

# Transforming Lives through Sport

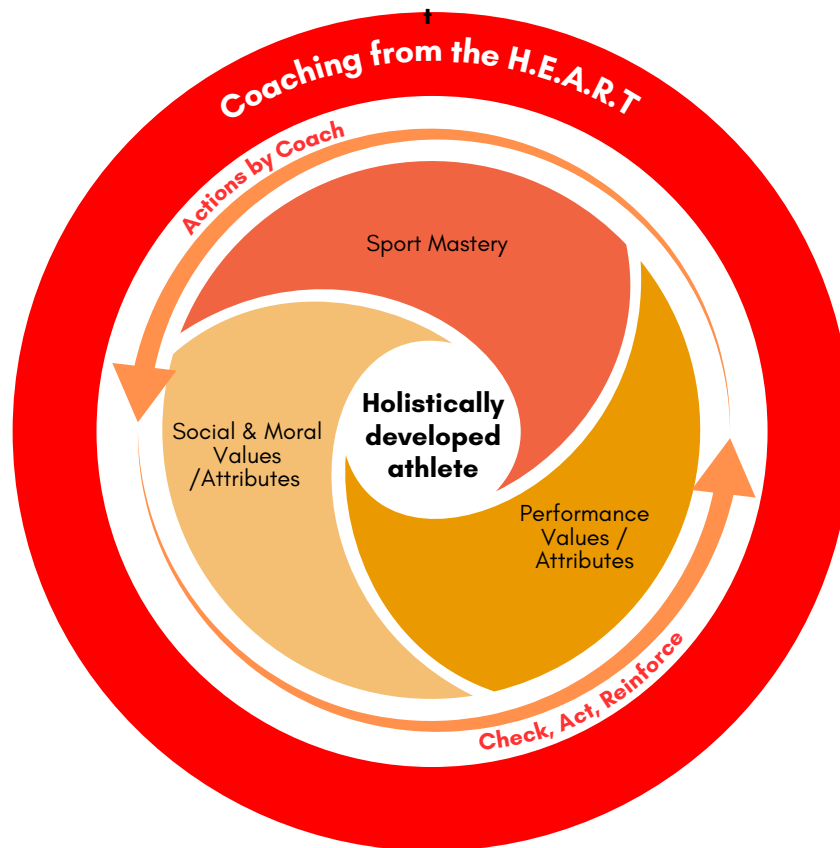
## Building Champions Inside & Out

GFL framework provides coaches with a structured approach to intentionally develop character values and self-leadership through sports programmes. This framework helps coaches design purposeful sporting experiences that go beyond physical skills to build essential life skills.

## Designed for Coaches who seek to :

- Develop athletic skills while building strong character
- Guide athletes toward success in sports and in life
- Use sports to teach essential life lessons
- Focus on complete athlete development

## GFL Framework



### Legend:

H.E.A.R.T stands for :

**H - Holistic**

**E - Empowering**

**A - Authentic**

**R - Reflective**

**T - Trustworthy**

## Overview

This framework combines sport mastery with character development, using HEART principles and structured methods to develop complete athletes.

- The continuous, interconnected nature of athlete development
- How each component flows into and reinforces the others

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## Understanding the framework

### **Social / Moral Values & Attributes**

Design coaching sessions that develop character values such as teamwork, integrity, and communication alongside sport-specific skills. Create training environments where these qualities emerge naturally through planned activities.

### **Sport Mastery**

Develop technical and tactical abilities and game understanding through progressive training. Design activities that build fundamental to advanced skills for competitive readiness.

### **Actions by Coaches**

Guided by the principles of Coaching from the Heart, coaches design and deliver activities through the Check-Act-Reinforce cycle. This approach ensures holistic development across sport mastery, values, and performance

