MENTORING IN SPORT COACHING PRACTICE

Christine Nash
University of Edinburgh
Scotland

Mentoring

• Valuable tool for coach development?
• Who acts as mentor?
• What skills/knowledge do they need?

Participants

Football Mentor 1
• Tennis Coach 1
• Football Coach 1

Football Mentor 2
• Tennis Coach 2
• Football Coach 2

Football Mentor 3
• Tennis Coach 3
• Football Coach 3

Tennis Mentor 1
• Tennis Coach 1
• Football Coach 1

Tennis Mentor 2
• Tennis Coach 2
• Football Coach 2

Tennis Mentor 3
• Tennis Coach 3
• Football Coach 3

The Study

• All male participants
• Online training for mentors
• Face to face meeting with mentees
• Interviews with each participant at 4 points during process

Findings

Developmental Opportunities

‘I really enjoyed the different suggestions made by TM3 – he really made me think about opportunities outside football, broaden my horizons’

FC3

‘I had to dig deep, truly get out of my own comfort zone to think how I could help. I know nothing about tennis but it was a great learning experience for me. I think I was performing by rote in football, you know, second nature, but working with a tennis coach was tough but actually rewarding’

FM2
Experiences

‘I didn’t think I could learn anything from tennis but actually I did because the footwork is so important in tennis so I guess we have each had different emphasis in our sport but similar experiences to share’

FM1

I guess in Scotland everyone plays football and not everyone plays tennis. What is strange is how similar our experiences within sports have been”

TC4

Receptiveness

‘It took a little while to understand each other – I guess each sport has their own slang! Once we got over that we were able to share quite a bit’

TC6

I guess the whole idea of mentoring is to be open-minded and up for new ideas. I wasn’t sure about this at first but we got into the swing of things and it got easier. You have to work at it though and I guess I was lucky with a mentor who knew about football too’

FC1

Initial Training

‘Although I have been a mentor before I have never actually had any training. I guess I just kind of drifted into it. I never really thought about how important it is to establish a relationship and find out about what makes the other person tick before jumping in to fix things’

FM3

I never had anyone really explain the whole point of mentoring to me – that actually helped

TC5

Summary

• Approval from coaches
  – Within sport
  – Outwith sport
• Initial data only
• Points to a need for more formal pre-mentoring process

Thank you!

Questions?
Email: C.Nash@ed.ac.uk
Twitter: @cs_nash