

England Squash

Find your journey



Using this guide

Our new England Squash coaching courses are here to help you grow, whether you're just starting out or looking to take your coaching to the next level.

They're built to give coaches and volunteers the skills and confidence to deliver brilliant squash sessions and create safe, inclusive, and positive spaces for everyone involved.

This guide will help you explore the right training for you, wherever you are now, and wherever you want to go. Just click through the steps to find the opportunities that fit your journey.



Player welfare

All qualified coaches are required to hold a valid safeguarding certificate, first aid certificate and enhanced DBS, completed within the last 3 years. The new safeguarding in squash and first aid awareness courses will be free to Coaches' Club members. We also recommend all volunteers take the courses.

First aid awareness

Safeguarding in squash

DBS information



Find your course

Which best describes you?

I'm new to coaching

I'm a parent / volunteer

I'm a teacher

I'm already coaching

I'm a club or community organisation

Unsure - I'd like to see some coach profiles



I'm new to coaching

What are you most interested in doing?



[Leading Squash Stars sessions for kids aged 5-9](#)

[I'm a young leader \(14-16\) and want to assist sessions](#)

[Leading fun sessions for adult beginners](#)

[Not sure yet - I'm just dipping my toe into coaching](#)

[Inspiring people to play and keep playing squash & squash 57](#)

[Helping players to progress and perform](#)



I'm a teacher

Do you want to deliver squash in your school?

[Yes, as part of PE or curriculum](#)

[Yes - after school or fun sessions](#)

[I'd like to build squash into school sport longer term](#)

[I'd like some squash CPD](#)

[I'm interested in options for a group of teachers or leaders](#)

I'm already coaching

Where do you want to go next?

I want to grow squash or squash 57 in my community

I want to make a career out of coaching squash or squash 57

I want to support performance and player development

I want to upskill and develop new tools

I want to develop talented athletes





Best for: Parents, volunteers, coaches

This course gives you the tools and ideas to deliver a fun-filled programme for 5-9 year olds and inspire the next generation of squash players.

Squash Stars

Cost:

£25.00

Duration:

2 hours

Delivery:

Online

**[Find out
more and
book](#)**

Game Changer

Best for: Those new to coaching who want to try it out or lead beginner adult sessions.



If you're ready to make a difference and take your first step towards coaching, this is the course for you! Learn core coaching skills, lead adult sessions, and grow the game.

Cost:
£25.00

Duration:
2 hours

Delivery:
Online

**Find out
more and
book**

Game Changer: Young Leaders

Best for: Young leaders aged 14-16 who want to assist coaching fun sessions.

If you're aged 14-16 and ready to make a difference and take your first step towards coaching, this is the course for you! Learn coaching techniques so you can assist coaches and inspire others. Look for a practical young leaders workshop near you to put your skills into action.

Cost:
£25.00

Duration:
2 hours

Delivery:
Online

**Find out
more and
book**



Ready, set, squash!

Best for: Teachers who want to deliver squash as part of the curriculum or after an school club.

Thinking of bringing a new sport to your class? Ready, Set, Squash for teachers is an out of the box programme to help you deliver fun, inclusive squash sessions to inspire children to love being active.

Cost:
Free

Duration:
20 mins

Delivery:
Online

**Find out
more and
book**





Community Development Coach

Best for: Those passionate about growing squash and squash 57 to build thriving communities.

If you're passionate about growing the game and your community, this course is perfect for you! Learn how to coach fun, safe, and inclusive squash and squash 57 sessions to different abilities that inspires, improves and keeps people coming back.

Cost:

£125.00

Duration:

4-10 weeks

Delivery:

Blended

[Find out more and book](#)



Player Development Coach

Best for: Those with squash or squash 57 knowledge who want to help players grow, improve and compete.

Want to help players go further? This qualification is for coaches who are serious about developing confident, competitive players. If you're already coaching and simply want to upskill your technical and tactical coaching knowledge without the commitment of a qualification, check out our [CPD workshops](#), including squash 57.

Cost:

£270.00

Duration:

12-16 weeks

Delivery:

Blended

[Find out more and book](#)



Talent Development Coach

Best for: Experienced coaches who want to develop talented players in performance-focused environments

If you're passionate about developing talented players and have at least two years' coaching experience, this course could be for you. It's designed for coaches working (or aspiring to work) in talent development environments, such as junior county squads, performance clubs, or regional programmes.

