

# Irish Squash

## *Professional Club Coach Qualification*

### **Overview**

Are you interested in Coaching Squash in your club or community? Are you a competent Squash Player? If you feel you would like to work with beginners and club players as a Professional Squash Club Coach – Irish Squash are running their Squash Club Coach qualification in Ulster commencing 12-13<sup>th</sup> November 2011. The programme runs over 5 days and requires attendance at all dates. No previous coaching qualifications are required and you will receive certification from Irish Squash and Coaching Ireland.

### **Certification**

This coaching qualification aligns to the Coaching Ireland Coach framework and is broadly aligned to the UKCC Level 2 qualification.

This course is spread over a three month period in order to allow attendees to log their work and complete course projects. For final certification candidates will submit a video presentation of a coaching workshop that they organise and film outside of the course. This will be used for independent verification and confirmation of competency.

As with all Coaching Qualifications - on successful course completion you will be required to complete a vetting procedure and confirm your Ethics in Sports training in order to become a registered coach.

### **Audience**

Enthusiastic players previously qualified but dormant coaches and those who have recently completed the Irish Squash Mini Squash certification who wish to progress their knowledge of Coaching are encouraged to attend this programme. No previous coaching experience or qualifications are required.

## Course Content

- Emergency Procedures
- Code of Conduct and Code of Ethics
- Keeping a Coaching Log and Building an Assessment Portfolio
- Irish Squash Coach Development Model
- Roles of the Club Coach
- Safety, risk assessment and emergency procedures - how to run a safe programme
- Introduction to principles of Sport and Developing Sports
- Long Term Player Development and Long Term Involvement in Sport and Physical Activity
- The Coaching Process
- Coaching Styles, Communication Styles and Learner Styles
- Principles of Warm-ups
- Warm-up games and routines & Practicing IDEAS
- Fault Diagnosis & Providing Feedback; Introduction to the Grip
- Running a Squash Programme
- Creating a Positive Learning Environment
- Dealing with Parents
- Developing Movement
- Basic Elements of the Four Fundamental Shots and the Serve
- Developing the fundamentals of the drive
- Using Basic Games
- Improving your delivery
- Planning a group session
- Developing Tactics through games
- Practicing delivering a group lesson on the 'start of the rally'
- Preparing for Logged Practice
- Elements of Fitness
- Practice delivering a lesson for fitness
- Practice delivering a lesson based on the fundamentals of the drop, boast and lob
- Basic Skill Acquisition
- Physical aspects of development
- Psychological aspects of development
- Social aspects of development
- Monitoring and Managing Groups
- Reflective Practice & Mentoring
- Preparing for Assessment
- Introduction to Sport Psychology
- Supporting players in training and competition
- Different Coaches with Different Responsibilities
- Rules-based Technical Development
- Developing the 'coaches' eye' and improve error detection
- Revision of Technical Teaching Points
- Dynamic Stretching and Developing ABC
- Progressions for the Drive, Drop, Boast and Lob
- Progressions for the Serve / Return of serve
- Adding the 'Volley Dimension'
- Basic Match Analysis
- Developing Good Habits and Routines
- Improving Delivery using Micro Lessons and Candidate Feedback
- Developing a Personal Coaching Philosophy
- Planning a Programme

## Registration and fees

The fee for this course is €495 and is payable in advance. Registrations without payment will be discarded. Those with a previous Irish or UK Squash Level 1/2 Coaching qualifications who wish to attend this course will receive a €100 discount.

Please send a cheque or fill in your visa card details on the attached registration form.