



WSF LEVEL 3 COACHING COURSE
KUALA LUMPUR, 26 NOV – 1 DEC 2018

DAY/TIME	TOPIC	PRESENTER/S	PRESENTATION TYPE	KEY POINTS	PRACTICAL ACTIVITIES
26 Nov	MONDAY				
0930 - 1000	WELCOME AND COURSE OVERVIEW	S. Maniam	Discussion	WSF CEP overview. Assessment Procedures. On course assessment and Assignments	1.Find someone you don't know. Chat for 2 minutes. Introduce your new friend and tell as much as you can about your new friend in 1 minute
1000 - 1100	INTRODUCTORY PRACTICAL SESSION	Michael Khan	Workshop-Discussion	To assess candidates current knowledge base	Divide into groups to formulate appropriate drills, e.g. Back court, front court, applying pressure, varying the pace, etc using the coaching tools
1100 - 1230	RECAP LEVEL 1	S. Maniam Michael Khan	Workshop-Discussion	The 4 guiding principles. Practical session using tools to play simple rallies	Divide into groups to formulate appropriate drills
1230 - 1400	LUNCH				
1400 - 1600	RECAP LEVEL 2	S. Maniam Michael Khan	Workshop-Discussion	Playing to 8 areas with skill and accuracy. Definition of technique, skill and style.	Divide into groups to formulate appropriate drills using the 6 step progression
1600 - 1800	TACTICAL PROGRESSIONS	S. Maniam Michael Khan	Lecture/Workshop	Focus on progressions and tactical awareness	Candidates in groups to produce tactical drill progressions.
27 Nov	TUESDAY				
0930 - 1100	PSYCHOLOGY 1	S. Maniam	Lecture/workshop	Coach Development, What type of coach are you, culture, confidence etc Why are you here? what do you want to be? Workshop to generate ideas of what a coach really is and wants and should be. Identify and prioritise your coaching values.	Workshop
1100 - 1230	PHYSIOLOGY1	Carl James	Discussion	Speed, strength and Endurance triangle. Body types and how it relates to the triangle. Core strength, fitness assessment data sheet, tools for physical development.	Class Discussions
1230 - 1400	LUNCH				
1400 – 1600	SKILL ACQUISITION 1	S. Maniam		The Basic Game – Routines, Conditioned Games, Footwork and Movement patterns	Candidates to split into groups to plan a session on the basic game. Remember the 3 Principles of Effective Footwork-Efficiency, Weight transfer, Hitting Arm Shoulder Position

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1600 - 1800	SKILL ACQUISITION 2	S. Maniam Michael Khan		The Attacking Game (Applying Pressure) – Routines, Conditioned Games, Footwork and Movement patterns	Candidates to split into groups to plan a session on the attacking game. Remember the 3 Principles of Effective Footwork- Efficiency, Weight transfer, Hitting Arm Shoulder Position
28 Nov	WEDNESDAY				
0930 - 1030	TALENT IDENTIFICATION	S. Maniam	Discussion	Is there a fool-proof system of talent identification for squash?	Class Discussion
1030 - 1230	PHYSIOLOGY 2	Dr.Carl James	Lecture/Workshop	The Energy System, Components of fitness requirements for squash. Training methods for squash specific fitness. Describe HR zones and Predominant Energy Systems.	Class Discussions, All students to give one physical aspect they really want out of this course.
1230 - 1400	LUNCH				
1400 - 1600	PERFORMANCE ANALYSIS	S.Maniam	Lecture/Workshop	Group presentation followed by performance analyst presentation	Workshop-View a live match. Candidates in groups analyse player and opponent. Candidates using phones, laptops or pads to do tactical and technical analysis. Performance analyst shows current methods.
1600 - 1800	SKILL ACQUISITION 3	Michael Khan	Lecture/Workshop	Anticipation and Deception. Hicks Law, Decision making, Deception, Demonstration, Attention, Motivation. Game based activities- Rule bending, changing space on court, equipment modification.	Game based session on court
29 Nov	THURSDAY				
0930 - 1100	PSYCHOLOGY2	Michel Gagne	Lecture/workshop	Tools of mental training, self talk, focussing, coping with anxiety, building confidence	Workshop to see how coaches do this with their players
1100 - 1230	PERIODISATION 1	S.Maniam	Lecture/workshop	Principles of Training. WWWH of Periodisation	Definition and use of various terms for an annual plan
1230 - 1400	LUNCH				
1400 - 1600	SKILL ACQUISITION 4	S. Maniam Michael Khan	Practical on-court	TACTICAL TRAINING: “ <i>QUARTER COURT GAMES</i> ”	Game based session on court. Candidates teach each other Quarter-Court Games
1600 - 1800	SKILL ACQUISITION 5	S. Maniam Michael Khan	Practical on-court	Designing skill building activities with two players	Candidates to design a 6 step progression to achieve specific objectives. Preparation for assessment
30 Nov	FRIDAY				
0930 - 1230	PERIODISATION 2	S. Maniam	Lecture, discussion, workshop	Preparation of a squash-annual plan. Planning a Macro, Meso, Micro cycles and a session plan	Workshop
1230 - 1430	LUNCH				
1430 - 1600	SKILL ACQUISITION 6	S. Maniam Michael Khan	Drills – working to the needs of your player	Focus on the 4 guiding principles whilst using the appropriate tools	Candidates working in groups

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1600 - 1800	PHYSIOLOGY 3	Carl James S.Maniam	Practical session	Candidates carry out Sprint/ Recovery Regime for different training stages (GPP, SPP, PC, LACTATE, TAPER). Types of Fitness tests.	On-court physical session. Tests/assessments
1 Dec	SATURDAY				
0930 - 1100	THEORY ASSESSMENTS	S. Maniam Michael Khan	Assessment		Written exam
1100 - 1630	PRACTICAL ASSESSMENTS	Panel	Assessment	Session with 2 players	Working to a theme
1630 - 1700	COURSE EVALUATION AND CLOSE	S. Maniam Michael Khan			

Practical assessment:

- Candidates will be given 1 junior player and decide on the players needs (by observation). A second junior player will act as a training partner.
 - Candidate to plan a 1hr session (using the lesson plan form)
 - The objective/criteria of the assessment is to establish if candidates have acquired the requisite minimum standard of a L2 coach and show the potential of achieving a L3 standard.
 - Candidates might need more time to be able to show this standard and will be given 6 months to be re-assessed (onsite or video). They can seek the help of one of the course tutors to guide them in the right direction.
- If they do not complete this within the stipulated 6 months they must retake the course.