



TRAINING CAMP (TC)

COACHING & EXPERIENCE: Part 2.



COACHING & EXPERIENCE

**BEFORE
THE
TRAINING
BOUT**

ENVIRONMENT

WELCOME & DEMO

HUDDLE UP

**DURING
THE
TRAINING
BOUT**

ENCOURAGE

COACH

REMIND

**AFTER
THE
TRAINING
BOUT**

CELEBRATE

RECOGNISE

COACHING & EXPERIENCE

BEFORE
THE
TRAINING
BOU**T**

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DURING THE TRAINING BOUT

ENCOURAGE

1

Know the personality of your participants

Some like a loud shout out across the room, while others just a tap on the shoulder

3

Memorise everyones names

Use participants' first names several times per training bout

2

Be equally **supportive** but observe

Not everyone can have the best day, but they came, make them a little more special

4

Body language, face expression, words

Create the most memorable experience

DURING THE TRAINING BOUT

COACH

6

Be Patient

If someone doesn't excel right away, be patient.
You created a safe environment, guide them.

8

Remind Pacing

Keep remind participants to pace themselves
appropriately if things are getting hard

What | When | How

5

Focus on one coaching cue - at the right time

Be Honest & Respectful

7

Use the opportunity to coach participants up using
words that are supportive and constructive

DURING THE TRAINING BOUT

REMIND

10

"You vs. You"

Step in if you see that they are starting to lose control over the movement.

12

Water Breaks

When people are engaged they might forget, remind them to take water rest

Movement Quality

9

Express it - use #onlygoodrepscount

Breathing

11

Observe how participants breathe and remind if needed