of what we read

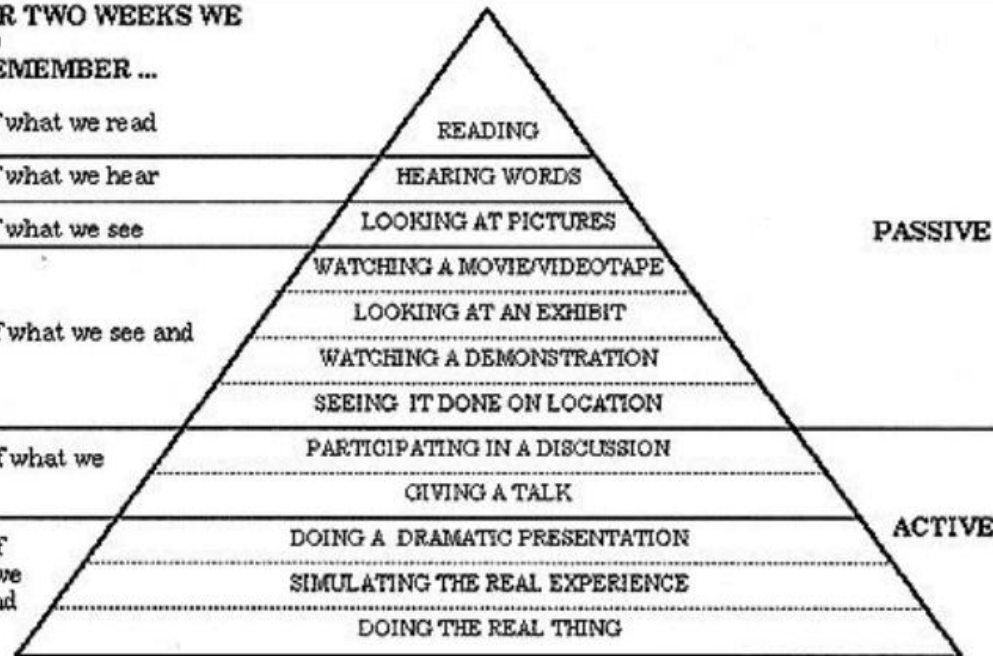
20% of what we hear

30% of what we see

50% of what we see and
hear

70% of what we
say

90% of
what we
say and
do



Adapted from: Edgar Dale *Audio-Visual Methods in Teaching*, Holt, Rinehart and Winston.



Demonstrations

Is it the correct technique!

Can all see and hear (is it in the right position) away from distraction

Focus attention on 1-2 simple key points

Is there an easy way to remember the skill? (Mickey Mouse)

Repeat the demo more than once (for a skill)

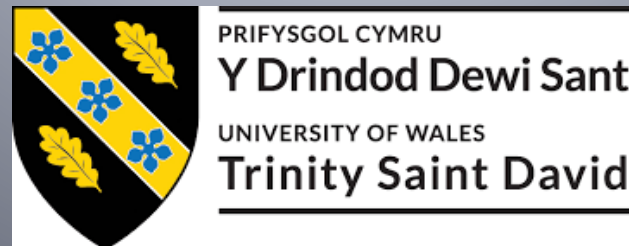
Invite questions and check for understanding

Is a member / members of the group being used (if possible / suitable)

Is the group able to perform it? (Goals that are within the ability of the player?)

Appropriate pace / tempo?

Are there simple verbal instructions?



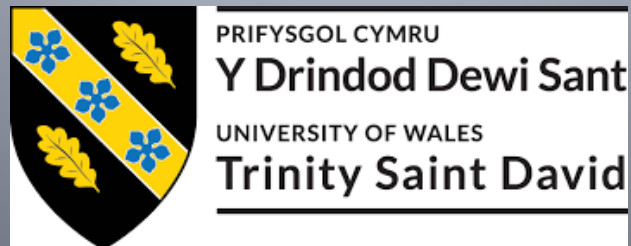
Using the mentee assessment form

Where should I be as a mentor?

1. 5 required in total
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 put some
questions for areas to improve



**Today we will only fill in information on
instruction / explanation and demonstrations**



Mark Napieralla: Advanced Sports Coaching:

Group Planning time

- Everyone must have 1 game / activity to deliver
 - Plan a running order
 - 1/3 hall to deliver in
 - Skills- Catching, kicking, throwing
 - One group delivers one group observes
-
- One person leads each game
 - When you are not leading your group observes and fills out information on one person delivering.
 - Think of questions to ask in order to stimulate feedback.
 - Not feedback to be shared / given

