

WSF Coaching Conference

Cairo, Egypt: Oct/Nov 2019

Guiding Principles: Practical Session Using C.A.R.D.S.

Colin White: About me

- **Age: 49 years young, Dad to a 4 Years old Boy (Patrick)**
- **Born in Belfast, N.Ireland**
- **Coaching - +30 years**
- **WSF Tutor Level 1, Level 2 and Level 3**
- **Former Coach to Mark Krajcsak (PSA No.37) 14 x Hungarian Champion**
- **Austrian National Men's Coach: 2013-15**
- **Head Pro: The Hackley School, NYC: 2019-**
- **Squash Pro: Scozzie Squash Academy, King Of Prussia: 2017-19**



Introduction : Why Important To Me

- **What:** At WSF we have been working on the Four Guiding Principals. i) Sally Sunflower ii) Coach The Intention iii) Sub Conscious Learning iv) Game Based. I personally add, v) Enjoyment/Engagement. vi) Stretch. My Intention In This Lesson Is.....
- **Why:** Youth sports numbers are dropping around the world. Obesity levels go up as activity levels drop. Are we coaching/communicating in the right way to the market/youth of today? I worry that I'm using Windows 97! Check out "Cost of Winning" Documentary. <https://vimeo.com/233269552>
- **When:** No better time than the present!
- **How:** Pep Guardiola said "Coaches/Managers make the best thieves!" Okay so I know you might prefer a certain Mr Klopp and Mo Salah :D (Michael Buble story) Here are some of my Influencers.....



THE (UN)USUAL SUSPECTS

J.P. "Hockney" Nerbun, The Magic Academy "McManus",
Paul "Fenster" Frank, Stu Armstrong "Keaton" @TheTalentEquation,
Peter "Keyser Soze" Hirst (The Man With The Plan)

What Is C.A.R.D.S?

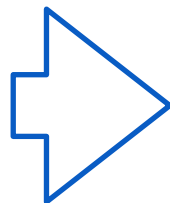
- **What:** A process of guided discovery practice, designed to support the game based learning and focuses the Player on the intention to create a tactical advantage by implementing their game plan at the expense of their enemy.
- **Why:** It enhances the anticipation/perception/decision process, providing the Player with additional time, allowing more options and creativity.
- **When:** It needs to become an integral part of the learning process of Coaching-Practice-Games on a regular basis, to ensure learning is taking place for a match situation in a match situation. Every match is a modified match or it should be?
- **How:** By creating a progressive structure of games that enhances the learning process. It works by.....

Run Sheet: Game Based Coaching Using C.A.R.D.S

- 1. Rotation One: Warm Up: Game Based/Fun** (www.boingplaytank.co.uk)
- 2. Rotation Two: Competition Cauldron:** (<https://thriveonchallenge.com/newsletter>)
Start from Match Play with 4 minutes of ups and downs with 3 players per court.
Match Play
Above or Behind
Above and Behind + Volleys Wild
- 3. Rotation Three: Match Madness: Cards Face Up:** Each Player draws a card, they show this card to their opponent, who must follow the modifications/constraints during their match up. Again they play for 4 minutes, then swap cards with opponent and move up or down based on if they won or lost. They now use that card on their new opponent. (**Coach Intentions**)
- 4. Rotation Four: Match Madness: Cards Face Down:** Each Player draws a new card, they Do Not show the card to their opponent, they must follow the modifications/constraints during their match up. Again they play for 4 minutes, then swap cards with opponent and move up or down based on if they won or lost. They now use that card against their new opponent.
- 5. Rotation Five: Manipulate The Game:** Each Player draws a new card, from the deck off "Manipulate The Game". These cards have instructions to encourage Creativity, Awareness, Resilience, Decision Making and Self Organizing. Again they play for 4 minutes, then swap cards with opponent and move up or down based on if they won or lost. They now use that card against their new opponent.

Rotation 1:

Warm Up: Game Based

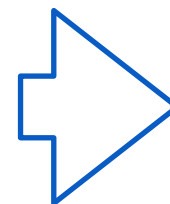


Rotation 2:

Competition Cauldron



Rotation 3: Match Madness: Cards Face Up



Rotation 4: Match Madness: Cards Face Down

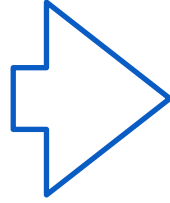


Rotation 4:
Manipulate The Game

2 Per
Court

2 Per
Court

2 Per
Court



Rotation 5:
Practical Session?

2 Per
Court

2 Per
Court

2 Per
Court

Coach Intentions Session

- **Rotation 2:** Write on the flip chart or Back Wall, The 3 Steps Of The Competition Cauldron, But Ask If They Know What They Mean?
- **Rotation 3:** Write on the flip chart or Back Wall, The SIX Possible Cards, But Ask If They Know What They Mean? From The Remaining Participants, Make Two Teams. Split Half For Coach Intention Cards. Consequences For Task.
- **Rotation 4:** The SIX Possible Cards Are Dealt Face Down. Half Of The Team Get More Coach Intention Cards, The Other Half Must Guess The Cards Used By Their Team. Consequences For Task.
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Conclusions: What Was Our Intention?