If you're looking to grow your coaching in a different setting - like schools, community programmes or club play - check out our CPD workshops, which offer a great way to develop your coaching for those environments.

**More details
coming soon**

Face-to-face workshops

- Coaching the principles of squash
- Game-based practice to develop players
- Coaching movement and conditioning
- Coaching the serve, return and volley
- Introduction to individual coaching
- Coaching Squash 57

Cost:
£15.00 Coaches' Club
£30.00 Non-members

Duration:
1-2 hours

Online learning

Our catalogue of courses covers everything from connecting with diverse communities through squash, to maximising your club's potential.

Cost:
Free Coaches' Club
£10.00 Non-members

**Full course
catalogue**

Coach CPD

Are you a qualified coach who wants to grow? Our CPD workshops and e-learning courses give you fresh ideas, practical tools, and new ways to challenge your players – without needing to take a new qualification. Learn what matters to you, when it matters most. Cost-effective, quick and built for you.

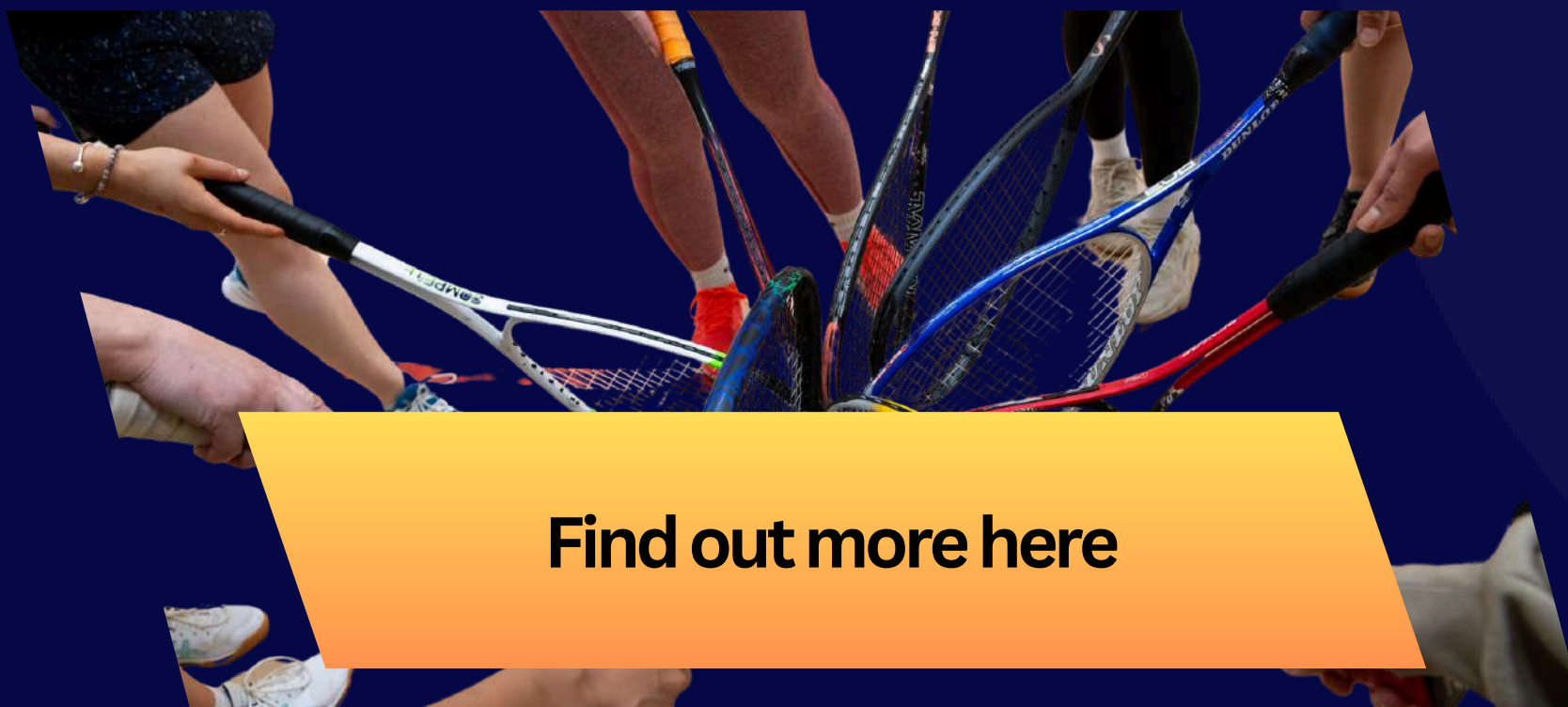


Whether you're a club, school, university or community organisation, we've got you covered.

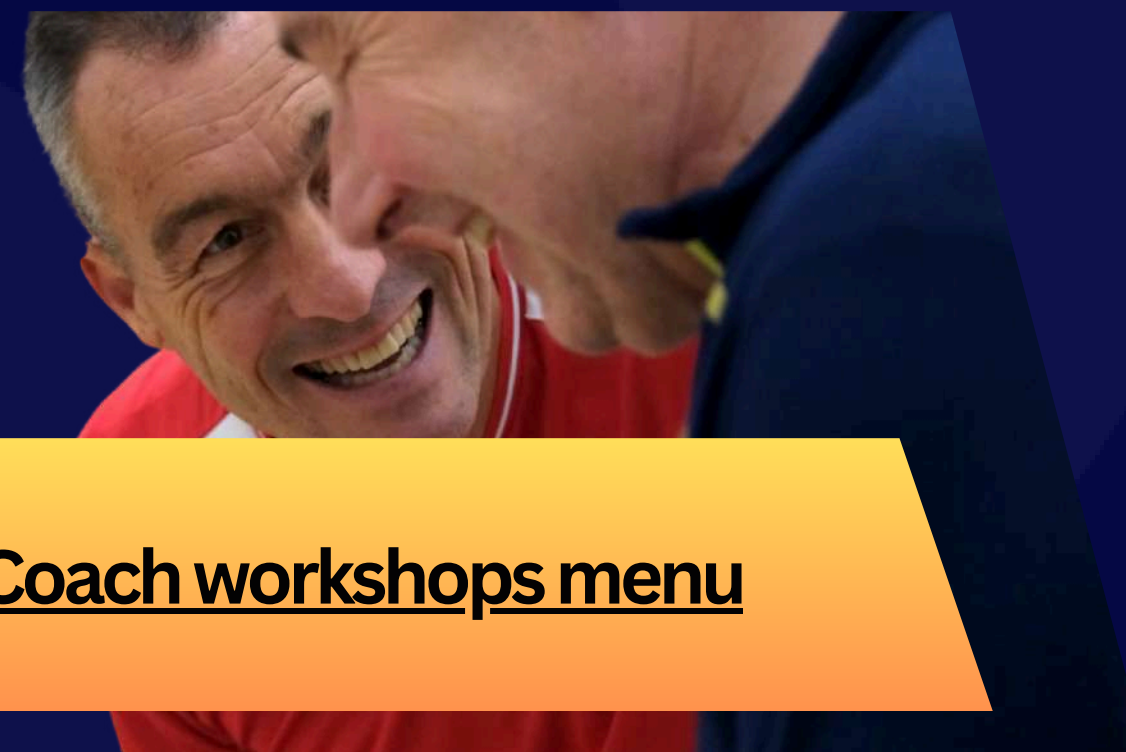
You can request a bespoke face-to-face workshop for your leaders - whether you want to train young leaders, school staff, or those delivering outdoor squash. We also offer coach-specific workshops and the an opportunity to express interest to host a future coaching course (accredited clubs only).

All the details, including cost and how the workshops work, are in the link - just let us know what you're after and we'll be in touch!

I'm a club or community organisation



[Find out more here](#)



[Coach workshops menu](#)

Overview of development opportunities

Squash Stars

Best for parents, volunteers and coaches wanting to deliver a fun-filled programme to kids aged 5-9.

Game Changer

Best for those thinking of getting into coaching or young leaders, or those who want to lead beginner friendly adult sessions.

