



# DELIBERATE COACHING

The Client



## *Brian Hill*

- ▶ Admin duties completed
- ▶ Introduction to Deliberate Coaching



# Classroom Expectations

Range Safety Rules

Medical Protocol

# Observation

Pre-learning indicators



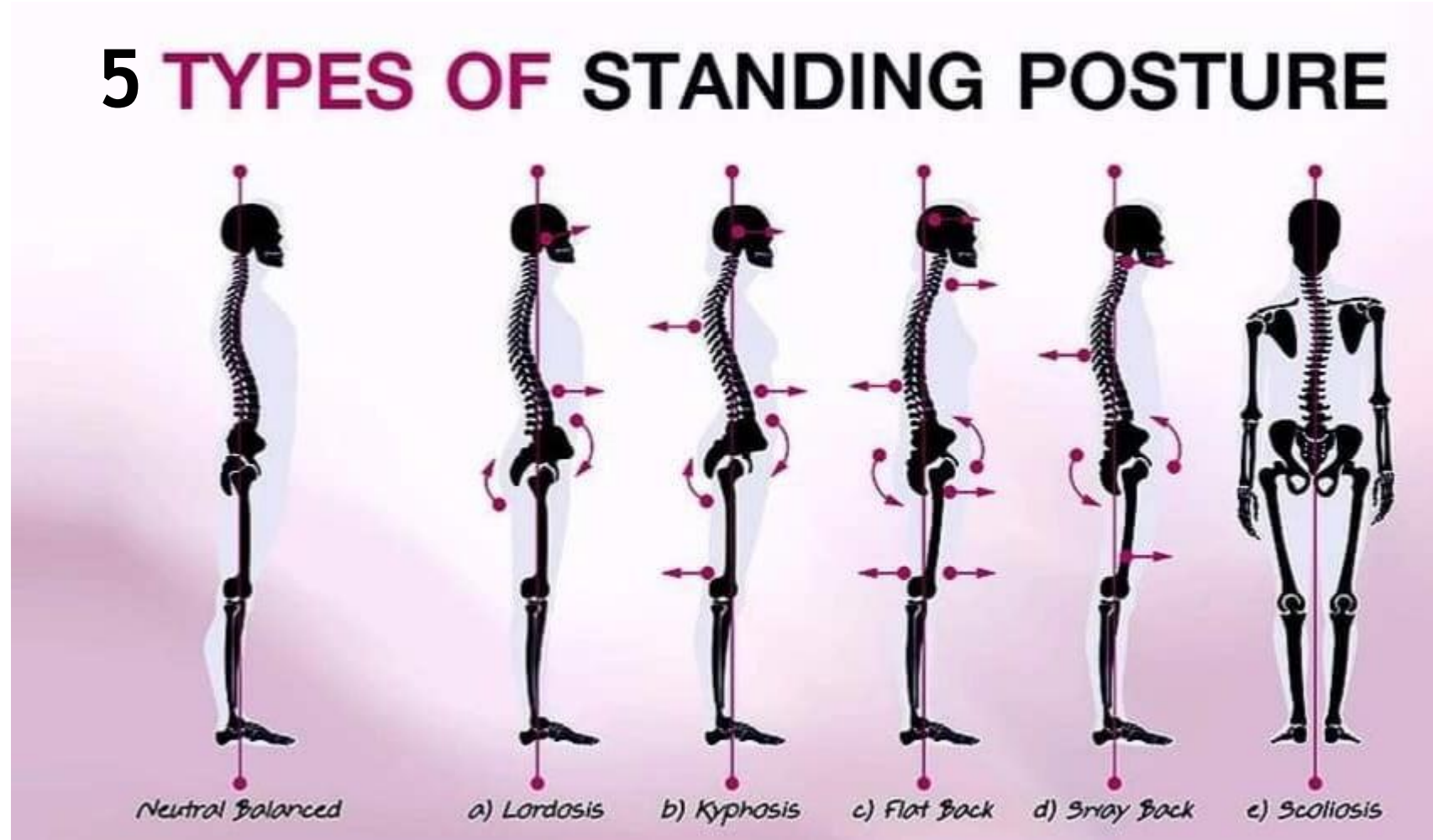


# Walk Gait

Movement is the window  
to the personality

# Posture

## 5 TYPES OF STANDING POSTURE



**Neutral Balanced**

**A) Lordosis**

**B) Kyphosis**

**C) Flat Back**

**D) Sway Back**

**E) Scoliosis**

The background features a dark central area with a bokeh effect of blue and white light spots. To the right, there are overlapping, semi-transparent blue geometric shapes, possibly triangles or polygons, creating a modern, abstract design.

