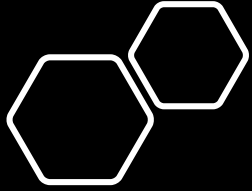


# Coach Nudge#14

*We are in your coaching corner*





# Individual Coaching Principles 'Coaching With Purpose'

- 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

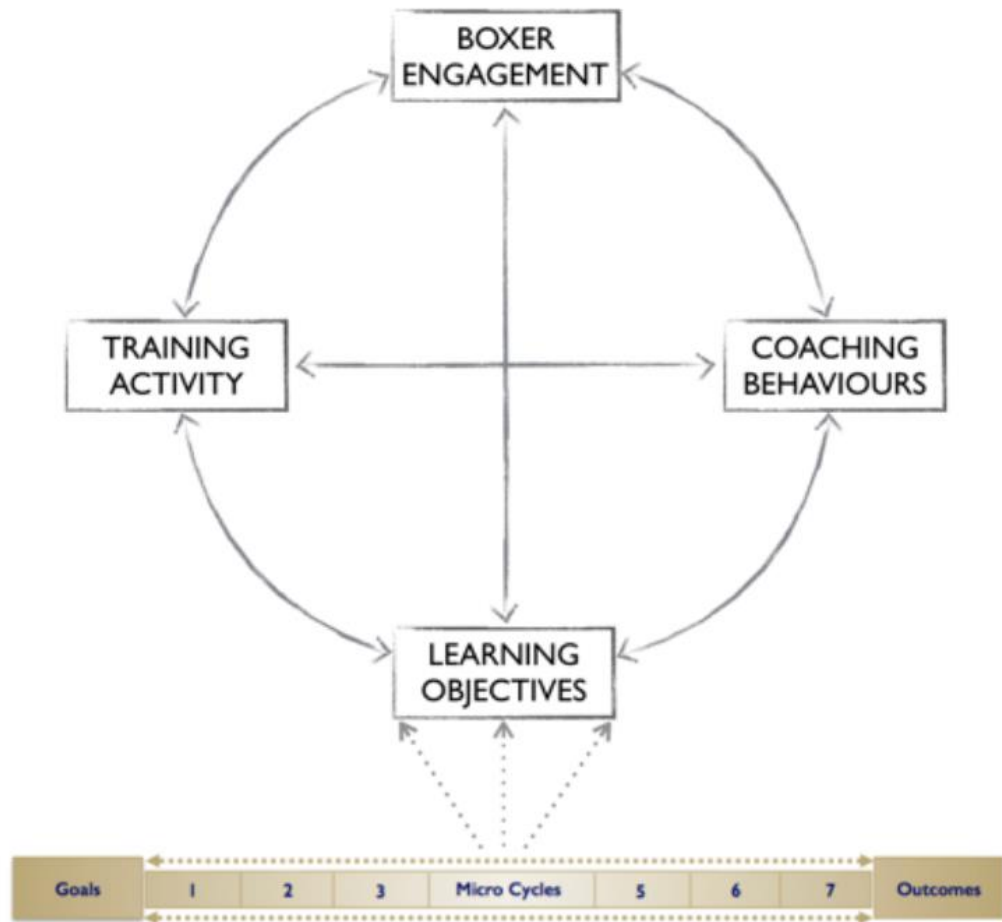


Figure 1. The Coaching Practice – Planning and Reflective Framework Adapted for Boxing (Muir, 2018)

