

# Coach Nudge#16

*We are in your coaching corner*



# Mental Skills to Develop Young Boxers

- Attitude

Remain humble in defeat

Young athlete model their behaviour from what they see around them.

- Motivation

Motivation and persistence go hand in hand as coaches work with young athletes

Through constant communication and praise, coaches can help athletes give their all during each training session

- Emotions

The first step is for athletes to recognize and acknowledge their emotions.

Coaches can then help athletes channel their emotions into their performance and not let their emotions control them.

- Concentration

Concentration will lead to better quality of work and less errors as well as provide athletes with more satisfaction out of an event than if they are unfocused.

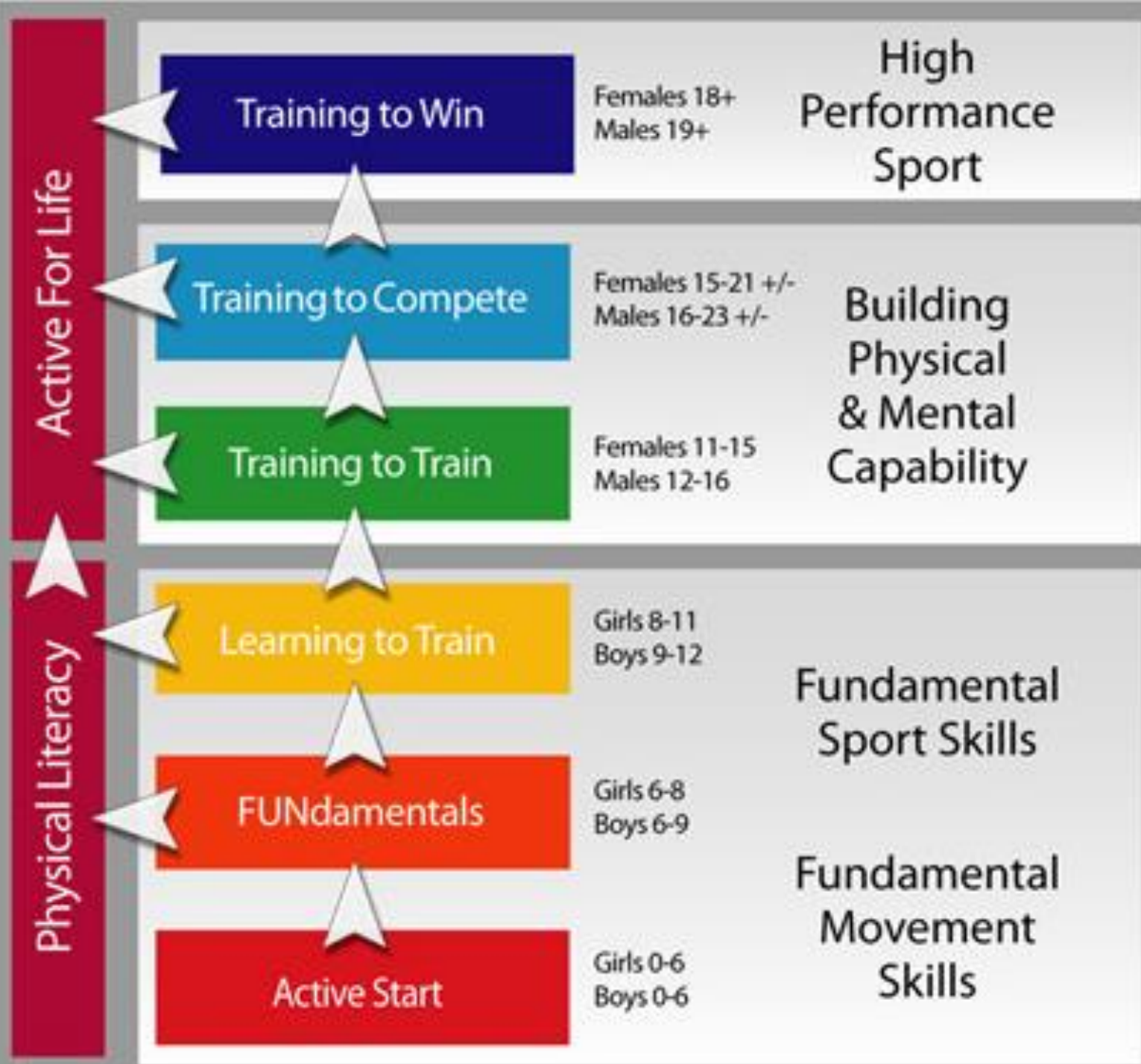
Coaches can help athletes learn about concentration through mental imagery.

