

DROPPING



ON

**ACTIVITIES
PACK**



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GOOD PRACTICES:

ANALYSIS OF WRONG BEHAVIORS AND 10 GOOD PRACTICES TO IMPLEMENT
TO BUILD SUSTAINABLE SPORTS ENVIRONMENTS



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CLIMBING

INDOOR

PRO

- IF YOU ARE A BEGINNER, IT'S THE EASIEST WAY TO START
- THE SAFETY EQUIPMENT IS CHECKED AND TESTED BY THE AUTHORITIES AND WHEN YOU GET TO THE CLIMBING GYM, YOU FIND ALL THE STUFF ALREADY PREPARED
- CAN BE PRACTISED DURING THE WHOLE YEAR

CONS

- YOU COULD FIND THE CLIMBING GYM FULL AND SO NOT BE ABLE TO DO CLIMBING
- REGISTRATION AND RENTAL COSTS

OUTDOOR

PRO

- YOU CAN ESTABLISH A BOND WITH NATURE
- ONCE YOU HAVE GOT THE SAFETY EQUIPMENT, IT'S TOTALLY FREE
- HAS MORE BENEFITS THAN THE INDOOR VERSION, AND BEING OUTSIDE TESTS YOUR PROBLEM SOLVING SKILLS

CONS

- CHANGING WEATHER
- A LOT MORE DANGEROUS THAN THE INDOOR VERSION, ESPECIALLY IF YOU'RE ALONE





SWIMMING

INDOOR

PRO

- WATER TEMPERATURE IS CONSTANT
- IF YOU'RE IN THE POOL FOR TRAINING, NOT FACING WAVES CAN HELP

CONS

- SWIMMING REGISTRATION COSTS ARE NEVER TOO LOW
- IT'S POSSIBLE YOU GOTTA SHARE THE SWIMMING LANE WITH A LARGE NUMBER OF PEOPLE, RUINING YOUR TRAINING AND YOUR MOOD



OUTDOOR

PRO

- YOU CAN DO IT IN MANY PLACES, SUCH AS AN OUTDOOR POOL, A BEACH OR A LAKE
- MORE PRIVACY AND FREEDOM
- THE SUN-WATER COMBO HITS HARD

CONS

- CHANGING WEATHER
- IN THE OCEAN CURRENTS ARE VERY DANGEROUS
- IF YOU WANT TO TRAIN, PHYSICAL PHENOMENONS COULD NOT HELP YOU





BASKETBALL

INDOOR

PRO

- IF YOU GO TO A COVERED BASKETBALL COURT, YOU WON'T HAVE WEATHER RESTRICTIONS

CONS

- COSTS: IF YOU PRACTICE BASKETBALL OR RENT AN INDOOR COURT, YOU PROBABLY SPEND A LOT OF MONEY

OUTDOOR

PRO

- YOU CAN TRAIN WHENEVER YOU WANT
- BY PLAYING IN A PUBLIC COURT, MEETING NEW BASKETBALL PLAYERS AND SOCIALIZING ISN'T DIFFICULT AT ALL

