

# Coach Nudge#3

*We are in your coaching corner*

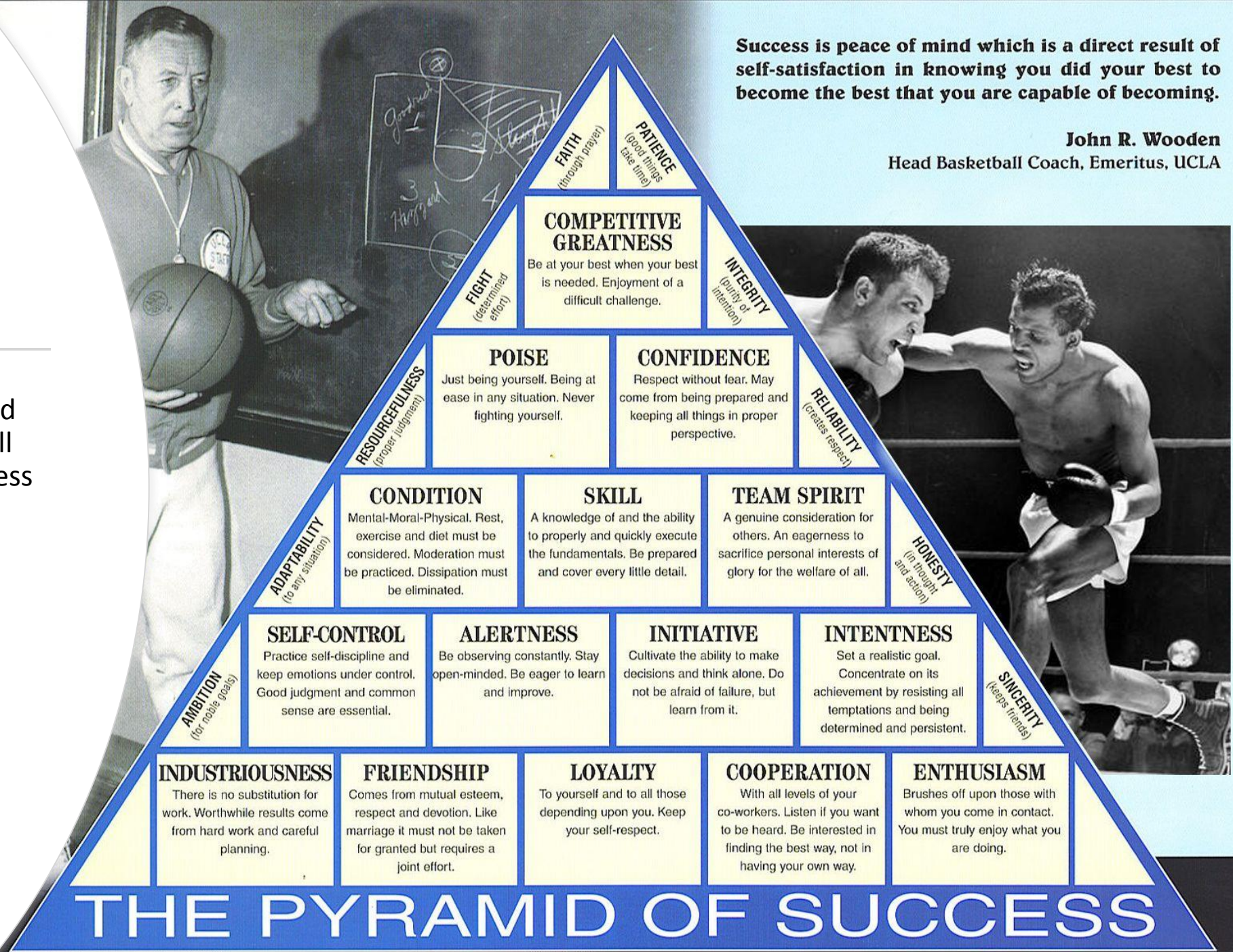


# John Woodens Pyramid of Success

John Wooden is usually considered the greatest basketball coach of all time. His famous pyramid of success is well worth looking at whether you're a boxer or a coach.

**Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.**

**John R. Wooden**  
Head Basketball Coach, Emeritus, UCLA



Thanks to Nick Griffin for this Coaching Nudge

# Coaching Continuum (Part 1 of 3) Repeatable Training

“Are drills bad?”

