

Coach Nudge#4

We are in your coaching corner





Working Remotely

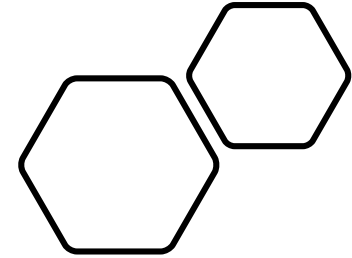
- You are not “working from home”, you are “at your home, during a crisis, trying to work.
- Your personal physical, mental, and emotional health is far more important than anything else right now.
- You should not try to compensate for lost productivity by working longer hours.
- You will be kind to yourself and not judge how you are coping based on how you see others coping.
- You will be kind to others and not judge how they are coping based on how you are coping.
- Your team’s success will not be measured the same way it was when things were normal.

Thanks to Ben Stewart for this Meaningful Nudge

DON'T MAKE
TRAINING EASY

MAKE IT
HARDER
SO THAT YOU
WILL
GET BETTER

- MANNY PACQUIAO





Thanks to Adam Haniver for this Coaching Nudge

Coaching Continuum (Part 2 of 3) Varied Training

“Variety is the spice of life”

Training that requires the Boxer to perform the skill or movement differently from one attempt to another

Strengths of Varied Training

- Boxer has the opportunity to simulate the random demand within the competition environment
- Has the potential to enhance Boxers' learning and development of specific skills
- Boxers can retain the learning and transfer to a competition environment

Limitations of Varied Training

- Can be challenging for new and complex skills. Can lead to reduce performance and confidence within the training environment

Building your inner
coach | Brett
Ledbetter |
TEDxGatewayArch



<https://www.youtube.com/watch?v=q7a5TlzOmeQ&feature=youtu.be>

Thanks to Cliff Morrison for this Coaching Nudge



“Kids respond to teachers who care!” i.e. teachers who care about their kids and their development, teachers who care about their subject and are inspiring, passionate and enthusiastic.

“Boxers respond to coaches who care!” i.e. coaches who care about their boxers and their development, coaches who care about their sport and are inspiring, passionate and enthusiastic.

Kevin Bowring (Previous Head of Elite Coach Development at the RFU)

Thanks to John Warburton for this Coaching Nudge

COTE'S LONG TERM ATHLETE DEVELOPMENT

- STAGE 1: ACTIVE START (0-6 YEARS)
- STAGE 2 FUNDAMENTAL (GIRLS 6-8, BOYS 9-12)
- STAGE 3 LEARN TO TRAIN (GIRLS 8-11, BOYS 9-12)
- STAGE 4 TRAIN TO TRAIN (GIRLS 11-15, BOYS 12-16)
- STAGE 5 TRAIN TO COMPETE (GIRLS 15-21, BOYS 16-23)
- STAGE 6 TRAIN TO WIN (GIRLS 18+, BOYS 19+)
- STAGE 7 ACTIVE FOR LIFE (ANY AGE PARTICIPANT)

Female Youth Physical Development Model

Chronological Age (Years)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+		
Maturational Status	Pre-pubertal					Pubertal (Growth Spurt)						Post-pubertal										
Training Adaptation	Predominantly Neural					Combination of Neural and Hormonal																
Physical Qualities	FMS	FMS		FMS												FMS						
	SSS	SSS		SSS												SSS						
	Mobility	Mobility															Mobility					
	Agility	Agility					Agility					Agility					Agility					
	Speed	Speed					Speed					Speed					Speed					
	Power	Power					Power					Power					Power					
	Strength	Strength					Strength					Strength					Strength					
	Endurance and MC	Hypertrophy					Hypertrophy					Hypertrophy					Hypertrophy					
Training Structure	Unstructured		Low Structure			Moderate Structure			High Structure			Very High Structure										

Lloyd, R.S. and Oliver, J.L. (2012)

Male Youth Physical Development Model

Chronological Age (Years)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+		
Maturational Status	Pre-pubertal					Pubertal (Growth Spurt)						Post-pubertal										
Training Adaptation	Predominantly Neural					Combination of Neural and Hormonal																
Physical Qualities	FMS	FMS		FMS												FMS						
	SSS	SSS		SSS												SSS						
	Mobility	Mobility															Mobility					
	Agility	Agility					Agility					Agility					Agility					
	Speed	Speed					Speed					Speed					Speed					
	Power	Power					Power					Power					Power					
	Strength	Strength					Strength					Strength					Strength					
	Endurance and MC	Hypertrophy					Hypertrophy					Hypertrophy					Hypertrophy					
Training Structure	Unstructured		Low Structure			Moderate Structure			High Structure			Very High Structure										

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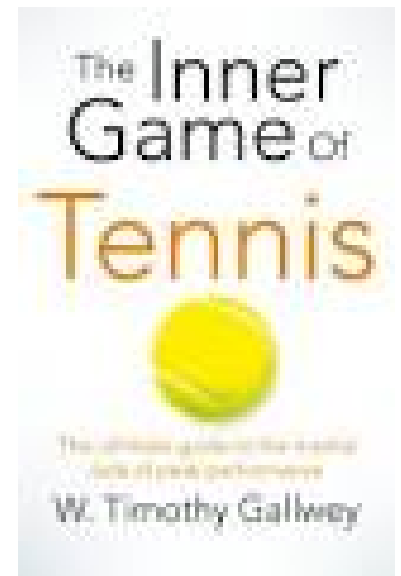
The Reading Nudge