CONS

- CHANGING WEATHER
- COURT CONDITIONS MAY NOT BE GOOD





TENNIS

INDOOR

PRO

- YOU CAN PLAY WHENEVER YOU WANT
- THERE AREN'T WIND CURRENTS THAT COULD BE BAD FOR YOUR HEALTH

CONS

- COSTS: YOU GOTTA PAY, USUALLY A LOT

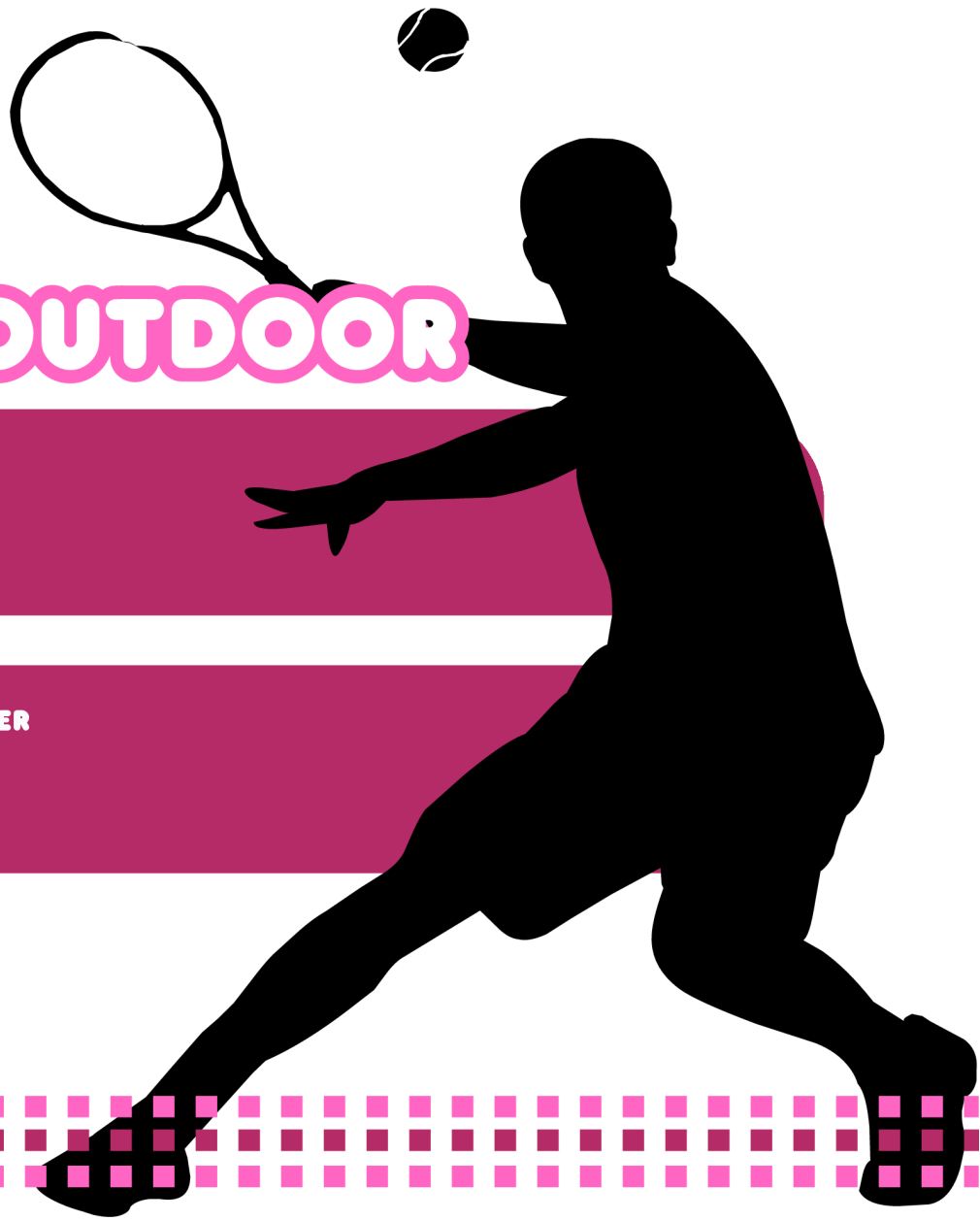
OUTDOOR

PRO

- !!

CONS

- CHANGING WEATHER
- HIGH COSTS





SOCCER

INDOOR

PRO

- ENVIRONMENTAL CONTROL, WEATHER CONDITIONS LIKE RAIN AND WIND ARE AVOIDED.
- MORE ACCESSIBLE ALL YEAR ROUND. IT IS PLAYABLE IN ANY SEASON

CONS

- REDUCED SPACE, LESS CHANCE OF LONG RUNS
- LESS PLAYERS
- UNPREDICTABLE BOUNCES DUE TO PARQUET OR RUBBER FLOORING

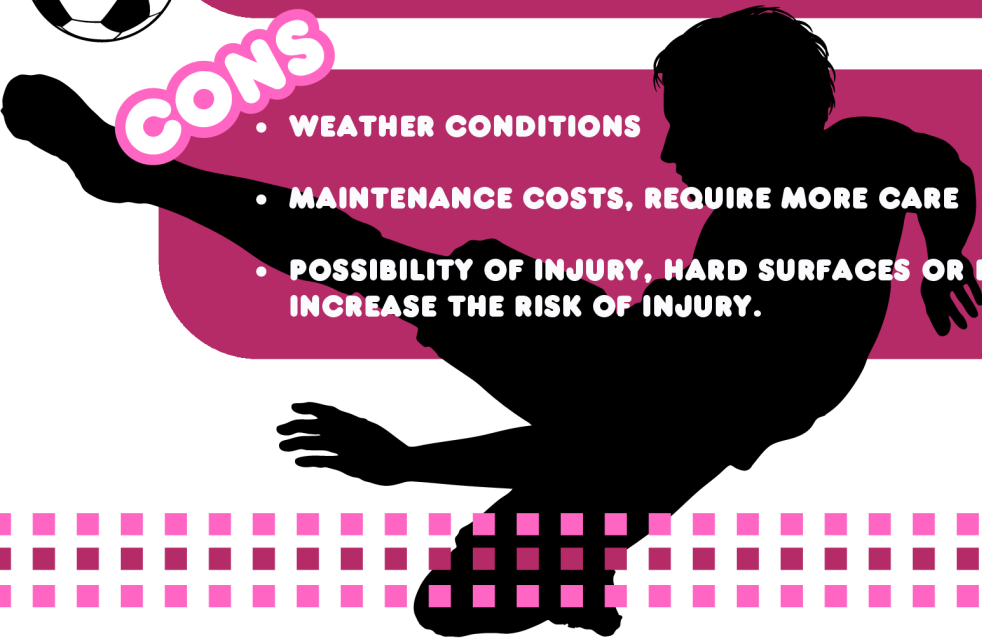
OUTDOOR

PRO

- LARGE FIELD
- MORE PHYSICALITY, AS IT ALLOWS FOR GREATER PHYSICAL CONTACT

CONS

- WEATHER CONDITIONS
- MAINTENANCE COSTS, REQUIRE MORE CARE
- POSSIBILITY OF INJURY, HARD SURFACES OR EVEN WET GRASS INCREASE THE RISK OF INJURY.