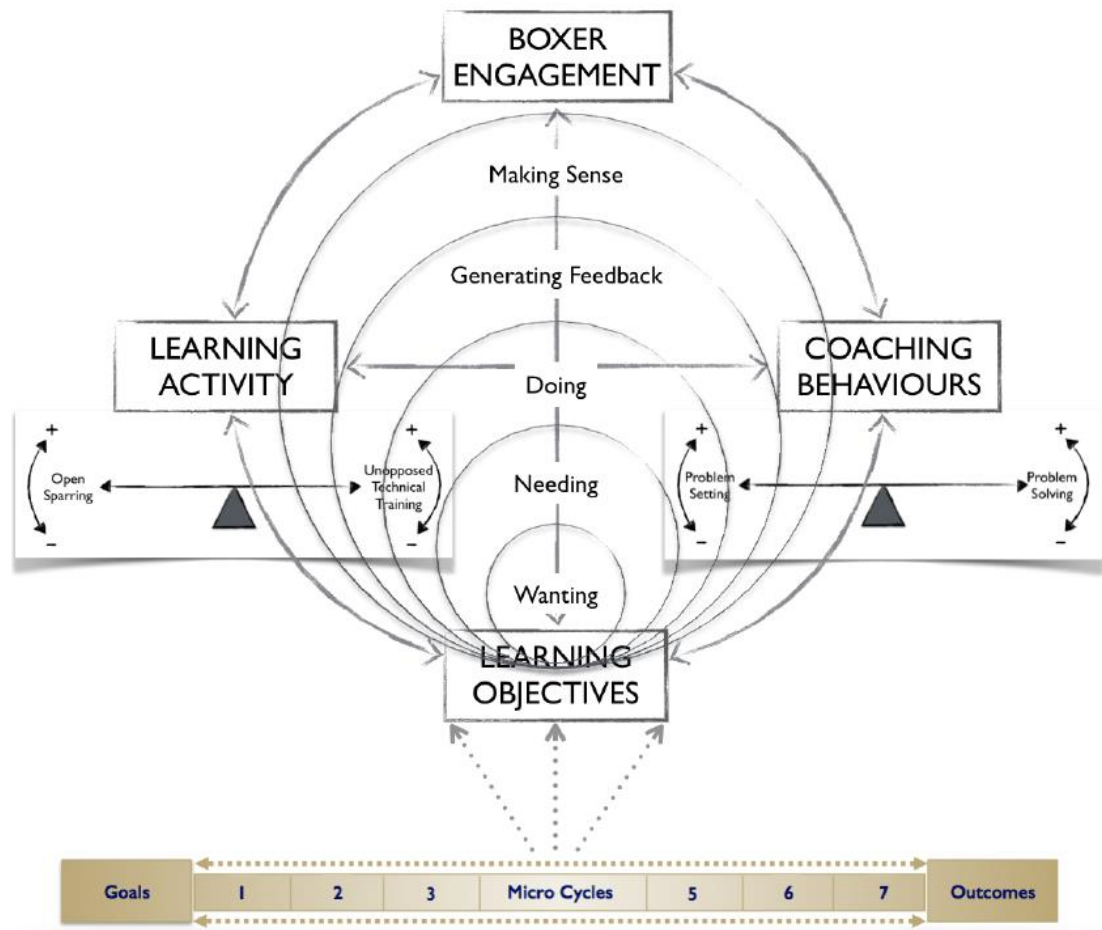
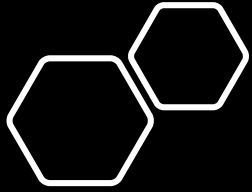
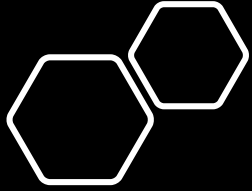


Figure 2. The five factors that underpin successful learning (Race, 2005) overlaid on The Coaching Practice – Planning and Reflective Framework (Muir, 2018)



