

# WSF DEVELOPMENT AND COACHING COMMITTEE

## WSF Coach Certification Scheme

S.Maniam  
Director of Dev. & Coaching  
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# Mind Break & Picture Quiz

- A mind break is similar to a coffee break, except here you take time out (especially from boring presentations) to relax your mind.
- A picture quiz is simply to ensure you keep awake

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# WSF DEVELOPMENT AND COACHING COMMITTEE

- **Chairwoman** Heather Deayton
- **Director** Major S. Maniam
- **Africa** Ahmed Motany
- **Asia** Tony Choi
- **Europe** Michael Khan
- **Oceania** Dr. Ken Watson
- **Panamerica** TBA
  
- **Members** Richard Castle  
Amir Wagih

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# Working Group

- Heather Deayton      Chairperson WSF D & C
- S.Maniam              Director WSF D & C
- Michael Khan         Director ESF Coaching
- Tony Choi              Director ASF Coaching
- Dr.Ken Watson        Rep. Oceania
- Andrew Shelley        CEO WSF

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# PICTURE QUIZ 1



# WSF Coach Certification System-Goals

- To standardise coach education in the world
- To recognise coach education of member countries
- To provide coach education support in the form of curricula, lecturers and literature to member countries.

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# Regional Federations Response

- When this was circulated amongst the five regions (Oceania, Asia, Africa, Europe and PanAmerica) the following comments, suggestions and questions arose

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# Summary of Responses

- Whilst the proposal is a worthy principle to adopt, ensure it **complements** rather than **conflicts** with existing nations' systems.
- Levels of quality assurance is a much greater challenge in practice in terms of establishing and agreeing **precise levels of competencies**, criteria and quality across **the 5 WSF regions**.
- Will WSF **benchmark the competencies** and standards on the best coach education system(s) in the world (and who judges that ?).
- And **who trains the WSF Accreditation panel** in those competencies and standards in order to achieve consistency across the panel and across candidates ?

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# Summary of Responses-cont'd

- It should avoid the possibility of undermining or bi-passing **established coach education** & development systems already established within WSF member nations and regions, particularly where high standards of quality assurance exist. For example, it should not be easier to be accredited as a WSF Intermediate Coach than to achieve a UK or ESF Level 2 coach via rigorous quality-assured training and assessment.

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# Summary of Responses-cont'd

- Some member nations such as Australia, Canada, and UK have a coach accreditation system that is monitored by their respective governments.
- Certain countries may not accept the curricula chosen by us.
- Countries will continue to employ 'unqualified' coaches as their National coaches (In sports like football and tennis only qualified coaches are allowed to lead national teams).

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# PICTURE QUIZ 2



# Summary of Responses-cont'd

- It is recommended that the WSF assessment committee comprises as far as possible a high proportion of recognised leading coach educators, not just coaches. They should have an in-depth understanding of the competencies underpinning high quality coaching and tutoring, and their consistent application to the candidate submissions.

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# Our Response & Proposal

- We can still work around the several governmental systems already in place. E.g. The committee will study the existing systems in member countries and may accept it as approved by WSF without any change to their system.
- To guide other member nations to standardise their curriculum to conform to that of the WSF requirements.
- This exercise to be carried out over a period of 1 year through the regional Federations.
- A specially selected committee to finalise the curricula for the courses.
- That only WSF qualified coaches can attend WSF sanctioned tournaments with their teams. (This may prove difficult and will have to be discussed at a WSF AGM).

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# Mind Break

- **CRICKET**
- The first testicular guard was used in cricket in 1874
- Helmet was introduced in cricket in 1974
- IT TOOK THEM 100 YEARS TO REALISE THAT THE BRAIN IS ALSO IMPORTANT TO THE MEN

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# Tutor Training

- If WSF is to accredit coach tutors to deliver WSF accredited coaching courses in nations without their own system, it is critical that all such tutors are delivering to agreed and consistent standards (content, competencies, assessment, etc). That may be very difficult to achieve without such tutors physically attending some kind of training to align their delivery to the WSF content, competencies and standards.

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# PICTURE QUIZ 3





# Existing Systems - ESF

- ESF has recently embarked on creating a European Coaching Framework, aimed at raising the numbers and quality of coaches throughout Europe. With the help of England Squash & Racketball, ESF is establishing a team of accredited tutors trained (and assessed) in the delivery of ESF Level 1 and Level 2 coaching awards based upon UK competencies and standards. The ESF coaching system is designed not only to deliver coaching courses to emerging and small nations, but also to encourage and support the development of their own coach education system (maybe only at L1 to start) where possible.

