Coaching Nudge#9

Use of Coaching Tools & How are you coaching?

▼ COACHING PRACTICES

WHO ARE YOU COACHING?
Using bio-psycho-social theories and concepts as thinking tools to understand your athlete's needs and wants

Goal Formation
[where do the goals come from and whose needs are they trying to fulfill]
Curriculum planning Tactics and strategies

Culture Environment Quality of Relationships
[trust, honesty, rapport etc]
Roles and Responsibilities
[managing expectations]

SELF

SELF

CONTEXT

CONTEXT

YOUR PRACTICE
The way you facilitate learning and development

WHAT ARE YOU COACHING?
Using technical, tactical and psycho-motor theories and concepts as thinking tools to build your sport specific performance model

HOW ARE YOU COACHING?
Using skill acquisition theories and concepts as thinking tools to optimise learning and development opportunities

Strategies used during coaching interactions
[structure of learning activities and behavioural strategies used to support athletes engagement and learning]

Muir, 2107. Adapted from Abraham, Muir and Morgan 2009

BOXER ENGAGEMENT

TRAINING ACTIVITY

COACHING BEHAVIOURS

LEARNING OBJECTIVES

PROBLEM SETTING — PROBLEM SOLVING

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GOALS! 1! 2! 3! MICRO CYCLES 5! 6! 7! OUTCOMES!
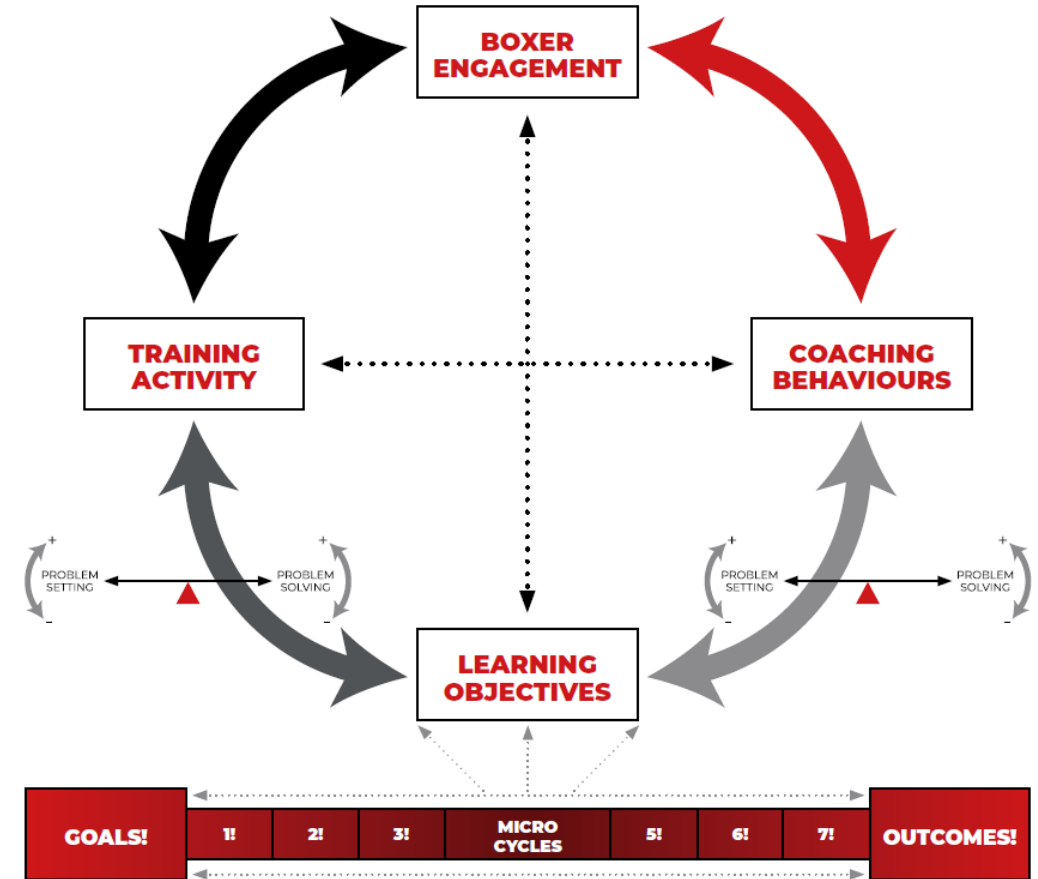
Coaching Tool 1 - Instruction

Is the information and task clear for the Boxer?

Are the aims clear for the session?

Does the Boxer have a clear understanding

Coaching Tool 2 - Observe

Have I taken enough time to watch the Boxer?

What is the Boxer trying to achieve?

Have I observed from different angles?

Coaching Tool 3 - Intervention

▶ Where do I start the process (instruct, demo, observe, questions?)

▦ When should I start the intervention?

⚖ What the benefits and limitations if I do?

⧖ Do I have enough time with the boxer?

🏋 What type if training should I use?

Coaching Tool 5 - Analysis

Will the analysis help the Boxer to develop further?

What is the context and relates to an outcome or goal?

Have I spoken to another Coach?

Have I had time to assess and review?

What will be the main messages?

Do I intervene or not?

Coaching Tool 6 – Praise

IS THE PRAISE BASED ON RESULT, PERFORMANCE OR EFFORT?

WHEN IS THE BEST TIME?

IS THERE ANY SPECIFIC AREA TO FOCUS ON AND HIGHLIGHT?

Coaching Tool 7 – Use of Silence

What is the Boxer working on?

Is the Boxer focused on the training?

Do you need to speak or talk?

If you say anything will it support the Boxer?

How can I use observation and analysis during this time?

Coaching Tool 8 - Questions

What do I want to find out?

Closed or Open Questions?

Will the questions used help performance and learning?

Can the question help to check for understanding?

Will the question focus the Boxers attention?

Will the question raise the Boxers self awareness?