VOLLEYBALL

INDOOR

PRO

- CONTROLLED ENVIRONMENT, ELIMINATES EXTERNAL FACTORS
- STABLE SURFACE

CONS

- COLLISION INJURIES, THE RISK OF COLLIDING WITH OTHER PLAYERS IS HIGHER
- RENTAL COSTS

OUTDOOR

PRO

- SOFT SURFACE, REDUCES THE IMPACT OF DROPS
- PHYSICAL CHALLENGE, RUNNING ON SAND REQUIRES MORE PHYSICAL EFFORT

CONS

- MUSCLE AND JOINT INJURIES, MORE PHYSICAL EFFORT IS REQUIRED, WHICH LEADS TO OVERLOAD
- SUNBURN AND HEAT STROKE





RACE

INDOOR

PRO

- **PRECISE MONITORING, YOU CAN SET THE CONDITIONS OF DURATION, PACE AND INCLINATION.**
- **LOWER RISK OF INJURIES**

CONS

- **LESS STIMULATING RUNNING TECHNIQUE, THE TREADMILL MAKES LEG WORK EASIER**

OUTDOOR

PRO

- **ACQUIRE VITAMIN D, PRECIOUS FOR THE IMMUNE SYSTEM**
- **CONTACT WITH NATURE**

CONS

- **UNPREDICTABLE WEATHER CONDITIONS CAN MAKE THE RIDE LESS SAFE**
- **IRREGULAR SURFACES, WITH RISK OF ACCIDENTS**





HOCKEY

INDOOR

PRO

- **CONSTANT CONDITIONS**
- **LESS WEAR OF THE MATERIAL, WHICH LASTS LONGER**

CONS

- **SMALL FIELD, LESS SPACE FOR COMPLEX MANEUVERS**
- **MORE PHYSICAL CONTACT**

OUTDOOR

PRO

- **LARGE FIELD, WIDER AND MORE STRATEGIC GAME**
- **SPECTACULARITY, BEST KNOWN GLOBALLY.**

CONS

- **MAINTENANCE COSTS ARE VERY HIGH**
- **POSSIBILITY OF INJURY DUE TO THE HARD SURFACE OF ICE OR GRASS**





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TECHNICAL SHEET FOR AI TRAINING

ACTIVITY OVERVIEW:

AI TRAINING INTEGRATES ARTIFICIAL INTELLIGENCE WITH PHYSICAL EXERCISE, PROVIDING A DYNAMIC AND ENGAGING ENVIRONMENT THAT SIMULATES VARIOUS TRAINING SCENARIOS. THIS METHOD IS PARTICULARLY DESIGNED TO CAPTIVATE YOUNG ATHLETES, MAKING USE OF TECHNOLOGY TO ENHANCE THE TRAINING EXPERIENCE.

MINIMUM NUMBER OF PARTICIPANTS:

1 PARTICIPANT (INDIVIDUAL TRAINING)

DURATION:

SESSIONS TYPICALLY LAST 30 TO 60 MINUTES, ADJUSTABLE BASED ON THE TRAINING PROGRAM AND INDIVIDUAL ENDURANCE LEVELS.

EQUIPMENT AND MATERIALS NEEDED:

- **SMARTPHONE OR TABLET WITH AI TRAINING APP INSTALLED**
- **HEADPHONES OR EARBUDS**
- **COMFORTABLE ATHLETIC WEAR AND APPROPRIATE FOOTWEAR**
- **ACCESS TO A SAFE SPACE FOR PHYSICAL ACTIVITY**

RULES:

- 1. PARTICIPANTS MUST FOLLOW THE AI PROMPTS AND INSTRUCTIONS THROUGHOUT THE SESSION.**
- 2. ENSURE ALL EQUIPMENT IS PROPERLY SET UP AND FUNCTIONING BEFORE BEGINNING.**
- 3. MAINTAIN SAFETY PROTOCOLS, ESPECIALLY WHEN TRAINING IN MOTION-SENSITIVE AREAS.**

PROCEDURE:

1. **SETUP:** BEGIN BY CALIBRATING THE AI APPLICATION TO RECOGNIZE THE PARTICIPANT'S PHYSICAL DIMENSIONS AND PREFERRED TRAINING MODULE.
2. **WARM-UP:** ENGAGE IN A 5-10 MINUTE GUIDED WARM-UP THROUGH THE APP TO PREPARE THE BODY FOR EXERCISE.
3. **MAIN ACTIVITY:** FOLLOW THE AI'S GUIDED EXERCISE ROUTINE, WHICH MAY INCLUDE SIMULATIONS OF DIFFERENT ENVIRONMENTS AND TAILORED EXERCISE SETS TO MATCH THE PARTICIPANT'S SKILL LEVEL AND GOALS.
4. **COOL DOWN:** CONCLUDE WITH A GUIDED COOL DOWN BY THE AI TO SAFELY REDUCE HEART RATE AND RELAX MUSCLES.
5. **REVIEW:** USE THE APP'S FEEDBACK FEATURE TO REVIEW PERFORMANCE, HIGHLIGHT STRENGTHS, AND IDENTIFY AREAS FOR IMPROVEMENT.

COACH'S TIP:

ENCOURAGE PARTICIPANTS TO FOCUS ON THEIR FORM AND FOLLOW THE AI'S CORRECTIONS CLOSELY. THIS WILL NOT ONLY ENHANCE THEIR PERFORMANCE BUT ALSO PREVENT INJURIES. REGULARLY UPDATE THE AI WITH THE PARTICIPANT'S PROGRESS FOR MORE CUSTOMIZED SESSIONS.

EDUCATIONAL OBJECTIVE:

THE PRIMARY GOAL IS TO ENHANCE PARTICIPANTS' PHYSICAL CAPABILITIES WHILE INTEGRATING TECHNOLOGY TO MAKE TRAINING MORE APPEALING AND INTERACTIVE. THIS APPROACH AIMS TO IMPROVE PHYSICAL FITNESS, PROMOTE TECHNOLOGICAL FLUENCY, AND INCREASE ENGAGEMENT IN REGULAR EXERCISE AMONG YOUNG ATHLETES.

ADDITIONAL SUGGESTIONS:

- CONSIDER INCORPORATING REAL-TIME DATA ANALYTICS TO PROVIDE IMMEDIATE FEEDBACK ON PERFORMANCE METRICS SUCH AS HEART RATE, SPEED, AND ACCURACY.
- USE MOTIVATIONAL TOOLS WITHIN THE APP, LIKE ACHIEVEMENTS AND PROGRESS LEVELS, TO KEEP PARTICIPANTS ENGAGED AND STRIVING TOWARD THEIR PERSONAL BEST.

THIS TECHNICAL SHEET PROVIDES A FOUNDATIONAL STRUCTURE FOR AI-ASSISTED TRAINING SESSIONS THAT CAN BE TAILORED TO DIFFERENT SPORTS DISCIPLINES, ENHANCING THE TECHNOLOGICAL INTERACTION AND PHYSICAL PREPAREDNESS OF YOUNG ATHLETES.