- *Training that requires the Boxer to repeat and perform the same skill or movement.*

## **Strengths of Repeatable Training**

- Able to continually perform skill or movement within the session.
- Suitable for Boxers who are learning a new or complex skill.
- Improved performance and confidence within a training environment.

## **Limitations of Repeatable Training**

- Has potentially limited impact on learning and skill transfer to competition.

## **Coach Challenge**

What does *repetition without repetition* mean to you and how can you bring this into your coaching practice in the future?

## England Boxing - Coaching various styles

	Type of boxer	How could the boxer be coached?	What could be a useful practice to help?	Sparring (Tech/Conditioned/Open)
	Example: Tall & long for the weight	1) To utilise mainly straight punches 2) How to box at long range	(State what drills you would prioritise for this particular style of boxer. Include drills for pads, bags & shadow boxing)	1) Boxer to use straight punches only (conditioned) 2) Boxer to maintain long range vs opponent (Open)
1	Tall & long for the weight			
2	Short for the weight			
3	Southpaw boxer			
4	Natural counter puncher			
5	Strong boxer & likes to brawl			

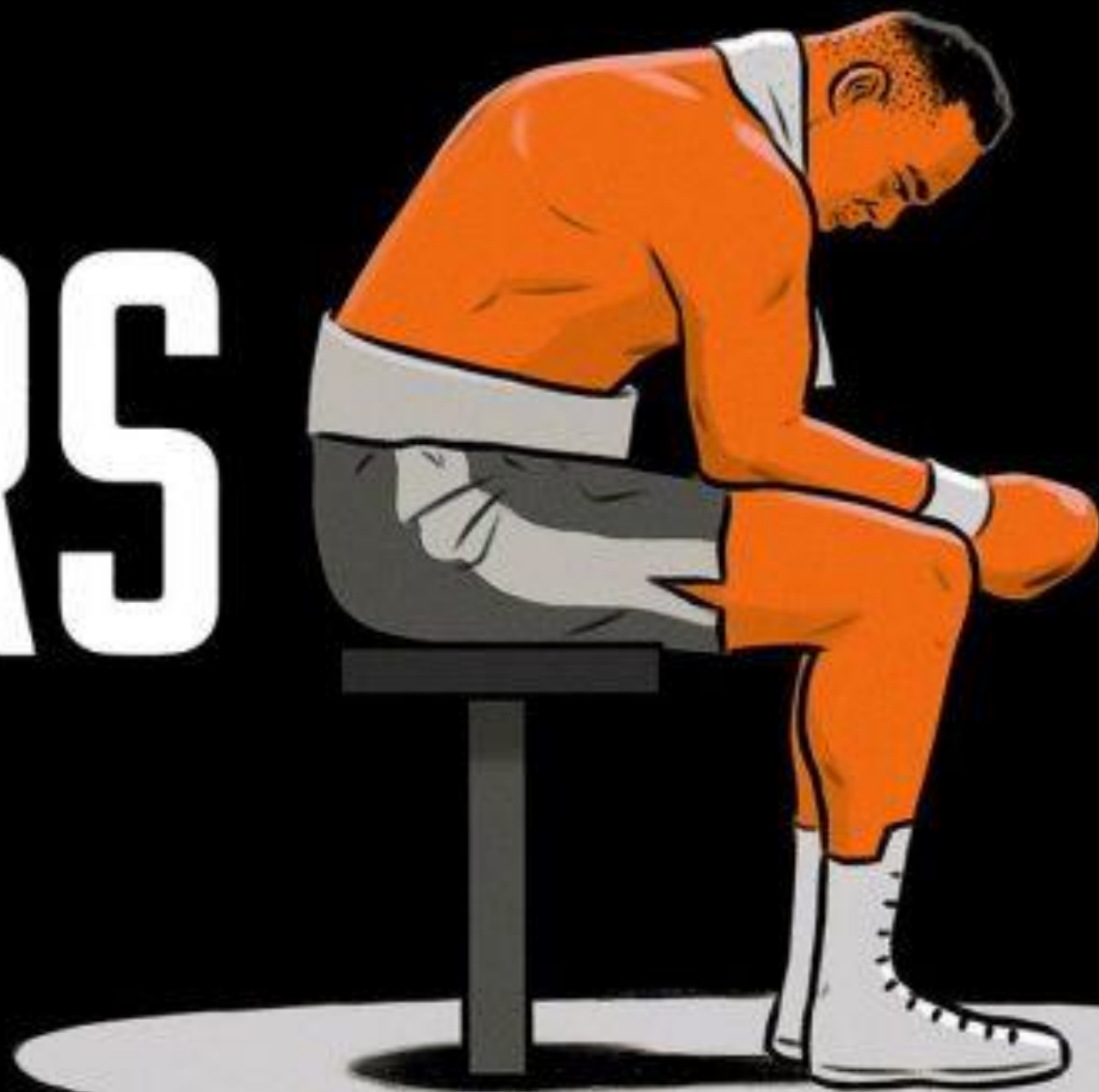
Complete the table above to identify ways on how you would coach each style of boxer. Each boxer is competing at **novice level**. See the example in the first row to get started.

