

# How to become a UKCC Level 1 Squash Coach



SCOTTISH  
SQUASH AND  
RACKETBALL



**Before you can apply:**  
you must be 16 years of age or above

## If you are:

Download an application form from your national governing body's website: -

[www.englandsquashandracketball.com](http://www.englandsquashandracketball.com), [www.squashwales.co.uk](http://www.squashwales.co.uk), [www.scottishsquash.org](http://www.scottishsquash.org)

- Complete the application form and send together with a cheque for £195 — for further information on funding to support coaches then please contact Scottish Squash and Racketball Ltd.

## Before going on the course you should:

Book onto a sports coach UK Safeguarding & Protecting Children workshop—or have a certificate of attendance from this course within the last 3 years.

- Read the course **induction pack**. This will tell you what is in the course and what you need to do to complete it
- Watch the Mini Squash DVD – the FUNdation and IMPROVER discs
- Answer the induction questions – review of coaching skills and Mini Squash questions
- Find a qualified coach to support you during your coaching practice which includes the delivery of four Mini Squash cards

## On day 1 you should:

- Attend the course from 9.00 am – 5.30 pm

## And then you will have to prepare for day 2:

You will have approximately four weeks between day 1 and day 2. Use your candidate pack to complete the following:

- A coaches safety checklist
- Prepare four sequential activity plans using the FUNdation and Improver cards
- Complete an activity safety checklist prior to delivering each activity plan
- Work with a qualified coach to deliver the four Mini Squash activity plans
- Evaluate delivery of all four sessions
- Answer the extended study questions
- Watch the Pro Mini Squash DVD

## On day 2 you should:

- Attend the course from 9.00 am – 5.30 pm
- In the afternoon you will be assessed delivering a 15-20 minute Mini Squash session to a maximum of four players

## Certification:

Certification, from Scottish Squash and Racketball Ltd and the Scottish Qualifications Authority, will only be awarded once all assessment tasks have been completed and evidence of attendance at the sportscoach UK Safe Guarding & Protecting Children Workshop has been submitted.