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# Existing Systems - ASF

- The ASF Coach Education system has been successfully implemented for the last two decades. Its course contents are quite similar to that of the ESF

# THE MERGER

- The WSF Coaching and Development committee is in the process of releasing a WSF Level 1 manual and tutor guide.
- This would come about from a merger of the ASF and ESF systems

# PICTURE QUIZ 4



# WSF LEVEL 1 COACH CERTIFICATION SCHEME (MINIMUM REQUIREMENT)

- **Section 1: Squash Specific Coaching Skills** (*Min. 12 hours*)
- Identification and rectification of faults
- The Forehand and Backhand Drive
- The Boast
- The Volley
- The Service and Return of Service
- The Drop
- The Lob
- Organising a group coaching programme

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# Section 2: General Information

## *(Min. 6 hours)*

- National Coach Certification Scheme (NCCS)
- The Lesson Plan
- Administration of squash in the country
- Injury prevention and first-aid
- Equipment and safety practices
- Tournament organization
- Basic rules and refereeing
- National Squash Development Programme (NSDP)

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# Section 3: Physiological Development *(Min. 2 hours)*

- Warm-up and stretching exercises
- Introduction to fun games and fitness training
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- **Section 4: Tactical Development *(Min. 1 hour)***
- Strategy & Basic tactics
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- **Section 5: Psychological Development *(Min. 45 mins)***
- The role of a coach

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# Section 4: Optional Units

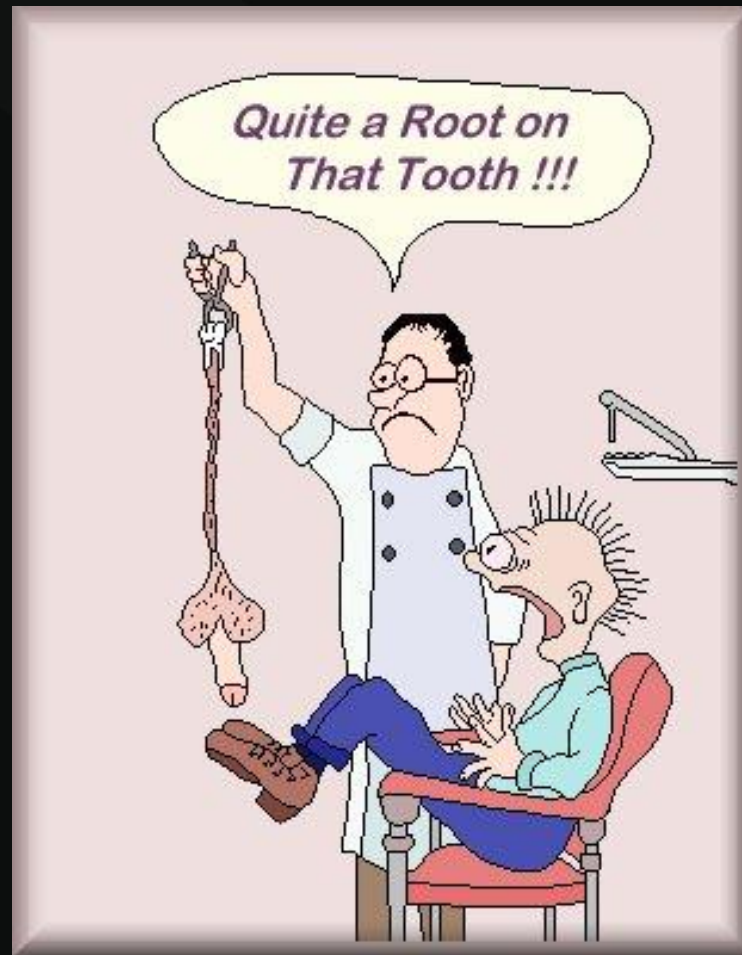
- Teaching and communication skills
- Goal setting
- Coaches code of behaviour and coaching ethics
- Coaching special groups (including factors affecting coaching styles)
- Nutrition
- Growth, development and the junior athlete
- Other subjects as required

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# Mind Break



# Duration and Exams

- Duration of the coaching course shall be a minimum of 24 hours in total, *in which all the required minimum hours of Section 1 to 5 should be covered*. This could allow more flexibility for the MNFs to decide on its own course content, either by adding any of the optional units OR extending the duration of any core sections.
- The course shall be followed by written and practical examinations. The MNFs shall decide on the duration of the practical sessions required for candidates who have passed both the written and practical examinations.

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# SUMMARY

- Complete merger of ESF/ASF Level 1 syllabus/manual
- Complete tutor guide for Level 1
- Regional Federations to submit the following to WSF D&C for endorsement:
  - Level 1 syllabus
  - List of accredited tutors
  - Schedule of the courses
- WSF Working Group to accredit Regional Syllabus accordingly
- WSF to establish records of coaches, tutors, courses and update website

# PICTURE QUIZ 5



- "Some cause happiness **wherever** they go;
- others, **whenever** they go.." - Oscar Wilde

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- THANK YOU