# Extroversion & Introversion

External vs Internal Focus

Narrow vs Broad Focus

# Speech

Key Words:

See/Watch

Listen/Hear

Think/Understand

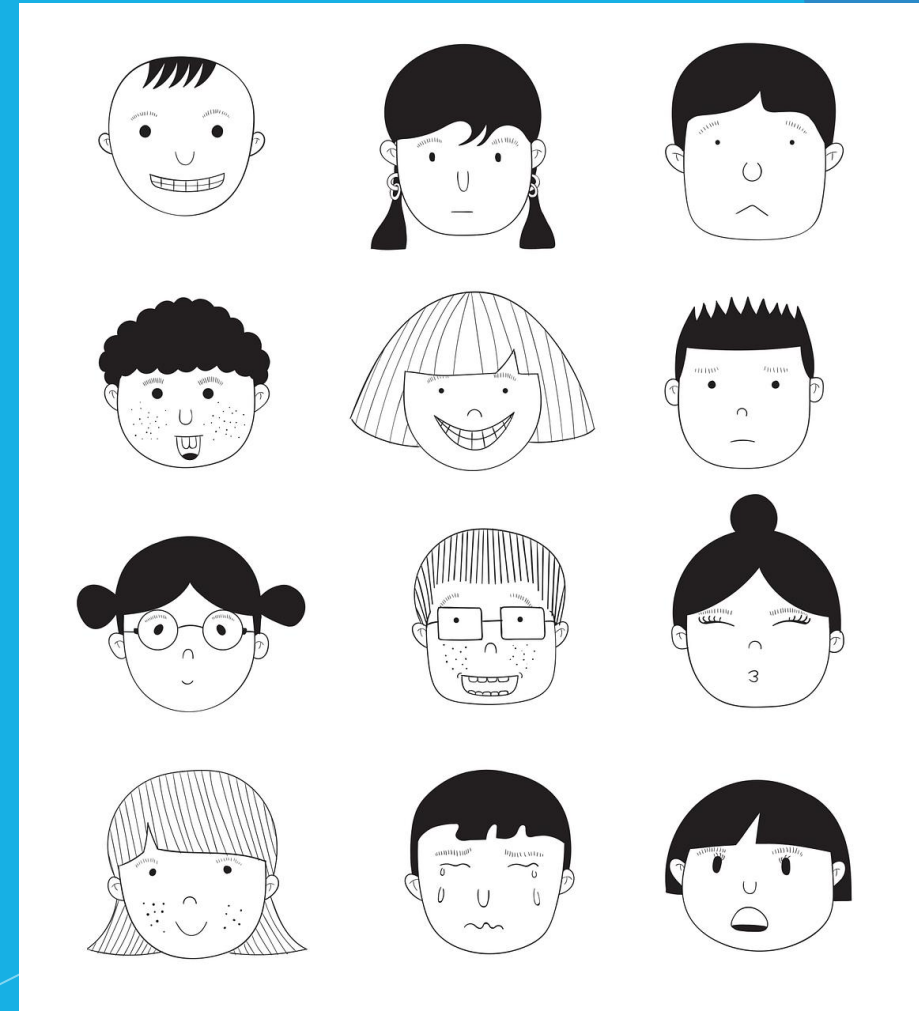
Feel/Touch

Do/Try



# Body Language

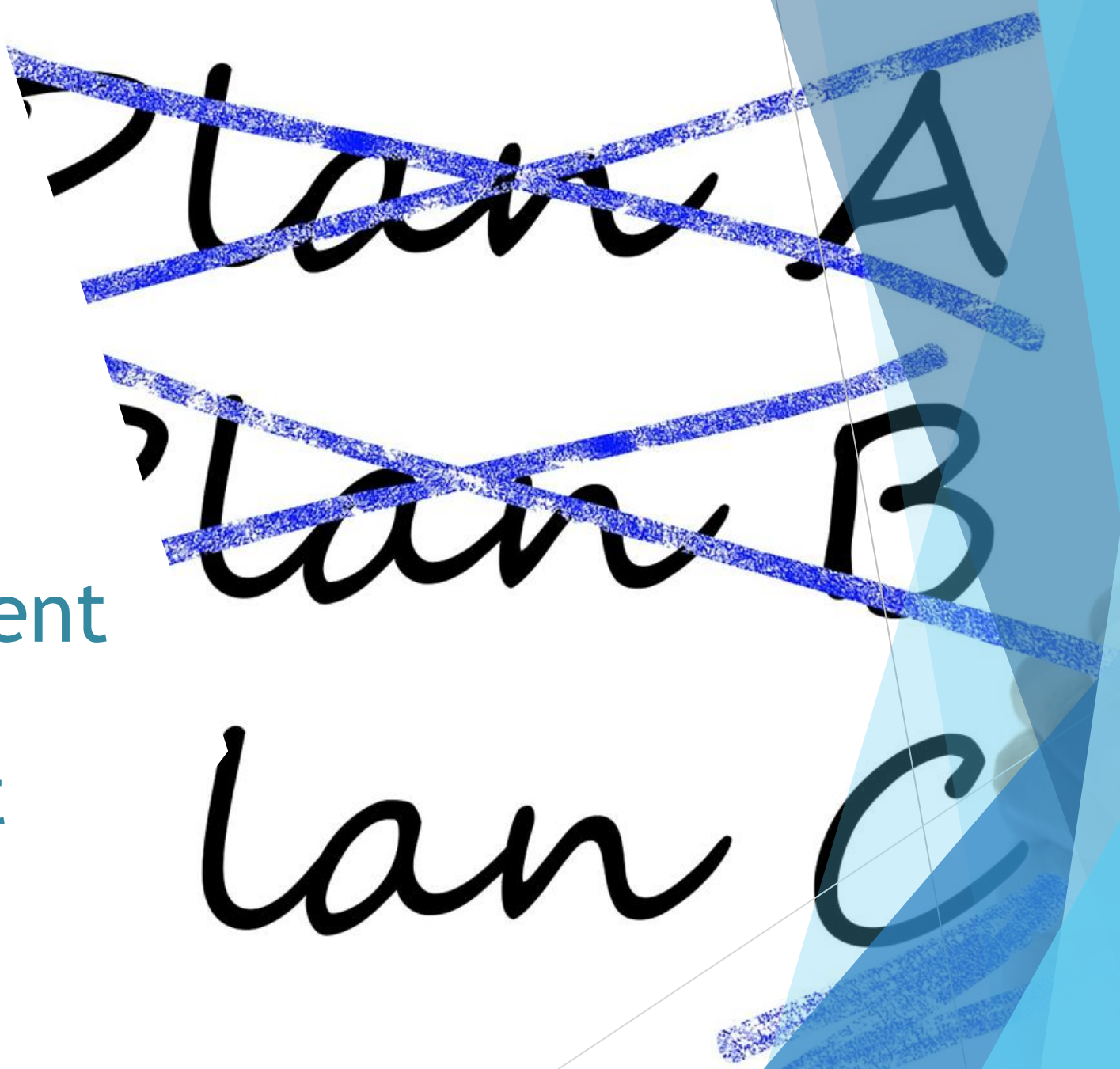
- \* Open / Closed
- \* Facial expressions
- \* Watch the hands
- \* Posture
- \* Personal space



# Injury

Coaching adjustment

Limiting impact



# Equipment

Placement

Type

Set up



# Mental Filters

- \*Chaos/Order
- \*Liberal/Conservative
- \*Progressive/Orthodox
- \*Magnification/Minimization
- \*All/Nothing
- \*Negative/Positive
- \*Growth/Fixed
- \*Patience/Decisiveness

# Interview

Areas of skill/mastery  
(shooting and/or life)

