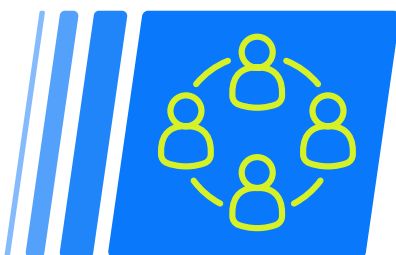


# KENNY UDENWOKE'S 5 TOP TIPS ON HOW TO PLAN A BOXING SESSION



England Boxing Level 2 coach Kenny Udenwoke teaches the noble art to children and young people at Fight for Peace in North Woolwich, London.



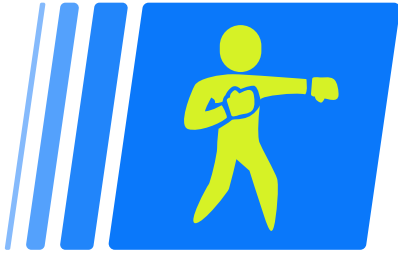
## 1. Ice breakers for new starters

Breaking the ice with new starters is important so they feel comfortable and included from the get-go. Why not start the session by gathering everyone in a circle and ask each child to say their name and a little bit about themselves. This will make anyone new feel welcome and they get to know the other kids.



## 2. Get creative to help boxers warm to the idea of warm-ups

Warm-ups should be fun, games-based and the children should be involved with the decision making. Give them suggestions, like jumping off the floor and pretending to head a ball, or leaping over a fence, and let their creative ideas flow.



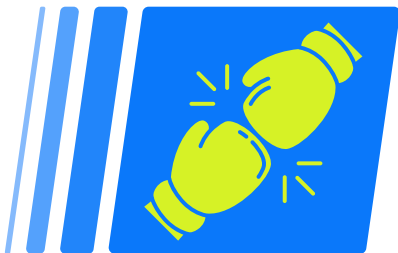
### 3. Demonstration in combination with communication

Demonstrate the correct technique to the class and then let the entire group join in the opening exercise.

Beginners can practise maintaining the correct stance whilst learning how to throw punches, those with more boxing experience can practise their technique for generating power from different punches and combinations whilst retaining their balance, or work on their agility, moving around whilst practising slipping and rolling punches.

Ask questions as the session progresses to reinforce the learning that takes place e.g. 'What have you learned about the need to maintain your balance by doing that exercise?'

Answers could include: 'I have learnt not to cross my feet when throwing a jab', or, 'I have learnt that it's easier to keep my balance by moving forward and jabbing at the same time.'



### 4. Rules on sparring

For safety reasons, sparring is not permitted for any boxer under the age of 10 years old, but elements of sparring can still be introduced. Shoulder taps and knee taps, while in the boxing stance, mimic the movements of sparring.

"For a jab, you will touch your partner's shoulder with your glove, while you score a 'hit' if you touch your partner's knee with your knee pad," explains Kenny.



### 5. How to tailor a boxing session to individual wants and needs

Don't put young boxers into a category: recreational, competitor, boxercise.

"I always ask them what it is that they want to learn: If they say, 'I want to learn how to defend myself', then I will respond, 'Okay, that is what I'm going to teach you'. If they turn around and say, 'I really enjoyed that', then I will give them their other options and we will discuss the pros and cons of each so that they can make an informed choice of what they want to work on next. It is their journey after all."

Coaching youth boxing isn't something that is done to children and young people, it is something that is done with and for them, and the coach acts as the facilitator on that young person's journey, not the driver.