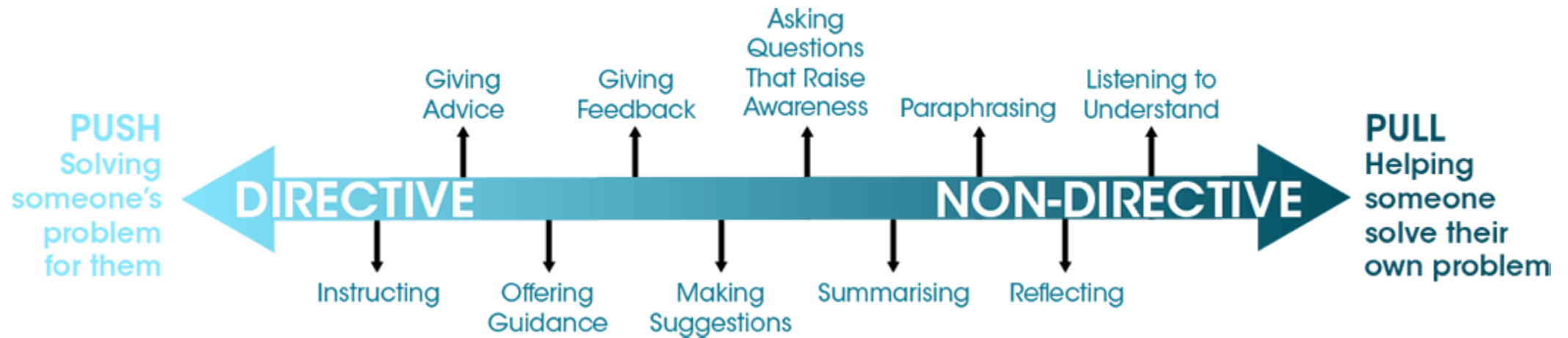


# Coach Nudge#11

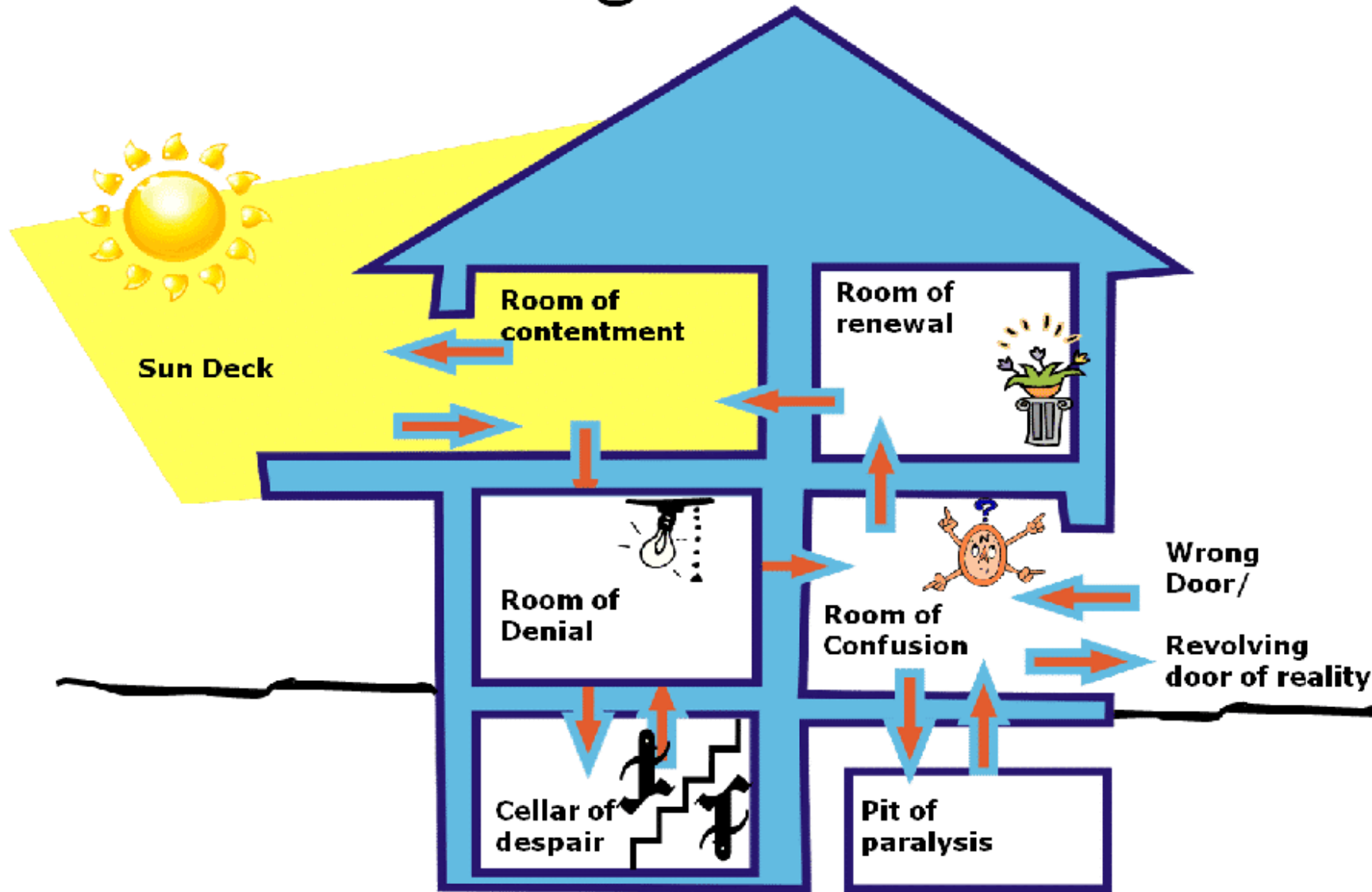
*We are in your coaching corner*



# What is your preference to coaching and how do you flex to meet the needs of the Boxer?



# Change House



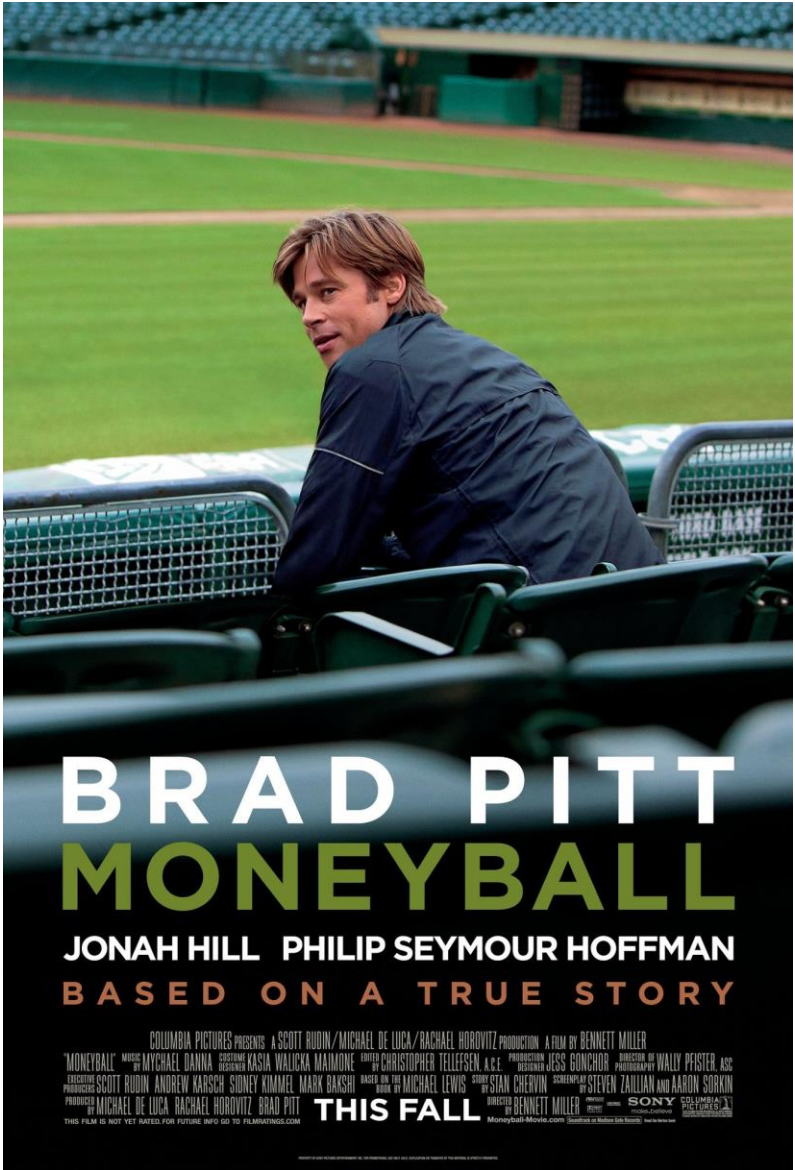
When was the last time you made a change?

What happened to you during the change process?

Which room did you spend the most time in?

How will you look at change in the future?

Does this change process apply to Boxers? (Poor Performance, The Learning Pit or a Technical Change...)





- What false feelings and beliefs do the boxers that you work with have?
- How much of our time is spent teaching when we think we are coaching?
- At what stages in a boxer's 'career' does the boxer need us to change our role within the Venn diagram?
- When was the last time you asked a boxer an open question?
- If you are truly coaching and /or mentoring how many boxers can you work with if you to be truly effective?
- If you are not approachable how can a boxer ask you a question?
- Is your coaching focused on the future or does it dwell on the past?