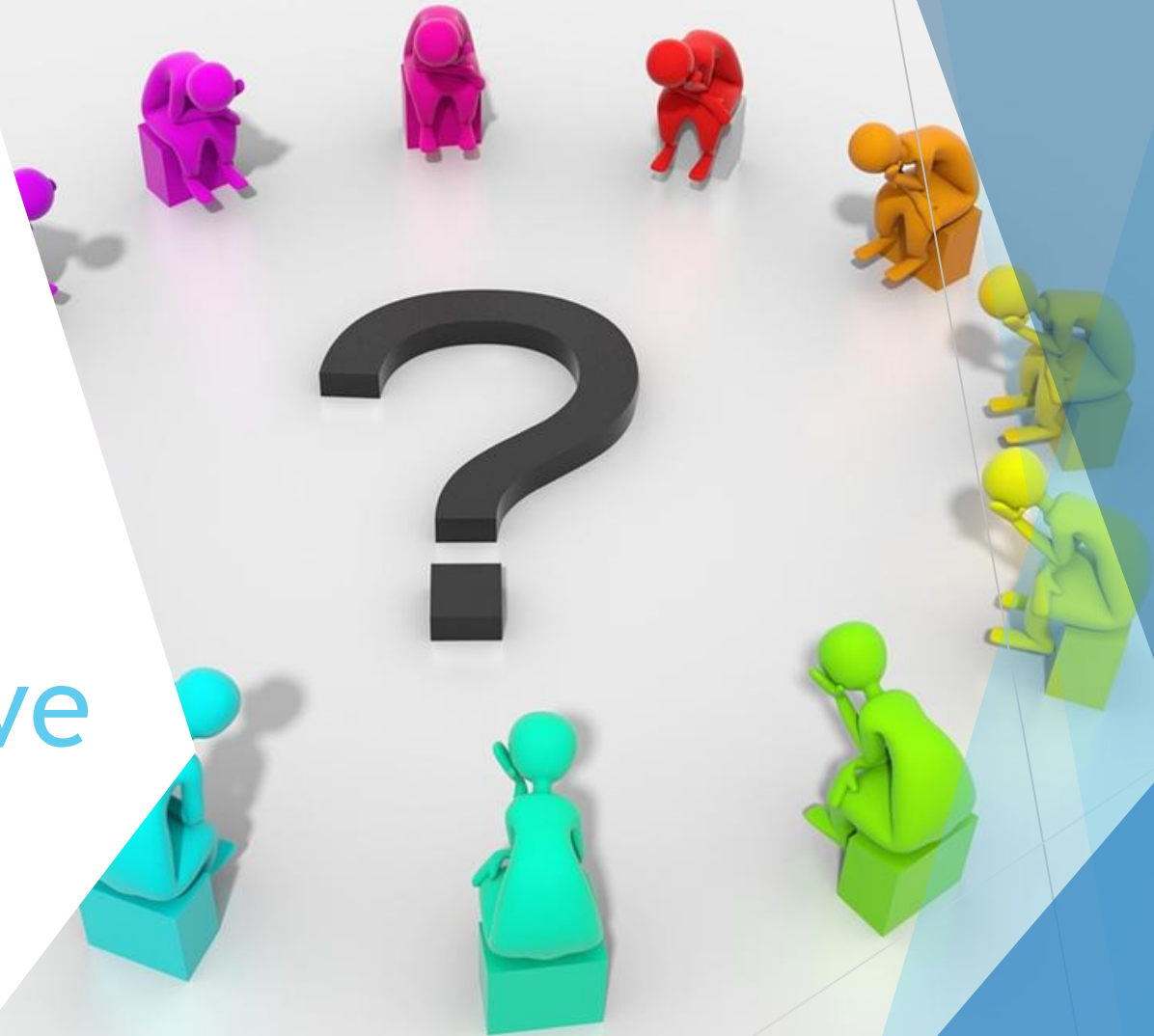
Goals

Practice/Experience

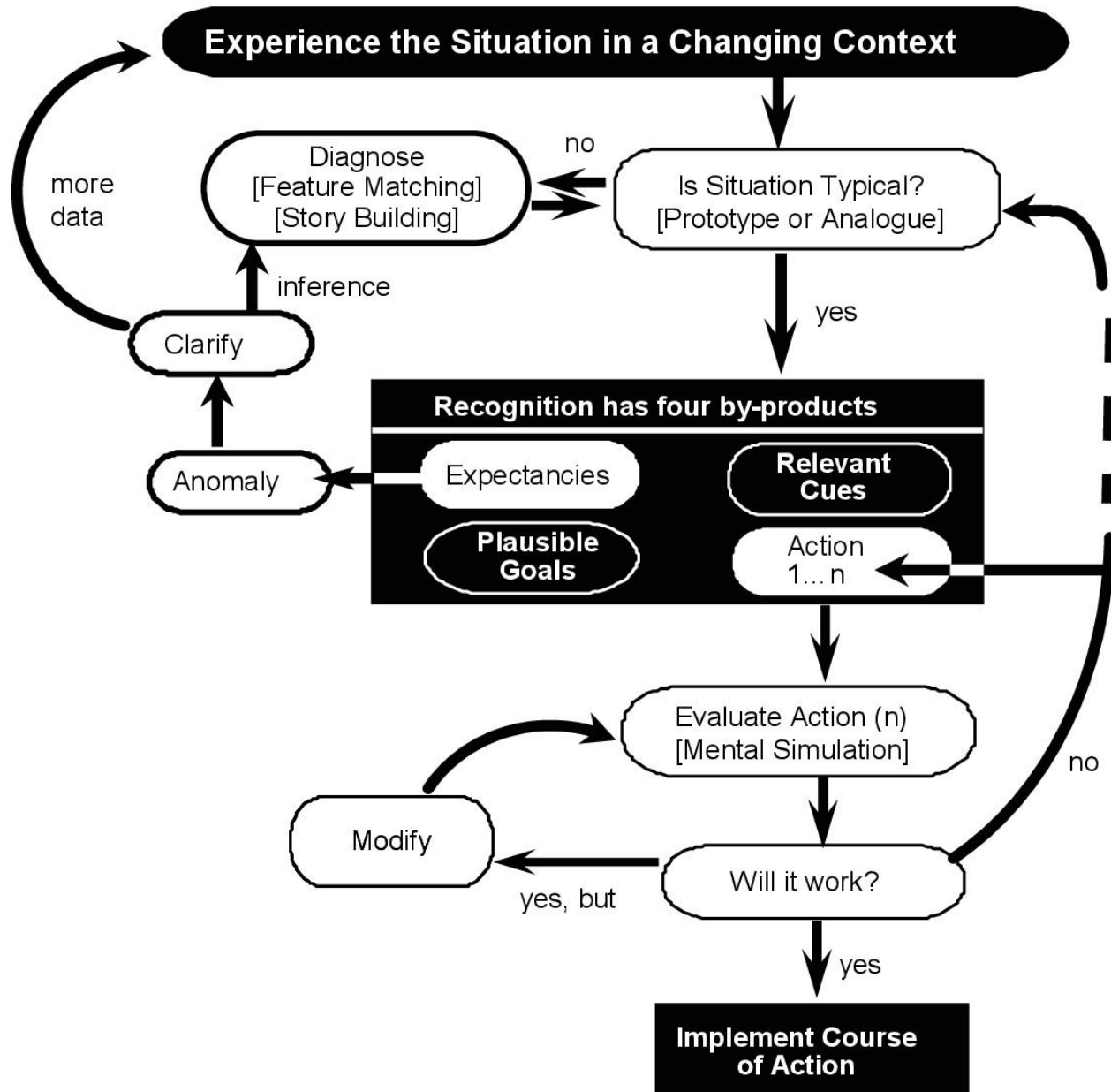


# Decisional Process

Impatient/Indecisive



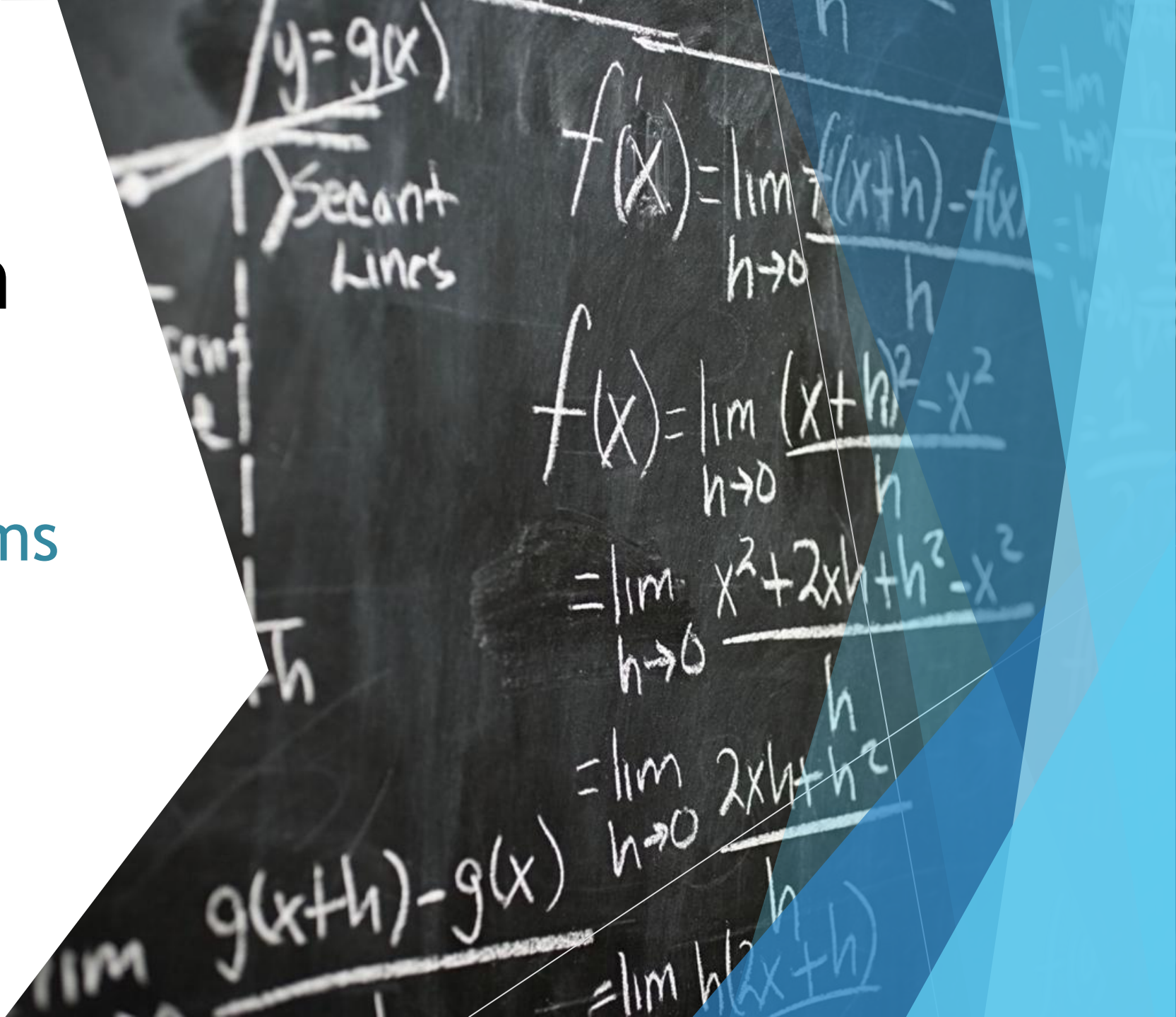




# Prediction Coaching

Possible problems  
from previous

Observations



# Diagnosis

Finding the right correction

Rule of 3 (minimum number for pattern and maximum number of cues for information)

***Stage 1:*** Reinststate the context

***Stage 2:*** Recall events in reverse order

***Stage 3:*** Report everything they can

***Remember.....***

***Stage 4:*** Describe events from someone else's point of view

# Observed Problems/Possible Problems

- \* Sensation of pressure relative to time and/or information
- \* Out of place or missing movement
- \* High/Low
- \* Right/Left
- \* Combinations
- \* Accuracy
- \* Precision
- \* Efficiency
- \* Speed
- \* Moving
- \* Posture/Grip (Postural Stability)
- \* Oscillation
- \* Cadence
- \* Process/Follow through
- \* Flow
- \* Lack of perception
- \* Visual alignment
- \* Combination





# DELIBERATE COACHING

Day 1 The Client