TECHNICAL SHEET FOR ONLINE STATISTICS

ACTIVITY OVERVIEW:

ONLINE STATISTICS INVOLVES THE USE OF A SPECIALIZED APP TO ANALYZE ATHLETIC PERFORMANCE, PROVIDING REAL-TIME DATA ON STRENGTHS AND WEAKNESSES. THIS APPROACH HELPS ATHLETES FOCUS ON IMPROVING SPECIFIC ASPECTS OF THEIR PERFORMANCE, LEVERAGING DATA-DRIVEN INSIGHTS TO ENHANCE TRAINING OUTCOMES.

MINIMUM NUMBER OF PARTICIPANTS:

1 PARTICIPANT (INDIVIDUAL TRAINING)

DURATION:

VARIABLE; TYPICALLY INVOLVES 15-30 MINUTES OF DATA COLLECTION FOLLOWED BY A DETAILED ANALYSIS PHASE.

EQUIPMENT AND MATERIALS NEEDED:

- **A COMPATIBLE APP FOR PERFORMANCE TRACKING AND ANALYSIS (E.G., SPORTS ANALYTICS APP)**
- **WEARABLE DEVICES (SUCH AS HEART RATE MONITORS OR GPS TRACKERS, IF APPLICABLE)**
- **A DEVICE CAPABLE OF SYNCING WITH THE CHOSEN APP (SMARTPHONE, TABLET, OR COMPUTER)**
- **STANDARD SPORTS EQUIPMENT RELEVANT TO THE SPORT BEING PRACTICED**

RULES:

- 1. ALL DATA COLLECTION MUST BE DONE DURING ACTUAL PERFORMANCE TO ENSURE ACCURACY AND RELEVANCE.**
- 2. ATHLETES MUST PERFORM WITHIN THE CAPABILITIES OF THE MONITORING EQUIPMENT TO ENSURE THAT ALL DATA COLLECTED IS RELEVANT AND RELIABLE.**
- 3. ENSURE PRIVACY AND DATA PROTECTION PROTOCOLS ARE FOLLOWED WHEN HANDLING PERSONAL PERFORMANCE DATA.**

PROCEDURE:

- 1. PREPARATION:** EQUIP THE PARTICIPANT WITH NECESSARY WEARABLE DEVICES AND ENSURE THE TRACKING APP IS PROPERLY CONFIGURED.
- 2. ACTIVITY MONITORING:** CONDUCT A TRAINING SESSION WHERE THE PARTICIPANT'S PERFORMANCE DATA IS CONTINUOUSLY COLLECTED VIA THE APP AND DEVICES.
- 3. DATA ANALYSIS:** POST-ACTIVITY, USE THE APP'S ANALYTICAL TOOLS TO BREAK DOWN THE PERFORMANCE DATA, HIGHLIGHTING AREAS OF STRENGTH AND THOSE NEEDING IMPROVEMENT.
- 4. FEEDBACK SESSION:** DISCUSS THE RESULTS WITH THE ATHLETE, PROVIDING CLEAR AND ACTIONABLE INSIGHTS BASED ON THE DATA ANALYZED.
- 5. PLAN ADJUSTMENT:** ADJUST THE TRAINING PLAN BASED ON INSIGHTS GAINED FROM THE SESSION TO BETTER TARGET AREAS OF WEAKNESS.

COACH'S TIP:

USE THE INITIAL SESSIONS TO ESTABLISH BASELINE METRICS FOR EACH ATHLETE. REGULARLY REVIEW THESE METRICS TO TRACK PROGRESS OVER TIME AND ADJUST TRAINING PROGRAMS AS NEEDED TO MAXIMIZE PERFORMANCE IMPROVEMENTS.

EDUCATIONAL OBJECTIVE:

TO DEVELOP A DEEPER UNDERSTANDING OF PERSONAL ATHLETIC PERFORMANCE THROUGH QUANTITATIVE ANALYSIS, ENABLING ATHLETES TO MAKE INFORMED DECISIONS ABOUT THEIR TRAINING FOCUS AND METHODS. THIS METHOD AIMS TO FOSTER A SCIENTIFIC APPROACH TO TRAINING, ENHANCING BOTH PHYSICAL PERFORMANCE AND ANALYTICAL SKILLS.

ADDITIONAL SUGGESTIONS:

- INTEGRATE VIDEO ANALYSIS TO CORRELATE QUANTITATIVE DATA WITH VISUAL PERFORMANCE CUES, PROVIDING A MORE COMPREHENSIVE ANALYSIS.
- ENCOURAGE ATHLETES TO ENGAGE WITH THEIR OWN DATA ACTIVELY, FOSTERING A SENSE OF OWNERSHIP AND DEEPER INVOLVEMENT IN THE TRAINING PROCESS.
- THIS TECHNICAL SHEET OUTLINES HOW TO EFFECTIVELY UTILIZE TECHNOLOGY FOR IN-DEPTH PERFORMANCE ANALYSIS, PROMOTING A MORE INFORMED, DATA-DRIVEN APPROACH TO SPORTS TRAINING.



TECHNICAL SHEET FOR DISTANCE TRAINING

ACTIVITY OVERVIEW:

DISTANCE TRAINING ALLOWS ATHLETES TO TRAIN REMOTELY UNDER THE GUIDANCE OF THEIR COACH USING DIGITAL COMMUNICATION TOOLS. THIS APPROACH HELPS MAINTAIN TRAINING CONSISTENCY AND PROVIDES REAL-TIME FEEDBACK, EVEN WHEN DIRECT PHYSICAL OVERSIGHT IS NOT POSSIBLE.

