

ISSUE NO 3 | SEPT/OCT 2022 | 4 CORNERS NEWSLETTER

WELCOME TO THE THIRD EDITION OF THE BI-MONTHLY COACHING NEWSLETTER. OVER THE LAST FEW MONTHS, WE HAVE BEEN AROUND THE COUNTRY DELIVERING A SERIES OF PRACTICAL COACHING COURSES, WITH SOME GREAT FEEDBACK.

THANKS TO ALL THOSE THAT HAVE ATTENDED THESE SESSIONS 😊

Check out the action here <https://www.youtube.com/watch?v=IMoa7fbFxoU>



In this edition:

WHAT IS COACH DEVELOPMENT? WHAT IS A COACH DEVELOPER? WHAT'S THE DIFFERENCE?

BALANCE IS BETTER ARTICLE - GAME-BASED LEARNING HAS ENORMOUS BENEFITS IN TERMS OF DECISION-MAKING AND SKILL ACQUISITION.

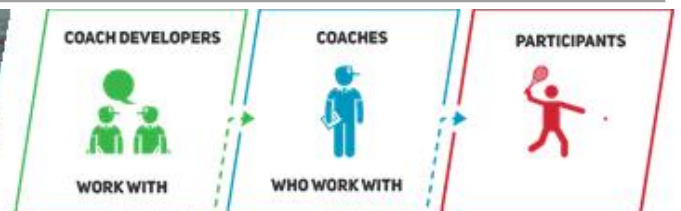
POLICE VETTING: UPDATE ON SQUASH NZ POLICY.

FROM NZ COACH MAG: WORKING WITH CHILDREN.

I.D.E.A.S. FOR COACHING: USING THE IDEAS MODEL FOR DELIVERING YOUR COACHING SESSIONS.

COACHING SURVEY 2022: HELP US UNDERSTAND HOW WE CAN GET BETTER AT GROWING COACHING.

WHAT IS COACH DEVELOPMENT? WHAT IS A COACH DEVELOPER?



Over the years I have been

fortunate enough to develop connections and relationships with many passionate and like-minded people involved in coach development from a wide range of sporting codes from various parts of the country and the world. Recently I had a discussion with Shaun Matthews who now leads coach development for Volleyball NZ. Shaun shared some thoughts with me about explaining the difference between Coach Development and Coach Developers. With Shaun's permission I have shared and plagiarised his post to give it a squash context.

What is Coach Development? A Coach Developer?

This post is about making some sense and simplicity of the terms and roles that are thrown around in the coaching (and refereeing) ecosystem! Please note that this blog comes from a coaching angle, but the same can be said for referee development too.

What is Coach Development?

Having filtered through several definitions, 'development' is the act or process of growing and progressing. Simply put, Coach Development is the way in which a coach improves. This can involve formal (i.e., workshops, forums) and informal (i.e., on the job experience, listening to a podcast) opportunities. Within the [Squash NZ framework](#), it specifically highlights that the purpose of the Coach Development system is to maximise coach learning. So, when you see the term 'Coach Development', think 'a collection of opportunities to assist coach (referee) learning'. It is important to highlight here that learning is complex and unique to everyone. Therefore, if you function within the squash community in Aotearoa, you can expect coach development opportunities to reflect that.

So, what is a Coach Developer and what do they do?

There is no straightforward definition of a Coach Developer. Someone who “*coaches the coaches*”? A Coach (Referee) Developer is essentially a people developer, skilled in providing coaches with an appropriate level of support to better their coaching. Squash is enjoying increased visibility in mainstream media here in New Zealand not seen since the peak of the sport back in the 1980’s, largely thanks to the efforts of Paul Coll and Joelle King. As Wayne Goldsmith highlights, this requires us to have more coaches, good coaches, and passionate coaches. Coach Developers play an important role in a formal setting (teaching, training, assessing) as well as in the way coaches are supported and nurtured on the job (mentoring, positive support). It is also important to highlight that a key responsibility of a Coach Developer is to foster self-reliance and a long-term mindset to learning within coaches. A review on effective coaching literature indicates that effective coaches tend to be more open to coach education and the ideas of others.

