

Coach Nudge#5

We are in your coaching corner





What do you value
in a coach Josh?
Patience and Care

Is coaching an art or science?

Whilst creativity and instinct are important in coaching, there also needs to be a technical skill set, alongside a knowledgeable understanding of subject matter.

Boxing has an artistry and aesthetic that also requires a technical dimension.


Coaching in boxing requires a balance of both art and science.

What side of the scale do you lean to, science or art? Or do you balance both effectively?

Thanks to John Warburton for this Coaching Nudge



The Coaching
Challenge:
Do you coach like this?



Boxing isn't just about brute strength; it's about skill and outwitting your opponent.

Lennox Lewis

quote fancy



Hyper Link:

[An Association for Coaching
Interview - Tim Gallwey](#)

Inner Game

Coaching Interview - Tim Gallwey

Promoting Good Mental Health Through Coaching



What a coach can do?

Coaching and customer skills

C



Be welcoming



Talk about mental health



Offer alternatives



Get feedback

Awareness

a



Ask people how they are feeling



Pay attention



Use your observation and listening skills



Ask how they would like to be supported

Respect

r



Avoid intrusive questions



Treat everyone fairly



Make yourself available to listen



Treat information in confidence

Empathy

e



Learn from reliable sources



Listen and seek understanding



Don't feel pressured to find answers



See the individual, not their diagnosis

<https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/coaches-page/>

The link above will take you to a 'MIND' website page which provides support for coaches.



mind.org.uk
nhs.uk/oneyou

Check out our animation
ukcoaching.org/mentalhealth

Thanks to Nick Griffin for this Coaching Nudge

Coaching Continuum (Part 3 of 3) Sparring Based Practice

“Does it look like the real demands of the sport!”

Training that attempts to simulate the demands related to actual Competition.

Strengths of Sparring Training

- Encourage the overall development of skills
- Allows a ‘stand back’ approach to coaching and supports the Boxer with self-discovery, awareness, and reflections
- Promote the transfer of skills development to actual competition performance

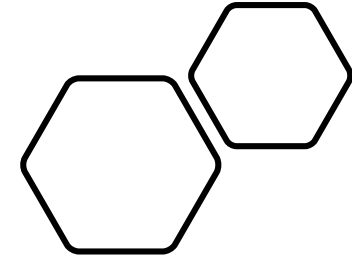
Limitations of Sparring Training

- Complex learning process for the Boxer
- Boxer’s immediate performance maybe limited
- Review and reflections may take time for learning to take place

Coaching Continuum

HELPING SOMEONE SOLVE THEIR OWN PROBLEMS

PULL



Listening to understand

Asking questions

Paraphrasing and summarising

Suggesting options

Giving feedback

Offering Guidance

Giving advice

Instructing

Telling

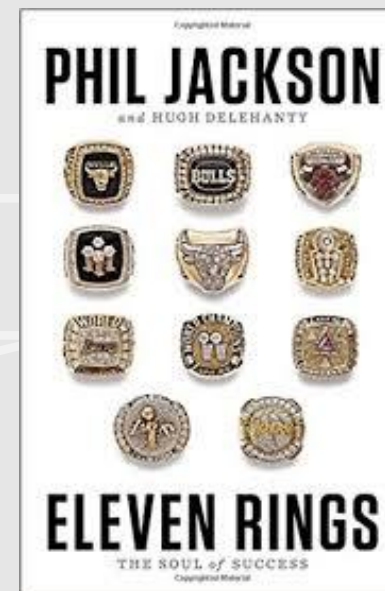
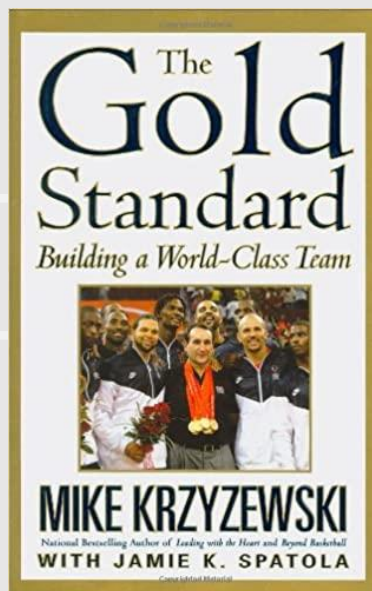
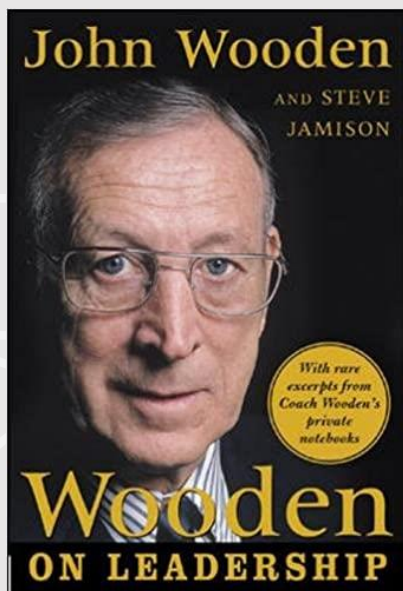
Where are you on the coaching continuum?

