

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



Be at your best when your best is needed. Enjoyment of a difficult challenge.

Respect without fear. May come from being prepared and keeping all things in proper perspective.

CONFIDENCE

CONDITION

Mental-Moral-Physical, Rest. exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated.

SKILL

A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail.

TEAM SPIRIT

A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all.

SELF-CONTROL

Practice self-discipline and keep emotions under control. Good judgment and common

ALERTNESS

POISE

Just being yourself, Being at

ease in any situation. Never

fighting yourself.

Be observing constantly. Stay open-minded. Be eager to learn and improve.

INITIATIVE

Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it.

INTENTNESS

Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent

INDUSTRIOUSNESS

There is no substitution for work. Worthwhile results come from hard work and careful planning.

FRIENDSHIP

Comes from mutual esteem, respect and devotion. Like marriage it must not be taken for granted but requires a joint effort.

LOYALTY

To yourself and to all those depending upon you. Keep your self-respect.

COOPERATION

With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way.

ENTHUSIASM

Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing.

Thanks to Nick Griffin for this **Coaching Nudge**

THE PYRAMID OF SUCCESS

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	 To utilise mainly straight punches 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)	 Boxer to use straight punches only (conditioned) 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.



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)

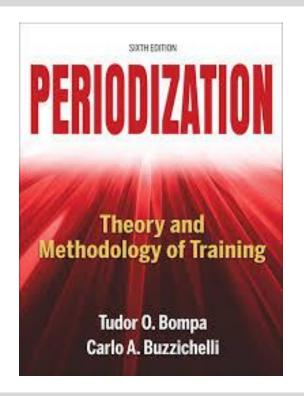


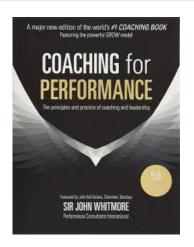
'Don't worry if they don't understand you. Worry if you don't understand them.' Chinese Proverb

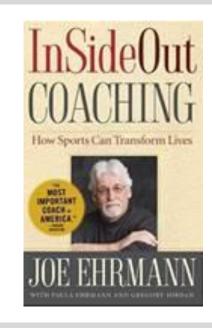
'The interesting thing about coaching is you have to trouble the comfortable and comfort the troubled'

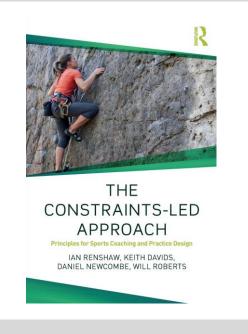
Ric Charlesworth

The Reading Nudge

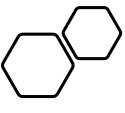








Stay connected with each other – aim to have a coaching conversation with another coach



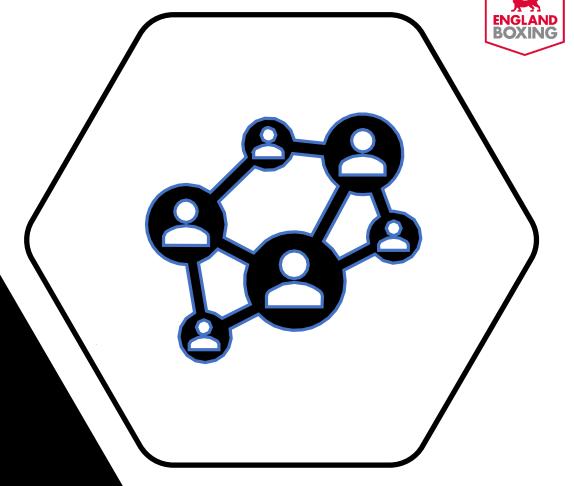
Website:

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