

## Guidance for a 'Coach Mentor'

As a coach mentor you will be expected to:

### **Observe coaching sessions:**

- make notes on what you observe;
  - the interaction between the coach and the player(s)
    - language used;
    - questioning;
    - visual explanations;
    - body language;
  - the content of the session;
    - was it pitched at the right level;
  - the reactions of the players being coached;
    - listening;
    - questions;
    - ability to follow the session;
- at the end of the session:
  - (without the coach being present) get feedback from the players;
    - what was it that they were learning;
    - were the learning objectives clear;
    - how do they think the session went;
    - did they enjoy the session;
  - (with coach and players there) get feedback from the coach;
    - how do they think the session went;
    - what positives will they take away;
    - would they do anything different next time;
- feedback to the coach the thoughts of the players;
- decide on any work that the coach needs to do and set targets.

### **Have regular mentor / coach meetings:**

- make notes of each meeting;
- discuss:
  - what the coach has done since the last meeting;
    - review targets;
    - review progress;
  - what the coach wants to do;
    - short term;
    - long term;
- set new or additional targets;

## BAT's Badminton Club – Coach Mentoring Check List

Use the following as a basis for your mentoring sessions:

Mentor:		Coach:	
Date:		Venue:	
Short description of the session seen:			
Interaction between the coach and the player(s):			
The content of the session;			
The reactions of the player(s) being coached:			
Feedback from player(s):			
Feedback from coach:			
Target(s) discussed and set:	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>		
Mentors signature:			Date:
Coach signature:			Date:

At the end of the session this sheet should be given to the player to be kept in their file.