

Coach Nudge#19

*We are in your coaching
corner*





An Introduction to a Coaching Assistant

Reason For Coaching

People get into coaching for all sorts of reasons, for example, to:

- Give something back when they retire from competing
- Share their passion for the sport
 - Help a particular individual or group achieve their potential
- Make a difference to the life of the club and its boxers
- Help people to be the best they can be.

“Sports coaching is central to developing, sustaining and increasing participation in sport. It drives better performances and increased success as well as supporting key social and economic objectives throughout the UK. At all levels of society coaches guide improvement in technical, tactical, physical, mental and lifestyle skills, contributing to personal and social development.” UK Coaching Framework (2006)

The Coach

Cornerstones of Quality Coaches

The diagram adjacent sums up the cornerstones of quality coaching and the Level 1 Coaching Assistant programme is built on this foundation



England Boxing Level 1 Coaching Assistant

As a Coaching Assistant you need to register with EB and will be qualified to assist more qualified coaches to deliver aspects of coaching sessions. The level 1 Coaching Assistant programme will help you to be able to:

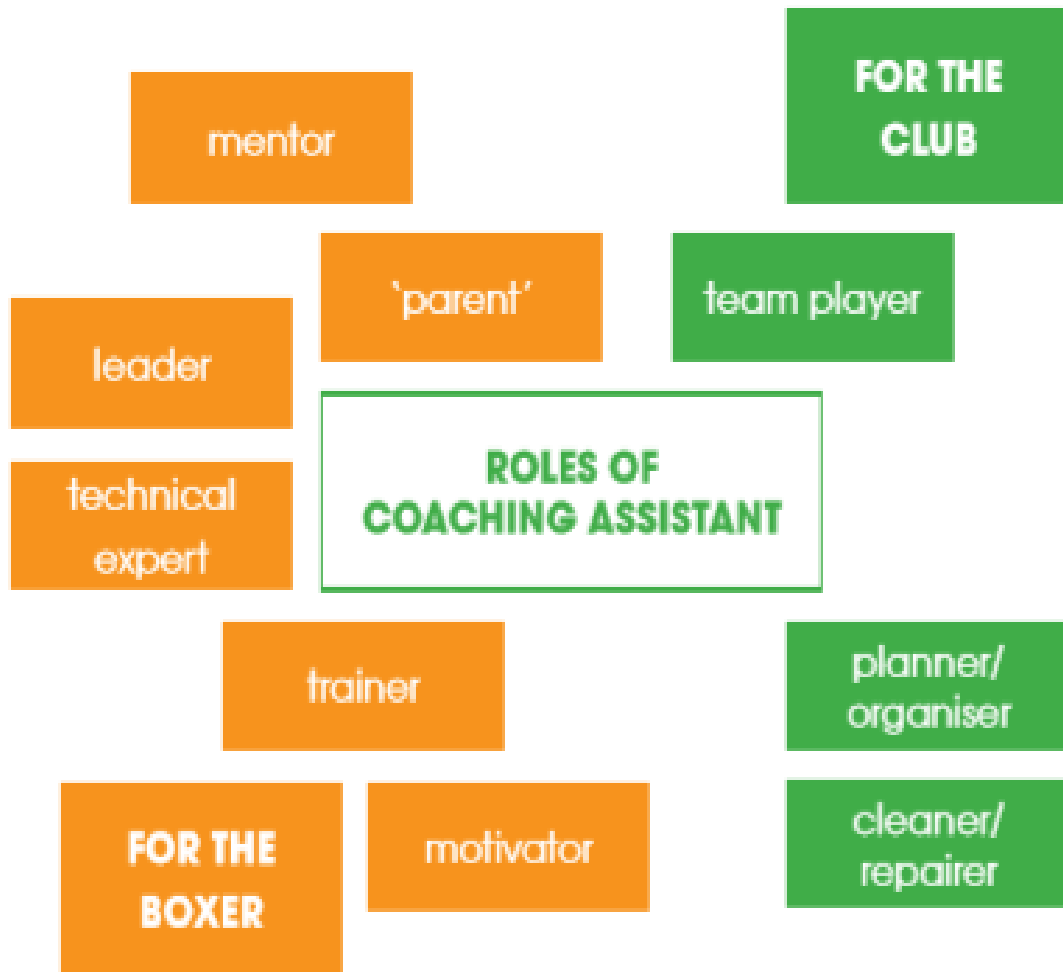
- Prepare from your supervising coach's plan to deliver parts of sessions
- Deliver practical coaching activities including;
warm-ups and cool-downs technique and skill development

Using bags and pads

circuit training exercises

- Keep participants safe
- adapt your coaching when working with children
- build rapport with participants and other coaching staff
- provide explanations and demonstrations
- coach in line with EB ethical coaching practice
- give basic advice on nutrition, hydration and safe weight management practices
- review and develop your coaching practice.





ROLE AND QUALITIES OF THE COACHING ASSISTANT

- The boxer/coach relationship is one of the most personal in sport.
- The health and well-being of boxers comes first and you are there to protect boxers as well as to offer opportunities for them to improve and develop



Can you become one of England Boxing's Coaches for the future?

"Coach the person, not the sport. Coach in the moment"

England Boxing Coaching Scrapbook 2020