

# Game For Life: Transforming Lives through Sport

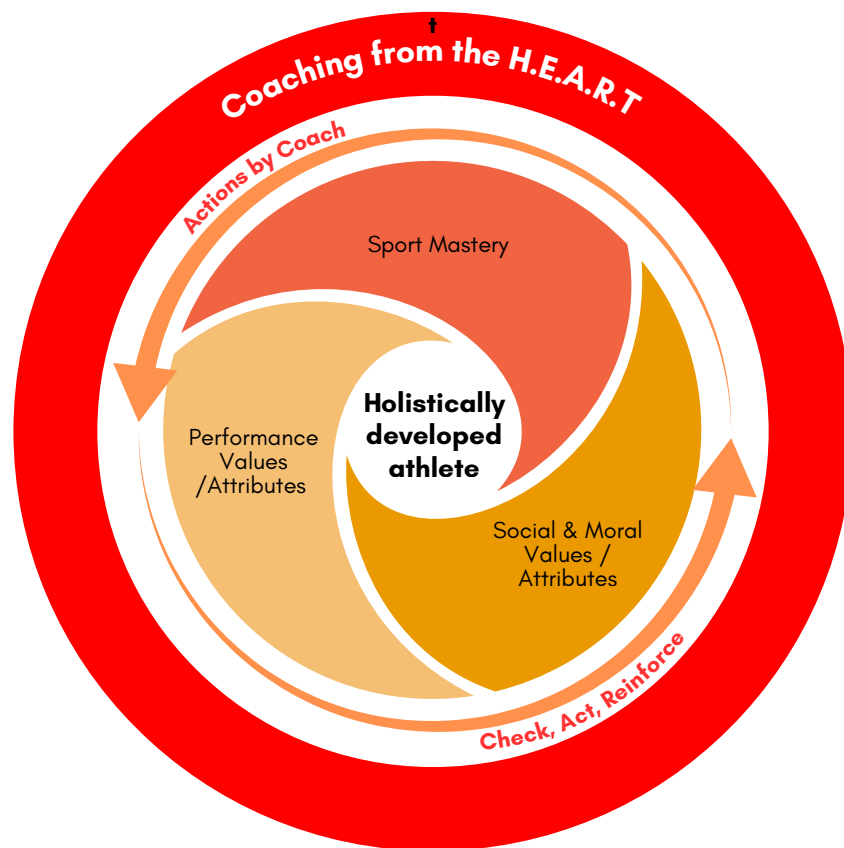
## Building Champions Inside & Out

The Game For Life 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

## Game For Life Framework



## 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

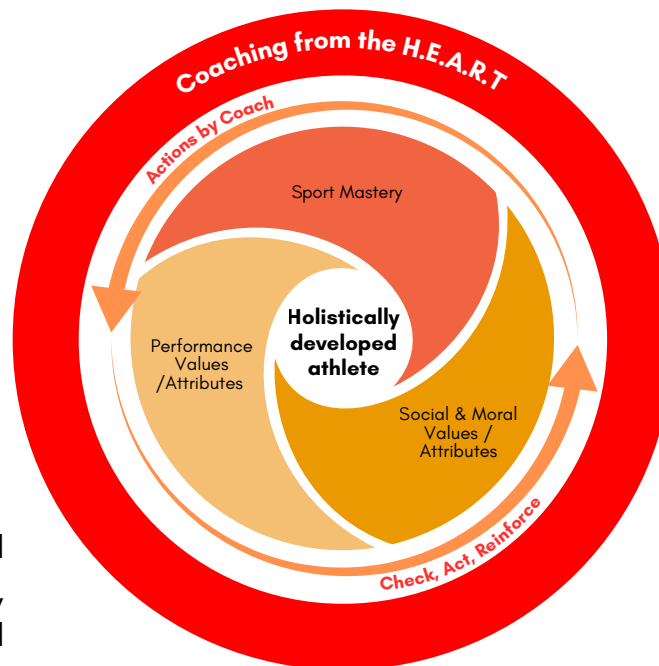
### Sport Mastery

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

### 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.

*\*see resource on 'List of Values'*



### 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

*\*see resource on 'Planning a GFL Session'*

### 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*

### Social / Moral Values & Attributes

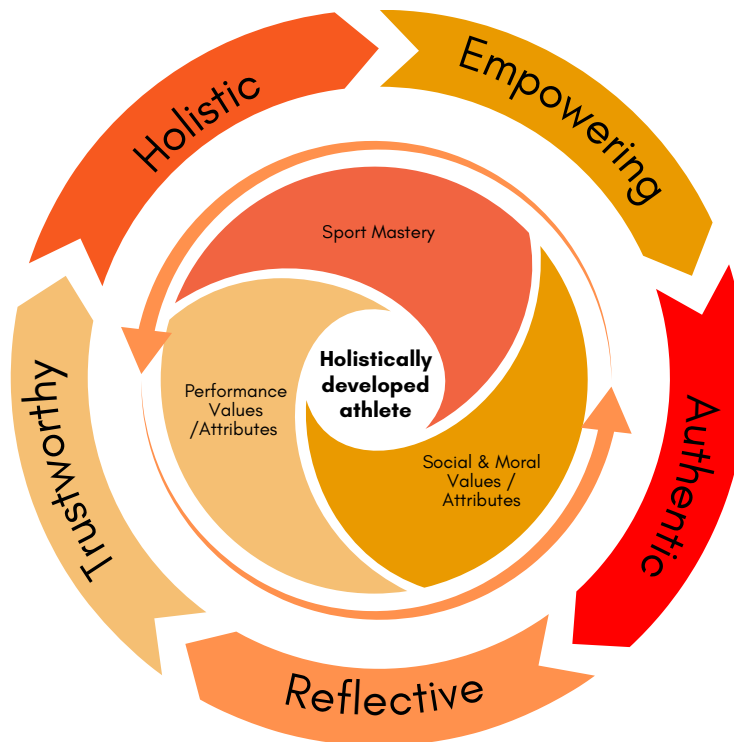
Design coaching sessions that develop character values such as care, respect, teamwork, integrity and compassion alongside sport-specific skills. Create training environments where these qualities emerge naturally through planned activities.

## 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' needs and feedback
- 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