

Coach Nudge#10

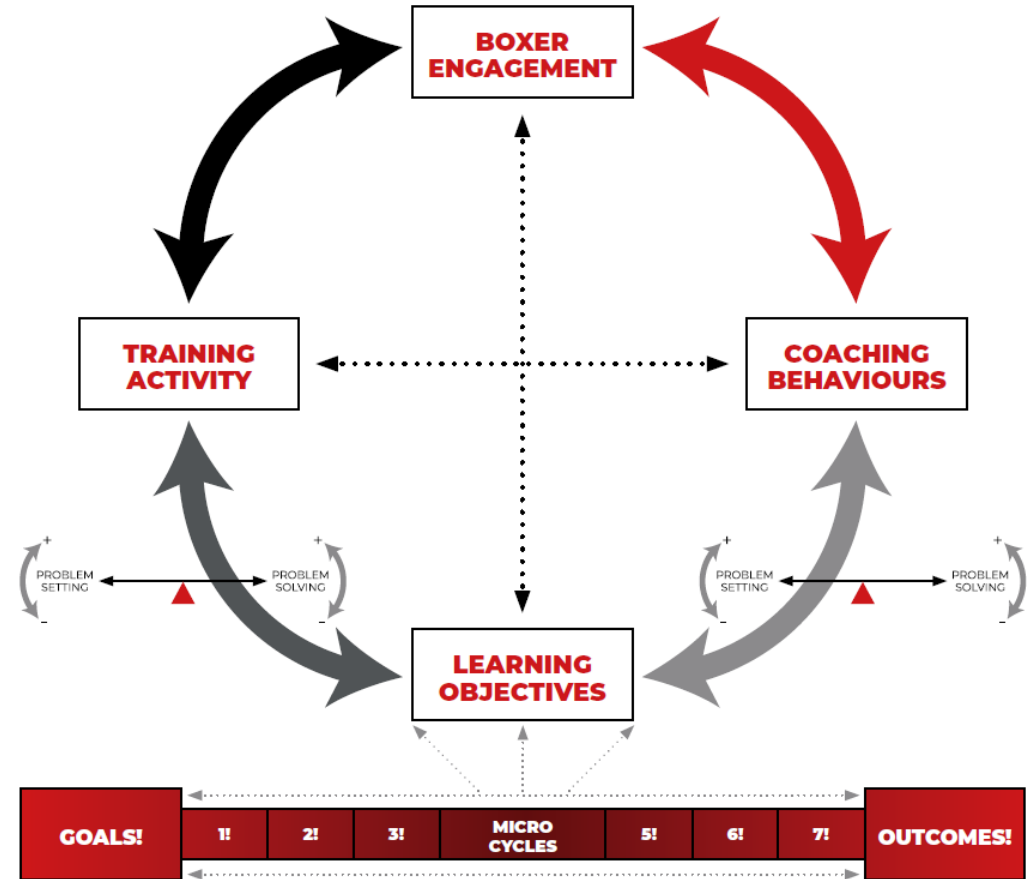
We are in your coaching corner



▼ COACHING PRACTICES

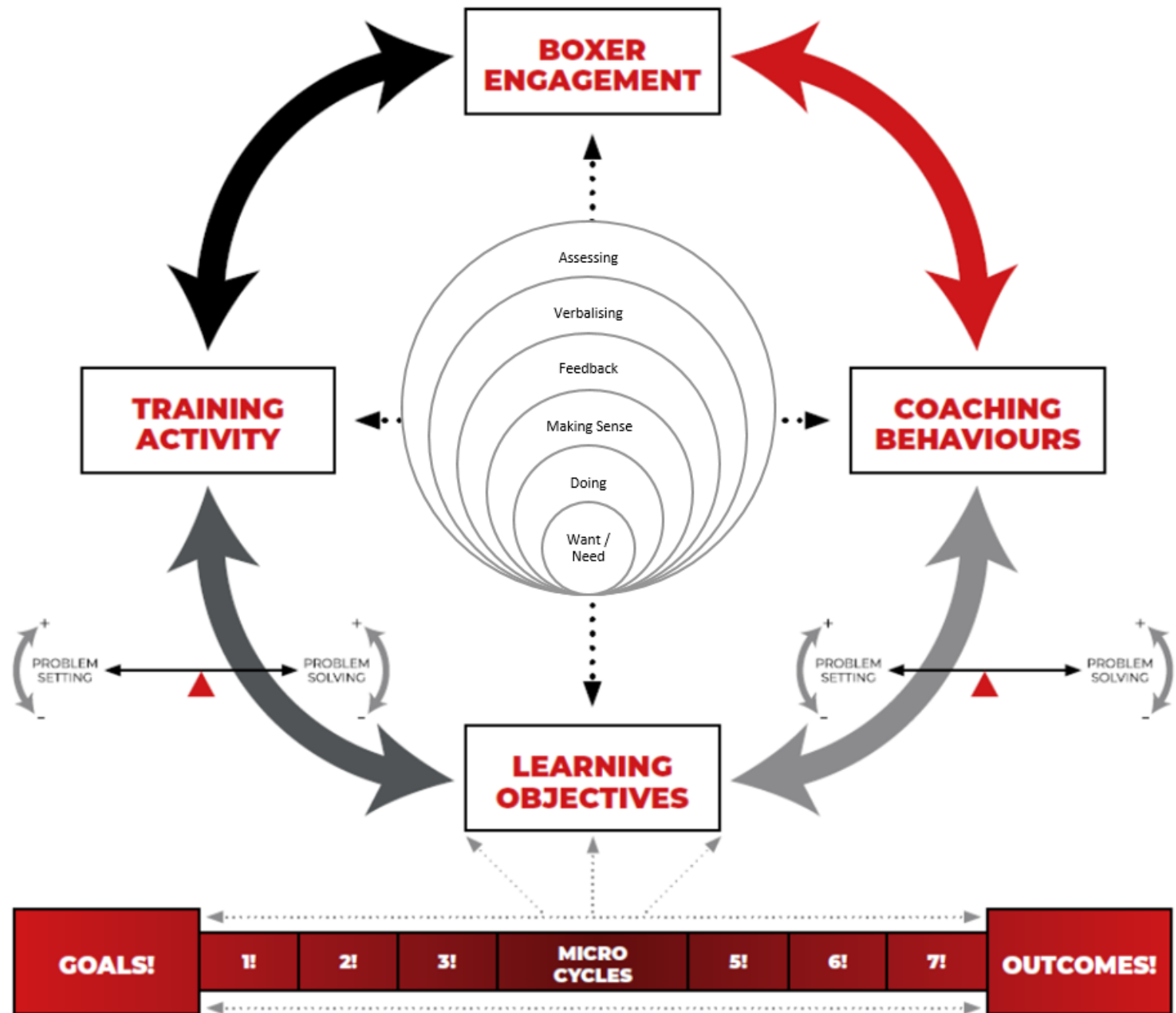


Muir, 2007. Adapted from Abraham, Muir and Morgan 2009



Planning your Coaching

(Muir, 2010)



Individual Coaching Principles 'Coaching With Purpose'

- This guide is to help coaches plan, deliver and review their 1-1 sessions across England, therefore delivering effective coaching and meeting the needs of the boxer.
- The Plan (You and Boxer – A shared understanding)
- The Delivery (Based on the needs of the boxer)
- The Review (Making sense and reflecting for the boxer and you)
- The Fundamentals (doing the basics well)



Planning the Session

Consider the following to structure your planning process:

- Who am I about to coach? (what do you know about them already, when was the last time you coached them)
- Where is the boxer currently within the performance cycle? (Pre- Comp, Post Comp, General Phase)
- What is the goal and intended outcome of the session?
- How much time do you have with the boxer?
- How do you balance between the wants and needs of the boxer
- Are you considering the boxers preference within the planning process (their work ons)
- What will the session look like in relation to activity and training? (Pads, Paddles, Sticks, Video, Bags, Mirror etc.)
- How will you be coaching the session? (Problem setting / solving, guided discovery, coach led, command, tell?)
- Are you developing the boxer's technique or enhancing their functional skills within the ring?
- Do you and the boxer have a shared understanding of the session (clear expectations?)



Delivery of the Session

- What are you noticing? Expectations vs Reality
- How are you progression the session or adapting the session?
- Is there a good connection and rapport between you and the boxer?
- How are you establishing repetition without repetition? (variety / same but different)
- How is the boxer responding to your coaching?
- Are you finding time to ask them questions?
- What are the main coaching points you want to land with the boxer (max 3)
- How are you developing their own feedback (internally) before offering your own feedback?
- Is the session realistic and aligned with the planned outcome or goal? (reference to competition / performance)
- What are the main learnings and points that you want the boxer to take on board?



