



## SCOTTISH SQUASH & RACKETBALL LEARNING and DEVELOPMENT PROGRAMME July-Sept 2016

Date	Venue	Workshop	Times	Cost	Suitable for Levels	Tutor	Closing Date
23/7/16	Various	Introduction to Multi skills in sport	10am-1pm	£Free	All Levels	Sportscotland	18/7/16
3/8/16	All Regions	Delivering Squash in the school environment	7pm-9pm	£15	All Levels	Norman Mcglinchey	29/7/16
4/8/16	East	Minimum Standards Workshop	7pm-9pm	£10	All Levels	TBC	29/7/16
6/8/16	All Regions	Delivering Squash in the school environment	10am-12am	£15	All Levels	Norman Mcglinchey	1/8/16
13&14/8/16	Various	Multi skills in sport award	10am-4pm	£Free	All Levels	Sportscotland	8/8/16
13/8/16	Heriot Watt	Working with Performance Players (JEP)	10am-3pm	£Free	All Levels	Paul Bell	6/8/16
17/8/16	Various	Adapting sports activities	TBC	£10	All levels	Daniel Philips	12/8/16
20/8/16	East	Mini Squash	10am-12am	£15	All Levels	Norman Mcglinchey	15/8/16
TBC	Inverness	Minimum Standards Workshop	TBC	£10	All Levels	TBC	
20/8/16	Various	Adapting sports activities	TBC	£10	All levels	Daniel Philips	15/8/16
22&23/8/16	Stirling	Developing and mastering your mentoring skills	10am-4pm	£85	All Levels	Active advantage	29/7/16
24/8/16	Various	Performance goal setting	TBC	£10	All levels	Daniel Philips	19/8/16
27/8/16	Various	Performance goal setting	TBC	£10	All levels	Daniel Philips	22/8/16
21/9/16	All Regions	Delivering Squash in the school environment	7pm-9pm	£15	All Levels	Norman Mcglinchey	16/9/16
24/9/16	West	Mini Squash	10am-12am	£15	All Levels	Norman Mcglinchey	16/9/16
17/9/16	Heriot Watt	Working with Performance Players (JEP)	10am-3pm	£Free	All Levels	Paul Bell	10/9/16
21&22/9/16	Stirling	Developing and mastering your mentoring skills	10am-4pm	£85	All Levels	Active advantage	12/9/16



## Workshop Descriptor

**Adapting sports activities:** Coaches will learn the principles of adapting activities and how to adapt sports and recreational sessions when circumstances require a 'Plan B'. This session also covers inclusive coaching and involving those with various disabilities within your sport sessions.

**Performance goal setting:** Goal-setting can be an important part of any athlete's training plan, whether their goal is to improve their physical skills, mental skills, or just get more enjoyment out of their sport. Setting goals can help athletes focus on what's most important, increase their effort and motivation to stick with their plan, consider new strategies regarding how to accomplish their goals and help them track their progress. This workshop aims to improve this skill through a series of interactive activities.

**Mini Squash:** Coaches will be taken through the resources used to deliver Mini Squash in Clubs. (2hrs)

**Delivering Squash in the school environment:** Coaches will learn the challenges presented when delivering to large classes in a non club environment. This session will introduce and demonstrate how to use some of the schools resources. (2hrs)

**Introduction to multi skills in Sport:** This workshop is suitable for coaches, volunteers and leaders at the start of their coaching career or who are just starting to work with children. No formal coaching qualifications are required however some experience in delivering or assisting in coaching sessions would be beneficial.

**Multi skills in Sport Award:** This award has been developed by sportscotland to provide a professional development opportunity for coaches and teachers wishing to specialise in the area of children's sport and physical activity. It is recognised by the Scottish Qualifications Authority and carries 1 National Unit credit within the Scottish Credits and Qualifications Framework (SCQF) at Level 5: (4 SCQF credit points at SCQF level 5).

**Minimum Standards Workshop:** The workshop was designed by former SSRL National Coach, **Roger Flynn**, and will focus on key fundamentals of coaching squash as well as the appropriate execution and targets for the main shots. (3hrs)

**Working with performance players:** Coaches are welcome to come and watch the National Coach and some of the Regional Coaches delivering sessions at The Junior Excellence Programme at Heriot Watt University. This is not a participation workshop, but coaches are welcome to observe take notes ask questions on what they see. It is hoped that time will also allow for a question and answer session at the end of the day. Coaches do not need to be there all day, but if you could indicate the approximate times this would be helpful.

**Developing and mastering your mentoring skills:** Identify the benefits of a mentoring programme, Identify the roles and responsibilities of mentor, build effective mentor-mentee relationships, utilise effective questioning and listening skills, identify a learning style theory, utilise a number of tools to structure mentoring sessions (observations, self-reflection and feedback), action plan for personal mentor development, frame conversations to achieve excellence, use advanced methods to build effective mentor-mentee relationships, practically apply learning style theories, utilise advanced questioning and listening skills, empower people to achieve their goals and action plan for personal mentor development