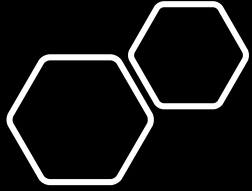
# Planning the Session

- 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

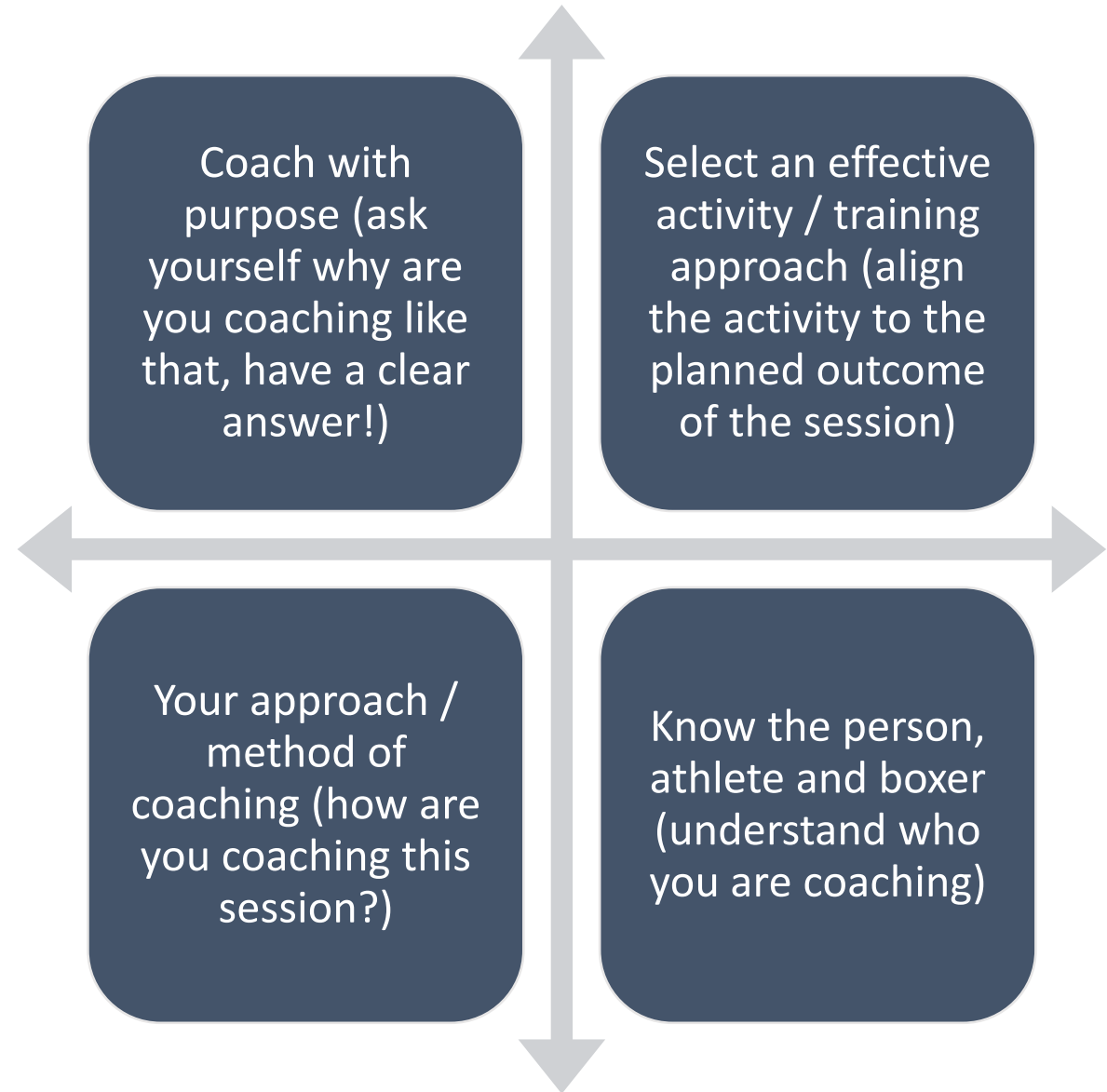
- What are you noticing? Expectations vs Reality
- How are you progression the session or adapting the session?
- Is there a good connection and rapport between you and the boxer?
- How are you establishing repetition without repetition? (variety / same but different)
- How is the boxer responding to 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





