



# ***MY ESC – Mentors of Youth Soccer*** **Enfield Soccer Club**

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## **Mentor Program Guideline**

Here is a brief guideline for coaches and for mentors which describes how the program works.

First, let's clarify some key points:

- 1) Mentors are not intended to replace the coach or change the practice agenda
- 2) Communication is the key to making the most of this opportunity.
  - a. Coaches should stay in contact w/your mentor(s)/parents as part of the team
  - b. If mentors are unable to attend practice, they must contact the coach in advance.
- 3) Kids are going to look up to the mentors...when mentors are there they are role models. Please keep your focus on the coach's practice agenda and show enthusiasm.
- 4) Mentors should arrive in their current team's soccer uniform which will help to identify their role as mentor.

Ok, its practice day... **How do coaches and mentors work together for the team?**

- 1) We all know that keeping a flow to practice depends on how well the coach can keep the players' attention. Mentors can help if a play strays from the playing field or when it's time to huddle, mentors can help to gather the kids quickly.
- 2) Mentors are very helpful when it comes time to demonstrate a specific soccer skill like passing or dribbling.
- 3) Mentors can be paired with players that may need more attention allowing the coach to monitor the team as a whole better during a drill.
- 4) Every kid needs to taste success...we want the kids to put in a big effort and then get rewarded for that effort. Mentors should not only participate in games and drills. They should also regularly participate in rewarding and complimenting kids for a good job.
- 5) Our goal is to encourage long-term participation. During water breaks ask the mentors questions about why they like soccer and why they continue playing. Encourage your players to ask questions...this shouldn't take a long time but if coaches add it in here and there, you'll plant the seeds that will grow in the future.