



Northern Football Netball League

Coach Mentoring Guidelines

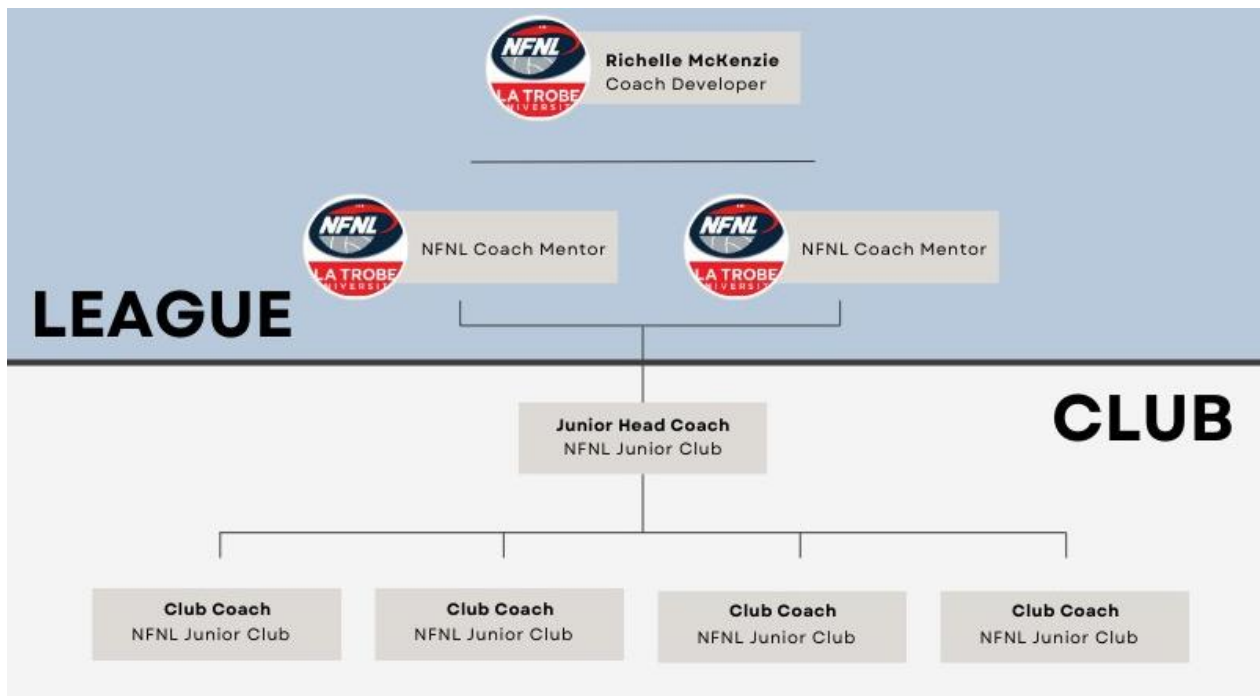
Introduction and Purpose

The Northern Football Netball League (NFNL) is committed to providing ongoing support and development of junior volunteer club coaches. 2024 will see the introduction of Coach Mentors as an integral part of the coaching and player development of the junior netball competition. Coach mentors will assist with the development of junior coaches within clubs by providing ongoing guidance, reassurance and direction as needed. Coach Mentoring will be used in conjunction with development workshops to achieve desired outcomes.

Program Aims

The aim of the program is to provide coaches with an independent and experienced coach to support them and provide guidance to ensure that their coaching experience is a positive and enjoyable one. To achieve the most out of the program, and ensure all junior coaches within the club receive education, clubs are encouraged to implement a Junior Head Coach, who will receive match mentoring. This Head Coach then is developed to become an experienced coach within your club, and share their knowledge and learnings with others to assist their development.

The NFNL aims to enhance the coaching provided to junior players, in turn developing players, and raising the standard of junior competition.



Match Mentoring occurs between the NFNL Coach Mentor, and the Junior Head Coach. The Junior Head Coach is then able to pass their learnings onto other Club Coaches.



What is Coach Mentoring?

Mentoring is an effective way to support the growth and development of coaches. It is a relationship where a more knowledgeable or experienced person guides and nurtures the professional development and growth of another. Both coaches and mentors benefit from the relationship.

A mentor is someone to turn to when a situation exceeds a coaches ability and knowledge, and gain advice from. Mentors are crucial in assisting coaches gain confidence by demonstrating practical skills, being a sounding board for any problems, assisting to identify any weaknesses within their current skillset, and work towards improvement in those areas.

Why become a Coach Mentor?

Benefits to the Mentor:

- Provide motivation and commitment to help another individual.
- Share knowledge, skills and experience.
- Learn new mentoring skills, improve leadership and communication.
- Opportunities for personal growth and new challenges as you work with different people.

Benefits to the Coach:

- Increased confidence in your ability
- Independent feedback on your role as a coach, and the opportunity to assess areas for improvement.
- Help you make connections between the theory of a skill, and the effective execution of this on court.
- An opportunity to network with someone more experienced.
- A sounding board for ideas.
- Support and guidance through problem solving.

Who Mentors the Mentors?

Mentors can receive feedback and assistance on their own development through the NFNL Netball Coach Developer. The Coach Developer will be responsible for overseeing the development of junior coaches across the NFNL, and in turn will provide you with feedback and personal development opportunities to ensure the League aims are met.

The Netball Coach Developer will provide coach workshops to support the individual mentoring occurring with Junior Head Coaches at training and matches. These coach workshops will also be available for club coaches to attend.



Roles and responsibilities

• **Mentor**

As a mentor your role is to be available to the Head Coaches of the clubs you have been appointed to.

- Good communication and listening.
- Guide and give advice as needed, do not dictate, or take over.
- If you don't know the answers, refer to the NFNL Coach Developer.
- Provide support, feedback, and encouragement.
- Help the coach set realistic goals for the season.
- Guide coach development and support the coach to reach their goals.
- Form a positive relationship and be available and open to communication.
- Assist coaches to identify problems and work towards solutions.
- Be reliable and consistent.
- Maintain discretion and confidentiality.

Areas to consider when starting a mentor relationship:

- Schedule a meeting to meet the coach.
- Type of communication preferred (i.e. phone, emails, face to face).
- Expectations of the coach and mentor including assessment, feedback, setting objectives.
- **What type of support does your coach need? (i.e. formal or informal).**
- **What the mentee is looking for, discuss strengths and areas for improvement**

• **Coach**

- Be proactive and seek guidance from your mentor.
- Contribute to the working relationship with your mentor by asking questions and making suggestions.
- Be understanding that your mentor may not have all the answers.
- Accept positive and constructive feedback.
- Assess and evaluate your progress and work with your mentor on areas you want to improve.
- Be consistent and reliable.
- Maintain discretion.

When does mentoring occur?

1. **At team training:** Observation of the coach in action.
2. **Matches:** Observation of the team's games



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Applications

If you would like to be considered for a Coach Mentor position, please contact NFNL Junior Netball Manager (details below).

Please detail your netball experience in your application.

Further Enquiries

Junior Netball Manager

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