

## TRAINING PROGRAM OVERVIEW

Unit	Name	Nominal Duration (Minutes)	Unit Delivery
1	Course Introduction	20	Theory
2	The Role of the Level 1 Coach	60	Theory
3	The Warm Up	30	Theory / Practical
4	Basic Fundamentals	90	Theory / Practical
5	Seconding	30	Theory
6	Defensive Skills	90	Theory / Practical
7	Gym Sessions	60	Theory / Practical
8	Counter Punching Skills	90	Theory / Practical
9	The Boxing Coach (Part 1)	30	Theory
10	Revision Day 1	90	Practical
11	Circuit Training	60	Practical
12	Group Coaching	180	Assessment
13	The Boxing Coach (Part 2)	45	Examination
	<b>Total</b>	<b>875</b>	<b>(14.50 hours)</b>