

GSA Level 2 Coaching Curriculum Overview

Philosophy:

"You coach a person, not a sport."

Level 2 is built on holistic development: shaping Complete Coaches and Complete Players by integrating tactical, technical, emotional, and leadership growth.

Core Curriculum Themes:

1. Game Development

- Plan and lead high-quality training sessions
- Apply tactical principles (Total Football, positional play)
- Monitor physical loads and fitness
- Use data and technology (analytics, GPS)
- Develop real-game, contextual training environments

2. Personal Development

- Know your WHY (Coaching purpose)
- Build athlete self-awareness and mental resilience
- Focus on moral and performance character
- Promote mental and spiritual well-being
- Practice self-reflection and coaching authenticity

3. Team Development

- Cultivate team identity and values
- Promote cross-cultural collaboration
- Apply leadership styles and feedback loops
- Manage conflict, inspire motivation, and lead ethically
- Budgeting and fundraising for clubs and academies

Assessment Structure:

Participants must score 75%+ across seven assessment areas:

1. Quality Coaching Framework (4Cs)

2. Athlete-Centered Coaching Principles
3. Belgian FA Case Study Application
4. Balancing Performance vs. Moral Character
5. Holistic Health (Mind, Body, Spirit)
6. Tactical Principles & Total Football
7. Coaching Portfolio (8 Practical Sessions)

Big Picture Visual Structure:

GSA LEVEL 2 COACHING

[Personal Development]

- Know your Why
- Character + Self-awareness
- Holistic Health

[Game Development] [Team Development]

- Tactical coaching - Team culture & cohesion
- Conditioning - Leadership & inclusion
- Analytics - Conflict resolution

-> Coaching Portfolio (8 sessions)

-> Integrated Application of GSA Methodology

Final Outcome:

Certified Level 2 GSA Coach prepared to develop players and teams holistically, lead with purpose, and operate confidently in diverse, high-performance environments.

www.gsa.fit | coaching@gsa.fit