HOW LEARNING HAPPENS
Seminal Works in Educational
Psychology and What They
Mean in Practice

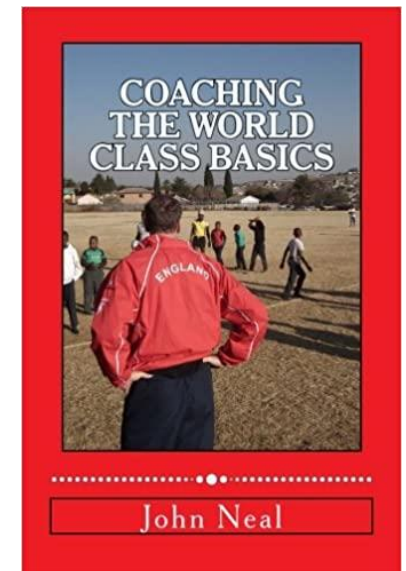
PAUL A. KIRSCHNER & CARL HENDRICK
ILLUSTRATED BY OLIVER CHAGLIDZE



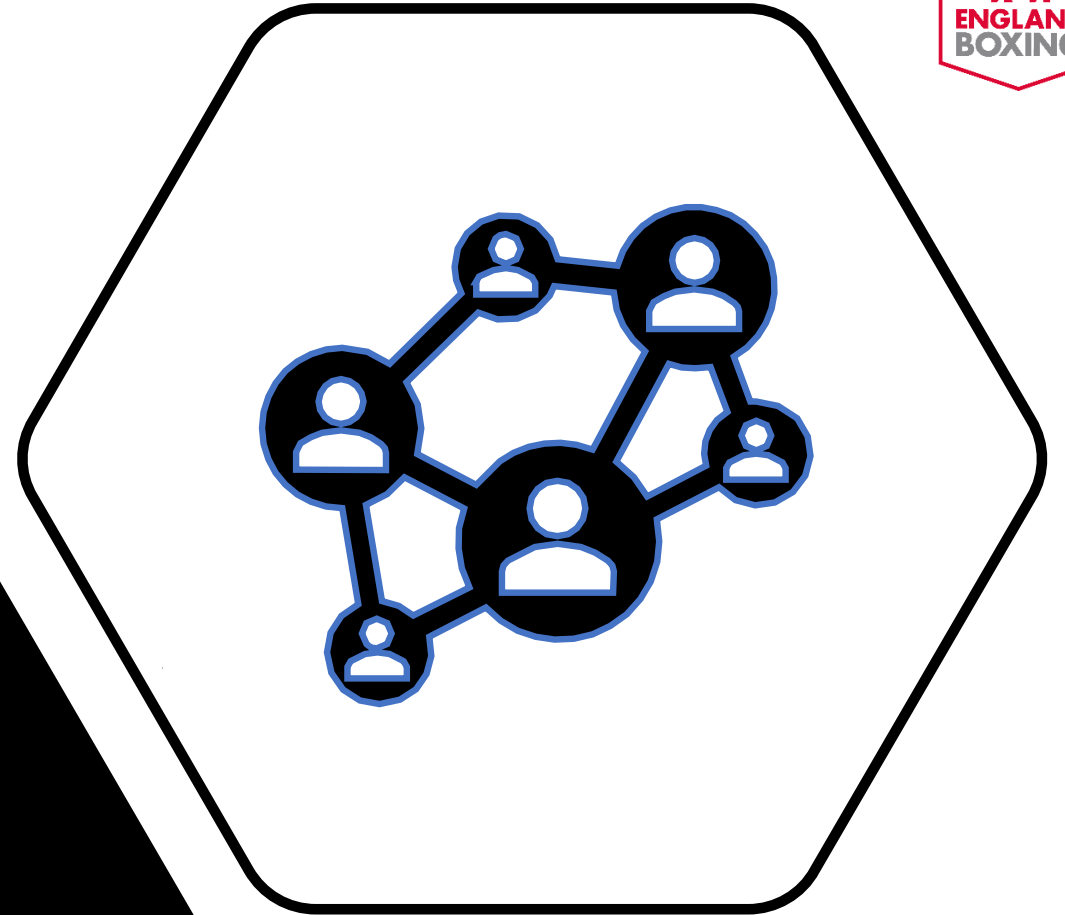
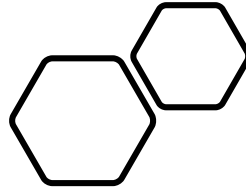
A David Fulton Book



Matthew Syed
Bounce
Mozart, Federer, Picasso, Beckham
and the Science of Success



Stay connected with each other – aim to have a coaching conversation with another coach



DO WE TREAT ALL
BOXERS DEVELOPMENT
THE SAME?
DO WE CONSIDER THEIR
NEED AND WISHES?
WHERE ARE THEY ON
THEIR JOURNEY?

Thanks to John Warburton for this Coaching Nudge