



TRAINING CAMP (TC)

COACHING & EXPERIENCE: Part 3



COACHING & EXPERIENCE

**BEFORE
THE
TRAINING
BOUT**

ENVIRONMENT

WELCOME & DEMO

HUDDLE UP

**DURING
THE
TRAINING
BOUT**

ENCOURAGE

COACH

REMIND

**AFTER
THE
TRAINING
BOUT**

CELEBRATE

RECOGNISE

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AFTER THE TRAINING BOUT

CELEBRATE

Ask everyone how they are feeling

Individually "high five" with supportive words

Praise everyone for an amazing effort

Tell everyone how proud you are for completing the session

RECOGNISE

Ask the group what they enjoyed the most

Ask the group if they have any question

Thank everyone for their time

Invite everyone for another session