

CrossFit®

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 Hustle Up[®]



COACH DEVELOPMENT IN THE AFFILIATE

SIX ESSENTIAL CRITERIA FOR SUCCESSFUL COACHING

- Teaching
- Seeing
- Correcting
- Group Management
- Presence and Attitude
- Demonstration

On Boarding New Coaches

(development timeline)

0- 1 Month

1- 3 Months

3- 6 Months



PERFORMANCE ASSESSMENT GUIDELINES

HOW TO MEASURE COACHING EFFECTIVENESS AND PROVIDE FEEDBACK

Seeing	Identified static faults	
	Identified dynamic faults	
Correcting	Macro/Micro/Macro implemented	
	Applied clear, effective cues (verbal/visual/tactile)	
	Balanced correction with positive reinforcement	
	Cue matched the observed fault	
Group Management	Organized space/equipment effectively	
	Maintained flow of class/timing	
	Controlled group and transitions	
Presence & Attitude	Smiled, energetic, welcoming	
	Knew athlete names	
	Maintained a professional yet fun demeanor	
Demonstration	Demonstrated movements clearly and correctly	

SUPPORTING ON-GOING FEEDBACK

Create culture that supports development

Establish regular touchpoints - take your coaches classes to support this

Assess all coaches - deliver group feedback into coaches meetings

Feedback is a GIFT (*but it's hard to receive*) - make it easy to receive

Understand the difference between stylistic and directive feedback

Coaches *make the affiliate*
Elevate *coaching excellence*
Support *your team*
Feedback *is part of your culture*

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