**Thanks to Bobby Miltiadous for this Coaching Nudge**



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Successful Learning is not the process of repeating a solution it is the ability to adapt solutions to different situations...

**Learning might therefore be more successful when boxers are challenged to repeat the process of finding a solution**

(one requires adapting to dynamic and changing situations where as the other is simply reproduction)



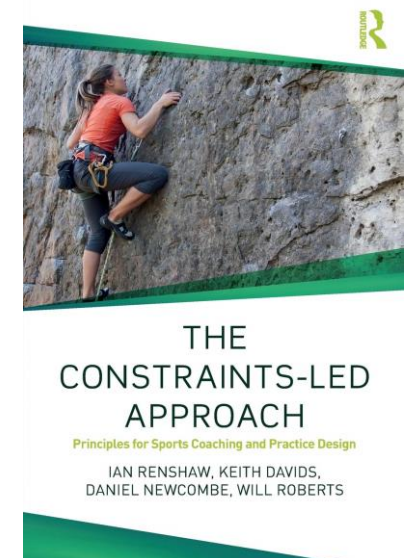
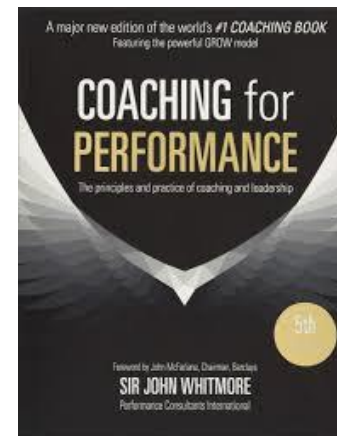
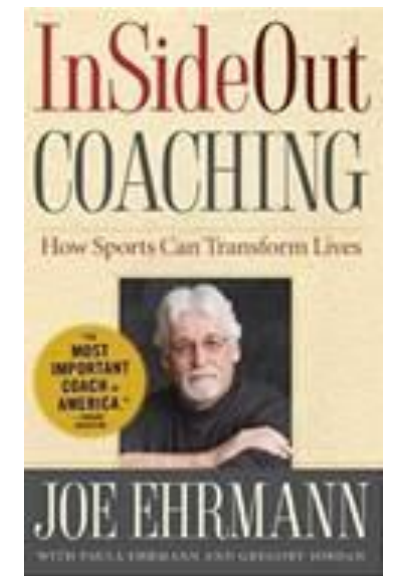
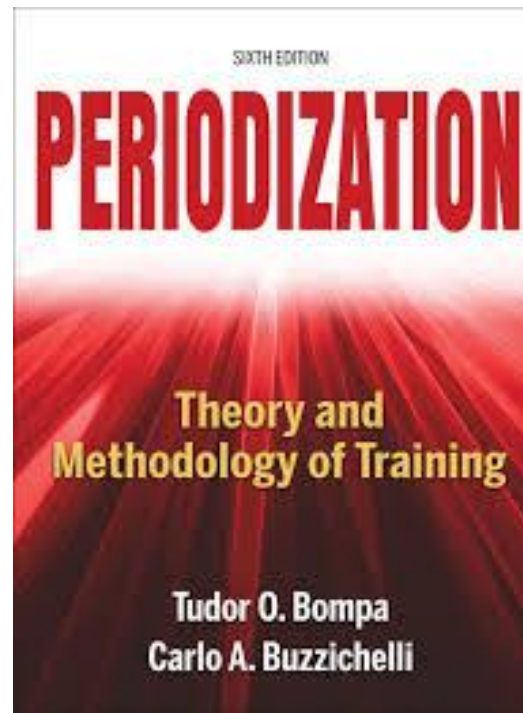
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‘Don’t worry if they don’t understand you. Worry if you don’t understand them.’ Chinese Proverb

