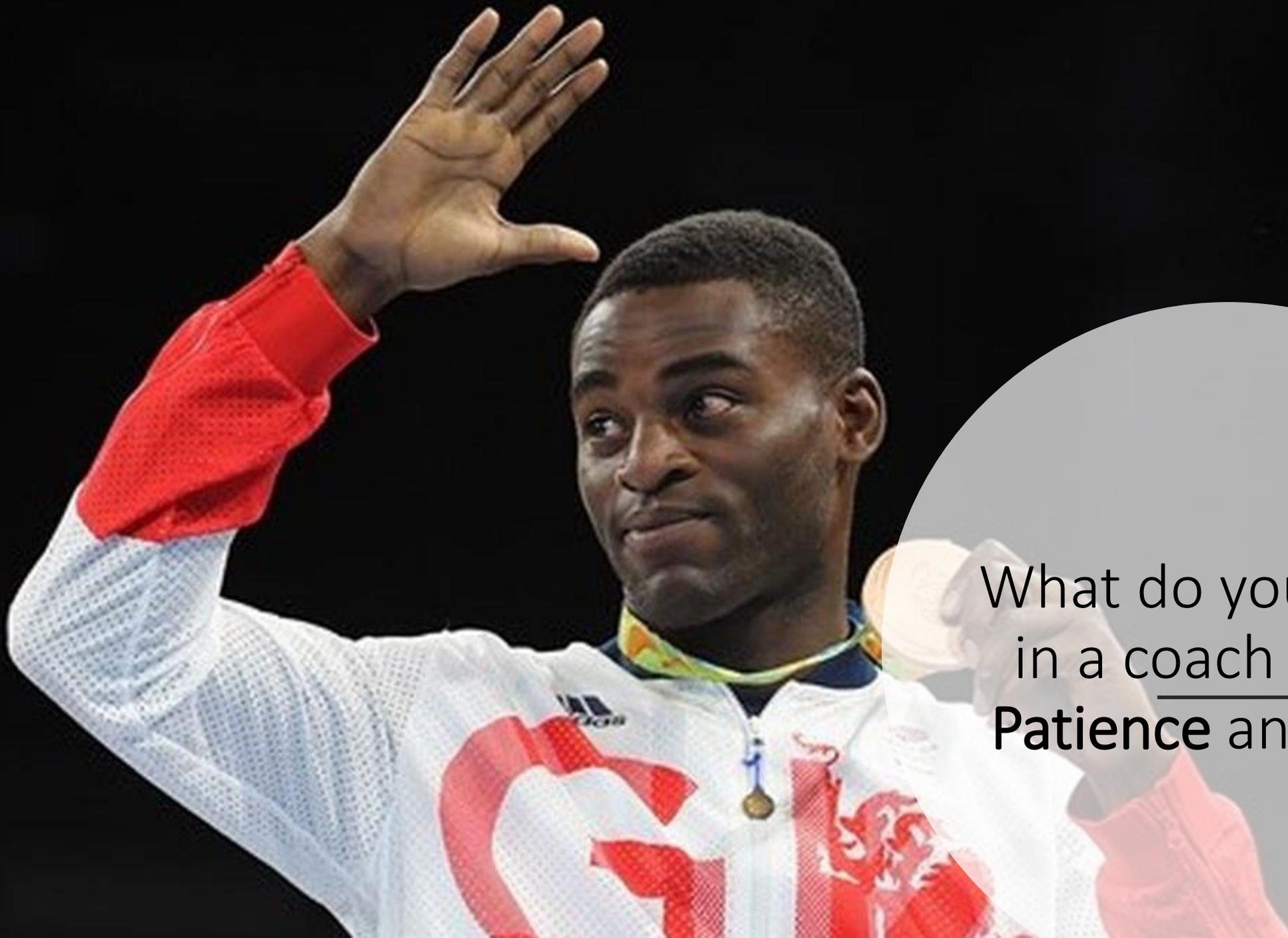


# Coach Nudge#5

*We are in your coaching corner*





What do you value  
in a coach Josh?  
**Patience and Care**

## Is coaching an art or science?

Whilst creativity and instinct are important in coaching, there also needs to be a technical skill set, alongside a knowledgeable understanding of subject matter.

