



At the International School of Basel, we are extremely proud of our sporting success. Success in sport can be categorised in many different ways. For some it may be results based on trophies; for others it may be participation based on playing a sport. For ISB, our measure of success is **PERFORMANCE**, which informs **our Coaching Ethos**.

We firmly believe that, due to this way of coaching, the long term participation and results will continue to be outstanding for our sportsmen and sportswomen. This approach of putting the learning of the player at the heart of all that we do goes hand in hand with the ethos of the school, the **Learning@ISB** framework and the **ISB Dragons Breathing Fire Philosophy**.

BREATHING
FAIRPLAY

IMPROVEMENT

RESPECT

EFFORT

FAIRPLAY

The **Player Centred Coaching** ethos adopted by the ISB Athletics department encourages the coach to act with **reflection** and focus upon all players within the squad and not just the star players. In school sport, differences in levels of maturation and skill development make it easy to get a landslide victory by focussing on the strengths of a few players to dominate the weaknesses of other teams. However, this not only destroys the morale of the opposition, it also inhibits decision-making and player development of your own team, when only a few players are involved in key moments of the game. The **Player Centred Coaching** method **challenges** all players within a team to be the star player.

IMPROVEMENT

The **Player Centred Coaching** approach aims to develop the whole child when playing, by encouraging them to learn in training a variety of skills and tactics, which they can then use appropriately in match situations. By focussing on developing the **skills and tactics** of all players within a squad, either in training, matches or ultimately both, all players enjoy equitable access to influence competitive games. This gives players the confidence and **conceptual understanding** to step up to and perform in crucial pressured moments in matches and not just rely on key players.

Each coach aims for their players to have the ability of **inquiry**. Players will be enabled to practice tactics on the training pitch to see which are successful for their team. This knowledge of what does and doesn't work for them will allow players to make their own decisions in key moments of games. Coaches are entrusted to do their talking before, during breaks and after play. We give the players the tools to make the decisions for themselves and the confidence that the coach does not have to shout instructions throughout a match.

The ISB Athletics department understands that it is good to fail. It is OK to make mistakes, as long as afterwards the coach provides opportunity for reflection and positive **action**, thus turning failures into learning opportunities. Hence, imperfections can be powerful tools for improvement.

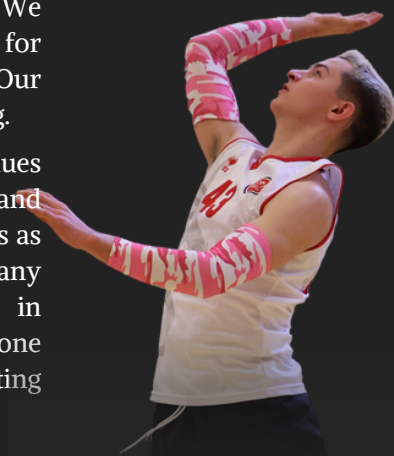
RESPECT

Our coaches develop positive **relationships**. We care about our players' development and as such we do not operate a "win at all costs" method. The people running our teams are teacher educators first and we strive to teach players how to play the game properly. We encourage players to make their own informed **student-centred** decisions for themselves, rather than the coach continually instructing throughout the game. Our coaches will do our animation at training. The players will do the action when playing.

The ISB Athletics department builds and promotes a variety of **connections** and values that each child is an individual. We accept that each child will enjoy different sports and as such we treat all aspects of sport equally and try to provide as many opportunities as possible. Facility dependent, we give equal weighting and appreciation to as many competitive sports as possible. We also encourage our players to participate in numerous sports with different people, rather than specialising too early in one particular activity. This has been proven important for a players all-round sporting development and the wellbeing of the child.

EFFORT

Coaches and players learn that working towards improving our failings, using skills of perseverance and grit, leads to successful and confident players. Coaches have the confidence of giving instructions and then allowing students the time to persevere in their attempts to master that technique. This guidance helps players to understand how and why their adaptations have been successful and breeds the will to continually try and succeed.



BREATHING FIRE

This **Player Centred Coaching** ethos is well known and has been long used by major sporting organisations around the world. Some might say that this method takes a long time to develop and implement into normal practice. I am glad to say that it is already embedded at ISB. Others may say that it is a risky strategy as allowing children the responsibility on the pitch may lead to a short term decrease in end of season results. I am proud to say that we are still at the top of our pedestal in terms of trophies won at home and abroad.

DRAGONS ROAR!

I do have confidence that the **Player Centred Coaching** approach will in the long term have everlasting benefits for the school. More students will be better educated in how to play sports in the correct way. Therefore, more players will be able to play sports effectively and not just be reliant on one or two star players to win trophies. This will in turn have longer lasting benefits for individuals for life long participation in sport. Players will have the technique, knowledge and personal skills to adapt to sport of increasing competitiveness and continue progressing and playing into later life.

With this **Player Centred Coaching** approach and the ISB Dragons **Breathing Fire Philosophy**, our student athletes are sure to continually promote the positive name of ISB within our athletic communities.

MR PHIL HUSBAND

Director of Sport
International School Basel

ISB Coaches Will:

- Ensure player-centred coaching
- Be teacher educators when coaching
- Teach all skills and tactics to every player in the squad
- Promote learning in training and implementation in matches
- Allow athletes to make decisions when playing
- Allow athletes to learn through making mistakes when playing
- Give instructions before, breaks in play, half-time and after games
- Provide opportunities for reflection after key points in games

ISB Coaches Will Not:

- Employ a win-at-all costs method
- Have an attitude of results over performance
- Coach individual players to dominate games
- Dictate skills and tactics that have not been practiced
- Punish athletes for making mistakes when playing
- Limit the risk taking by players on a team
- Shout instructions when a player is in a key moment
- Leave players unaware of how and why they have made a mistake