Review of the Session

- Have you reconnected with the goal and the intended outcome with the boxer?
- How does this session link to potential future sessions?
- What is the feedback from the boxer and their ability to recall key messages and reflections?
- Have you checked for understanding with the boxer?
- How does this session potentially transfer to sparring of other future sessions?
- Is there anything you noticed that needs to be shared with another coach?

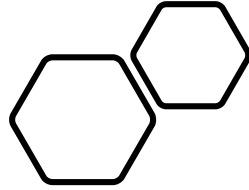


The Fundamental Principles

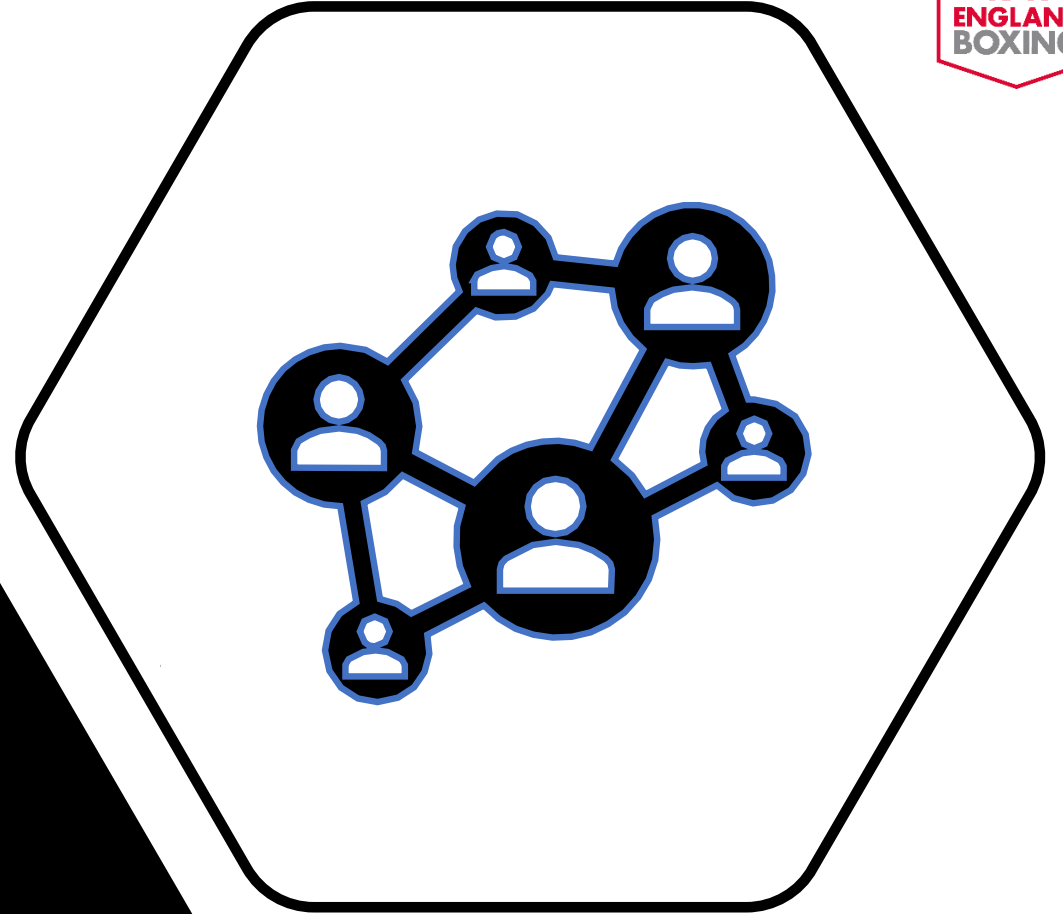
- Coach with purpose (ask yourself why are you coaching like that, have a clear answer!)
- Select the right activity / training approach (align the activity to the planned outcome of the session)
- Your approach / method of coaching (how are you coaching this session?)
- Know the person, athlete and boxer (understand who you are coaching)



A Coach Reflection from the 2020 Coaching Scrapbook



Boxing is Boxing,
however every **Boxer** is
different



Thanks to the Unknown Coach for this Coaching Nudge