Boxing has an artistry and aesthetic that also requires a technical dimension.

Coaching in boxing requires a balance of both art and science.

What side of the scale do you lean to, science or art? Or do you balance both effectively?

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Thanks to John Warburton for this Coaching Nudge



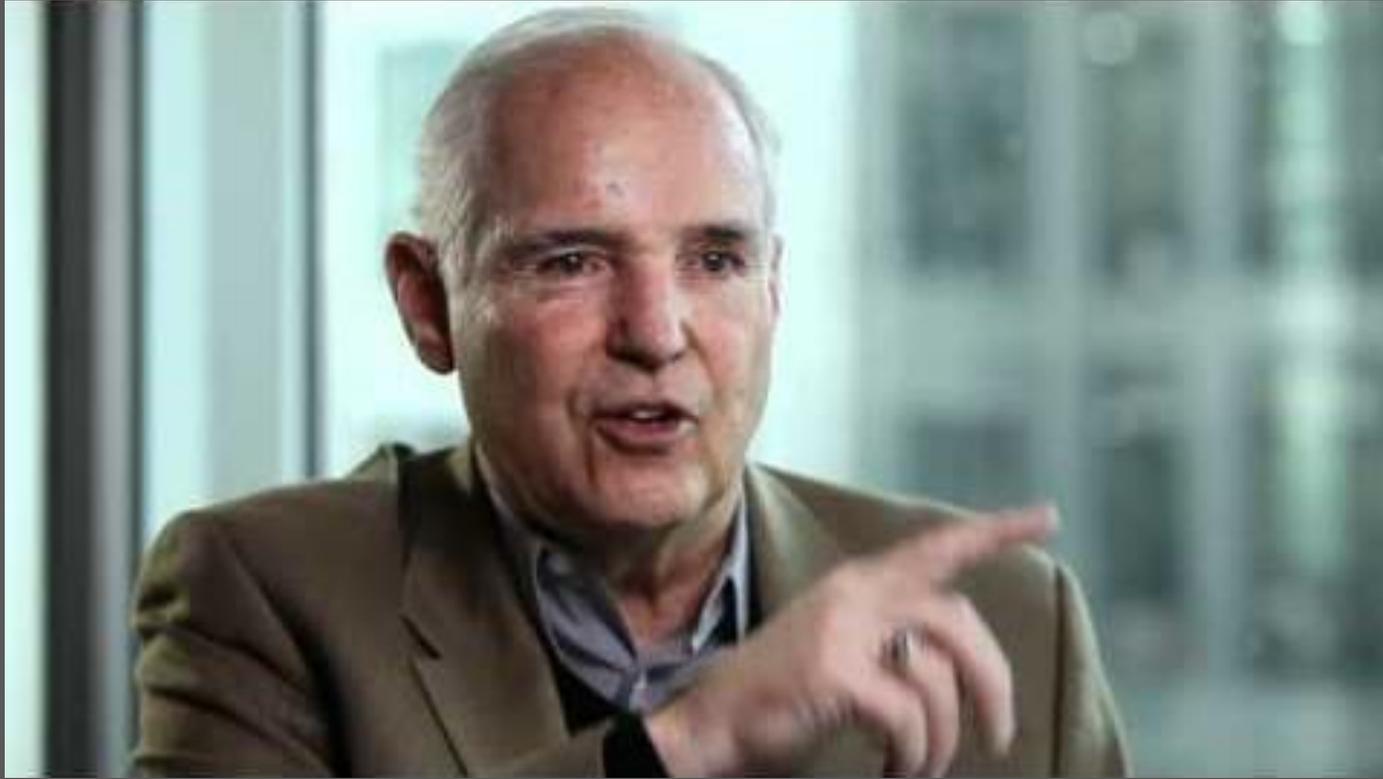
The Coaching  
Challenge:  
Do you coach like this?



Boxing isn't just about brute strength; it's about skill and outwitting your opponent.

