



COACHING NEWSLETTER

OCTOBER 2019

Welcome to your Education newsletter. Bringing you all the latest news and updates.

Performance Development Coaching Course

Squash Australia will be holding the first Performance Development Coaching Course from 9-14 December 2019 at Carrara Indoor Sporting Complex.

Performance Development course is designed to train coaches with a process of **HOW** to coach players to compete at a junior international level. It addresses the key issues of '**Knowledge and Understanding**' and the '**Skills of Delivery**' utilising the '**Tools**' of how to coach players to apply pressure utilising the key skills of a **Perception & Decision** making approach.

Topics Include

SKILL ACQUISITION

1. Understand the key principles behind a perception & decision-making based approach to squash coaching
2. How to coach using a perception & decision-making approach
3. Factors that may affect skill acquisition

DEVELOPING SELF AND OTHERS

1. Understand your personal Coaching Philosophy, Values and Leadership Style
2. How to develop a group culture
3. Coaching the soft skills

PHYSICAL BACKGROUND TO SQUASH

1. Principles of periodisation and planning
2. Steps in designing an annual plan
3. Preparing a meso cycle training programme, a micro cycle training programme and a single session



**PERFORMANCE DEVELOPMENT
COACHING COURSE**

9-14 DECEMBER 2019

**CARRARA SQUASH CENTRE
NERANG-BROADBEACH ROAD**



[Sign Up](#)

National Coaches Conference

The 2020 Squash Australia National Coaches Conference will be held in conjunction with the 2020 Australian Junior Open at the Carrara Indoor Sporting Complex, Gold Coast, Australia.

[Register your Interest](#)

Coach Accreditation

Is your Squash Australia Coaching accreditation up to date?

To ensure that you are covered as a coach, you are required to have a valid coaching accreditation and be affiliated to their State/Territory Squash Association

Your coaches insurance is incorporated within the Squash Australia Personal Accident and Public Liability Professional Indemnity Insurance policy. Note that coaches are referred to as insured persons within these policies, and therefore receive the benefit of the insurance cover.

It is important to note that coaches who undertake private coaching are not covered through the club's insurance and would need separate coaching insurance. This is covered under

their coach accreditation with Squash Australia. This means that any coach that is affiliated (through their State/Territory Squash Association) and a currently accredited coach is covered for private coaching under the Coaches Insurance policy.

[View our Insurance Flowchart](#)

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