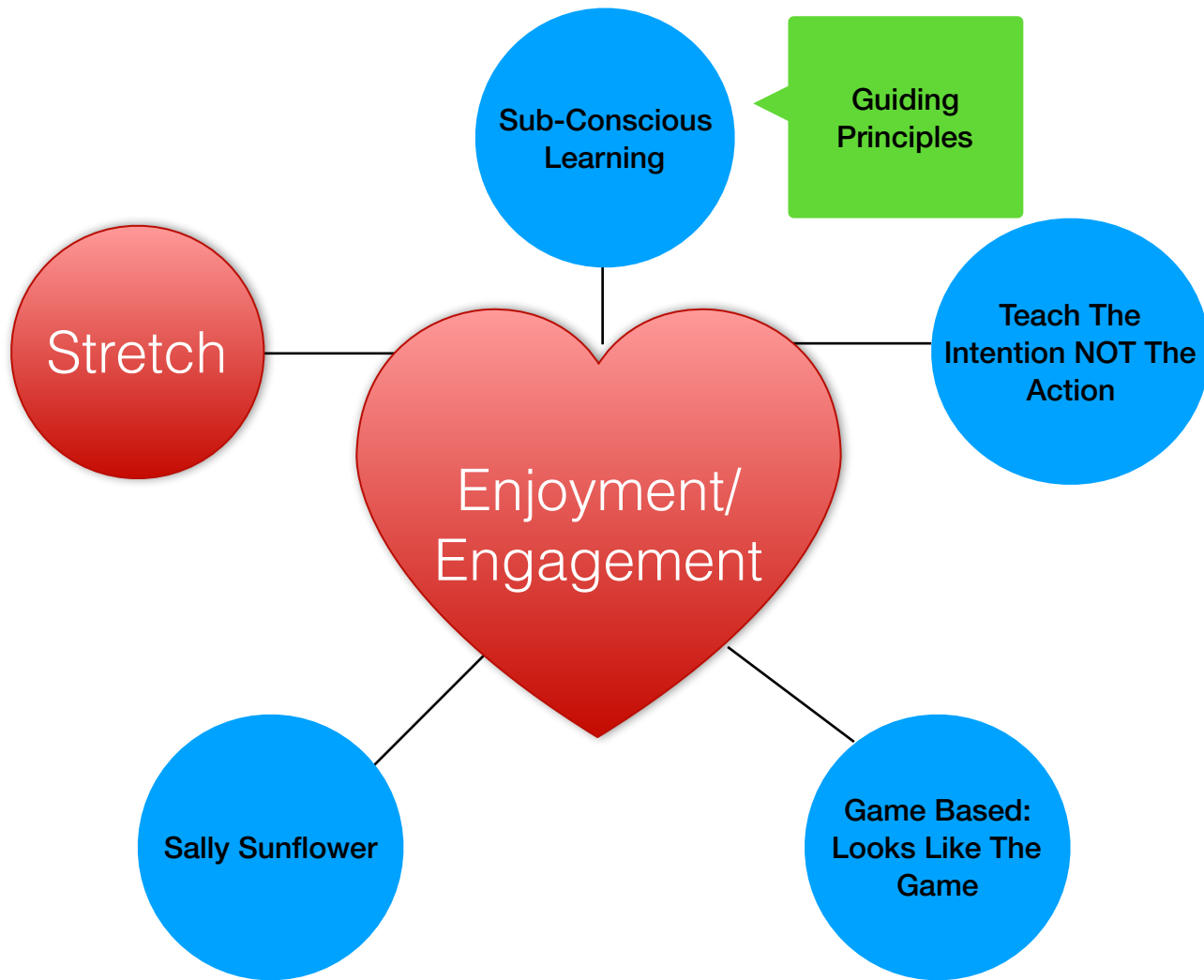
A. Did we work with the Four + 2 Guiding Principals?

1. Game Based.
2. Coach the Intention.
3. Sub-conscious Learning.
4. Sally Sunflower. Encourage the individual to explore and find the options they create.
5. Fun/Enjoyment/Engagement.
6. Stretch.

B. What is our objective with this Tool?

- To help develop more skillful players, with a more well balanced Spider's Web. Players who are:
 - Creative (Bend the rules!)
 - Aware
 - Resilient
 - Decision Makers
 - Self Organizing (on and off court)
 - * C.A.R.D.S. System beg/borrowed/stolen from English Rugby.

C. For me, the Match Madness Cards, is a very good tool (but I am biased) that could help our players and Coaches. It can and should be used at all levels, but the skill of the Coach is to adapt to the Intention of that session, to help the Guided Discovery of their players.







- What is the secret of success?
- Right decisions.

- How do you make right decisions?
- Experience.

- How do you gain experience?
- Wrong decisions.

Thank you Influencers!

Peter Hirst, Paul Frank @ s2 Squash Philadelphia,
Stuart Armstrong @ The Talent Equation,
TheMagicAcademy.co.uk, boingplaytank.co.uk, JP
Nerbun @ thriveonchallenge.com