

England Squash & Racketball Coach Education Courses & Initiatives

Mini Squash Teachers Award (Key Stage 1 & 2)

A 3 hour workshop for teachers, trainee teachers and AOTTS wishing to introduce important generic sport and squash specific skills to Key Stage 1 & 2 pupils, in a fun and inclusive school environment (curriculum & extra curriculum time), without the need for a squash court.

Cost - £25 per person (minimum of 6 – 8 teachers)

Mini Squash Leaders Award

A 6 hour course for 14 year olds and above to work as a leader/assistant to a qualified squash coach or teacher delivering Mini Squash in a school or club environment. Course outcomes are as follows: -

- Understand the importance of Mini Squash and its developmental role in developing physical literacy skills
- Use the Mini Squash Awards as a planning, coaching and assessment tool when assisting coaches or teachers
- How to administer the Mini Squash Awards
- Understand the rules of Mini Squash – FUNdation, Improver and Pro
- Organise competitive situations including box leagues, team challenges and school festivals
- Have an understanding of how to promote Mini Squash

Course Pre-requisites – 14 years of age

Course Fee - £45 per person (minimum of 8 candidates)

2 Day Racketball Coaching Qualification (for non-qualified Squash coaches)

A 2 day course to enable candidates to learn the 'How to Coach' and 'What to Coach' skills required to coach Racketball to beginners of all ages. The course teaches candidates how to target the development and coaching of Racketball to different participation groups. At the end of the course candidates should be able to:

- Understand the benefits of promoting and coaching Racketball
- Deliver Racketball to beginners of all ages
- Target the development and coaching of Racketball to different participation groups
- Use the ESR Racketball Cards as a planning, coaching and developmental tool
- Explain the How to Coaching Skills of Building Rapport, Safe Practice, Instruction, Demonstration and Feedback
- Create a positive learning environment
- Adapt practices to cater for differentiation and different participation groups
- Use the coaching principles of What, Why, When & How
- Coach the technical and tactical principles of the grip, drive, volley, service, service return, boast, drop and lob
- Critically evaluate players and coaching practice
- Understand the rules of Racketball and to referee and mark a competitive game
- To organise Racketball leagues and competitions

Course Pre-requisites – 16 years of age, be working towards an ESR Coach Licence and to be recommended to attend the course

Course Fee - £160 plus £35 Coach Membership

1 Day Racketball Coaching Qualification (for qualified Squash coaches)

A 7 hour course for qualified squash coaches wishing to extend their knowledge of the game of Racketball. The course will provide progressive ways to teach players the technical and tactical components of the game of Racketball, how to structure group and individual lessons, to diagnose and correct faults and innovative ways to organise Racketball matches and competitions.

At the end of the course candidates should be able to: -

- Understand the benefits of promoting and coaching Racketball
- Prepare, deliver and review Racketball coaching sessions to individuals and groups of all ages and abilities
- Effectively use the Golden Rules of Coaching when delivering Racketball sessions

- Coach the technical and tactical principles of the grip, drive, volley, service and service return, boast, drop and lob
- Use appropriate developmental progressions to incrementally develop players
- Create a safe, fun and positive coaching environment for different population groups
- To deliver innovative Racketball coaching sessions and competitions

Course Pre-requisites – 16 years of age and an existing squash coach

Course Fee - £90 plus £35 ESR Coach Membership (if lapsed)

UKCC Level 1 Award in Coaching Squash

A 2 day contact time 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 & 2 of the qualification, in which candidates have to plan, deliver and evaluate 4 Mini Squash Lessons and complete home study requirements.

Course Pre-requisites: - 16 years of age and attend a scUK Safeguarding and Protecting Children Workshop

Course Fee - £195 plus £35 ESR Coach Membership

UKCC Level 2 Certificate in Coaching Squash

A 4 day contact time qualification to enable candidates to learn the 'How to and what to Coach' skills required to deliver the technical and tactical requirements of squash to juniors and adults at beginner and intermediates level, through the delivery of individual and group lessons.

