



## **Irish Squash Level 1 Coaching Certificate Outline Description**

A 3 day course (over two weekends) qualification to enable candidates to learn the 'How to Coach' and 'What to Coach' skills required to coach Squash to beginners of all ages. Candidates will be qualified to coach Mini Squash independently to 5 – 11 year olds and as an assistant coach when delivering the full game. At the end of the course candidates should be able to:

Deliver squash to beginners of all ages

Use the Mini Squash Cards as a planning, coaching and developmental tool

Explain the How-2-Coaching skills of Building Rapport, Safe Practice, Instruction, Demonstration and Feedback

Create a positive learning environment

Adapt practices to cater for differentiation

Organise Mini Squash competitions

Use the coaching principles of What, Why, When and How

Identify the technical (what-to-coach) requirements of the grip, drive, volley, service & service return, boast, drop & lob

Critically evaluate players and coaching practice

There are approximately 4 weeks in-between days 1 and days 2, 3 of the qualification, in which candidates will be given course work to complete.

Course Pre-requisites: – 18 years of age and attend a Code of Ethics / Child Protection Course.

Candidates will also be subject to Garda Vetting process on completion of course.

Coaching Certificate is awarded by Irish Squash in conjunction with Coaching Ireland.

Course Fee – €150 - Participants Must be Irish Squash Members to apply.

Contact – Irish Squash Office – [info@irishsquash.com](mailto:info@irishsquash.com) or 01 6251145