Coach Nudge#8

We are in your coaching corner
If we change the way we look at things, the things we look at change.
The Re-Learn Nudge

The ‘Cornerstones’ of good coaching from the current England Boxing Coaching Assistant Course
The Self Awareness Nudge
Do you plan?
Or
Coach what you see?

A summary of nested thinking and planning
(Adapted from Abraham and Collins, 2011)
Stay connected with fellow coaches from different sports from across the UK

https://community.ukcoaching.org/
Allow time for you to reflect....

Professor Tony Ghaye (2011)
The Reading Nudge (Free – click on link)

A Coach Reflection from the 2020 Coaching Scrapbook

Thanks to the Unknown Coach for this Coaching Nudge

Coaching is about navigation of the human body and the brain.