

## Checklist of Efficient Coaching

### Efficient Instruction Begins in the 5 minutes before your class starts:

- Uses the 5 minutes before the first class to figure out which coach is going where and how the students will be split up (not after the warmup)
- Knows the lesson plan before shift starts

### When the class walks in the door for warmup

- Let the students know where their water bottles go, where the students should go, and what they should do when they get there.
- Starts the warm up immediately; doesn't wait for other kids to stroll in.

### Warm up:

- Keeps warmup to 8 minutes
- Takes no longer than 60-90 seconds to split into groups - knows plan for groups before they line students up
- Tells the kids where to go and what to do when they get to their event

### Rotating to events:

- Walks with a sense of urgency to all events.

### At each event:

- Keeps instruction to 3-4 minutes. Pairs movement with instructions whenever possible.
  - When discussing arabesque on beam kids can stand and show arabesque
  - When teaching a tuck have kids show tuck
  - When reviewing assemble, students practice before going to stations.
- Keeps conversations to a minimum. It is ok to do a quick check in on names and how kids are doing
- Pairs instruction and demonstration so that they don't need to repeat anything
  - If running late, coaches should demonstrate instead of kids when possible.
- Uses a quick check for understanding after instruction. With tot classes this can be a thumbs up.
- When asking questions- gives 2 choices (especially with lower levels)
- Includes safety reminders when necessary

### Why is this important?

- Efficient instruction keeps kids more active
- Efficient instruction can reduce behavior issues
- Efficient instruction increases parent satisfaction (time is money)
- Efficient instruction gives kids more time to practice their gymnastics skills

