

How to become a UKCC Level 2 Squash Coach



England
Squash &
Racketball



SQUASH WALES



Before you can apply:

You must be 17 years of age or above and if completing your qualification in England be a Level 1 qualified England Squash & Racketball Licensed coach

If you are:

Download an application form from your national governing body's website: -
www.englandsquashandracketball.com, www.squashwales.co.uk, www.ulstersquash.com,
www.scottishsquash.org

- Complete the application form and send together with a cheque for £340

Before going on the course you should:

Book onto the following courses: -

- Sports coach UK Equity in your Coaching Workshop - Log onto www.sportscoachuk.org or call 01509 226130
- A First Aid Course (minimum 3 hours)
- Read the course **induction pack**. This will tell you what is in the course and what you need to do to complete it. There is also an exercise to review your coaching skills and discover your personality style
- Identify a qualified coach to support you during your coaching practice which includes the delivery of 10 lessons - 5 individual and 5 group
- Find an individual and a group of players to deliver your 5 individual and 5 group lessons

On day 1 and 2 you should:

- Attend day one and two from 9.00am – 5.30pm

And then you will have to prepare for days 3 and 4

You will have approximately 8 weeks between day 2 & 3. Use your candidate pack to complete the following:

- Answer questions regarding understanding safety and personal responsibility
- Complete a venue risk assessment
- Complete your coaching practice: -
 - Undertake a player needs analysis for the individual and group of players you will be coaching
 - Utilising the player needs analysis complete an extended plan for a series of five linked lessons for your individual and group coaching
 - Record your coaching practice sessions and identify evaluation strategies
 - Utilising the extended plan, create ten lesson plans – five individual lessons and five group lessons
 - Complete a lesson safety checklist before delivering each lesson
 - Deliver all ten lessons – five individual lessons and five group lessons ensuring your support coach signs your coaching practice log
 - Evaluate ten lessons identifying areas of development
- Answer the extended study questions
- Complete the rules of squash questions, referee two squash matches and evaluate your performance

On days 3 & 4 you should:

- Attend day 3 from 9.00 am – 5.30 pm
- Attend day 4 which will include the **observation and internal assessment of a 20 minute individual lesson and the observation and independent assessment of a 20 minute group lesson**

Certification

Qualifications will only be awarded once all assessment tasks have been completed and attendance certificates at the sports coach UK Equity in your Coaching Workshop and First Aid have been signed by your course tutor or sent to ES&R