MINIMUM NUMBER OF PARTICIPANTS:

1 PARTICIPANT AND 1 COACH

DURATION:

TYPICALLY RANGES FROM 30 TO 90 MINUTES PER SESSION, DEPENDING ON THE TRAINING GOALS AND ATHLETE'S ENDURANCE.

EQUIPMENT AND MATERIALS NEEDED:

- **RELIABLE INTERNET CONNECTION**
- **DIGITAL COMMUNICATION DEVICE (SMARTPHONE, TABLET, OR COMPUTER WITH A WEBCAM)**
- **EARPHONES WITH AN ONLINE CONNECTION**
- **APPROPRIATE SPORTS EQUIPMENT FOR THE TRAINING SESSION**
- **SAFE AND ADEQUATE SPACE FOR PERFORMING THE EXERCISES**

RULES:

- 1. BOTH THE COACH AND ATHLETE SHOULD ENSURE A STABLE INTERNET CONNECTION TO AVOID INTERRUPTIONS.**
- 2. THE TRAINING AREA SHOULD BE WELL-LIT AND THE CAMERA POSITIONED SO THAT THE COACH CAN SEE THE ATHLETE'S ENTIRE FORM DURING EXERCISES.**
- 3. COMMUNICATION SHOULD BE CLEAR; USE HEADSETS OR EARPHONES WITH MICROPHONES TO MINIMIZE EXTERNAL NOISE.**

PROCEDURE:

1. **SETUP:** THE ATHLETE SETS UP THE TRAINING SPACE WITH THE NECESSARY EQUIPMENT AND CHECKS THE INTERNET AND AUDIO/VIDEO SETUP.
2. **CONNECTION:** BOTH PARTIES CONNECT VIA A CHOSEN ONLINE PLATFORM (LIKE ZOOM, SKYPE, ETC.) AND ENSURE ALL SYSTEMS ARE FUNCTIONING.
3. **WARM-UP:** THE SESSION STARTS WITH A REMOTE-GUIDED WARM-UP, WHERE THE COACH MONITORS THE ATHLETE'S MOVEMENTS AND PROVIDES FEEDBACK.
4. **MAIN TRAINING PHASE:** THE ATHLETE PERFORMS THE PRESCRIBED WORKOUT WHILE THE COACH PROVIDES REAL-TIME FEEDBACK, CORRECTIONS, AND MOTIVATION.
5. **COOL-DOWN AND FEEDBACK:** POST-WORKOUT, THE SESSION ENDS WITH A COOL-DOWN GUIDED BY THE COACH, FOLLOWED BY A DISCUSSION OF THE SESSION'S PERFORMANCE AND FURTHER ADVICE.

COACH'S TIP:

REGULARLY VARY THE EXERCISES AND ROUTINES TO KEEP THE TRAINING ENGAGING AND COMPREHENSIVE. UTILIZE THE FLEXIBILITY OF DIGITAL TOOLS TO INCORPORATE VISUAL AIDS OR DEMONSTRATIONS WHEN NECESSARY TO CLARIFY TECHNIQUES OR CORRECT FORMS.

EDUCATIONAL OBJECTIVE:

THE PRIMARY GOAL IS TO ENSURE CONSISTENT, HIGH-QUALITY TRAINING WITHOUT GEOGRAPHICAL CONSTRAINTS. THIS METHOD PROMOTES SELF-DISCIPLINE AND ADAPTABILITY, ENCOURAGING ATHLETES TO MAINTAIN THEIR TRAINING RIGOR AND FOCUS, REGARDLESS OF LOCATION.

ADDITIONAL SUGGESTIONS:

- RECORD SESSIONS FOR LATER REVIEW BY BOTH THE COACH AND THE ATHLETE, WHICH CAN BE HELPFUL FOR TRACKING PROGRESS AND REFINING TECHNIQUES.
- CONSIDER USING SPECIALIZED SOFTWARE THAT CAN TRACK MOVEMENT ACCURACY AND PROVIDE ADDITIONAL ANALYTICS FOR A MORE DETAILED PERFORMANCE REVIEW.
- THIS TECHNICAL SHEET PROVIDES A STRUCTURED APPROACH TO REMOTE ATHLETIC TRAINING, MAXIMIZING THE BENEFITS OF DIGITAL TOOLS TO MAINTAIN EFFECTIVE COACHING RELATIONSHIPS AND ATHLETE DEVELOPMENT FROM ANY LOCATION.



TECHNICAL SHEET FOR VIDEO MISTAKES ANALYSIS

ACTIVITY OVERVIEW:

VIDEO MISTAKES ANALYSIS IS A TRAINING METHOD WHERE ATHLETES ARE RECORDED DURING EXERCISE SESSIONS, AND THE FOOTAGE IS LATER REVIEWED TO IDENTIFY AND CORRECT PERFORMANCE ERRORS. THIS APPROACH ENHANCES LEARNING BY VISUALLY HIGHLIGHTING MISTAKES, MAKING IT EASIER FOR ATHLETES TO UNDERSTAND AND CORRECT THEIR FORM AND TECHNIQUE.