‘The interesting thing about coaching is you have to trouble the comfortable and comfort the troubled’

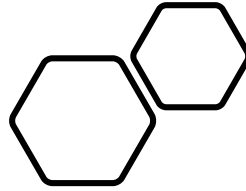
Ric Charlesworth

# The Reading Nudge





Stay connected with each other – aim to have a coaching conversation with another coach



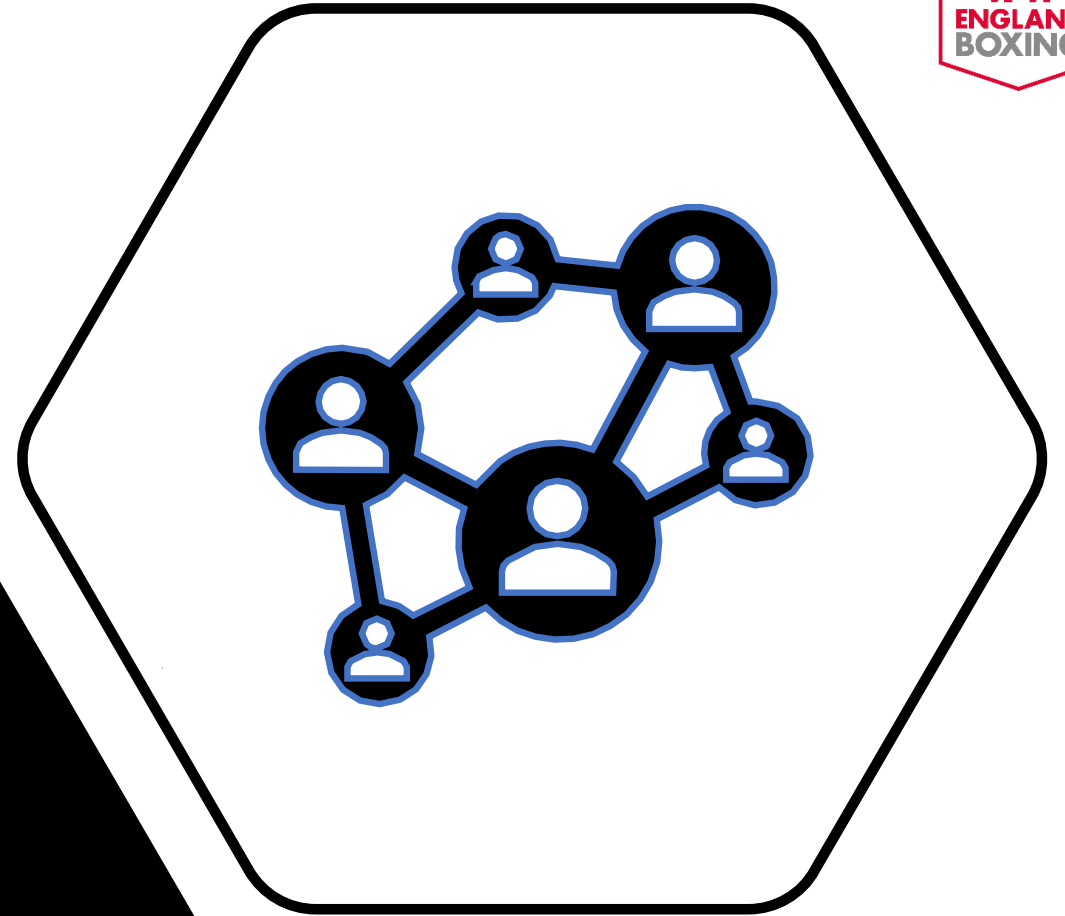
**Website:**

<https://insideoutinitiative.org/>

This initiative aims to transform the 'win at all costs' sports culture and promote sports as a human growth experience.

**Thought:**

If there was no winning or losing in boxing would your coaching approach be different? Would you still coach and why/why not?



Thanks to Rachel Bower for this Coaching Nudge