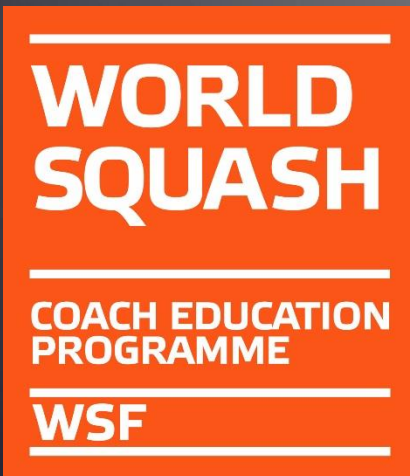


World Squash Federation

Coach Education Programme



WSF Coaching Commission

After the restructuring of the WSF Commissions and the separation of Coaching and Development, the Coaching Commission currently has the following members:

Chair: S.Maniam (MAS)
Board Liaison: Sarah Fitz-Gerald (AUS)
CEP Co-ordinator: Michael Khan (AUT)
Members: Esteban Casarino (PAR)
Jason Fletcher (NZL)
Graham Prior (Late) (S.Africa)

Coach Education Programme

- A WSF CEP had been discussed for many years.
- Asia and Europe had developed their own regional programmes and successfully implemented them.
- In 2014 WSF started a new initiative towards a global, unified CEP.
- ASF and ESF agreed to merge their programmes under the umbrella of WSF.
- Peter Hirst (ENG) was chosen to develop a new programme and detailed syllabi for the various levels.

Coach Education Programme cont.

- The committee decided to move towards a LTAD (Long Term Athletes Development) based programme.
- A strong emphasis was laid on producing modern, holistic, open skilled orientated syllabi for 3 levels.
- Existing programmes and qualifications were to be integrated by RPL (Recognition of prior learning) and re-training of tutors.
- This allows to add new content into existing national framework.

CEP Implementation

- The new WSF Level 1 Syllabus was presented in early 2015 and the first course held in April 2015.
- Level 2 followed with the first course in June 2016.
- Level 3 was held in Budapest/Hungary in June 2018.
- Courses have now been held in all five regions worldwide.

CEP Facts and Figures

2015: 15 Courses 369 Participants

2016: 34 Courses 472 Participants

2017: 24 Courses 306 Participants

2018* : 17 Courses 251 Participants

*as at mid Sep 2018

BY REGION

WSF COACHING COURSES 2016-2018

YEAR	AFRICA			ASIA			EUROPE			OCEANIA			PAN AMERICA		
LEVELS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
2016	1	-	-	6	2	-	11	3	-	-	-	-	9	2	-
2017	-	-	-	6	4	-	12	6	-	2	-	-	4	4	-
2018	-	-	-	8	-	-	4	-	WSF	1	-	-	3	-	-
TOTAL	1	-	-	20	6	-	27	9	1	3	-	-	16	6	-

GRAND TOTAL 89 WSF COURSES FROM 2016 - SEP 2018

Why a WSF Coach Education Programme?

- WSF Initiative to improve the quality of coaching squash across the World
- To set an agreed standard that is safe and of 'World best Practice'
- Coaching that is quality assured
- Brought together with Collective Knowledge & Collective Experience
- With a clear emphasis on a process of How to Coach

WSF Coaching Conferences

2014	Krakow, Poland
2016	Kuala Lumpur, Malaysia
2017	Bucaramanga, Colombia
2018	Gold Coast, Australia

Since 2016 WSF Conferences are held on a annual basis and rotate between the regions.

COACHING PHILOSOPHY

- As squash is an **Open Skill Sport** i.e. where the situation is changing on a constant basis when either player strikes the ball, then the most relevant terminology for squash is **SKILL** as it encompasses the whole sequence of events (**PDA**) in a rally followed closely by **Style** which is governed by the individual and **NOT** the coach.

THE GUIDING PRINCIPLES

1. Game Based
2. Coach the Intention NOT the Action
3. Sub-Conscious Learning NOT Conscious Learning
4. Sally Sunflower – Who understands different **STYLES** and individual differences including

THE THINKING PROCESS

WWW - PDA

- **What** - This is the objective that we want the player to do/achieve. Example what does the player want to make the ball do? Set an objective. If the player does not understand what they are trying to do, how will they know if the task was achieved or not?
- **Why** - This is how to gain tactical advantage.
- **When** - is it an appropriate opportunity to do it, being aware of the opponent's position on the court?
- **How** - This is how the skill is performed, judged by using the PDA cycle.

Summary WSF – Level 1

What do we want the LEVEL 1 coach to be able to do?

- **At Level 1** – Get Early Learner Players to be able to play Simple Rallies to 4 corners **NOT** just how to hit the ball.
- Which is the simple **PROCESS** of:
- Analyse the ability of Novice / Early Learner players to develop the simple rallying skills to the 4 corners of the court. This based upon the use of simple coaching **TOOLS** to enhance the learning process.
- Plan and deliver a single practical progressive coaching session based upon knowledge and experience of **HOW** to coach as well as what to coach with the practical application of the guiding principles

Summary WSF – Level 2

What do we want the LEVEL 2 coach to be able to do?

- **At Level 2** – We want coaches to take Intermediate Players to be able to play open skill rallies to 8 corners of the court with **Skill and Accuracy**
- Using this simple **PROCESS** of?
- Analysis / assessment of an intermediate players skill of rallying in a game using the tool of the **DIAGNOSTIC CLOCK**
- Planning , delivery and recording a series of progressive coaching lessons utilising the planning sheets provided, listing the coaching **TOOLS** (As listed in the Level 2 Tutor Guide) used to enhance the skill and accuracy for overall development and performance in game situations
- Guiding players through the learning environments of **Coaching** where information passes – **Practise** with purpose – and **Competition**

Summary WSF - Level 3

- What do we want the LEVEL 3 coach to be able to do?
- **At Level 3** – We want coaches to be able to work with national squads, which includes the ability to use periodisation and annual planning
- Post course assignment
 - - Player assessment
 - - Annual plan
 - - Delivery of a mesocycle

■ THANK YOU