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| *SQUASH* ***COACHFORCE*** | **Club Questionnaire**Squash New Zealand CoachForce Programme  |
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**Coach Development**

The CoachForce Club Questionnaire can assist with creating your club’s annual coach development plan. By sending the questionnaire to your coach database, you can get feedback on what modules your coaches want to upskill in and the most suitable times to schedule coaching workshops.

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| Club: |  | Name: |  |
|  |  |  |  |
| Email: |  | Phone: |  |

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| **CLUB AND SCHOOL MODULES** |
| **Module** | **Content (Outline)** | **Please tick the modules that you would like to attend and when** |
| **Number** | **Name** | **✓** | **Month** | **Day** | **Time** |
| 1 | Get Started | Covers lesson formats, the court, basic rules, the swing, racket technique and feeding skills for new coaches. |  |  |  |  |
| 2 | Small Nix 5-8yrs | Covers child protection, junior programmes and skill and fitness development for 5-8 year olds. |  |  |  |  |
| 2a | Small Nix 5-8yrs | Covers feeding skills, fun activities and dealing with parents for 5-8 year olds. |  |  |  |  |
| 3 | Big Nix 9-12yrs | Covers focuses for training, fitness development, tactical awareness and session formatting for 9-12 year olds. |  |  |  |  |
| 3a | Big Nix 9-12yrs | Covers child protection, feeding skills and squash technique for 9-12 year olds. |  |  |  |  |
| 4 | Club Youth 13-19yrs | Covers athlete characteristics, tactics, movement, strategy, conditioning and session plans for 13-19 year olds. |  |  |  |  |
| 5 | Primary / Intermediate School | Covers fundamental skill development, fun activities and coaching resources for the Kiwi Squash school programme. |  |  |  |  |
| 5a | Secondary School | Currently being developed – more information to follow. |  |  |  |  |
| 5b | Tertiary School | Covers the needs of tertiary students, general movement, ball control, conditioned games, technique, game play, programme ideas, club promotion and competitive options. |  |  |  |  |
| 6 | Adult Starters Club | Covers the needs of adults, principles of learning, activities to develop movement, coordination and tactics, and information on trouble shooting scenarios for beginner adults. |  |  |  |  |
| 7 | Social Club Player | Covers principles of learning, diagnosing errors and correcting technique, giving feedback and programme ideas for social club players. |  |  |  |  |
| 8 | Women | Covers key considerations for females, common myths, technical development, giving feedback and programme ideas for women. |  |  |  |  |
| 9 | Club Teams | Covers characteristics of teams, building culture, understanding selection, structuring group sessions and ideas to help prepare for an event. |  |  |  |  |
| 10 | Club Graded Competitive | Covers identifying weaknesses, scheduling practice and competitions, the grading list effect and training ideas for club graded competitive players. |  |  |  |  |
| **DISTRICT PERFORMANCE MODULES** |
| **Module** | **Content (Outline)** | **Please tick the modules that you would like to attend and when** |
| **Number** | **Name** | **✓** | **Month** | **Day** | **Time** |
| 11 | Individual Development | Covers skill acquisition, ghosting movements and solo practice ideas for individuals. |  |  |  |  |
| 11a | Individual Development | Covers decision making, deception and coaching soft skills for individuals. |  |  |  |  |
| 12 | Junior Boys and Girls | Covers key differences and training requirements, partnerships with parents, group culture, squad management and technique, movement and tactical awareness for junior boys and girls’ squads. |  |  |  |  |
| 12a | Junior Boys and Girls | Covers talent identification characteristics, process mindsets, strength and conditioning requirements, competition preparation and supplements use for junior boys and girls. |  |  |  |  |
| 13 | Senior Men and Women | Covers key differences and training requirements for senior men and women, squad structures, group management, technique, movement and tactical awareness, strength and conditioning and alcohol use for senior men and women. |  |  |  |  |
| **EXTENSION MODULES** |
| **Module** | **Content (Outline)** | **Please tick the modules that you would like to attend and when** |
| **Number** | **Name** | **✓** | **Month** | **Day** | **Time** |
| E2 | How to Coach | Covers questioning skills, learning styles, the use of games and approaches to coaching. |  |  |  |  |
| E3 | Managing the Mind | Covers mental skills training, ways to focus, dealing with stress, setting goals, managing plans and debriefing. |  |  |  |  |
| E4 | Athletic Development | Covers growth and maturation, developing athleticism, improving quality of technique and other important training considerations.  |  |  |  |  |
| E5 | Programme Management | Covers programme scheduling, measuring and analysis, people management, budgeting, record keeping, risk management and promotional ideas. |  |  |  |  |
| E6 | Club Coaching | Covers business planning, communication, contracts and employment, remuneration, safeguarding, health and safety and pro shops. |  |  |  |  |
| E7 | Squash Leadership | Covers the role of a leader, qualities of leaders, styles of leadership, followership, empowering others, building culture and managing conflict. |  |  |  |  |
| E8 | Hydration & Nutrition | Covers hydration and nutrition requirements for squash players, looks at key nutrients, effects on performance, travel issues and common conditions.  |  |  |  |  |
| E9 | Sports Injury Management | Covers warming up and cooling down, injury reports, basic anatomy, blood and injuries and dealing with injuries. |  |  |  |  |
| E10 | Conditioning | Covers training principles and variables, fitness components, annual planning, developing training sessions and testing procedures. |  |  |  |  |
| E12 | Identification & Selection | Covers the difference between identification, development and selection, factors affecting the concept of talent, selection panels, selection policies and other processes. |  |  |  |  |
| E13 | Technology | Covers the use of social media, applications to develop athletes, performance analysis, useful equipment and filming and reflective tools. |  |  |  |  |

Once completed, return to your Regional [CoachForce](http://squashnz.nzinternet.co.nz/coach/development/coachforce.cfm) Officer or [District](http://squashnz.nzinternet.co.nz/about/districts.cfm) Administrator

**Name:**

**Email:**

**Phone:**

For more information on the available modules, please [click here](http://squashnz.nzinternet.co.nz/coach/development/index.cfm)