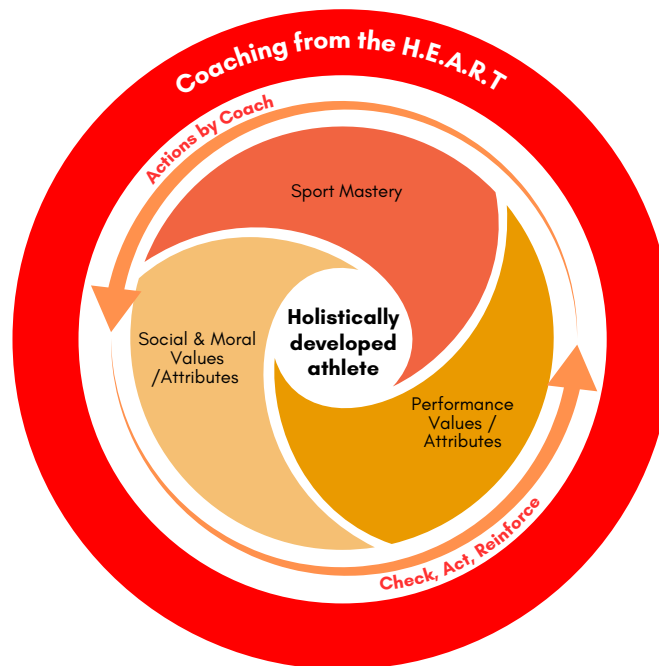
### **Coaching from the Heart\***

The framework's outer ring represents the HEART of coaching, the driving force behind coaches' actions. By positioning this crucial element on the periphery, the model emphasizes how HEART principles should permeate all aspects of athlete development.

*\*see page 3*

### **Performance Values & Attributes**

Develop values and attributes like mental focus, resilience through planned practice. Design training that enhances these values and attributes for competitive success.

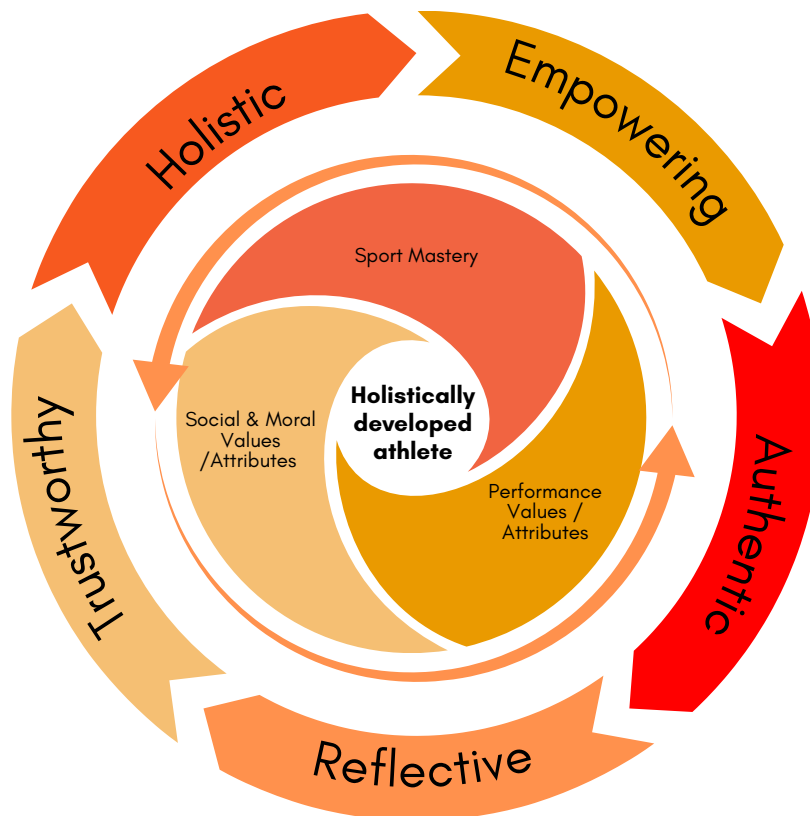


## **Holistically developed athlete - Champions who succeed in sport and beyond**

An athlete who grows into their full potential - mastering their sport while building strong character. Through balanced development of skills, values, and competitive drive, they become champions both on and off the field. This transformation happens through purposeful coaching that touches both heart and mind

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## Coaching from the H.E.A.R.T



### **Holistic**

- Creates a positive & supportive environment
- Recognizes each athlete as a unique individual with potential
- Develops well-rounded athletes

### **Empowering**

- Listens to athletes' concerns
- Guides athletes to figure things out
- Creates opportunities for athletes to lead others

### **Authentic**

- Establishes rapport and demonstrates genuine interest in athletes' development both in sport and life
- Treats every athlete as a unique individual

### **Reflective**

- Regularly evaluates coaching practices and their impact
- Actively seeks and applies feedback from multiple sources
- Adapts approaches based on reflective practices and evidence

### **Trustworthy**

- A reliable role model who “walks the talk”
- Uphold strong values
- Act with their athletes' best interests at heart