



Australian Government

Assessment Requirements for SISSQU001 Conduct squash coaching sessions with foundation level participants

Release: 1

Assessment Requirements for SISSSQU001 Conduct squash coaching sessions with foundation level participants

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- conduct three squash coaching sessions with foundation level participants under supervision where each session is at least 30 minutes in duration.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational policies and procedures applicable to conducting squash coaching sessions with foundation level participants
- squash tactical and technical fundamentals for foundation level participants:
 - tactical:
 - moving the opponent around the court
 - breaking up opponent's game
 - court positioning
 - returning to the 'T'
 - playing to the gaps
 - rally and game strategies
 - technical:
 - grip
 - drive
 - lob
 - serve and return of serve
 - volleying
 - model swing
 - court movement
- organisational layout of squash activities
- squash equipment and resources:
 - squash court
 - squash racquets
 - squash balls

- eye protection
- safe set-up and layout
- safe condition
- safe use
- safe pack-up
- squash rules, regulations and policies applicable to coaching foundation level participants
- squash safe participation requirements:
 - obeying the rules
 - use of protective equipment
 - hydration
- coaching communication styles for foundation level participants:
 - instruction
 - demonstration
 - active listening
 - open and closed questions
 - non verbal communication
 - giving and receiving feedback
 - tone and level of voice
 - terminology and language
- behaviours expected of an assistant coach:
 - promoting positive interaction and participation
 - using acceptable language
 - arriving on time
 - using self reflection to identify areas for improvement
- methods to:
 - instruct safe use of equipment and techniques
 - instruct safe sport techniques
 - instruct warm-up, skill development and cool down activities
 - establish behaviour standards
 - promote cooperation and good relationships
 - demonstrate techniques
 - encourage interaction and participation
 - give and receive feedback
 - respond to questions
 - report problems to supervisor
- squash session plan elements
- methods for self reflection.

Assessment Conditions

Skills must be demonstrated in:

- a community based sport environment in squash. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- squash rules, regulations and policies applicable to coaching foundation level participants
- squash facilities, equipment and resources:
 - marked-up squash court
 - squash racquets
 - squash balls
 - eye protection
- organisational safety, emergency response and first aid procedures for squash.

Assessment must ensure use of:

- squash session plan
- a supervisor and squash foundation level participants to be coached.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>