The Importance of Mentoring in the Development of Coaches and Athletes

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Mentoring has been considered an increasingly important element of coaching development programs. It occurs when a teacher willingly invests time in the personal development of a student or athlete, when a trusting relationship evolves, needs and interests are fulfilled, and imitation of behavior takes place. The purpose of this study was to examine the mentoring experiences of expert team sport coaches. More specifically, the intent was to determine if any of the coaches were mentored through their development as athletes and subsequently as coaches, and if in turn they mentored other athletes and coaches during their careers. Open-ended semi-structured interviews were conducted with 21 coaches. The data were analyzed inductively using qualitative procedures outlined by Côté and colleagues (1993, 1995). Results revealed that most coaches were mentored by more experienced coaches during both their athletic and early coaching careers. As a result, they gained valuable knowledge and insights that helped shape their coaching philosophies and enhanced all facets of their performance. Once they reached a level of expertise in their field, they themselves began to mentor athletes and younger coaches. The benefits of establishing structured mentoring programs for developing coaches and athletes are highlighted throughout the article.

Key Words: Coaching, Mentoring.

Mentoring is a process that requires further research and is believed to lead to high levels of success in both personal and professional endeavors (Merriam, 1983). In sport, it is evident that the role of the expert coach entails more than teaching individuals how to shoot correctly or how to dribble...
Coaching VS Mentoring. Coaching is aimed to achieve certain goals (for example, an increase in employee management; speech structuring; strategic thinking development). In order to achieve these goals, a specialist (a coach) required; the one who knows how and can manage such aims. Mentoring, on the other hand, puts human relations in the first place (for example, a mentee would want to share his life or career way obstacles which do not let him achieve success). Difference 3. Efficiency and development. Coaching and Mentoring. The purpose of coaching is the improvement of personal efficiency and development at work. These terms include either enhancement of the existing knowledge or achieving new ones. How coaches can start to plan and deliver physical development support more effectively, including an explanation of the RAMP warm up. A lot of information exists on the development of talented athletes from a range of disciplines within coaching and sport science. This blog aims to highlight the importance of physical development when developing talented athletes and help you think about how you can start to plan and deliver for physical development more effectively in your coaching practice. Physical development includes the anthropometric (e.g. body size) and physiological (e.g. strength, speed, endurance) development of the athlete. The importance of mentoring in the development of coaches and athletes. International. Journal of Sport Psychology, (29), 267â€“281. Principles for youth development The term youth development is used in at least three different ways, referring to a natural process of development, principles, and practices. All three are important, and they are logically related. A natural process. Youth development has traditionally and is still most widely used to mean a natural process: the growing capacity of a young person to understand and act on the environment. In this usage, it is identical to child or adolescent development.