Abstract

The purpose of the current study was to investigate a formalized mentoring program for novice basketball coaches, and to consider what factors contributed to its effectiveness. Twelve purposefully selected mentors and 36 mentees who enrolled in an introductory coaching education course in Singapore participated in focus group interviews. Results indicated this program was a unique and positive learning experience for both the mentors and mentees. It helped the mentees become more competent and confident in their coaching style, knowledge, and behaviors. The program also enabled mentors to demonstrate useful pedagogical knowledge and skills, and to engage in meaningful self-reflection practices. All participants felt this program should be adopted by other sport associations in their country. Suggestions for improving the program were also forwarded.

Words: 116 words

Key words: mentoring, coaching, career development