

# Hervey Bay Squash Coaching Course

## January 30<sup>th</sup> - February 20<sup>th</sup> 2010

### Course Schedule

#### Day 1 January 30<sup>th</sup>

- 9.00 am Introduction/Overview
- 9.15 Squash Safety Basics
- 9.30 Activities Games Warmups
- 10.00 Development and Progression of Skills
- 10.45 Break
- 11.00 Basics of Stroke and Footwork Development
- 1.00 pm Finish
- Homework: Complete sections 1.1 and 1.2 of Level 1 workbook  
Complete sections 2.1 and 2.2 of Level 1 workbook

#### Day 2 February 6<sup>th</sup>

- 9.00 am Basics of Racket and Footwork Technique - cont'd
- 10.00 Tactical Development and Decision Making
- 11.00 Break
- 11.15 Drills Routines Games
- 1.00 pm Finish
- Homework: Complete section 2.3 (parts 1 - 4 ) of the Level 1 workbook  
Prepare Game Sense activities for section 2.3 - 6  
Complete the Squash rules paper (Workbook: Sect 4 p 38)

#### Web Resources

- |                              |  |
|------------------------------|--|
| Squash Australia             | <a href="http://www.squash.org.au">www.squash.org.au</a>                                   |
| Australian Sports Commission | <a href="http://ausport.gov.au/supporting/">ausport.gov.au/supporting/</a>                 |
| Squashgame.info              | <a href="http://www.squashgame.info">www.squashgame.info</a>                               |
| Strachan Sports Services     | <a href="http://www.strachansport.com/infopage/487">www.strachansport.com/infopage/487</a> |

# Hervey Bay Squash Coaching Course

## January 30<sup>th</sup> - February 20<sup>th</sup> 2010

### Course Schedule

#### Day 3 February 13<sup>th</sup>

9.00 am      Review of the course so far

9.30            Footwork Review

10.00         Decision-making Review

10.15         Skill Analysis

10.45         Break

11.00         Skill Analysis Continued

12.45         Homework preview

1.00 pm      Finish

Homework: Complete sections 2.3 – 5 and 2.4 of Level 1 workbook  
Complete section 3 of Level 1 workbook

#### Day 4 February 20<sup>th</sup>

9.00 am      Rules Review

9.30            Coaching Business Brainstorm

10.00         Lesson Presentations

11.00         Break

11.15         Lesson Presentations continued

12.30         Course Evaluation and Discussion

1.00 pm      Finish

#### Web Resources

Squash Australia

[www.squash.org.au](http://www.squash.org.au)

Australian Sports Commission

[ausport.gov.au/supporting/](http://ausport.gov.au/supporting/)

Squashgame.info

[www.squashgame.info](http://www.squashgame.info)

Strachan Sports Services

[www.strachansport.com/infopage/487](http://www.strachansport.com/infopage/487)