

**ENGLAND BOXING LEVEL 2 PROGRESSION
COACH ONLINE WORKSHOPS**

**Introduction**

As part of the coaching pathway, England Boxing has designed and is introducing three new online coaching workshops for current England Boxing Level 2 Coaches. With the impact of COVID, online delivery is the only current option and the workshops have been designed based around these constraints.

Details of the three workshops are outlined below.

**Club Coach Leader Workshop**

(Six-hour workshop via Microsoft Teams), maximum 20 participants per workshop. The online workshop is split into two sessions (Session one = three hours. Two week gap. Session two = three hours).

Content to include:

* Maximising the boxer experience within your club
* Welfare of boxers and providing a safe and inclusive coaching environment
* The role of the lead coach within the club
* Coaching practice (creative sessions), Plan – Do – Review
* Working and leading a coaching team
* Evaluating and reviewing the annual coaching programme
* Legislation and guidance.

**Competition Lead Coach Workshop**

(Six-hour workshop via Microsoft Teams), maximum 20 participants per workshop. The online workshop is split into two sessions (Session one = three hours. Two week gap. Session two = three hours).

Content to include:

* What does effective planning look like and the areas we need to consider as a lead competition coach?
* Knowing and understanding the rules (our ability to understand what the Judges are looking for)
* Role of coaching practice (specific focus on technical, condition and open sparring)
* Padding with purpose, video analysis and reading the bout
* Coaching from the corner (the ability to land your message, reinforce, reconfirm and recommend).

**Integration and Application of Sport Science Workshop**

(Six-hour workshop via Microsoft Teams), maximum 20 participants per workshop. The online workshop is split into two sessions (Session one = three hours. Two week gap. Session two = three hours).

Content to include:

* Explore current and relevant topics that focus on sport science and its connection to coaching
* Specific focus towards Strength & Conditioning, Physical training & Planning, Sports psychology and nutrition
* Based on ‘action learning’ which normally starts with an overall theme or topic via a question and the group discuss and explores.

**To secure a place**

Go to [www.englandboxing.org/courses/level-2-coaching-courses/](http://www.englandboxing.org/courses/level-2-coaching-courses/) where dates of courses are displayed at the bottom of the page. You can also book by clicking on the red ‘book a course here’ link.

Please note that you must be an England Boxing Level 2-qualified coach to take part in one of these workshops.