Ready, Set, Squash

Best for teachers who want to deliver squash as part of the curriculum or after school. Coaches can find a coach version in our CPD programmes.

Community Development Coach

Best for those passionate about growing squash and squash 57 and building thriving communities through coaching.

Player development coach

Best for those with squash or squash 57 knowledge who want to help players grow, improve and compete.

Talent development coach

Best for experienced coaches looking to develop talent in a performance-based environment.

CPD

Ideal for coaches who want to grow their game – from developing players and solving technical challenges to developing sessions and reaching new communities.

Bespoke workshops

An option for clubs, schools, universities or community organisations with a specific leader or coaching need.

**All of courses
provide core
learning to
develop a safe,
inclusive and
positive
environment.**

Learning menu (summer 2025)

E-learning courses

Inclusion

- Connecting through squash
- Disability confidence and Mixed Ability Squash*
- Squash from the Mosque*

Young people

- Inspiring the next generation: engaging young people in squash
- Engaging teenage girls in squash
- Ready, Set, Squash! for coaches (schools programme)*
- Squash Stars

Wellbeing

- Building resilience in young players

Club and leadership

- Safeguarding in squash (free for Coaches Club - replaces previous safeguarding)
- First aid awareness (free for Coaches Club - replaces previous first aid)
- Maximising your club's potential

*These courses are available exclusively to Coaches Club members. All courses are free to Coaches Club members.

Coach practical workshops

- Coaching the principles of squash
- Game-based practice to develop players
- Coaching movement and conditioning
- Coaching the serve, return and volley
- Introduction to individual coaching
- Coaching Squash 57





Nadine Legendary leader

Nadine plays Squash 57 and is the go-to person for getting people on court. They're not looking to be a formal coach, but love running fun, social sessions that get adults moving.

The Game Changer training gave them fresh ideas, confidence to lead, and tips to keep everyone engaged – whether it's a Friday mix-in or a beginner-friendly squash session.

Amira

From player to role model

Amira's a teenager who started playing squash at a local session and quickly fell in love with it.

After completing a Game Changer and a Young Leaders' workshop, she's now helping out with beginner groups, supporting younger players, and building her confidence on and off court. She's learning leadership skills while sharing the sport she loves with others.



Alex Parent turned leader

Alex's child joined Squash Stars and absolutely loved it. Alex got involved helping courtside, then realised how much she enjoyed supporting the group.

With no coaching background, she signed up as a Squash Stars to gain confidence, understand the basics, and now helps run a Squash Stars session to get more kids involved.



Jane

Inspiring through play

Jane's a primary school teacher who completed Ready, Set, Squash to offer something fresh and active to her pupils.

Now she's using squash-inspired games to get kids moving, build confidence, and help them develop key physical skills that support the wider curriculum. She's seen how much fun her class has — and loves seeing even the quietest children get stuck in.



Joy and Sylvia Growing the game

Joy and Sylvia discovered squash through a community outreach session and were hooked. They're well connected in their community group and is passionate about getting more women involved in sport.

After helping another coach and taking their Community Development Coach course, they're now ready to coach sessions independently at the local leisure centre and pop-up courts, breaking down barriers to participation and helping to grow squash at a grassroots level.





Ali

The love of squash

Ali's been playing Squash 57 for years and still competes at a decent level. They're not chasing a coaching career – they just want to share their passion and grow the game.

The Community Development Coach course helped them turn their knowledge into inclusive, fun sessions for beginners and returners, and now they're building even more confidence through CPD workshops.



Sam

Developing skills

Sam grew up playing squash and naturally stepped into a mentoring role – offering tips and helping out with junior sessions.

Now they're ready to coach more formally, supporting players to improve and compete. Whether part-time or as a career, they're keen to grow their coaching skills and develop the next generation of squash players.

Dan Coaching to compete

Dan's an ex-player with a strong understanding of the game. He's keen to make coaching a bigger part of his life and wants to help players develop their technique, confidence and competitive edge.

The Player Development Coach course is giving him the skills to do just that – and helping him plan a pathway to progress even further and make a career in coaching.



Contact us

Get in touch



0161 438 4319



www.englandsquash.com



coaching@englandsquash.com



National Squash Centre, Manchester, M11 3FF

