



MUHAMMAD SOHAIL KHAN

Head Squash Coach | International Experience | PSA World Ranking
249 | 20+ Years in Player Development

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Location: Karachi, Pakistan

Professional Summary

Dynamic and accomplished Head Squash Coach & Sports Manager with over 20 years' experience leading squash operations, coaching across all ages and levels, and developing structured player progression pathways. Former PSA World Ranked Player (249) with a proven track record in producing competitive athletes, mentoring coaching teams, and delivering high-performance programs in national and international settings. Adept at growing participation, managing tournaments, and promoting a thriving squash culture.

Career Highlights

- Achieved PSA World Ranking 249 (March 2005).
- 18+ years as Head Coach at RK JK Squash Complex, Karachi.
- Designed and implemented player progression pathways from beginner to elite competition.
- Led coaching teams and delivered high-quality programs for juniors, adults, and elite players.
- Organized and managed national and international tournaments, leagues, and events.
- International coaching experience in Abu Dhabi; participant in Mauritius Open 2013.
- Awarded 'Coach of the Month' at RK JK Squash Complex.

Professional Experience

Sports Manager & Head Squash Coach | The Heritage Club – Karachi, Pakistan | 2023 – Present

- Lead squash and padel programs, training, player development and competition management.
- Deliver one-on-one and group coaching for juniors, adults, and elite players.
- Manage and mentor coaching staff to ensure consistent delivery standards.
- Design structured player progression pathways with clear development milestones.
- Organize events, tournaments, and community engagement programs to grow participation.
- Directed the Bahria Town Squash Tournament managing operations and ensuring smooth execution.

Head Squash Coach & Fitness Trainer | RK JK Squash Complex – Karachi, Pakistan | 2005 – 2023

- Directed squash programs for all levels, producing multiple national-level players.
- Managed a team of coaches and coordinated delivery of junior and adult programs.
- Implemented video analysis and performance tracking for player improvement.
- Developed grassroots talent identification programs leading to competitive success.
- Organized national tournaments, summer camps, and squash exhibitions.

Squash Coach & Fitness Trainer | Zayed Military City – Abu Dhabi, UAE | Mar 2005 – May 2005

- Conduct one-on-one and group coaching sessions focusing on technical skills, game strategy, and match play.
- Assess athletes' strengths and weaknesses to create personalized improvement plans.
- Design and lead fitness training programs to enhance athletic performance, including strength, conditioning, agility, and endurance.
- Conduct fitness assessments and provide individualized fitness plans.
- Educate athletes on proper nutrition, recovery techniques, and injury prevention.

Certifications & Education

- Level 01 Coach Certification – Asian Squash Federation
- Advanced Nutrition – Dubai, UAE
- Weight Training & Fitness – Dubai, UAE
- Other Education: Four years of study in Electrical Engineering Diploma – Board of Intermediate (1988–1992)

Key Skills

Coaching & Player Development

- Squash Coaching | Padel Coaching | Junior & Adult Pathways | Talent Identification

Management & Leadership

- Club Operations | Tournament & League Organization | Coaching Team Leadership | Member Engagement

Fitness & Health

- Strength Training | Conditioning | Nutrition | Injury Prevention | Athlete Mentoring