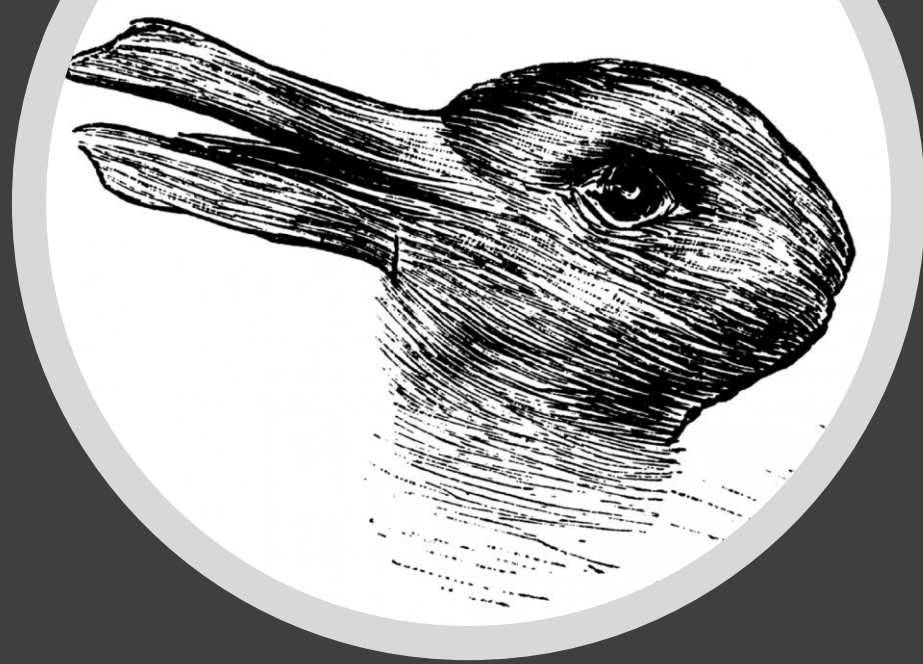


Coach Nudge#8

We are in your coaching corner





If we change the way we look at things, the things we look at change.

The Re-Learn Nudge

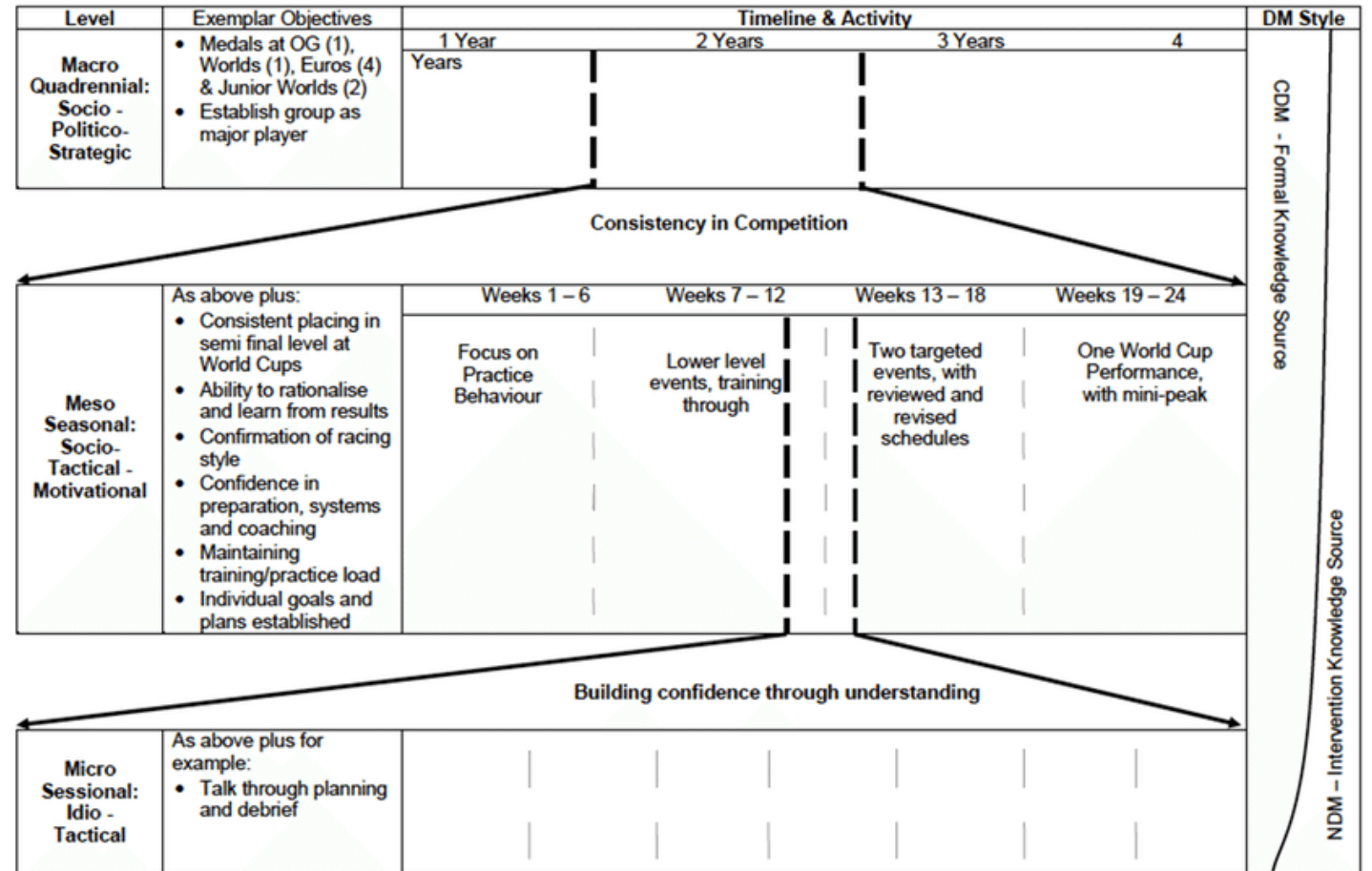
The 'Cornerstones' of good coaching from the current England Boxing Coaching Assistant Course





