Coach Education — Field Guide

Original BM Performance teaching guide | coaching methodology, safety, observation and assessment

Coaching practice and ethics

Core approach

Set athlete-centered goals, apply age-appropriate instruction, protect privacy and dignity, and use appropriate safeguarding and reporting procedures.

Qualified spotting and safe apparatus setup are prerequisites, not optional extras.

Session design

Plan

Specify warm-up, task goals, progressive stations, physical preparation, cooldown and assessment. Use realistic time budgets that sum to session duration.

Assess

Use observable skill criteria, not only successful completion. Track control, consistency, confidence and safe exit.

Technical observation

Coach observation cycle

Observe start position, movement phases, support contacts, alignment, controlled exit and landing. Identify one priority correction before repeating.

Errors and feedback

Separate a visible technical error from a guessed cause. Give a concise correction cue and reassess the next repetition.

Teaching progression

Readiness

Start with low-risk prerequisites, add support or reduce task complexity, then progress only when consistent. Do not equate academy stage names with official FIG/USAG competitive levels.

Assessment and safeguarding

Recording

Record date, apparatus, skill, success criteria, fatigue and next coaching action. Do not label unreviewed illustrations as technically approved.

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