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| **Construct** | **Positive Behavioural Examples** | **Negative Behavioural Examples** |
| **Shape** | 1. Ball of back foot
2. Rear foot offset
3. Weight balanced between feet
4. Trunk side on – front shoulder closest to opponent
5. Chin down, hands high, elbows in
6. Return to this position when not punching
 | 1. Flat footed
2. Back foot in line with front foot
3. Weight unbalanced
4. Square on to opponent
5. Low hands in punching range, chin high, elbows wide
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| **Footwork**GB_Boxing_logo | 1. Is able to defend and attack with their feet
2. Is able to move in all directions without breaking your base
3. Is able to punch and defend at anytime when ready
 | 1. Brings feet together
2. Will have flat feet
3. Walks forward square on
4. Brings feet off the ground when punching
5. Poor base
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| **Defence** | 1. Is able to defend and attack with their feet
2. Is able to move in all directions without breaking your base
3. Is able to punch and defend at anytime when ready
 | 1. Reach out with hands
2. Push shots down
3. Is slow to respond to shots
4. Make poor choices when defending
5. Moves to far away and rushes
6. Panics when defending shots
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| **Punch Quality** | 1. Is in range when throws shots
2. Is accurate with their shots
3. Shots are landed with power and speed
4. Can throw a variety of punches and combinations of punches
5. Lands with knuckle part of glove
 | 1. Is out of range when throws
2. Slaps
3. Doesn’t land with knuckle part of gloves
4. Has no power or speed on punches
5. Has their shots telegraphed
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| **Flow** | 1. Gets into a rhythm quickly
2. Lets their punches go
3. Controls the tempo of the bout
4. Is economical through the bout – punches when ready
5. Effortless footwork
6. Breathes comfortably
 | 1. Stops and starts
2. Is flat footed
3. Boxes at one pace
4. Has the pace of the bout dictated to them
5. Rushes & leaves feet behind
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| **Construct** | **Positive Behavioural Examples** | **Negative Behavioural Examples** |
| **Tactical Intelligence** | 1. Follows brief where appropriate
2. Is able to switch to plan ‘B’
3. Can work out situation and adapt
 | 1. Blames others for tactical mistakes
2. Doesn’t have a planB
3. Is unable to stick to tactics – deviates from plan
4. Can’t explain why they conceded shots
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| **Ability to read opponent** | 1. Can read opponent quickly
2. Maximises opportunities when available
3. Has positive body language
4. Notices and articulates subtle changes in opponent
 | 1. Stays one paced
2. Has negative body language
3. Can’t identify opponents cues
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| **Ring Awareness** | 1. Is aware of where the judges are to catch their eye
2. Moves in all directions
3. Always has spaces behind them
4. Dictates where their opponent is in the ring
 | 1. Finds themselves on the ropes consistently
2. Allows their opponent to dictate where they are in the ring
3. Continuously moves one way
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| **Tempo** | 1. Always looks to start at the right pace
2. Controls the speed of the bout
3. Paces the rounds well
4. Follows a sustained pace with a strong finish throughout rounds
 | 1. Starts too fast and blows up
2. Starts too slowly
3. Has their tempo controlled by opponent
4. Loses the last 30 seconds of each round
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