The Self Awareness Nudge

Do you plan?
Or
Coach what
you see?



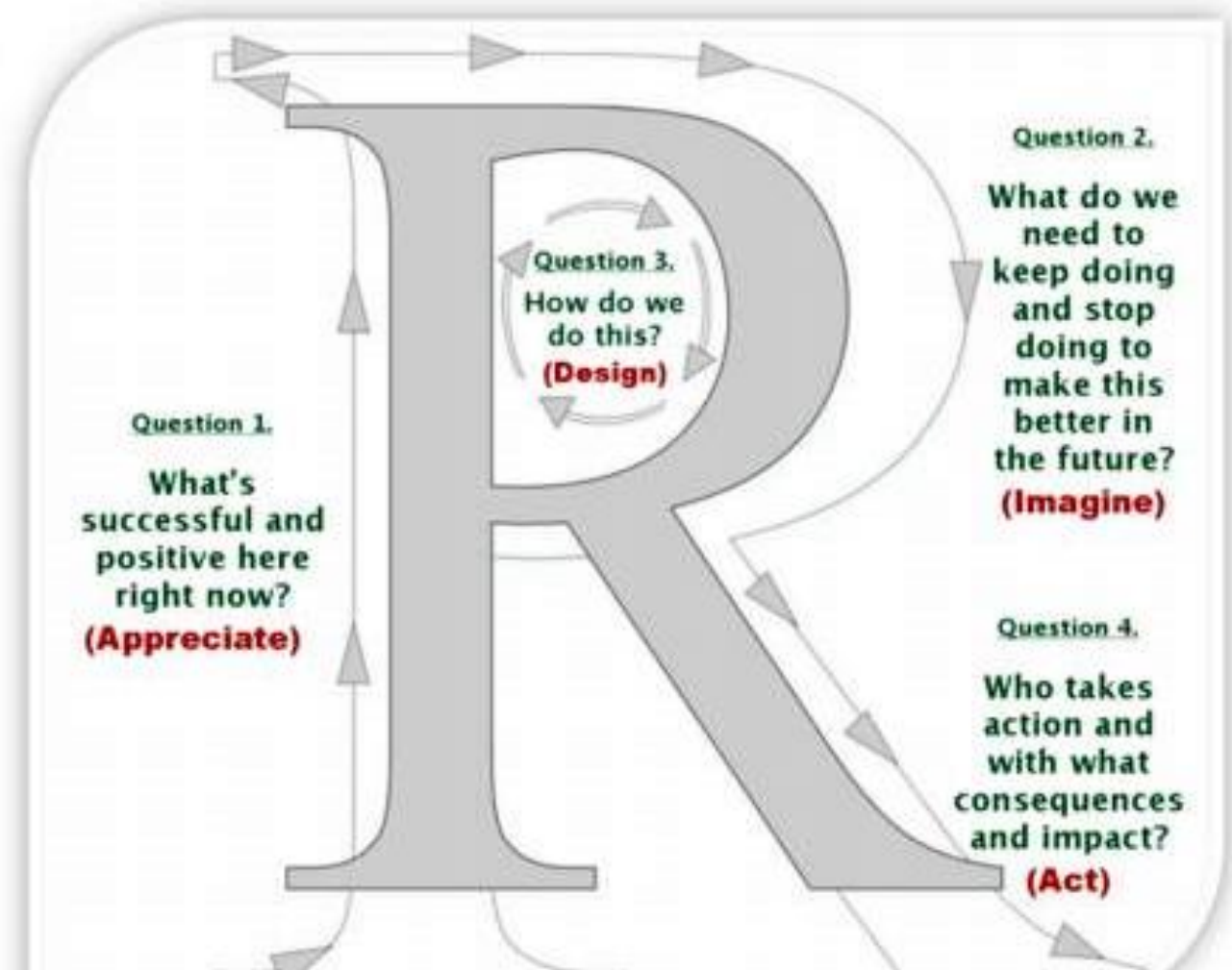
A summary of nested thinking and planning
(Adapted from Abraham and Collins, 2011)

