# SEVENOAKS SCHOOL SPORT DEVELOPMENT PLAN 2022-23

## Vision
The leading School, internationally, for students seeking to combine the best of both an academic and a sporting education

## Mission
Provide opportunity for every student to thrive, within an inclusive and inspirational environment

## Behaviours
Humility, Resilience, Independence

## Our Phases
- **FOUNDATION** (U13)
- **DEVELOPMENT** (U16)
- **PERFORMANCE** (U18)

## Our Approach
Individual and Collective ability at all three phases to **RECOGNISE**, **COMMUNICATE**, **EXECUTE**

## Coach Development Directives

### The Four pillars:
- **Social**
  Safe environment to take risks
  Develop social skills
- **Psychological**
  Robustness and ability to make decisions
- **Physical**
  Athletic Development
- **Technical/Tactical**
  Key concepts required to be successful in a specific sport

- Set season and weekly **Objectives**
- Ensure **fun** and enjoyment for all
- **Active** sessions while giving constant feedback
- Maximise number of **.touches** per player per session
- Introduce as much **game play** as possible
- Encourage pupil **independence** (input, leadership)
- Always create a **safe** but challenging environment
- Time spent on all **four pillars**
- **Weekly Plenary**: Review LO’s. Did we recognise, communicate, execute and how?
- **Season Plenary**: Review LO’s. Did we recognise, communicate, execute and how?

## How we support (mechanisms)
- Athletic Development (S&C)
- Performance objectives via Video Analysis?
- Psychology
- Physiotherapy
- Social – development of soft skills through cultural behaviours
- Nutrition
- Team meetings
- Clarity around season objectives and expectations
- Staff and Peer mentoring

## 2022-23 Strategies
- Develop a **COACH DEVELOPMENT PLAN (CPD)**
- Produce an overarching sporting blueprint to guide heads of sport
- Produce individual sport development plans
- Produce individual sport blueprints
- Produce schemes of work and/or (Weekly themes/Resources) especially for less confident sports staff
- Develop support mechanisms

## Example session structure:
- 10min – Athletic Development
- 10min – Technique practice
- 20min – Conditioned game play
- 20min – Breakdown of techniques and tactics
- 20min – Conditioned game play
- 10min – Cool Down (social)

*Each Head of Sport will vary the structure of a session based on the sport, ability levels, and possible themes.*