Mentoring Week 2

Aims-

1-To look at how we explain and instruct groups as a coach and use demonstrations to explain games / activities and drills.

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

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

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GROUP WORK TASK

TO BE A GOOD COACH YOU NEED TO BE GOOD AT:

1-EXPLANATIONS AND INSTRUCTIONS

2-DEMONSTRATIONS

IN GROUPS- WRITE DOWN AS MANY POINTS TO CONSIDER WHEN EXPLAINING GAMES / ACTIVITIES TO GROUPS AND WHEN DEMONSTRATING

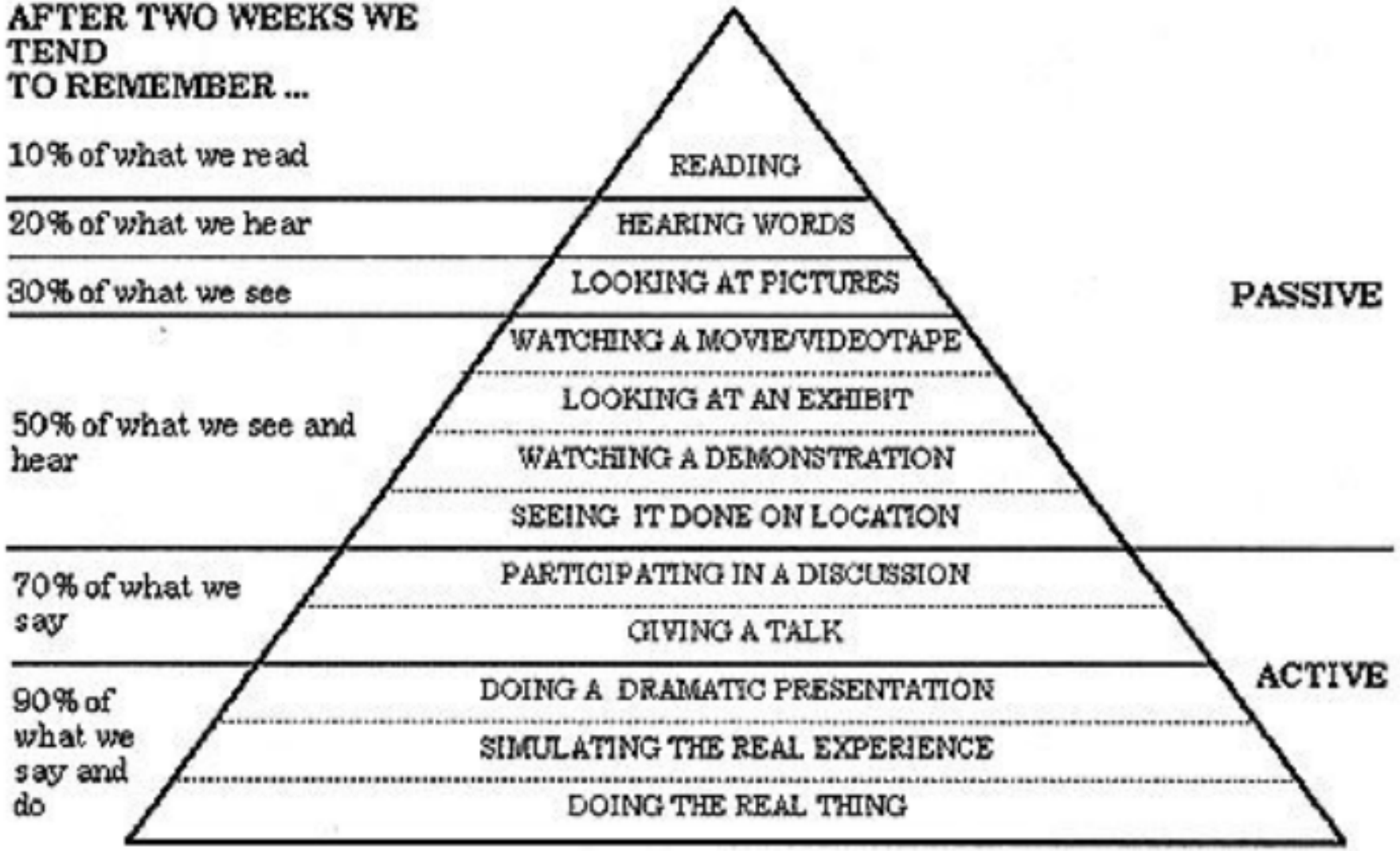
FLIP CHART ROTATION

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

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AFTER TWO WEEKS WE TEND TO REMEMBER ...



ed from: Edgar Dale *Audio-Visual Methods in Teaching*, Holt, Rinehart and Win



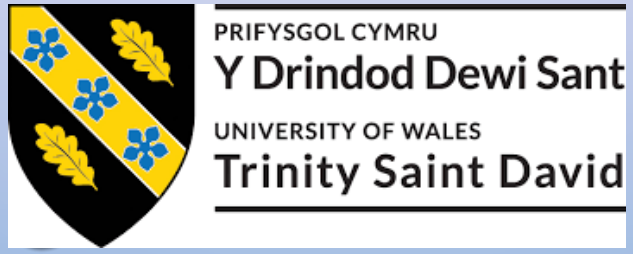


Demonstrations

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?



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?

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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=QUIPTLAJCYQ
- HTTPS://WWW.YOUTUBE.COM/WATCH?V=Y5-JNMJA9FI
- HTTPS://WWW.YOUTUBE.COM/WATCH?V=BTEKZOCCT0O
- 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)

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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

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WHERE SHOULD YOU BE AS A MENTOR?

- Close enough to hear / see
- Out of the coaches eye in the background
- No phones!!
- Make plenty of notes
- We will not feedback yet – Will form the next stage of the process

Using the mentee assessment form



Where should I be as a mentor?

1. 5 required in total (8% per form) 40% of grade
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 (more info to follow)

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-

Portmead School
14 children
2 with additional needs Aiden and Taylor

Coach them in 2 small groups with students joining in
Half a hall

Skills- Throwing one side
Kicking the other side

Plan now and explain the plan

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NEXT WEEK:

9am meet- Travel to YBB sports camp

Arrive back for 3:30pm (or meet there for 9:45) I will provide a plan

Week After:

9am- Information and planning / Goal setting (how to fill out the remaining part of the form)

11:30am- Session at the LC- Llanrhydian Primary

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