Coach Nudge#4

We are in your coaching corner
You are not “working from home”, you are “at your home, during a crisis, trying to work.”

Your personal physical, mental, and emotional health is far more important than anything else right now.

You should not try to compensate for lost productivity by working longer hours.

You will be kind to yourself and not judge how you are coping based on how you see others coping.

You will be kind to others and not judge how they are coping based on how you are coping.

Your team’s success will not be measured the same way it was when things were normal.

Thanks to Ben Stewart for this Meaningful Nudge
DON’T MAKE TRAINING EASY

MAKE IT HARDER SO THAT YOU WILL GET BETTER

- MANNY PACQUIAO
Thanks to Adam Haniver for this Coaching Nudge
Training that requires the Boxer to perform the skill or movement differently from one attempt to another

**Strengths of Varied Training**
- Boxer has the opportunity to simulate the random demand within the competition environment
- Has the potential to enhance Boxers’ learning and development of specific skills
- Boxers can retain the learning and transfer to a competition environment

**Limitations of Varied Training**
- Can be challenging for new and complex skills. Can lead to reduce performance and confidence within the training environment
Building your inner coach | Brett Ledbetter | TEDxGatewayArch

https://www.youtube.com/watch?v=q7a5TIzOmQ&feature=youtu.be

Thanks to Cliff Morrison for this Coaching Nudge
“Kids respond to teachers who care!” i.e. teachers who care about their kids and their development, teachers who care about their subject and are inspiring, passionate and enthusiastic.

“Boxers respond to coaches who care!” i.e. coaches who care about their boxers and their development, coaches who care about their sport and are inspiring, passionate and enthusiastic.

Kevin Bowring (Previous Head of Elite Coach Development at the RFU)
COTE’S LONG TERM ATHLETE DEVELOPMENT

- **STAGE 1: ACTIVE START (0-6 YEARS)**
- **STAGE 2 FUNDAMENTAL (GIRLS 6-8, BOYS 9-12)**
- **STAGE 3 LEARN TO TRAIN (GIRLS 8-11, BOYS 9-12)**
- **STAGE 4 TRAIN TO TRAIN (GIRLS 11-15, BOYS 12-16)**
- **STAGE 5 TRAIN TO COMPETE (GIRLS 15-21, BOYS 16-23)**
- **STAGE 6 TRAIN TO WIN (GIRLS 18+, BOYS 19+)**
- **STAGE 7 ACTIVE FOR LIFE (ANY AGE PARTICIPANT)**

Thanks to John Warburton for this Coaching Nudge
Stay connected with each other – aim to have a coaching conversation with another coach.

DO WE TREAT ALL BOXERS DEVELOPMENT THE SAME?
DO WE CONSIDER THEIR NEED AND WISHES?
WHERE ARE THEY ON THEIR JOURNEY?

Thanks to John Warburton for this Coaching Nudge