Thanks to Nick Griffin for this Coaching Nudge

# The Boxing Coaches' Podcast

By Adam Haniver

Understanding how we learn is surely the most important tool in any coaches skill set. The boxing coaches' podcast discusses learning within a boxing context and shares the application of theory. Getting better starts with us, the coaches.....

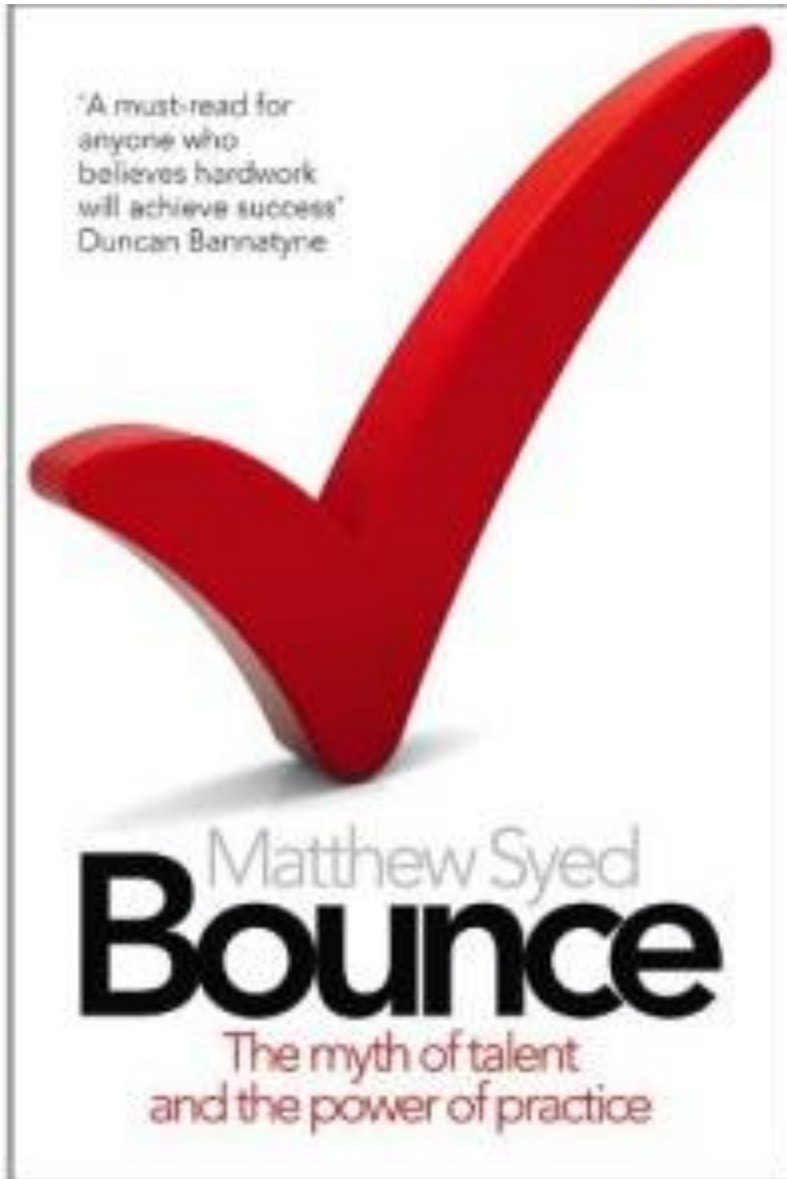


<https://anchor.fm/boxingcoachespodcast/episodes/42---Leadership-with-Lieutenant-Colonel-Shamus-Kelly-of-the-RRF-ef1sh7>

Perfection is not  
attainable, but if  
we chase  
perfection we can  
catch excellence.

*Vince Lombardi*





# The Reading Nudge

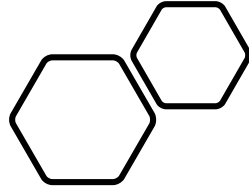
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- **In this book Matthew Syed suggests:**
  - Talent is a result of thousand of hours of purposeful practice, not inate talent.
  - Expert knowledge comes from experience.
  - If you want to be world-class, you have to embrace failure.
- **In this book Matthew Syed suggests 'Five Big Ideas'**
  - If we believe that attaining excellence hinges on talent, we are likely to give up if we show insufficient early promise
  - Speed in sport is not based on innate reaction speed, but derived from highly specific practice".
  - Talent cannot be taught in a classroom; it is not something you are born with; it must be lived and learned. To put it another way, it emerges through practic
  - Child prodigies do not have unusual genes; they have unusual upbringings
  - Purposeful practice is about striving for what is just out of reach and not quite making it; it is about grappling with tasks beyond current limitations and falling short again and again

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



# A Coach Reflection from the 2020 Coaching Scrapbook



**Talent development-**  
"When to coach"  
Allow the boxer to be  
talented until they fail,  
then coach the gaps!