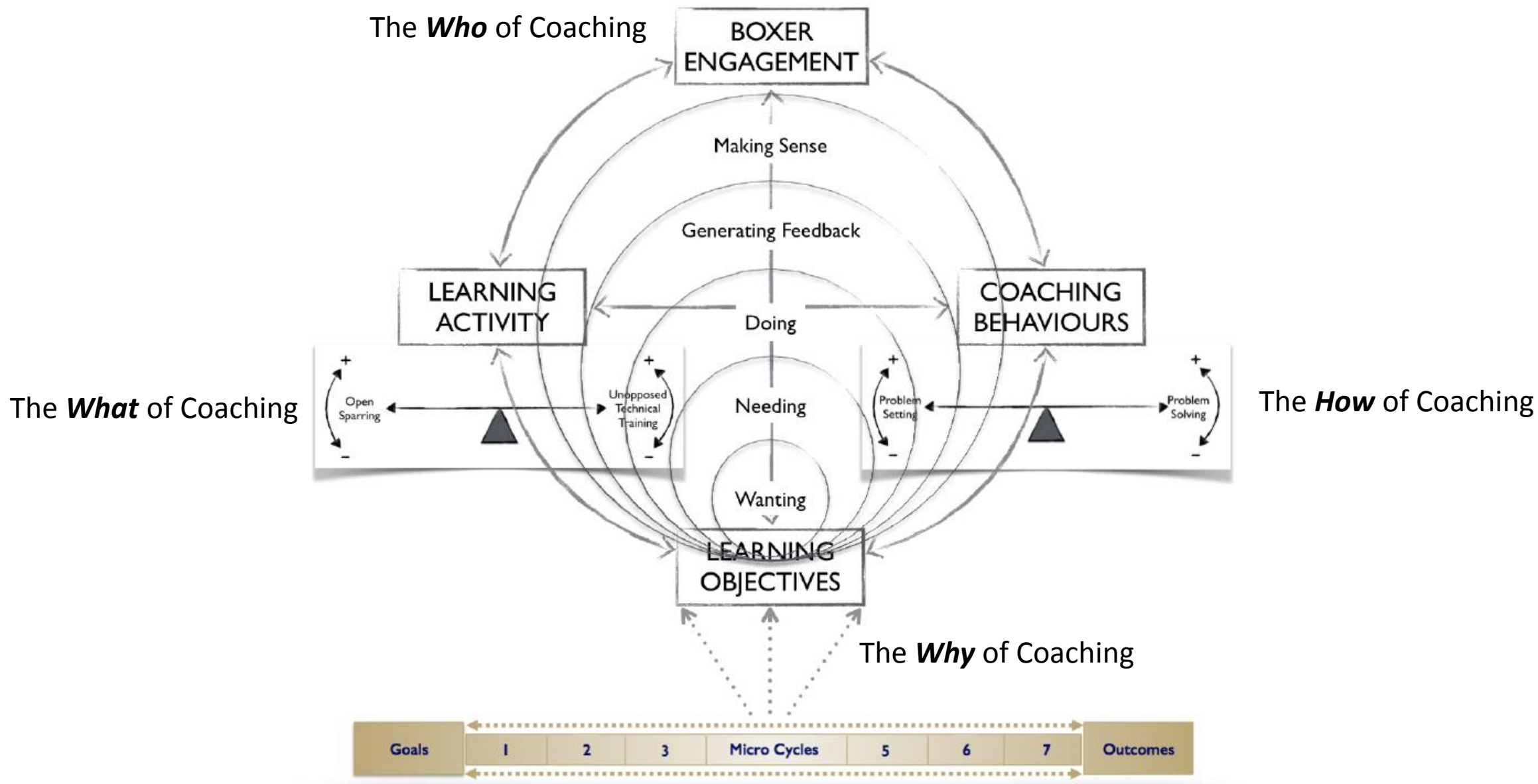


Figure 2. The five factors that underpin successful learning (Race, 2005) overlaid on The Coaching Practice – Planning and Reflective Framework (Muir, 2018)



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



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***Thanks to Craig Turner for this Coaching Nudge***