

ASF LEVEL ONE INSTRUCTORS COURSE
COURSE SCHEDULE

Day 1

Time	Subject	Remark
0900 – 0930	Registration and Introduction	Theory
0930 – 1000	Course Requirements	Theory
1000 – 1100	Methods of Instruction	Theory
1100 – 1130	The Coaching Scheme/ Administration	Theory
1130 – 1230	The Lesson Plan	Theory
1230 – 1400	Lunch Break	
1400 – 1530	Error Correction	Theory
1530 – 1700	The Warm-Up	Practical

Day 2

Time	Subject	Remark
0900 – 1100	The Role of the Coach/Teaching and Communication Skills	Theory
1100 – 1230	Basic Tactics and Strategy	Theory
1230 – 1400	Lunch Break	
1400 – 1530	The Drive	Practical
1530 – 1700	The Boast	Practical

Day 3

Time	Subject	Remark
0900 – 1030	The National Junior Development Programme	Theory
1030 -1130	Squash Equipment and Safety	Theory
1130 – 1230	Injury Prevention and Treatment	Theory
1230 – 1400	Lunch Break	
1400 – 1530	The Volley	Practical
1530 – 1700	The Drop Shot	Practical

Day 4

Time	Subject	Remark
0900 – 1030	Tournament Organisation	Theory
1030 – 1130	Refereeing	Theory
1130 - 1230	Squash and Nutrition	Theory
1230 – 1400	Lunch Break	
1400 – 1530	The Service and Return of Service	Practical
1530 – 1700	The Lob	Practical

Day 5

Time	Subject	Remark
0900 – 1100	Group Coaching/ Basic Drills/Fitness Training	Practical
1100 – 1230	Fun Games	Practical
1230 – 1400	Lunch Break	
1400 – 1500	Conduct of Exam and Course Review	Theory
1500 – 1600	Marking of exam papers and reports to ASF	Theory
1600 – 1700	Course Summary and Close	Theory