Coaching Nudge#9

Use of Coaching Tools & How are you coaching?
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 are the benefits and limitations if I do?
- Do I have enough time with the boxer?
- What type of training should I use?
Coaching Tool
4 - Demonstrate

What is the purpose and aim of the demonstration?

Can the Boxer see the demonstration effectivity?

What is the best option; me? Other Boxer? Video
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?
Coaching Tool 9 - Feedback

- Is the feedback clear?
- Is the feedback based on quality observation and analysis?
- What will the boxer do with the feedback?
- When is it the right time to feedback?