

How to Coach



SQUASH
CANTERBURY

Presented by: Mike Allred

9am – 11.45am Sunday 24th March, Burnside SC



Qualification gained

This extension module forms the backbone of the Squash New Zealand Coach Development Framework, is embedded in all coaching programmes and is required to receive most coaching qualifications.

Extension Module 2: How to Coach

This extension module looks at a variety of coaching styles, techniques and inclusive principles that will ensure that coaching is effective and appropriate for the needs of all squash players. It provides practical ways to adapt squash to positively impact on skill acquisition, enjoyment and the quality of play for all.

Content covered

The art of coaching, Coaching skills and knowledge, NZ Coach Approach, The coaching styles continuum, Athlete-centred coaching and the Physical Literacy approach, Different learning preferences, Effective body language, Questioning styles, Giving and receiving feedback, STEP inclusion model, Teaching Games for Understanding (TGFU), Game sense, The dynamics of pair or team coaching

Resources received



Coaches who attend will receive a special How to Coach Extension Module 2 pack which includes a resource booklet with relevant information and coaching ideas and the [NZ Coach Approach DVD](#). Coaches can also access the Coaching sections on the Squash NZ website for further resources, development and networking opportunities.

Entry Fee: \$10

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Register by: 9am Monday 18th March 2019

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