



SQUASH COACHING AND RESOURCE MANUAL

**A Day to Day Guide for
Squash Coaches**

**2nd Edition
September 2009**



Australian Government
Australian Sports Commission



**AUSTRALIAN
INSTITUTE OF SPORT**



**COACH
ACCREDITATION**



**PROFESSIONAL
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ASSOCIATION OF
AUSTRALIA**

friendship **action** fitness

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Foreword

This 2nd Edition Squash Coaching and Resource Manual is a major outcome of reviewing all resources that support the new Level 1 and Level 2 Training Documents approved by the Australian Sports Commission in August 2009 for another 4 year period of registration.

The original Manual published in 1999 has been completely reviewed by the National Coaching Manager, Jeffrey Wollstein, so its contents meet the current needs of our aspiring accredited coaches. It should provide great assistance to all Squash coaches.

Our appreciation is once again extended to the original editors and contributors who helped create this invaluable resource in the first place.

This updated Manual is intended to produce better Squash coaches and, in turn, better players at the beginner, regional, State and national standards of play.

Special thanks goes to the **Australian Sports Commission** for providing necessary support funds to enable publication of this updated coaching resource. We believe this investment will significantly contribute to helping the ongoing professional development of our accredited coaches and Squash in Australia.

John Holland
President

A handwritten signature in black ink, appearing to read 'John Holland'.

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Note: The introduction below, originally published in 1999, is retained in full for this 2009 publication although updated photos have replaced the originals.

Introduction

The challenge for Squash coaches is to provide their services to those who are interested in improving their Squash game, in a methodical but interesting way. Having easy access to a variety of resources, lesson plans and technical information has always been a goal of Squash administrators. This manual goes some way to achieving the goal of presenting up to date and practical Squash coaching information in a relatively easy to use form.

This manual is designed to provide an ongoing source of information for coaches at the grass roots level. The technical information is up to date. It is set out in such a way as to allow you to place within the manual your own information in each relevant section. It is also designed to be updated and added to periodically.

The manual will be even better if individual coaches share with others their own ideas. If you have ideas which you feel would be valuable to other coaches please contact your State Coaching Director so that these ideas can be reviewed for future inclusion in the manual.

I urge all coaches to become familiar with the layout - being a very large document, it will take some time to become familiar with its contents and how the information is presented. Please take some time to go through it - use your imagination as to how its contents can be used effectively.

Thanks to Contributors

Thanks must go to a large number of Squash coaches who provided information either directly or indirectly, for inclusion in this manual. It has not only been the high profile or high level coaches who have assisted but also the average club coach who have used their own ideas to develop routines or activities which work with their students. Many of these coaches who provided the original ideas may go unacknowledged. To you a special thanks.

There are some individuals who through their special contribution to this document or their work which led to the production of this manual deserve special mention. Special thanks must go to my co-editor, Rita Paulos, who, in addition to her work on the manual itself, has selflessly provided hundreds of pages of lesson plans, activities and other documents relating to practical Squash coaching for review and inclusion in this manual.

Others who have made significant contributions are Geoff Hunt (AIS Head Coach), Roger Flynn (VIS Head Coach) Di Davis (SASI Head Coach), former National Coaching Director Jeffrey Wollstein, (and others whose work we have built on) former and current NCC members Dean Landy, Kim Buttfield, Adrian McCormack, Kaye Reeves, Ken Watson, Chris Doig, and coaches Margaret Zachariah, Karen Morrissey, and Ron Pearton. Wayne Minnis provided the illustrations and Kim Schramm the coaching photographs with Ross Barry (Acting CEO) coordinating the production of the manual.

Thank you one and all.

Raymond Strachan
Co Editor