Stay connected with
fellow coaches from
different sports from
across the UK

<https://community.ukcoaching.org/>



CONNECTED COACHES

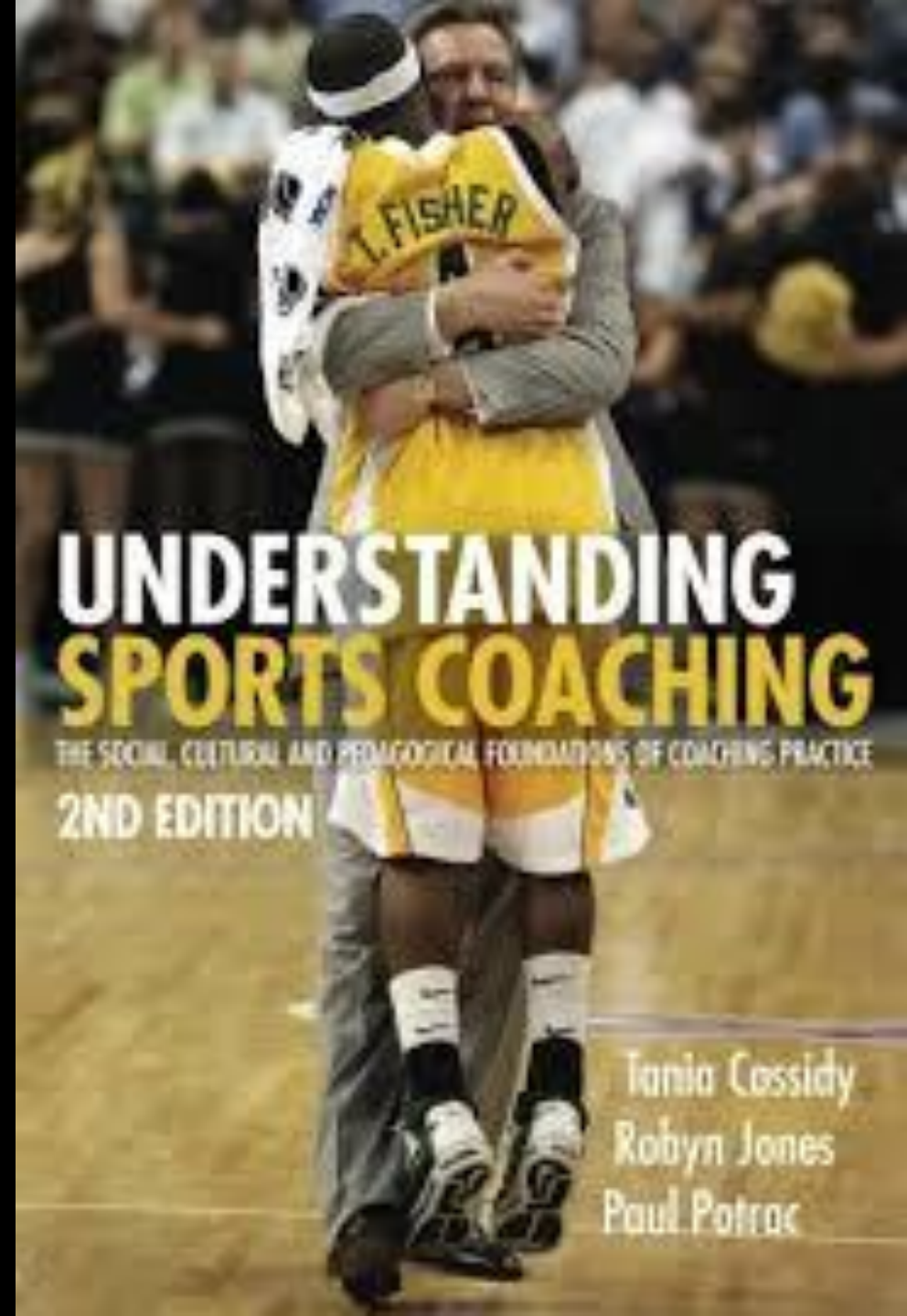


Allow time for you to reflect....

