



# 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**

# COACHING & EXPERIENCE

BEFORE  
THE  
TRAINING  
BOUT

ENVIRONMENT

WELCOME & DEMO

HUDDLE UP

DURING  
THE  
TRAINING  
BOUT

ENCOURAGE

COACH

REMIND

AFTER  
THE  
TRAINING  
BOUT

CELEBRATE

RECOGNISE

# 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