

2019 Regional Coach Workshop - South

The Regional Coach workshops are a development opportunity for coaches who are coaching in the youth and club space. They will consist of both practical and theory sessions.



When: 9-10 March

Where: Timaru Squash Club

Cost: \$30

Presenters: Paul Hornsby, Linda Kenny, Dan Grant

Follow this Link to register:

https://squashnz.formstack.com/forms/regional_coaching_workshop

Email daniel@squashnz.co.nz for further information

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TRY IT.

PLAY IT.

LOVE IT.

Programme

Saturday

9 am	Welcome
9:30 am	Understanding the makeup of a squash player – Paul Hornsby Exploring the technical, tactical, physical, mental and lifestyle components of squash players
11 am	Coach Leadership – Dan Grant Understanding your role as a key influencer and leader in your club
1:30 pm	Developing Tactical Awareness – Paul Hornsby Understanding the PDA cycle, routine progressions and conditioned games
3 pm	Creating a quality experience – Dan Grant How to create an experience that matches the participant needs and keeps them coming back
4:30 pm	Wrap up and review

Sunday

9:00 am	Day 1 Recap
9:30 am	Female Squash Programmes – Linda Kenny Creating programmes that meet the needs of female squash players
11 am	Teaching & Developing Effective Movement Technique – Paul Hornsby Exploring efficient movement patterns, explosive speed, balance and stability
1 pm	Adding variety to your coaching sessions – Linda Kenny Routines and drills to engage your participants
2:30 pm	Wrap up and review

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