How does your position change when your boxer changes?

PUSH

SOLVING SOMEONE'S PROBLEM FOR THEM

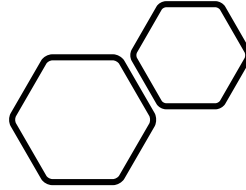
Thanks to Nick Griffin for this Coaching Nudge



The Reading Nudge

Useful Free Online Course: Thanks to
Craig Turner for sharing:

[https://www.openlearning.com/courses
/covid-safe-martial-arts-school/](https://www.openlearning.com/courses/covid-safe-martial-arts-school/)

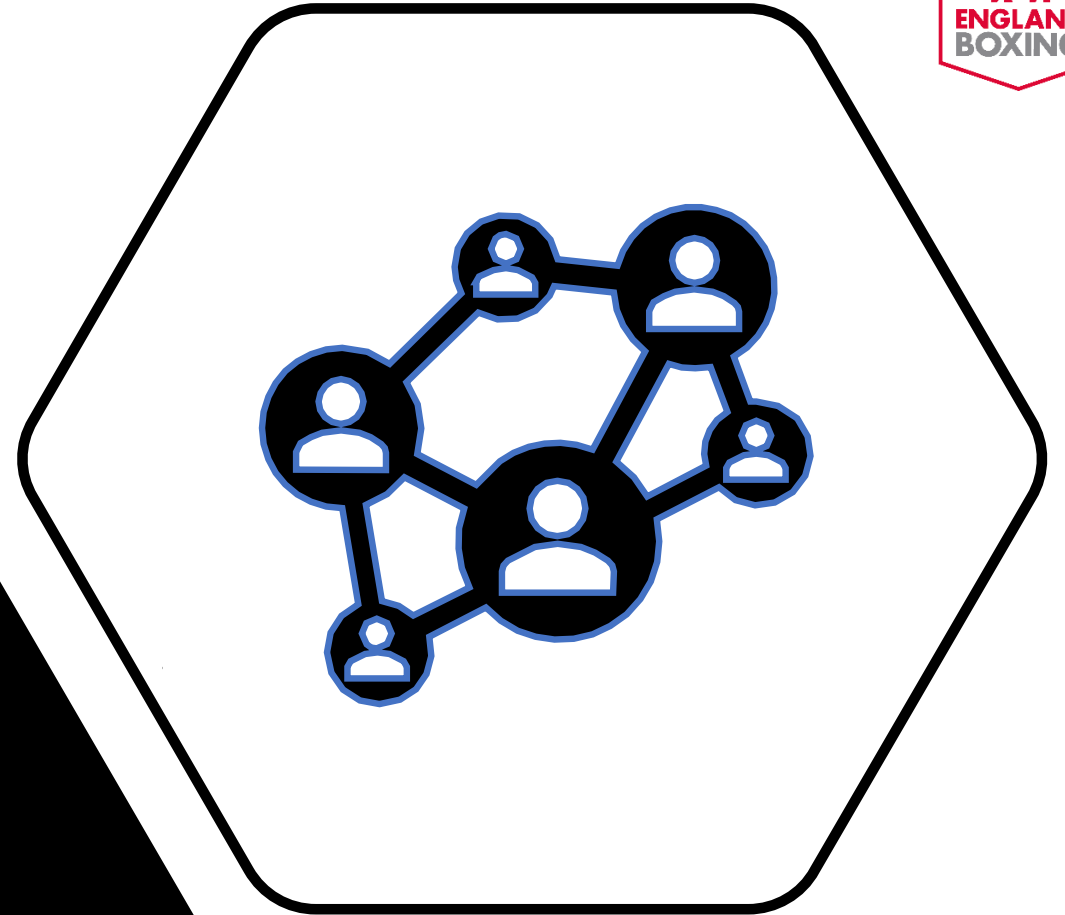


There is:

New School Coaching

Old School Coaching

and there is **Right School
Coaching**



Thanks to the Unknown Coach for this Coaching Nudge