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?

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

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

Listening to understand
Asking questions
Paraphrasing and summarising
Suggesting options
Giving feedback
Offering Guidance
Giving advice
Instructing
Telling

PULL

SOLVING SOMEONE’S PROBLEM FOR THEM

Where are you on the coaching continuum?

How does your position change when your boxer changes?

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