MINIMUM NUMBER OF PARTICIPANTS:

1 PARTICIPANT AND 1 COACH

DURATION:

SESSION DURATIONS CAN VARY BUT GENERALLY INCLUDE:

- **30-45 MINUTES FOR THE TRAINING AND RECORDING**
- **15-30 MINUTES FOR THE VIDEO REVIEW AND FEEDBACK SESSION**

EQUIPMENT AND MATERIALS NEEDED:

- **HIGH-QUALITY VIDEO RECORDING DEVICE (CAMERA, SMARTPHONE WITH A GOOD CAMERA, ETC.)**
- **TRIPOD OR STABLE MOUNTING EQUIPMENT FOR CONSISTENT RECORDING ANGLES**
- **ADEQUATE LIGHTING TO ENSURE CLEAR VIDEO QUALITY**
- **STANDARD SPORTS EQUIPMENT RELEVANT TO THE ATHLETE'S DISCIPLINE**
- **VIEWING DEVICE (COMPUTER OR TABLET) FOR PLAYBACK ANALYSIS**

RULES:

- 1. THE CAMERA SHOULD CAPTURE A FULL-BODY VIEW OF THE ATHLETE TO ACCURATELY ASSESS MOVEMENT.**
- 2. ATHLETES SHOULD PERFORM WITHIN THE FRAME OF THE CAMERA AT ALL TIMES TO ENSURE ALL ACTIONS ARE RECORDED.**
- 3. REVIEW SESSIONS SHOULD BE CONDUCTED IMMEDIATELY AFTER THE WORKOUT TO ENSURE FEEDBACK IS TIMELY AND RELEVANT.**

PROCEDURE:

1. **SETUP:** ARRANGE THE RECORDING EQUIPMENT IN A POSITION THAT CAPTURES THE TRAINING AREA CLEARLY. TEST THE SETUP TO ENSURE THE ENTIRE RANGE OF MOTION IS WITHIN THE FRAME.
2. **RECORDING:** PERFORM THE TRAINING SESSION, FOCUSING ON TYPICAL DRILLS AND EXERCISES WHILE THE CAMERA RECORDS.
3. **PLAYBACK AND ANALYSIS:** AFTER THE SESSION, THE COACH AND ATHLETE REVIEW THE FOOTAGE TOGETHER. THE COACH POINTS OUT ERRORS IN TECHNIQUE OR FORM AND DISCUSSES POSSIBLE CORRECTIONS.
4. **FEEDBACK AND DISCUSSION:** ENGAGE IN A DETAILED DISCUSSION ABOUT THE MISTAKES IDENTIFIED, EXPLORING WHY THEY MIGHT BE OCCURRING AND HOW TO CORRECT THEM.
5. **ACTIONABLE STEPS:** DEVELOP A PLAN FOR THE NEXT TRAINING SESSIONS THAT INCORPORATES SPECIFIC EXERCISES OR DRILLS TO CORRECT THE OBSERVED MISTAKES.

COACH'S TIP:

ENCOURAGE ATHLETES TO SELF-ANALYZE BY ASKING THEM WHAT MISTAKES THEY NOTICE ABOUT THEIR PERFORMANCE BEFORE PROVIDING YOUR INSIGHTS. THIS ENCOURAGES SELF-ASSESSMENT SKILLS AND DEEPER UNDERSTANDING OF THE SPORT.

EDUCATIONAL OBJECTIVE:

TO IMPROVE TECHNICAL SKILLS THROUGH VISUAL LEARNING AND SELF-AWARENESS. THE USE OF VIDEO ALLOWS ATHLETES TO SEE THEIR MISTAKES FIRSTHAND, WHICH CAN BE MORE IMPACTFUL THAN VERBAL FEEDBACK ALONE. THIS METHOD FOSTERS A PROACTIVE APPROACH TO LEARNING AND SELF-IMPROVEMENT.

ADDITIONAL SUGGESTIONS:

- INCORPORATE SLOW-MOTION AND FREEZE-FRAME FEATURES DURING THE REVIEW TO HIGHLIGHT SPECIFIC MOMENTS AND DETAILS THAT ARE NOT NOTICEABLE IN REAL-TIME.
- USE ANNOTATION TOOLS AVAILABLE IN MANY SPORTS ANALYSIS SOFTWARE TO DRAW ON THE VIDEO AND HIGHLIGHT AREAS OF INTEREST OR CONCERN.
- THIS TECHNICAL SHEET OUTLINES A COMPREHENSIVE APPROACH TO INCORPORATING VIDEO TECHNOLOGY IN SPORTS TRAINING, PROVIDING A POWERFUL TOOL FOR ENHANCING ATHLETE PERFORMANCE THROUGH DETAILED VISUAL FEEDBACK.



TECHNICAL SHEET FOR FILM TRAINING

ACTIVITY OVERVIEW:

FILM TRAINING INVOLVES RECORDING A GUIDED TRAINING SESSION THAT ATHLETES CAN REPLAY TO WARM UP OR PRACTICE ON THEIR OWN. THIS METHOD ENSURES CONSISTENCY IN TRAINING TECHNIQUES AND SERVES AS A REFERENCE TOOL THAT ATHLETES CAN USE TO MAINTAIN PROPER FORM AND TECHNIQUE EVEN WHEN A COACH IS NOT PRESENT.

MINIMUM NUMBER OF PARTICIPANTS:

CAN VARY, BUT TYPICALLY INVOLVES AT LEAST 2 PARTICIPANTS: ONE TO PERFORM THE EXERCISES AND AT LEAST ONE TO RECORD THE SESSION.

DURATION:

- **RECORDING SESSION: 30-60 MINUTES TO CAPTURE A COMPREHENSIVE SET OF EXERCISES.**
- **USE DURATION: EACH PLAYBACK SESSION CAN LAST AS LONG AS NEEDED BY THE ATHLETE, GENERALLY 15-30 MINUTES FOR A COMPLETE WARM-UP ROUTINE.**

EQUIPMENT AND MATERIALS NEEDED:

- **HIGH-QUALITY VIDEO CAMERA OR A SMARTPHONE WITH A HIGH-RESOLUTION CAMERA**
- **TRIPOD OR STABLE MOUNTING SYSTEM FOR THE CAMERA**
- **TRAINING EQUIPMENT RELEVANT TO THE SPORT (WEIGHTS, MATS, BALLS, ETC.)**
- **LARGE SCREEN OR DEVICE SUITABLE FOR VIDEO PLAYBACK**
- **SAFE AND SPACIOUS ENVIRONMENT SUITABLE FOR THE EXERCISES BEING DEMONSTRATED**