So, what is a Coach Development Manager and what do they do?!

Here is where I come in. A Coach (Referee) Development Manager is responsible for planning and evaluating the collection of opportunities to maximise coach (referee) learning and leading a workforce of passionate individuals who can assist with bringing the Coach Development system to life. There is a wide variety of capacity across the 11 Districts Associations. Careful consideration needs to be made regarding the level of support provided to Regional Developers. In addition, it is imperative that the collection of opportunities for coaches across all levels of the squash landscape.

If you would like to work with a coach developer to support your growth as a coach, contact Fletch to find out more jason@squashnz.co.nz



If you have attended a Skill Learning Coaching course in recent times, we have introduced the constraints led approach and games-based approaches to developing skill.

Check out this article from the Balance is Better website to learn more:

GAME-BASED LEARNING HAS ENORMOUS BENEFITS IN TERMS OF DECISION-MAKING AND SKILL ACQUISITION.

[SHAPING THE GAME - BALANCE IS BETTER](#)

CHILD SAFEGUARDING

Aligning to Squash NZ Child Protection Policy, to contribute to a safe and secure squash environment and provide assistance to clubs and districts, from the 1st of January 2023 Squash NZ requires all coaches who attend a formal Squash NZ coaching qualification (Foundation, Development, Performance) to undergo a Police vetting check. Squash NZ qualify as an ‘approved agency’ by the New Zealand Police, and police vets will be organised by the Squash NZ Coach Development Leader. Policy also completed to include police vetting as part of the process in obtaining a coaching qualification, saving districts and clubs time and money.

If you would like to know, more click here - [Police Vetting Coaching](#)

If you want to get your police check done voluntarily, please complete the link here – [Police Vetting Request and Consent Form](#)



Working with children (video: 2min 37sec)

This animated video provides hints and tips for how to engage with players aged 18 years or younger in an easy-to-understand manner.

[\[nzfootball.co.nz\]](http://nzfootball.co.nz)

I.D.E.A.S FOR COACHING

Beginning your coaching journey can be difficult with a lot of different factors that you have to contend with. Many new coaches ask how do we deliver a session?

First step is planning!! When planning your coaching session, keep it simple - coaches usually don't have the time or energy to make complicated plans for every session. Five minutes spent planning the night before could save you 20 minutes on the day.

- Decide on a focus or goal for each session, to which all the activities are related.
- Select one or two simple activities and develop your own variations.
- Remember to allow for the different rates at which individuals will learn.

Keep the session active and enjoyable. The more chances players have to practice the more opportunity they will have to learn and improve. Research shows that the more time a learner spends practicing the quicker they improve!

USE THIS MNEMONIC - I.D.E.A.S AS A CHECK FOR LESSON SEQUENCE.

Introduction: Always introduce the theme/focus for the session.

Demonstrate: Coach and demonstrate the activity. Always site your pupils so that they can see all demonstrations.

Explain: The coaching/teaching points of the skill.

Activity: This is very important - don't have pupils sitting or listening for long periods. They need lots of time practicing the new skill.

Summary: Always summarise sessions aims, give practical targets and reminders of coaching points, reflect on the session i.e. What went well? /What could be improved? /What to consider for next time?



COACHING SURVEY 2022

We need your help! We've created a survey to assist Squash NZ & the Districts understand how we can be better at growing coaching, both in numbers and capability, and to review the work we have led on over the last year.

Please take 5 minutes to complete the survey using the link below by 30 November 2022.

https://SquashNZ.formstack.com/forms/coaches_survey

SOMETHING LIGHTEARTED

Overheard this in the changing rooms the other day:

“You had any coaching?”

“Nah, I coach myself.”

“You're not much of a player”

“Well I'm not a very good coach”

NGĀ MIHI



G.J. Gardner. **HOMES**