Squash Wales Club Coaching Course Level 2

Cost £275 for a 3-day course

A three-day contact time qualification during which candidates will learn the skills required to deliver the technical and tactical requirements of squash to juniors and adults at beginner and intermediate 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 Club Coach

Who it's for: Level 1 coaches wishing to take their tactical and technical coaching to the next level.

Course Overview

Day 1 and 2 of the course will provide both theoretical and practical learning, covering an array of topics aiming to develop confidence in coaching and in the delivery of a progressive session plan. Following day 2 you will be set several tasks to complete in preparation for your assessment day. Day 3 of the course you will complete a practical assessment.

What you'll learn

There are approximately six-nine weeks in between days two and three of the qualification - during which you will be required to conduct player analysis, plan, deliver and evaluate six lessons (two individual and four group lessons). You will also need to complete several coaching scenario-based questions.

Your course tutor will provide ongoing support throughout the duration of the Award.

At the end of the course, you should be able to:

- Plan and deliver a programme of progressive individual and group training sessions in accordance with Squash Wales coaching philosophy.
- Implement 'how to coach' skills to create an inclusive, player centred and positive learning environment.
- Deliver the player pathway from entry to club level, ensuring players maximise their desired potential.
- Possess an open mind set, taking responsibility for own personal development.
- To develop effective squash communities

Pre-course requirements

- You must be at least 16 years of age.
- Be technically competent (being able to demonstrate all shots) and have a reasonable knowledge and understanding of the game.
- Have completed the Squash Wales **Level 1 Coaching Qualification** or equivalent.

- Be a current Squash Wales registered coach member. This includes an up-to-date **DBS** check (free through Squash Wales) and a hold a valid **safeguarding course certificate** and paid **coach member** of Squash Wales.

Course Assessment

Course completion will require the following:

- Completion of all **pre-course requirements**
- **Practical assessment**: You will be expected to run 1 x solo lesson and 1 x group lesson (completed during the assessment day) and will be assessed based on performance.
- **Paperwork**: You will need to provide evidence of lesson planning (individual and group lessons), risk assessment and medical form completion, self-evaluation and reflection. All paperwork will be provided during the first day of the course.
- To complete the course, you will also need to hold an up to date **First Aid qualification** – This can be completed over the duration of the course.

Cost & funding support

- The course costs £275. This can be financed through your club, with permission.
- There may be some financial assistance available in your area. Get in touch with Squash Wales to find out more.

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

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