Coach Nudge#14

We are in your coaching corner
This guide is to help coaches plan, deliver and review their 1-1 sessions, therefore delivering effective coaching and meet the needs of the boxer:

- Plan the session
- Delivery the session
- Review the session
Figure 1. The Coaching Practice – Planning and Reflective Framework Adapted for Boxing (Muir, 2018)
Figure 2. The five factors that underpin successful learning (Race, 2005) overlaid on The Coaching Practice – Planning and Reflective Framework (Muir, 2018)
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 (like to does and must does or strengths and areas to develop)?
- 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 an effective 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)
Figure 2. The five factors that underpin successful learning (Race, 2005) overlaid on The Coaching Practice – Planning and Reflective Framework (Muir, 2018)
A good teacher can never be fixed in a routine. Each moment requires a sensitive mind that is constantly changing and constantly adapting. A teacher must never impose this student to fit his favorite pattern. A good teacher protects his pupils from his own influence. A teacher is never a giver of truth; he is a guide, a pointer to the truth that each student must find for himself. I am not teaching you anything. I just help you to explore yourself.

--Bruce Lee

Thanks to Craig Turner for this Coaching Nudge