



BECOME A TRAINER/COACH

**WSC LEVEL 2 COURSE
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The WSC 2 Course is aimed at coaches who are on the track with the advanced recreational player. For this target group, the focus is on skills that lead to more accuracy in the game. In other words, the better and accurate use of your strokes.

By obtaining a WSC 2 diploma, you are an internationally recognized coach. The target group of a WSC 2 coach consists of competition players and youth squash players who have mastered the basic game well and have grown into a competition player or have ambitions to do so.

Areas of focus of the course are therefore tactically oriented and focused on the development of the player in order to better understand the game. During the course you will gain new knowledge that you can immediately apply in your own training sessions, your knowledge about squash will be increased and coaching skills will be improved. Themes such as the role of the coach, didactics, methodology, analyzing training tools of a player are therefore frequently discussed. Everything to help in the development of coach and player.

Participation in the WSC 2 coach course is open to all coaches from the age of 18. A requirement to participate in the course is that you have successfully completed the WSC 1 at least one year ago.

The teachers are trained as WSC3 coaches and teachers WSC 1 and WSC 2. This gives room for deepening if you already have some experience as a coach.



Prior to the course, you will be given a pre-course reading list.

It describes some parts that you go through as homework.

On the 4th day, the practical exam will take place.

Here you give a training session to a player with a predetermined topic of attention.

After this exam, the lesson will be evaluated in a short conversation with the examiner.

If the exam is passed satisfactorily, you will receive an assignment that you will hand in within 6 months. The assignment involves producing a 4-week plan for a player of the right level.

Content - Role of the coach

- Coaching process around the goal of the course
- 'special' strokes
- Analyze/diagnose
- Didactics
- Methodology
- Use coaching tools
- Planning a series of training courses
- Test

Duration of the training

4 consecutive days.

9:00 a.m. - 6:00 p.m. 100% attendance is required.

Dates and locations

Are listed on the calendar of squash.nl

Cost

€ 330,- registration fee

These are the costs for the training. This does not include all additional costs (overnight stays, meals and drinks, etc.)

Register

You can register via sbn.toernooi.nl. A registration is valid when the registration fee has been received by SBN. The registration deadline is four weeks before the start of a course.

SBN will announce on the date of registration closing whether the course will take place.

All candidates need a SPIN registration and L2 candidate SPIN and must be a member of SBN. You can apply for a SPIN registration via www.worldsquash.org/spin Your SPIN account and L2 candidate must be arranged before the start of the course.

The WSC trajectory

The training to become a coach is divided into 4 levels. From 'learning to play' to 'training to win (empowerment)'. WSC1 and WSC2 are offered by SBN, in collaboration with WSC and ESF and the Coaching Committee.

On the initiative of the SBN and the Coaching Committee, WSC 3 will be organized in the Netherlands according to needs and possibilities in collaboration with the ESF and WSC. ESF and WSC organize the WSC 3 within Europe at least every two years. Participation is therefore possible if WSC 2 has been successfully completed for at least one year.

-WSC 1

Target group: Beginning the squash players (Learn to play)

Attention: Games, Simple rallies

-WSC 2

Target group: Advanced/competition player (Learn to train/train to train)

Attention: skills, accuracy

-WSC 3

Target group: National youth/premier division (train for competition)

Attention: Tactics, pressing.

-WSC 4

Target Audience: Professional Players (Train to Win, Empower)

Attention: mental toughness, dealing with pressure, self-control.

Learn more

Do you have any questions about the training? Please send an e-mail to info@squashbond.nl.