



Level 2 Course Schedule Thornleigh Squash, Sydney, NSW - May 2009

Principle Presenter Codes: **JW** = Jeff Wollstein **GG** = Grant Gough

Elective Unit Codes: **S1** = Talent Development Coaching Stream **S2** = Club Coaching Stream

Jeff's Mobile: 0400 567 307

Grant's Mobile: 0407 656 366

SHARING OUR FOREST OF POSSIBILITIES

DAY 1 - WEDNESDAY, 13 MAY 2009

TIME	TOPIC	DURATION	PRESENTER	METHOD
8:30 - 9:00	Registration/ Introduction/ Ice Breakers		JW/ GG	Group Activities
9:00 - 9:30	OVERVIEW OF COURSE AND ASSESSMENT	30	JW	Presentation
9:30 - 9:50	THE AUSTRALIAN SQUASH COACHING ENVIRONMENT	20	JW/ GG	Lecture/ Discussion
9:50 - 10:10	SAFE COACHING PRACTICES	20	JW/ GG	Lecture/ Workshop
10:10 - 11:00	RISK MANAGEMENT & LEGAL RESPONSIBILITIES	50	JW/ GG	Lecture/ Discussion
11:00 - 11:15	Break			
11:15 - 12:15	DEVELOPING PERCEPTUAL MOTOR SKILLS - Introduction & Definitions	60	JW	Lecture/ Discussion
12:15 - 1:15	DEVELOPING TECHNICAL & TACTICAL SKILLS - Part 1: Stroking - the 4 Common Shots	60	JW/ GG	Practical
1:15 - 2:00	Lunch			
2:00 - 3:00	INJURY PREVENTION, MANAGEMENT & REHABILITATION	60	JW/ GG	Lecture/ Workshop
3:00 - 3:30	ABOUT SQUASH COACHING - Ethics, Etiquette & Behaviour Standards	30	JW/ GG	Lecture/ Discussion
3:30 - 3:45	Break			
3:45 - 5:00	DEVELOPING TECHNICAL & TACTICAL SKILLS - Part 1: Stroking - the 4 Common Shots	<u>75</u>	GG & JW	Practical
5:00	Finish Day 1	<u>405</u>	(6.75 Hours)	

DAY 2 - THURSDAY, 14 MAY 2009

8:30 - 9:00	COACHING SPECIAL GROUPS	30	GG	Discussion
9:00 - 9:30	THE BUSINESS OF SQUASH COACHING	30	GG/ JW	Lecture/ Discussion
9:30 - 10:00	DEVELOPING DECISION-MAKING SKILLS - Part 1: Decision-Making Processes	30	JW	Lecture/ Discussion
10:00 - 11:00	TEACHING & LEARNING, COMMUNICATION & COACH-ATHLETE RELATIONSHIP SKILLS	60	GG & JW	Workshop/ Video
11:00 - 11:15	Break			
11:15 - 1:15	DEVELOPING TECHNICAL & TACTICAL SKILLS - Part 3: Skill Analysis/Technique Enhancement	120	JW & GG	Practical
1:15 - 2:15	Lunch			
2:15 - 2:45	USE OF VIDEO TECHNIQUES IN SKILL ANALYSIS	30	JW & GG	Video/ Discussion
2:45 - 3:45	DEVELOPING TECHNICAL & TACTICAL SKILLS - Part 2: Footwork & Court Movement	60	JW & GG	Practical
3:45 - 4:00	Break			
4:00 - 5:00	DEVELOPING TECHNICAL & TACTICAL SKILLS - Part 4: Tactical Development & Patterns	<u>60</u>	GG & JW	Practical
5:00	Finish Day 2	<u>420</u>	(7.0 Hours)	

DAY 3 - FRIDAY, 15 MAY 2009

8:30 - 9:15	S1: OVERVIEW OF TALENT DEVELOPMENT COACHING and + S1: USE OF SPORTS SCIENCE & INFORMATION SERVICES	45	JW	Lecture/ Workshop
8:30 - 9:15	S2: <i>MARKETING & PROMOTING YOURSELF as a SQUASH COACH, YOUR CLUB & SQUASH IN GENERAL</i>	45	GG	Workshop/ Practical
9:15 - 9:45	S1: STEPS IN DESIGNING & MANAGING COACHING PROGRAMS	30	JW	Lecture/ Workshop
9:45 - 10:15	S1: DIET, NUTRITION, ERGOGENIC AIDS & DRUGS	30	JW	Lecture/ Workshop
9:15 - 10:15	S2: <i>COACHING & PLAYING EQUIPMENT & AIDS</i>	60	GG	Lecture/ Workshop
10:15 - 10:30	Break			
10:30 - 12:30	S1: DESIGNING YEARLY TRAINING PROGRAMS	120	JW	Workshop/ Discussion
10:30 - 12:30	S2: <i>MANAGEMENT & ADMINISTRATIVE SKILLS + COACHING COURSES for various ABILITIES</i>	60	GG	Workshop/ Discussion
12:30 - 1:15	Lunch			
1:15 - 2:15	DEVELOPING PHYSICAL SKILLS - Part 1: Energy Systems Training	60	JW & GG	Workshop/ Practical
2:15 - 2:30	Break			
2:30 - 3:30	DEVELOPING TECHNICAL & TACTICAL SKILLS - Part 2: Footwork & Court Movement	60	JW & GG	Practical
3:30 - 5:00	DEVELOPING TECHNICAL & TACTICAL SKILLS - Part 4: Tactical Development & Patterns	<u>90</u>	JW & GG	Practical
5:00	Finish Day 3	<u>435</u>	(7.25 Hours)	

7:00PM L2 COURSE DINNER – Venue to be Advised