RULES:

1. **ENSURE THAT ALL EXERCISES ARE PERFORMED WITH CORRECT FORM AND TECHNIQUE DURING THE RECORDING TO AVOID TEACHING INCORRECT PRACTICES.**
2. **THE RECORDING SHOULD COVER VARIOUS ANGLES IF NECESSARY TO PROVIDE A COMPREHENSIVE VIEW OF THE EXERCISES.**
3. **ALL PARTICIPANTS SHOULD BE CLEARLY VISIBLE AND AUDIBLE IN THE VIDEO.**

PROCEDURE:

1. **PLANNING:** DESIGN A COMPREHENSIVE WARM-UP OR TRAINING ROUTINE THAT CAN BE UNIVERSALLY APPLICABLE OR TAILORED TO SPECIFIC SKILLS OR SPORTS.
2. **RECORDING:** PERFORM AND RECORD THE ROUTINE, ENSURING HIGH-QUALITY VISUALS AND AUDIO. CONSIDER USING VOICEOVERS OR ON-SCREEN CAPTIONS TO PROVIDE ADDITIONAL INSTRUCTIONS OR TIPS.
3. **EDITING:** EDIT THE VIDEO FOR CLARITY AND FLOW, ADDING LABELS OR MARKERS FOR DIFFERENT SECTIONS OF THE ROUTINE.
4. **DISTRIBUTION:** DISTRIBUTE THE FINAL VIDEO TO ATHLETES VIA DIGITAL DOWNLOADS, STREAMING, OR PHYSICAL MEDIA AS REQUIRED.
5. **IMPLEMENTATION:** ATHLETES USE THE VIDEO FOR INDEPENDENT TRAINING SESSIONS, FOLLOWING ALONG WITH THE DEMONSTRATED EXERCISES.

COACH'S TIP:

REMINDE ATHLETES TO FOCUS ON THEIR FORM WHEN FOLLOWING THE VIDEO. ENCOURAGE THEM TO SET UP A MIRROR IF POSSIBLE, TO WATCH THEMSELVES AND ENSURE THEY ARE MIMICKING THE FORM SHOWN IN THE VIDEO ACCURATELY.

EDUCATIONAL OBJECTIVE:

TO PROVIDE ATHLETES WITH A RELIABLE AND CONSISTENT TRAINING GUIDE THAT ENHANCES THEIR ABILITY TO PERFORM EXERCISES CORRECTLY AND INDEPENDENTLY. THIS METHOD FOSTERS SELF-RELIANCE AND ENSURES TRAINING QUALITY, ESPECIALLY IN SITUATIONS WHERE DIRECT COACHING IS NOT AVAILABLE.

ADDITIONAL SUGGESTIONS:

- OFFER MULTIPLE VERSIONS OF THE VIDEO WITH VARYING LEVELS OF COMPLEXITY OR FOCUSING ON DIFFERENT ASPECTS OF TRAINING TO CATER TO DIFFERENT SKILL LEVELS OR SPECIFIC NEEDS.
- REGULARLY UPDATE THE VIDEOS TO INCORPORATE NEW EXERCISES, TECHNIQUES, OR SCIENTIFIC ADVANCEMENTS IN SPORTS TRAINING.
- THIS TECHNICAL SHEET SETS OUT A STRUCTURED APPROACH TO CREATING AND UTILIZING FILMED TRAINING SESSIONS, MAXIMIZING THE BENEFITS OF VISUAL LEARNING TOOLS IN SPORTS TRAINING PROGRAMS.



TECHNICAL SHEET FOR TIME SOUNDS CHALLENGE

ACTIVITY OVERVIEW:

THE TIME SOUNDS CHALLENGE IS A DYNAMIC EXERCISE THAT INCORPORATES AUDITORY CUES TO ENHANCE SPEED AND AGILITY TRAINING. PARTICIPANTS MUST RUN BETWEEN TWO POINTS WITHIN A LIMITED TIMEFRAME, MARKED BY AUDITORY BEEPS. THE CHALLENGE PROGRESSIVELY SHORTENS THE TIME BETWEEN BEEPS, INCREASING THE DIFFICULTY AND INTENSITY OF THE EXERCISE.

MINIMUM NUMBER OF PARTICIPANTS:

1 PARTICIPANT, BUT CAN BE SCALED TO INCLUDE MULTIPLE RUNNERS FOR COMPETITIVE OR COOPERATIVE SESSIONS.

DURATION:

- **EACH SESSION TYPICALLY LASTS ABOUT 15-30 MINUTES, DEPENDING ON THE NUMBER OF RUNS AND THE PARTICIPANTS' ENDURANCE.**

EQUIPMENT AND MATERIALS NEEDED:

- **TWO LOUD BEEPERS OR SPEAKERS TO MARK THE START AND ENDPOINT.**
- **STOPWATCH OR TIMER CAPABLE OF PRECISE MEASUREMENTS AND PROGRAMMABLE INTERVALS.**
- **MEASURED AND MARKED RUNNING TRACK OR SPACE SUFFICIENT FOR SPRINTS BETWEEN THE TWO BEEP POINTS.**
- **OPTIONAL: CONES TO MARK RUNNING LANES OR TURNAROUND POINTS.**

RULES:

- 1. SOUNDS.**
- 2. IF A RUNNER FAILS TO MAKE IT BEFORE THE BEEP, THEY ARE OUT OF THE CHALLENGE.**
- 3. THE TIME BETWEEN BEEPS DECREASES AFTER EACH ROUND, INCREMENTALLY INCREASING THE CHALLENGE.**

PROCEDURE:

