

Advanced Coaching & Mentoring



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Aims-

- 1- Reflect on your own coaching performance
- 2- A schedule for a 14 year old male athlete / completing the mentee form
- 3- Coaching plan for the next 2 weeks



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3 things I need to improve

- Think about your coaching and identify 3 things you need to improve
- Padlet feedback
- Common themes to be discussed

Padlet Feedback- don't put name – scan code



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
/ create a Smart action plan

Setting Goals- How many years under water training / competing



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



Example- Basketball coach

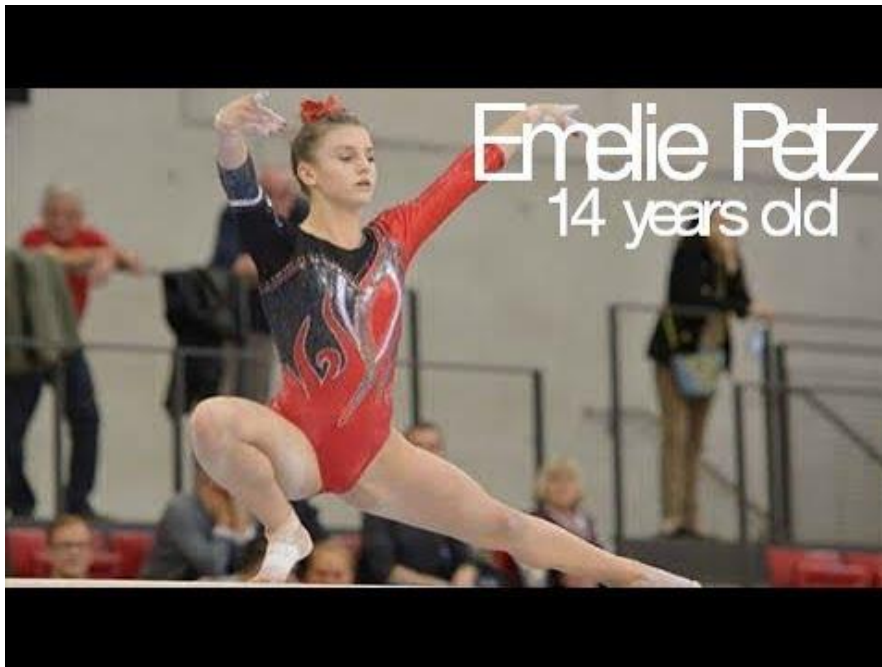
Action plan-

In the next 5 week block of sessions to continue to engage participants by planning a variety of skill drills and transferring these skills into game / game sense situations.

Look to plan in 2 times (during the next session on the 27th March) for participants to discuss tactical situations to give them more ownership of the session. A short stoppage in the game or in a game sense game should be planned in for this.

14 Year old athlete

- <https://www.youtube.com/watch?v=If7Hrcfo4Dw>
- https://www.youtube.com/watch?v=X_d3ztTKzu8



A schedule for a 14 year old male / female athlete:

- Task 3- Produce an annual schedule in a template format- an overview of the year (2017/18 or the 2018 year cycle) for a 14 year old male/female athlete. Has to be on one of the following sports:

Football, tennis, badminton, basketball, netball, rugby



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Mentoring A 14 Year old

Task- 3 flip chart rotation

- 1-What are the factors to consider? What aspects do they need to improve and what needs to be planned into training?
- 2-What considerations for a 14 year old may need to be thought of carefully?
- 3-What might happen in a calendar year of a 14 year old outside of sport?

