



Boxing Australia

Level 1 Coach Training Program Introduction

Coaching Levels

Level 1 Coach

- Assist club head coach.

Level 2 Coach

- Act as head coach for boxing club.

Senior Coach

- Work with State/National Team.

Advanced Coach

- Attend International tournaments.

Coaching Pathways

BAL PODIUM

Developing coaches to assist at Multi-Nation Tournaments, Benchmark events and eventually act as Head Coach at International Tournaments.

INTERNATIONAL
DEVELOPMENT



HIGH PERFORMANCE

BAL NATIONAL

Focuses on National and International development for emerging coaches. This helps to prepare coaches to work with National teams at home and abroad.

NATIONAL
DEVELOPMENT



UNDERSTAND HP REQUIREMENTS

BAL DEVELOPMENT

The content of the BAL Regional Development programme is set by the National Development Coach and introduces coaches to a structured development coaching format.

STATE DEVELOPMENT

Each Member Association may also run state/regional squad training sessions giving coaches a chance to work with boxers from outside their own club.

IMPROVE COACHING

CLUBS

ENTRY LEVEL

Box'Tag

Fit-Box

Schools

Club

TARGETS

- Benchmark Events
- International Tournaments
- AIBA Star Events
- National Training Camps
- International Training Camps
- Dual Internationals
- National Squad Training
- BAL Regional Camps
- State/Regional Squad Training
- State Select Team Coaching opportunities
- Club Events
- Group Coaching
- Mentoring

Athlete Pathways

BAL ACADEMY

The Academy focuses on Elite boxers that have the ability to contribute to our Benchmark Targets.

The Academy is integrated into the NASP system and focuses on four categories

PODIUM

PODIUM POTENTIAL

INTERNATIONAL

COMMONWEALTH

BOXING AUSTRALIA

National Athlete Support Program

INCREASE PERFORMANCE

BAL FUTURES

The Futures focuses on International developing and emerging boxers, this includes boxers that within the future can contribute to Benchmark Targets.

EMERGING

DEVELOPMENT

BOXING AUSTRALIA

National Athlete Support Program

UNDERSTAND HP REQUIREMENTS

BAL DEVELOPMENT

The BAL Development program is a regional camps program for adolescent/novice boxers that are competing at State level. It focuses on the basic elements.

STATE PROGRAMS

Each Member Association may have their own talent programs to help foster, promote, retain and develop their boxers.

IMPROVE TECHNIQUE

CLUBS

INCREASE PARTICIPATION

Box'Tag

Fit-Box

Schools

Talent Transfer

COMPETITIONS TARGETS

- Olympic Games
- World Championships
- Commonwealth Games
- AIBA Star Events
- Dual Matches
- World Junior or Youth Championships
- Olympic Youth Games
- Commonwealth Youth Games
- AIBA Star Events
- Australian Championships
- State Championships
- Club Events
- Sparring
- Partner work