

Boxing



Boxing is a combat sport in which two people wearing protective gloves and other protective equipment such as head guards, hand wraps, mouth guards exchange punches for a predetermined amount of time. There are a few different ways to win in boxing. One is by way of a knockout, which is when a fighter is knocked to the ground and cannot get back up within ten seconds. Another way is by a technical knockout, which is when the fighter can not continue fighting or the referee stops the fight. Another possibility is winning on points, which a boxer gets by outboxing his or her opponent by hitting the opponent more often, harder, and more accurately.

Sports Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children can strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

Key Stage 1

In this stage of development, we would be looking at the progression of the Fundamental Movement skills of our participants whilst integrating with sports specific skills. Our emphasis will be placed on providing fun activities that evolve around themes which the children can relate to such as superheroes, cars, and animals etc. Our games are aimed at developing critical skills for the children such as agility, balance, and coordination.

Key Stage 2

In this stage we focus more on sport specific skills with some underlying emphasis still placed on fundamental movement skills. Our activities are always engaging, and we aim to allow the participants to practice their previously learnt skills into pad work and shadow boxing. Key techniques should be defensive positions, stances and how to throw punches at pads.

General information

Our company always provides a high quality of coaching no matter what sport we provide, and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity, and equality are essential in all our lessons, and we strive to equip each child with the appropriate knowledge and skill set to complete and learn to use in and most importantly out of our sessions in everyday life.