

QUICK MENTORING GUIDE



For mentors of Sport Coaching Science students at Canterbury Christ Church University

WHAT MAKES A GOOD MENTOR?

Mentoring is a powerful tool based on establishing an interactive relationship between the student coach and the coach mentor in order to support coach development. A good mentor should be prepared to engage in discussion with their coach about coaching practice and encourage the student coach to be reflective about their experience.

WHAT DO I NEED TO DO?

The activities involved in mentoring will vary dependent on the context and coach qualifications, but the following provides some examples of what a coach might do during their placement with you.

Agree goals

A useful starting point for the relationship is to meet and agree the goals of the experience. Dependent on their level of experience, the student coach may want to learn new ways to develop practices, or to develop a particular skill (e.g. communication or demonstration). The student coaches will come prepared to have this conversation with you.

Observation

Student coaches may wish to start just by observing your practice. They should be encouraged to ask questions and consider comparisons with their own practice.

Planning and preparation

Where appropriate you may wish to include the coach in the planning and preparation for sessions, by developing practices or thinking about session outcomes.

Assist in delivery

Coaches can assist in the delivery of sessions by helping set up equipment, assisting with small groups, or officiating.

Leading delivery

If appropriately qualified, it may be suitable for the coach to lead sessions or part of a session and be observed by the mentor. Coaches should engage in discussion about their coaching practice and how best to utilise any feedback given by the mentor.



SOME KEY QUESTIONS

Who can be a coach mentor?

Any level 2 qualified coach is able to mentor a student. We are looking for enthusiastic coaches willing to engage with students who are developing their skills.

What is required of a coach mentor?

In mentoring student coaches in this scheme, we ask the coach mentors to involve and engage students in their coaching activities and offer some guidance for students to develop their own practice. Some ideas are listed overleaf.

Who are the student coaches?

The students are studying BSc Sport Coaching Science at Canterbury Christ Church University. They are required to do 40 and 60 hours of placement, dependent on the year of study.

How do I get involved?

If you have any questions about the mentoring process, please contact us by email sport.coachingplacements@canterbury.ac.uk