Squash Wales Participation Coaching Course Level 1

Cost £150 for a 1-day course

This One-day coaching award provides your first steps into coaching and is a pre-requisite for those wishing to take the Squash Wales Club Coaching Award (Level 2)

On completion, you will be able to coach squash independently to groups of beginner players of any age.

Who it's for: ideal if you're an aspiring coach with limited experience of coaching squash or a parent/leader looking to coach beginners of any age or increase squash participation

What you'll learn

You'll learn several skills and techniques from how to organise and build rapport with players to basic techniques, tactics and ideas to deliver fun and engaging sessions to a variety of players. You'll discover how to support, enhance and develop players, and attract new ones. The course is made up of the following topics:

- How To and What To coach - Creating and nurturing effective squash communities.
- Coaching Junior Beginners – Utilising resources to create engaging and enjoyable sessions.
- Basic Racket Skills - Coaching different participants the basics of squash.
- Coaching Progressing Players – Utilising resources to promote player development.

Pre-course registration requirements

- You must be at least 16 years of age.
- You will need to have a reasonable knowledge and understanding of the game.

Cost & funding support

- The course costs £150 and includes one year's Squash Wales coaching membership (which includes Public Liability Insurance).

Following completion of the course you will be required to complete the following to activate your free coaching membership:

- You will need to have an up-to-date Disclosure & Barring Service (DBS) Enhanced Disclosure free through Squash Wales and valid for 3 years
- You must attend a safeguarding course - either face to face or online through Squash Wales and valid for 3 years

For any information on Coaching Courses, Funding, DBS, Safeguarding and First Aid Courses contact:

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