Candidates will learn how to analyse player's needs, plan for a series of lessons and to operate as a head and assistant coach. At the end of the course candidates should be able to: -

- Prepare for, deliver and review squash coaching sessions to individuals and groups
- Effectively use the Golden Rules of Coaching
- Use appropriate how-2-coach & what-2-coach skills to effect change
- Use a variety of coaching styles to cater for different learning styles
- Using appropriate developmental progressions to incrementally develop your player or players
- Create a safe and positive coaching environment
- Coach the technical & tactical principles of the grip, drive, volley, service & service return, boast, drop & lob
- Use the Development Player Awards as a coaching tool
- Devise and coach basic movement patterns
- Identify and develop the components of fitness
- Motivate all players & set appropriate goals to maintain motivation
- Work with other coaches - as a head coach and assistant coach
- Observe, Evaluate, Improve & Provide Feedback

There are approximately 8 weeks in-between days 2 and 3 of the qualification, in which candidates have to a conduct player needs analysis, plan, deliver and evaluate 10 lessons – 5 individual and 5 group lessons. Candidates will also need to complete a number of home study tasks.

Course Pre-requisites: -

- A Qualified Level 1 Licensed Coach, 17 years of age, attend a sports coach UK Safeguarding and Protecting Children Workshop and a 3 hour First Aid course

Course Fees - £340 plus £35 ESR Coach Membership (if lapsed)

UKCC Level 3 Certificate in Coaching Squash

A 9 day contact time qualification to enable candidates to analyse, develop and deliver individualised seasonal and weekly plans covering all areas of a player's personal development. To coach the technical and tactical requirements of squash to both juniors and adults at beginner, intermediate and advanced level (County and Area Academy) through the delivery of individual and group/squad sessions. To critically evaluate the effectiveness of coaching programmes and support and mentor other coaches – as a head coach and assistant coach.

At the end of the course candidates should be able to: -

- Analyse players' current and potential performance, needs and aspirations
- Plan a coaching programme according to agreed goals - Seasonal/Phase/Weekly
- Manage a safe and effective coaching environment
- Deliver programme goals using a range of coaching styles and methods
- Monitor and evaluate the effectiveness of coaching programmes
- Manage and develop personal coaching practice
- Effectively use the Key Principles of Coaching Squash
- Use appropriate how-2-coach & what-2-coach skills to effect change
- Plan and deliver individual and group coaching lessons which provide technical and tactical developmental
- Diagnose and improve faults
- Identify the implications from the demands of Squash for the acquisition of skill
- Develop strategies to present feedback and enhance effectiveness
- Describe the physical demands of squash & the energy systems used
- Identify, test and plan physical conditioning sessions for squash
- Adopt techniques to manage a players lifestyle
- Implement appropriate techniques to enhance a players mental toughness
- Support and mentor other coaches - as a head coach and assistant coach

There are approximately 16 weeks in-between days 4 and 5, in which candidates have to complete performance analysis tasks, seasonal, discrete and weekly plans for 2 players. Other home study tasks also need to be completed.

There are approximately 16 weeks in-between days 6 and 7, in which candidates have to prepare, deliver and evaluate 16 lessons and critically evaluate how player's performance has improved as a result of planning and delivery. Other home study tasks also need to be completed.

Course Pre-requisites: - 18 years of age, an England Squash & Racketball licensed level 2 coach

Course Fee: £1,500 plus £35 Coach Membership (if lapsed)

England Squash & Racketball Coach License Scheme

License requirements are to: -

- Hold an England Squash & Racketball Level 1, 2, 3 or 4 or UKCC Coaching Qualification
- Be a current member of England Squash & Racketball
- Have valid £10 m Public Liability Insurance
- Attend a Safeguarding & Protecting Children Workshop
- Complete a satisfactory England Squash & Racketball Enhanced Criminal Records Bureau Disclosure (CRB)
- Complete the Coach License Scheme application form, send a passport photo and £5 to cover administration costs

To keep the license live, coaches need to gain a credit every year which can be achieved through attending various courses, mentoring or attending a National/Area Academy Squad. A license lasts for 3 years and can be updated by completing the England Squash CRB Disclosure & Safeguarding and Protecting Children Workshop every 3 years.