

WSF – Coaching Scheme

Peter A. Hirst

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A little about me!

- My Dad said that I was born for speed
- The door that opened was TT
- Youngest ever National Coach of any sport
- Squash has been my passion since the 70's
- Director of Coaching NZ
- World Class Advisor – NZ - Sport England / UK Sport
- Performance Dir ESR – Acting Deputy CEO
- Obsession with getting people to do things better
- Builder
- **WHO** I am not What I am

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Aim

- Provide an integrated Player Pathway / Coaching / CE scheme throughout the World – That links coach education to player development / Core content
- World recognition & acceptance throughout the world
- What coaches are taught needs to link directly to players needs – Anything else then we will have stuffed it big time!!

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WSF Matrix

Player Level	Player Emphasis	Player Needs	Coaching Style	WSF Coach Education	Duration
PSA / WSA	Training to Win	Sum of Below	Empower	Level 4?	n.a.
National Juniors	Training to Compete	Tactics/Apply Pressure	Direct	Level 3	7 days
Intermediate Players	Learning to Train	Skill / Accuracy	Coach	Level 2	4 days
Early Learners	Learning to Play	Simple Rallies	Teach	Level 1	3 days

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Guiding Principles:

- A well trained Tutor - Well trained Coach – Well trained Player
- That a pool of tutors at all levels will be developed throughout the Regions
- Coaches require an ongoing challenging, quality and progressive CPD CE pathway
- Focus on the MOST EFFECTIVE skill of delivery and knowledge = Collective Knowledge
- Coaches are PRACTITIONERS and respond to player centred needs
- It is essential that coach input and coach needs are a major priority for squash to grow throughout the World
- Coaches can ID needs
- Coaches need access to the best information
- Coaches should manage attitudes using methodology based on advanced interpersonal and communication skills

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Philosophy

- How Squash is judged
- Open skill = Perception – Decision – Action (PDA)
- Process – LTPD – Biological windows – Neurological pathways
- Based on Knowledge of how squash is played – Skill of Delivery of passing information – Lesson Planning = Process & use of **TOOLS** of **HOW** to coach

Philosophy cont'd

- The BIG mistake is to just look at the what – When it is the HOW that moves theory into practice
- It is a PROCESS!! – Order Thoughts - Explicit
- To know and not to do is to NOT KNOW!
- If you have 15 years experience – Please use it – Do NOT repeat 1 years experience 15 times!
- Evolution not Revolution!

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The Plan

- Train some Tutors – Tutor guide
L1 – PROCESS of What & HOW –
Gentle start
- A Manual – Supporting resource –
Web based
- Launch – Visible & Available to
the World – AIDA = Attention-
Interest-Desire-Action
- Year 2 = Level 2
- Year 3 = Level 3

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Introduction

This guide is designed to:

Provide a process for WSF tutors to train student / candidate coaches to coach squash to a recognised level of competency with a process of HOW to coach early learner squash players to play games of squash

Address the key issues of '**Knowledge and Understanding**' and the '**Skills of Delivering**' utilising the '**Tools**' of how to teach developing players individually and in groups to play squash in open rallies in practical ways

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Competency 1 - Knowledge & Understanding

- **By the end of this module, coaches will be able to;**
- Relate to other coaches and tutors on the course
- Self reflect as a coach
- Understand the role of a WSF L 1 coach
- Understand the coaching process of **Learning to Play - Simple Rallies – PDA cycle** – in squash
- Understand the use of **Tools – PDA cycle** for coaching **Simple Rallies** in squash
- Describe the use of **Tools** and how they are used to effect positive change for early learner players
- Understand the Purpose of Long Term Player Development
- Understand the Purpose of Generic Skills

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Competency 2 – Skill of Delivery

- **By the end of this module, coaches will be able to demonstrate that they can;**
- Understand **HOW** to relate to early learner squash players
- Understand the key principles of **Introduction & Demonstration**
- Demonstrate and introduce the key principles of **WWWH** to the grip
- Warm Ups
- Demonstrate and introduce the key principle of **WWWH** to service, drives, boasts, drops and into simple rallies progressively
- Understand and demonstrate the patterns of movement within simple **Open Skill** rallies in squash
- Supervise on court safety
- Observe, diagnose faults and provide feedback to progress performance of simple rallies – **PRACTICAL USE OF THE TOOLS**

Competency 3 – Plan-Deliver-Review

- **Learning Outcomes, by the end of this module, coaches will be able to demonstrate that they can;**
- Understand and describe the differences between coaching individuals and groups
- Plan and deliver individual lessons to develop simple rallies for squash
- Plan and deliver group lessons of modified fun games progressing into simple rally situation for squash
- Observe, diagnose areas for improvement and provide feedback to improve performance within simple rallies–**PRACTICAL USE OF THE TOOLS**

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Trialled so far

- I have been trialling for approx 45 years
- ESF has agreed to it
- Poland 5 – Ukraine 4 – Hungary 3
- England 4 – Israel – Holland –
Belgium -
- Michael K – Colin W – Ronny V –
PAH

Feedback from

- Ian Wright - WBF
- Murray Macklin – PGA
- Istvan Balyi – Pioneer LTAD
- ESF – Coaching panel
- Tutors – 12
- UKCC – All squash tutors
Eng/Scotland/Wales/Ulster
- PE Specialists 5

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How to get it out there

- **AIDA**
- **Attention** – Web – Existing networks
- **Interest** – Philosophy – Key words – Evolution not Revolution
- **Desire** – Emotion – What will this do for me?
- **Action** - Where to go? – Who will do? – What to do next?

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Time to Make a Difference!

Discussion

With thanks – Peter A. Hirst

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