A schedule for a 14 year old male / female athlete:

- Template needs to include information on the year cycle and how the athletes development is planned under Technical, Tactical, Physical and Physiological perspective:
- Consider the following- Season dates, school holidays / school week, competition / fixture dates, Pre season / in season training, volume of training, types of training, intensity of training
- Template format don't provide individual plans. See examples but do not copy! Research / devise your own



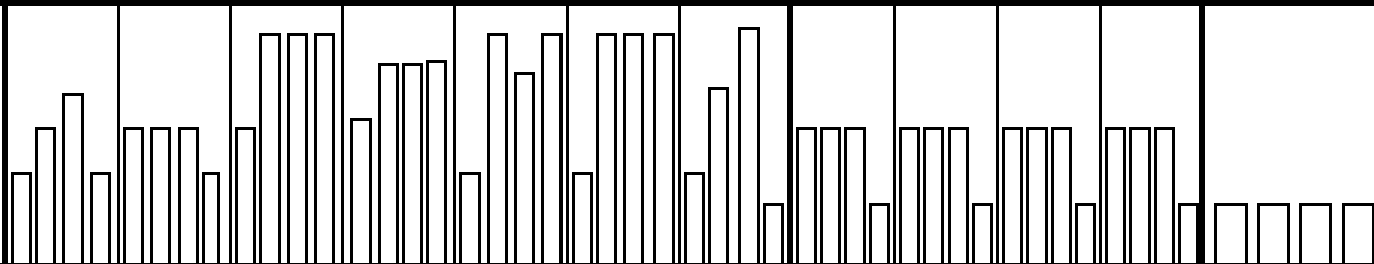
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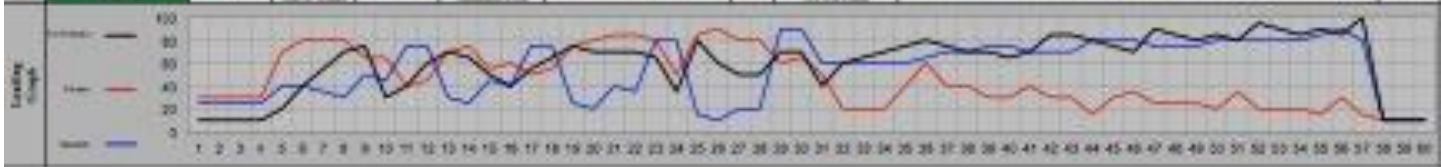
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12-Month Football Training Program

Month	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Phase	Off-season							In-season				Transition
Strength Training	FST	HT	MST	PT	HT	MST	PT	Maintain power and maximal strength				Rest
Speed Agility Training	Low	Low	Med	High	Low	Med	High	Med	Med	Med	Med	Rest
Intensity												
Key:	FST = functional strength training MST = maximal strength training						HT = hypertrophy training PT = power training					

[illegible]

Month	January				February				March				April				May				June				July				August				September				October				November				December																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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How to achieve your grade:

- Task 3- Consider several academic journals in relation to the mentoring process, apply their relevance and link to the coaching pathway in your selected sport. (500-750 words) 20% of grade
- Look at moodle and research, remember non sport theory can be used here. There is a lot on nurses / junior doctors that can be applied to coaching.

20% for this / 20% for the schedule (40%)



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How to achieve your grade:

- Task 1- Complete 5 mentee assessment forms (40%)
- Task 2- Practical mentoring competency checklist (completed by your lecturer) demonstrate each of the competencies on at least 3 occasions (10%) a further (10%) awarded for reflection. (20 %)- (9th March)
- Task 3- Consider several academic journals in relation to the mentoring process, apply their relevance and link to the coaching pathway in your selected sport. (500-750 words) (20%)
- Task 4- Athlete development plan (20%)



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The mentor assessment form

- Make as many notes as possible in the first section
- Set 2 or 3 attainment targets (if positive it can be to continue something)
- From the targets pick 1 or 2 positives and 1 or 2 areas to improve to devise some SMART goals / an action plan.
- Type the form there is a form on moodle
- COMPLETE STRAIGHT AFTER THE SESSION!



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This WEEK:

Llanrhydian year 3 /4/5/6- Plan needed-
select your own sport / activities- 15
children, 30 mins, Half the hall

Next Week-

My demo- teaching tennis / disability
sport – no gam lecture



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