Lennox Lewis

quote fancy



Hyper Link:

[An Association for Coaching  
Interview - Tim Gallwey](#)

# Inner Game

Coaching Interview - Tim Gallwey

## Promoting Good Mental Health Through Coaching



### What a coach can do?

#### Coaching and customer skills

C



Be welcoming



Talk about mental health



Offer alternatives



Get feedback

#### Awareness

a



Ask people how they are feeling



Pay attention



Use your observation and listening skills



Ask how they would like to be supported

#### Respect

r



Avoid intrusive questions



Treat everyone fairly



Make yourself available to listen



Treat information in confidence

#### Empathy

e



Learn from reliable sources



Listen and seek understanding



Don't feel pressured to find answers



See the individual, not their diagnosis

<https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/coaches-page/>

The link above will take you to a 'MIND' website page which provides support for coaches.



mind.org.uk  
nhs.uk/oneyou

Check out our animation

[ukcoaching.org/mentalhealth](http://ukcoaching.org/mentalhealth)

Thanks to Nick Griffin for this Coaching Nudge

# Coaching Continuum (Part 3 of 3) Sparring Based Practice

“Does it look like the real demands of the sport!”

*Training that attempts to simulate the demands related to actual Competition.*

## **Strengths of Sparring Training**

- Encourage the overall development of skills
- Allows a ‘stand back’ approach to coaching and supports the Boxer with self-discovery, awareness, and reflections
- Promote the transfer of skills development to actual competition performance

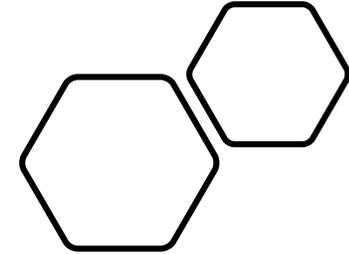
## **Limitations of Sparring Training**

- Complex learning process for the Boxer
- Boxer’s immediate performance maybe limited
- Review and reflections may take time for learning to take place

# Coaching Continuum

HELPING SOMEONE SOLVE THEIR OWN PROBLEMS

**PULL**



Listening to understand

Asking questions

Paraphrasing and summarising

Suggesting options

Giving feedback

Offering Guidance

Giving advice

Instructing

Telling

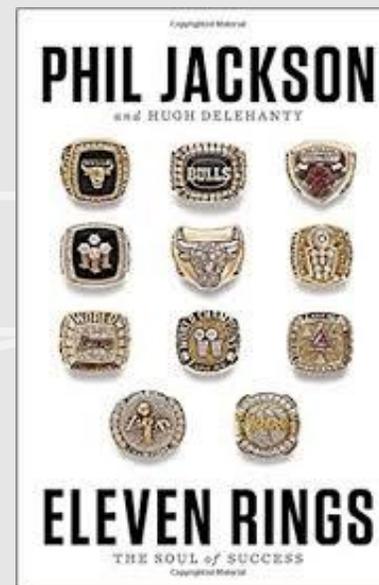
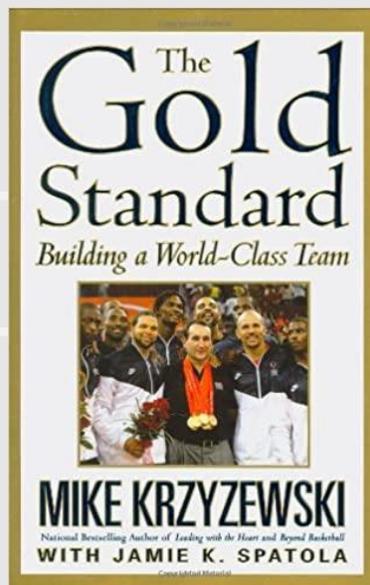
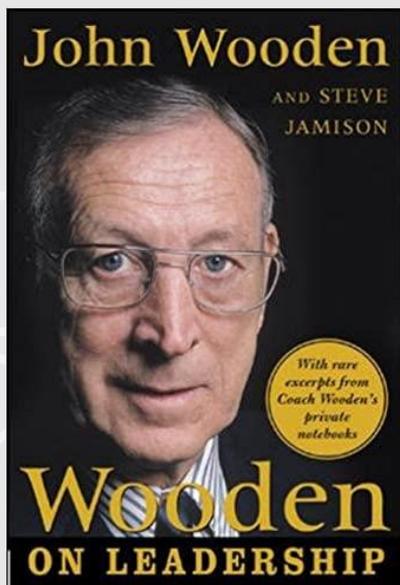
**Where are you on the coaching continuum?**

