

Systematic Cueing

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The most important skill you will have in the fitness industry is your ability to communicate clearly what you want in order for your clients to achieve their goals. The ability of our clients to succeed is our responsibility. Through our ability to teach and inspire our students they will gain knowledge and understanding of their own body.

Objectives

- Develop the systematic technique for coaching and cueing exercise technique that help your clients and class participants get more from every exercise you teach.
- Learn how you can advance your coaching and cueing skills to assist your clients in achieving their goals.

Be a Great Coach!

List 10 characteristics of an effective coach

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Two Delivery Methods

Inside Out Delivery

Instructions focused on the deliver of an exercise, class or program from the perspective of what they want to achieve.

Outside In Delivery

Instruction focused on the person, their needs, goals and teaching to achieve their desired results.

Communication is...

more than words. It is the combination of all your skills to be aware of what is the most important thing to say in the specific situation, at the right time, with the

right tone of voice and body language while consideration to the individual receiving this communication.

Great coaches...

- Transfer the focus to the other person
- Stay present in the moment
- Have concentrative attention to what you are seeing and sensing
- Think before they speak
- Are clear and concise in what they say
- Evaluate if their cues are effective or need to change

Step to Systematic Cueing

1. cue to what you want
2. cue to what you see

General Guidelines

1. Look at who you are coaching
2. Determine the most important thing(s) to say
3. Communicate your plan
4. Say it clearly and concisely
5. Observe the results of your cues
6. Move on if they understand. Word it another way if necessary
7. Shift from performance cues to motivational cues
8. Evaluate your results and continue or make changes

Cueing Types

1. Visual Cues

Demonstration model - initially people learn by seeing

Role model and gesture are effective in learning a new skill

As skill development improves the ability to sense, feel and translate information into action increases

2. Verbal Cues

Relaying auditory information to the client

The effectiveness of what you say requires a great deal of skill and practice

Coaches take into consideration...the unique personality and learning style of the individual.

Right Brain Cues (images)	Left Brain Cues (concrete)
You are running to the finish line and friends and family are waiting for you...cheering you on. Run to them	You have one minute to the finish line find your highest heart rate to get to the finish.

Five Practical Steps to Effective Cueing

Step 1 Foundation/ Alignment

What do they need to know to be able to safely do the exercise?

Always cue the foundation first. Then follow with alignment cues that start from the foundation.

Step 2 Movement

What will remain stable and what will move?

As you cue the movement, keep students awareness of the foundation. Move sequentially through the body.

Step 3 Breath

How will breath link to and assist in the movement?

Link the breath with the movement.

Step 4 Creativity

How many ways can you describe the experiences using as many sensory cues as possible?

Observe your participants and determine whether your cues are working and whether you need to rephrase or give more detail.

Step 5 Assistance

In what ways can you assist them to find the awareness in their own body?

Thank You

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