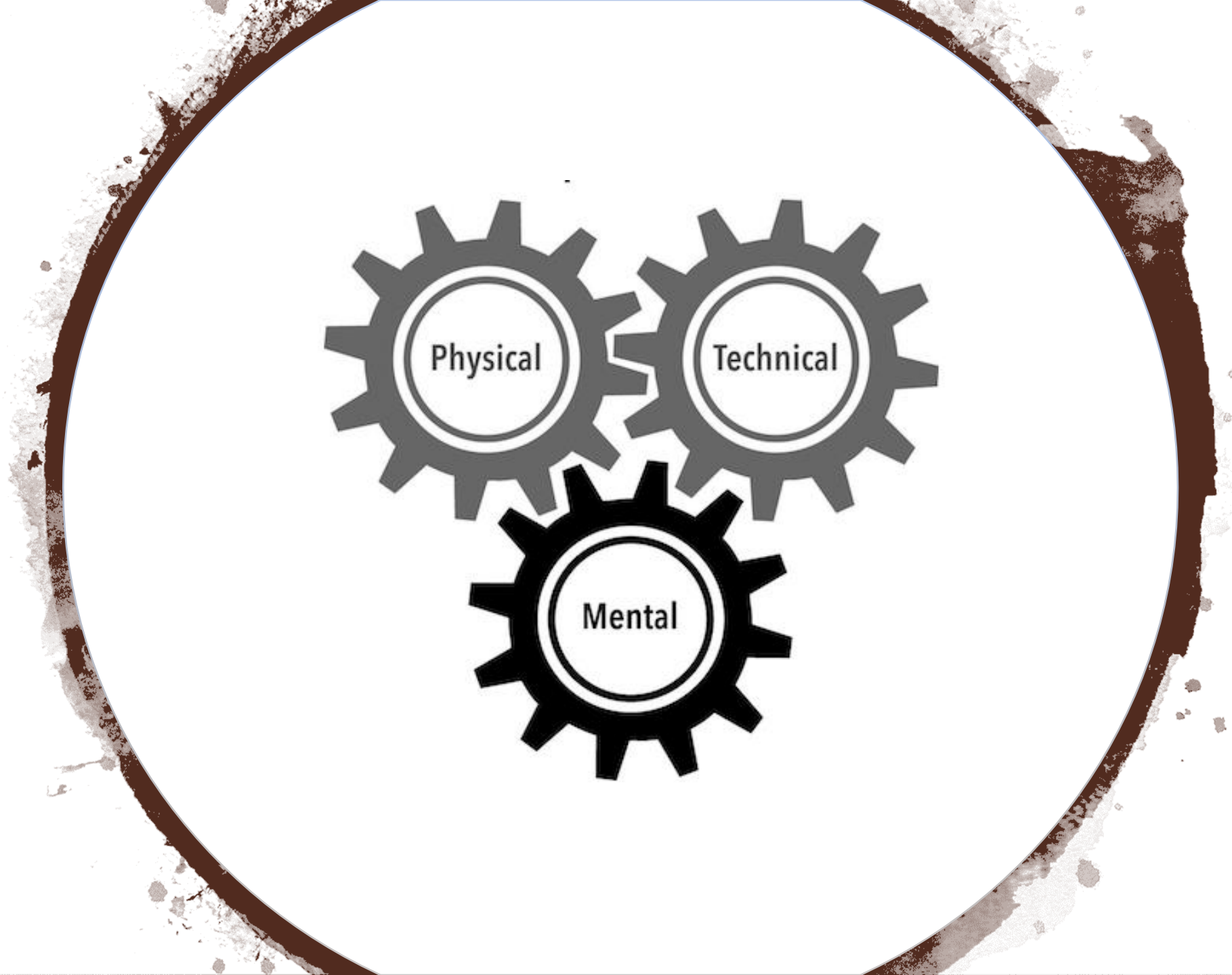


• **Too Hard Too Soon?**

Thanks to Craig Turner for this Coaching Nudge.

# Young People Development





Physical

Technical

Mental

No boxer ever quit because they had too much fun and enjoyed their training too much. So make sure your sessions are enjoyable

Coaching Scrapbook 2020



# Further Reading

- <https://www.worldseriesboxing.com/blog/2013/10/30/psychology-boxing/>