**How does your position change when your boxer changes?**

**PUSH**

SOLVING SOMEONE'S PROBLEM FOR THEM

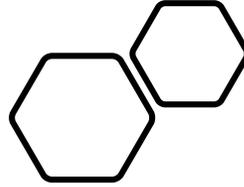
Thanks to Nick Griffin for this Coaching Nudge



# The Reading Nudge

Useful Free Online Course: Thanks to  
Craig Turner for sharing:

<https://www.openlearning.com/courses/covid-safe-martial-arts-school/>

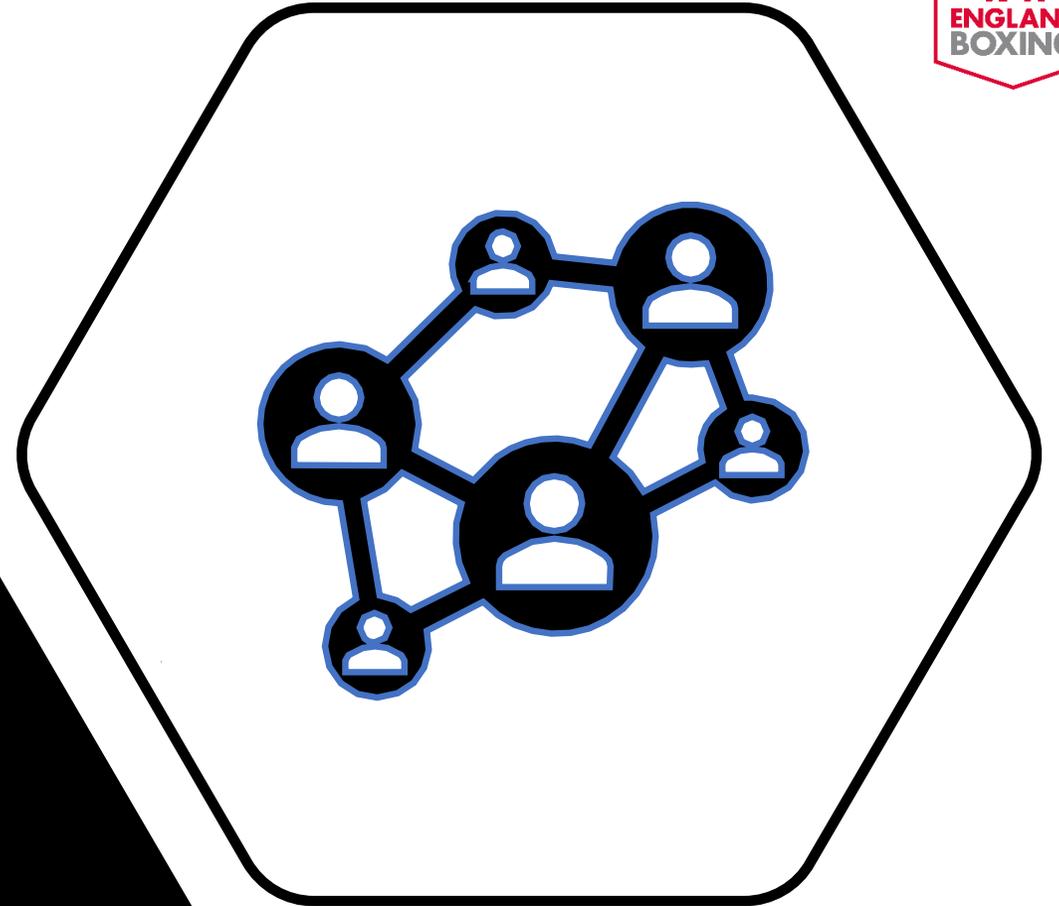


There is:

New School Coaching

Old School Coaching

and there is **Right School  
Coaching**



Thanks to the Unknown Coach for this Coaching Nudge