



COMPANY OVERVIEW:

The Global Sports Academy – An international sports and people development company.

We are catalyzing sporting opportunities around the world as a tool to develop coaches and players holistically. We do this primarily through training high-quality coaches and creating team travel circuits worldwide.

We are passionate about sport, travel, culture, character and people development, and we do this by using the vehicle of sport. Sports can change the world in a way that little else does.

Our focus is to create sporting opportunities worldwide that would ultimately lead to the holistic development (body, mind, and character) of the player and the coach.

Our 360 Coaching methodology takes people on a journey to optimal performance by training the body, mind, character, and team culture simultaneously. We merged our personal experiences, expertise, and scientific research to develop a coaching framework in which training for the body, mind, and character is weaved into the same training session.

OUR COACHING AND COURSE FRAMEWORK:



GSA 360° COACHING METHODOLOGY

LEVEL 1 FOOTBALL COACHING COURSE:

3 DAY COURSE TRAINING EXAMPLE

	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Day 1	Introduction and overview	Coaching Methodology		
Day 2	<i>PERSONAL: The Art of Coaching</i>	<i>GAME – Session design.</i>	Practical on-field application	Practical on-field application
Day 3	<i>TEAM – Building High performing teams.</i>	GAME - technical, tactical and physical requirements for Successful player development.	Academy and Club Financial sustainability in the African context.	Practical on-field application.

Each training course is custom developed and built on our framework to ensure that the needs of coaches are met.

Ongoing coaches' development plays a crucial part in each level 1 course—online continuous coaches development with integrated practical coaching assignments.

GSA KEY LEARNING OUTCOMES:

GSA LEVEL 1 – FOOTBALL	
KEY FOCUS	COMPETENCES
Philosophy, values and beliefs.	Understanding the Coach's Role in professional football
	Creating a positive environment for high performance.
	Being demanding, professional and flexible (willing to compromise if needed) in a high-performance environment (balance).
	Maintaining positive behaviour on and off the pitch.
	Embracing appropriate values regarding the spirit of the game, sports ethics and doping.
Teaching methodology: art of coaching	Applying the club's vision of football while respecting the players' social and private lives.
	Promoting a performance development approach while focusing on the importance of winning.
	Understanding and analyzing how technology can be used to monitor and manage individual players' physical loads during training and matches.

PERSONAL	Demonstrating leadership, management and quality coaching at professional level
	Global coaching – Cross-Cultural Coaching. Integrating different cultures (languages) into a professional team environment focusing on social cohesion.
	Applying the various teaching, learning and leadership styles (coaching models)
	Understanding the characteristics and needs of professional players.
	Involving the players in the process of setting and constantly reviewing goals (stimulating self-regulation).
	Using the various evaluation and reflection methods and feedback techniques to effectively guide players through their individual development process.
TEAM	Building high-performing teams.
	Building a successful team and developing the right team dynamics at a professional level by involving players in the following aspects.
	Clarifying the various social roles within the group.
	Defining team goals.
	Motivating, inspiring and creating an enjoyable environment.
	Managing disappointments and conflicts.
GAME	Applying training workloads, recovery and fitness testing to produce a safe, balanced physical programme at a professional level.
	Understanding the technical, tactical and physical requirements for developing and improving performance in professional football.
	Regularly integrating decision-making and problem-solving into the training sessions.
	Train players to help them improve their game, skills, and agility individually and grow stronger as a team; mentor them so that they remain highly motivated and physically fit.
	Work with various age groups, including young children, teenagers, and adults at grassroots, amateur, semi-professional or professional level.
	Plan, organize and conduct practice sessions focusing on specific skills.
	Applying knowledge of anatomy & physiology and principles of exercise training
	Planning practice sessions to teach the basic skills required for a sporting activity. Conducting basic coaching of beginners to football.
ACADEMY SUSTAINABILITY	Basic financial management principles.
	Financial budgeting for clubs and academies.
	Sponsorship and financial support raising for clubs and teams.

Levels 1 – 3 are available across various sporting codes and are conducted worldwide.

To book a training session, go to www.gsa.fit or email info@gsa.fit