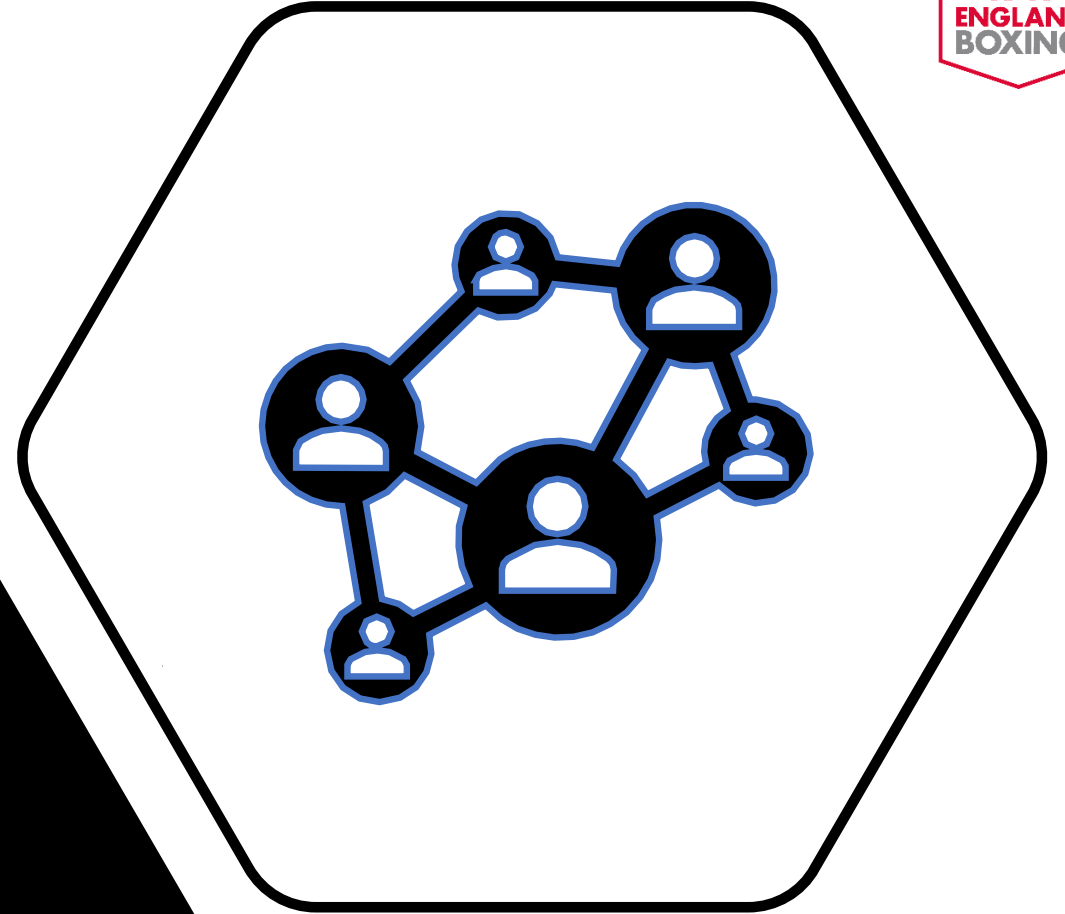
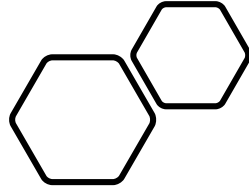
Professor Tony Ghaye
(2011)

The Reading Nudge (Free – click
on link)

[http://iranvolleyball.com/wp-
content/uploads/2017/11/11-Understanding-
Sports-Coaching.pdf](http://iranvolleyball.com/wp-content/uploads/2017/11/11-Understanding-Sports-Coaching.pdf)



A Coach Reflection from the 2020 Coaching Scrapbook



Coaching is about
navigation of the
human body and the
brain.

Thanks to the Unknown Coach for this Coaching Nudge