



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSQU303A Teach the intermediate skills of squash**

**Release: 2**

## **SISSSQU303A Teach the intermediate skills of squash**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to teach and develop the intermediate skills of squash. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of squash to an intermediate level.

### **Application of the Unit**

This unit applies to individuals operating as squash coaches at a local, regional or state level. This includes instructing, planning, conducting and evaluating training sessions and games. This also involves supervising practice sessions, preparing for games and completing post competition analysis on performance.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Plan intermediate squash sessions.

- 1.1. Establish *participant's needs and characteristics*.
- 1.2. Assess participant's *readiness* and current knowledge of squash in order to determine *session's aims and objectives*.
- 1.3. Develop a *plan* according to participant's needs and characteristics, *relevant legislation, organisational policies and procedures* and *accepted best practices of squash*.
- 1.4. Identify *safety procedures* associated with squash *drills, activities and games* according to organisational policies and procedures.
- 1.5. Select and access squash facility, *equipment* and *resources* according to organisational policies and procedures.

2. Brief participants.

- 2.1. Communicate instructions and *relevant information* about the intermediate squash session in a manner appropriate to participants.
- 2.2. Encourage participants to seek clarification, information and feedback as required during the session.
- 2.3. Inform participants of known and anticipated *risks*, safety procedures, appropriate behaviour and intermediate squash *rules and regulations*.
- 2.4. Establish a suitable communication system to use while participating in drills, activities and games.
- 2.5. Identify and document the functions of the four components of footwork and squash swing and determine efficient court movement.

3. Conduct intermediate squash sessions.

- 3.1. Apply clear and accurate *teaching and coaching techniques* to impart *required knowledge* and the *intermediate skills of squash* to be developed.
- 3.2. Conduct warm-up or introductory activities for

**ELEMENT****PERFORMANCE CRITERIA**

- participants to reduce the risk of injury.
- 3.3. Monitor individual *participant's performance* and maintain effective communication during intermediate squash drills, activities and games.
- 3.4. Observe participants and implement *skill analysis* during intermediate squash drills, activities and games.
- 3.5. Adjust or refine individual or group technique as required according to *accepted best practices of squash*.
- 3.6. Allow time for cooling down at the end of the session and inform participants of opportunities to further develop their squash skills.
4. Complete post-session responsibilities.
- 4.1. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.
- 4.2. Evaluate *relevant aspects* of intermediate squash session and determine the level of learning achieved.
- 4.3. Identify potential areas of improvement for future intermediate squash sessions.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- communication skills to:
  - consult with participants to plan intermediate squash sessions that meet their needs
  - convey information about the safety aspects of the session
  - interact with participants to create a safe and positive environment
- problem-solving skills to:
  - plan a suitable intermediate squash session according to participant's needs and characteristics
  - address participant difficulties in developing skills and techniques
  - anticipate and respond appropriately to non-routine situations
- planning and organising skills to:
  - source, allocate and coordinate resources, equipment and suitable location
  - implement skill analysis
  - monitor and evaluate progress
  - organise participants into manageable groups squash sessions
- language and literacy skills to:
  - produce a plan for the intermediate squash session or sessions
  - complete post-session participant and self evaluations
  - give and receive feedback
- teaching and coaching techniques to suit a range of participant's needs, characteristics and learning styles
- numeracy skills to deliver drills, activities and games within session timeframes
- personal intermediate squash skills to a high level of technical correctness to:
  - understand progressive skill acquisition
  - demonstrate, explain and break down skills and techniques to participants
- first aid and emergency response skills appropriate to the squash location.

### Required knowledge

- legislation, organisational policies and procedures, accepted best practices, and rules and regulations of squash to enable safe conduct of session or sessions
- site-specific information to assist in the planning process and enable management of potential risks, and any special restrictions
- equipment and resources used to teach and develop intermediate skills of squash
- teaching and coaching techniques and practices applicable to a range of ages and learning abilities
- characteristics of a range of physical abilities, fitness and motor performance to enable assessment of participant readiness

- intermediate skills of squash and specific drills, activities and games that promote progressive skill acquisition in individuals and groups
- communication systems used between players, coaches, referees and support staff during squash
- risks commonly associated with intermediate level squash, and methods of mitigating these
- emergency response and safety procedures appropriate for squash, to ensure risk minimisation to self and group.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- plans and delivers information, explanations and demonstrations for squash session or sessions to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants through skill analysis and provides constructive feedback and intervention to improve and develop the intermediate skills of squash
- uses and modifies teaching and coaching techniques and or drills, activities and games to cater for a range of individual learning styles
- evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure the conduct of safe drills, activities and games that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- squash facilities with suitable courts
- a group of participants to take part in the intermediate drills, activities and games
- equipment such as racquets and balls
- resources and information regarding participants and location to accurately plan, coach and document squash sessions for a variety of participants
- current relevant legislation, organisational policies and procedures, accepted best practices, and rules and regulations of squash that impact on the conduct of drills, activities, and games.

#### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of planning processes, such as consulting with participants to determine their needs and

characteristics

- oral or written questioning to assess knowledge of relevant legislation, organisational policies and procedures, accepted best practices and rules and regulations of squash to enable safe conduct of all drills, activities and games during the sessions
- observation of safe coaching of intermediate squash skills based on skills analysis
- observation of monitoring and adjusting instructional techniques according to participant's needs, characteristics and responses
- portfolio of session plans and self-evaluations
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSSQU304A Teach the intermediate tactics and strategies of squash.



## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Participant's needs and characteristics*** may include:
- age
  - cultural factors
  - fitness level and physical capabilities
  - squash skills and knowledge
  - injuries and illnesses.
- Readiness*** may include:
- fitness levels
  - motor performance factors
  - level of arousal which will enhance performance
- Session's aims and objectives*** may include:
- progressive skill acquisition
  - self-improvement
  - fitness targets
  - motivation
  - individual player techniques.
- Plan*** may include:
- session's aims and objectives
  - date, time and duration
  - location, resources and equipment
  - coach and participant ratios
  - drills, activities and games
  - safety requirements.
- Relevant legislation*** may include:
- occupational health and safety
  - permission from council or clubs
  - privacy
  - working with children.
- Organisational policies and procedures*** may include:
- occupational health and safety
  - conflict resolution
  - communication protocols
  - use, care and maintenance of equipment and court
  - training and scheduling commitments
  - code of ethics.
- Accepted best practices of squash*** may include:
- Squash Coaches Code of Conduct as developed by the Professional Squash Coaches Association of Australia

- Safety procedures*** may include:
- Squash Coaches Resource Manual
  - Squash Centre Operations Manual.
  - group management in emergency situations
  - prevention of common squash injuries
  - maintenance and usage of equipment and court.
- Drills, activities and games*** may include:
- single drills
  - pair drills
  - group drills
  - closed drills and patterns
  - open drills
  - tactical drills.
- Equipment*** may include:
- squash racquets
  - squash balls
  - eye protection.
- Resources*** may include:
- teaching and coaching tools
  - video equipment
  - audiovisual aids
  - first aid resources.
- Relevant information*** may include:
- skill or skills focus and objectives
  - equipment and resource requirements, selection and use
  - safety procedures
  - conditions and external influences
  - rules and regulations of squash
  - responsible and safe behaviour
  - good sportsmanship.
- Risks*** may include:
- injuries
  - exhaustion
  - dehydration
  - collisions.
- Rules and regulations*** may include:
- current edition of the International Rules of Squash.
- Teaching and coaching techniques*** may include:
- demonstration
  - explanation
  - focusing on a single skill
  - breaking down skills into components and identifying observable body movements for each stage
  - progressing through and linking skills
  - shaping and modelling approaches

- reciprocal or peer tutoring
  - questioning, monitoring and observing progress
  - assessment and evaluation.
- Required knowledge*** may include:
- rules and regulations of squash
  - squash skills and court positions
  - basic biomechanical principles in the squash context
  - factors affecting skill acquisition:
  - safety and risk management
  - equipment and court selection, use and maintenance.
- Intermediate skills of squash*** may include:
- drive
  - boast
  - serve and return of serve
  - volleying
  - squash swing
  - court movement technique
  - decision making skills
  - selection of swing technique and body movement.
- Participant's performance*** may include:
- efficient squash swing, foot work and use of court
  - attitude and behaviour
  - ability to perform the intermediate skills of squash during a game.
- Skill analysis*** may include:
- angle of racquet face at impact
  - changes of wrist position
  - timing of swing
  - body position relative to the ball
  - level of power applied to stroke relative to court position.
- Relevant aspects*** may include:
- effectiveness of the teaching and coaching session
  - suitability of teaching and coaching methods
  - feedback provided to or by participants
  - initial and final assessment of participant's abilities.

## **Unit Sector(s)**

Sport

## **Competency Field**

Squash