- 1.SETUP: POSITION BEEPERS AT BOTH ENDS OF THE RUNNING TRACK. ENSURE ALL PARTICIPANTS ARE AWARE OF THE TRACK BOUNDARIES AND STARTING/ENDING POINTS.**
- 2.INITIAL TRIAL: PERFORM AN INITIAL TRIAL TO ALLOW RUNNERS TO GAUGE THE DISTANCE AND INITIAL TIME INTERVAL.**
- 3.CHALLENGE COMMENCEMENT: BEGIN THE CHALLENGE WITH A LONGER INITIAL INTERVAL, ALLOWING ALL PARTICIPANTS TO COMPLETE THE DISTANCE RELATIVELY COMFORTABLY.**
- 4.PROGRESSION: AFTER EACH ROUND, DECREASE THE TIME INTERVAL BY A PREDETERMINED AMOUNT. CONTINUE UNTIL ONLY ONE RUNNER OR A PRE-DETERMINED NUMBER OF RUNNERS CAN COMPLETE THE RUN BEFORE THE BEEP.**
- 5.COOLDOWN AND REVIEW: END THE SESSION WITH A COOLDOWN PERIOD AND PROVIDE FEEDBACK ON PERFORMANCE AND TECHNIQUES TO IMPROVE SPEED AND REACTION TIME.**

COACH'S TIP:

ENCOURAGE PARTICIPANTS TO MAINTAIN A FOCUS ON SPEED AND EXPLOSIVE START TECHNIQUES. TEACH THEM HOW TO EFFECTIVELY USE THEIR ARM SWING AND LEG POWER TO MAXIMIZE THEIR SPRINTING POTENTIAL.

EDUCATIONAL OBJECTIVE:

TO IMPROVE PARTICIPANTS' REACTION TIMES, SPRINTING SPEED, AND ABILITY TO ACCELERATE QUICKLY FROM A STANDSTILL. THIS EXERCISE ALSO AIMS TO ENHANCE MENTAL FOCUS AND THE ABILITY TO PERFORM UNDER INCREASING PRESSURE.

ADDITIONAL SUGGESTIONS:

- INCORPORATE VISUAL SIGNALS ALONGSIDE AUDITORY CUES FOR PARTICIPANTS WHO MAY BENEFIT FROM MULTI-SENSORY INPUT.**
- USE VIDEO RECORDING TO ANALYZE AND PROVIDE FEEDBACK ON RUNNING FORM AND TECHNIQUE DURING THE SPRINTS.**
- THIS TECHNICAL SHEET PROVIDES A STRUCTURED APPROACH TO CONDUCTING THE TIME SOUNDS CHALLENGE, A HIGH-INTENSITY TRAINING EXERCISE THAT USES AUDITORY CUES TO IMPROVE ATHLETIC PERFORMANCE IN A FUN AND COMPETITIVE FORMAT.**





ACTIVITIES PACK

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INTRODUCTION RITUAL FOR A NEW TEAMMATE

ANALYSIS OF WRONG BEHAVIOR:

NEW ATHLETES OFTEN RECEIVE A CURSORY INTRODUCTION WITHOUT SUBSTANTIAL EFFORTS TO INTEGRATE THEM INTO THE TEAM. THIS LACK OF A WELCOMING PROTOCOL CAN LEAD TO FEELINGS OF ALIENATION AND DISCONNECTION, IMPACTING THEIR ABILITY TO GEL WITH THE TEAM AND THEIR OVERALL PERFORMANCE AND ENJOYMENT.

GOOD PRACTICE:

DEVELOP A COMPREHENSIVE INTRODUCTION PROTOCOL FOR NEW TEAMMATES TO FOSTER A SENSE OF BELONGING AND TEAM UNITY FROM DAY ONE. THIS PROTOCOL MIGHT INCLUDE:

- **FORMAL INTRODUCTION:** DURING THE FIRST TEAM MEETING OR PRACTICE, HAVE A FORMAL INTRODUCTION WHERE THE NEW MEMBER IS INTRODUCED TO THE TEAM. ALLOW TIME FOR EACH EXISTING MEMBER TO INTRODUCE THEMSELVES AS WELL.
- **BUDDY SYSTEM:** ASSIGN A 'BUDDY' OR MENTOR FROM AMONG THE SEASONED ATHLETES, SOMEONE WHO CAN GUIDE THE NEWCOMER THROUGH THE INITIAL PRACTICES, EXPLAIN TEAM CULTURE, AND BE A GO-TO PERSON FOR ANY QUESTIONS OR CONCERNS.
- **WELCOME KIT:** PROVIDE A WELCOME KIT THAT INCLUDES TEAM GEAR (LIKE JERSEYS, WATER BOTTLES, OR BAGS WITH THE TEAM LOGO), A HANDBOOK OF TEAM RULES, EXPECTATIONS, AND A SCHEDULE OF THE SEASON'S EVENTS.
- **INTEGRATION ACTIVITIES:** PLAN ICE-BREAKING ACTIVITIES THAT ENCOURAGE INTERACTION AND FUN, SUCH AS TEAM-BUILDING GAMES OR A Q&A SESSION WHERE TEAMMATES CAN LEARN ABOUT EACH OTHER'S BACKGROUNDS, INTERESTS, AND GOALS.

IMPLEMENTATION TIPS:

- **ENSURE THAT THE INTRODUCTION RITUAL IS STANDARDIZED TO GIVE EVERY NEW MEMBER THE SAME WELCOMING EXPERIENCE.**
- **THE BUDDY SHOULD CHECK IN REGULARLY WITH THE NEW ATHLETE DURING THEIR FIRST FEW WEEKS, HELPING THEM TO NAVIGATE ANY CHALLENGES THAT ARISE.**
- **THE COACH OR TEAM LEADER SHOULD FOLLOW UP WITH THE NEW MEMBER AFTER A MONTH TO SOLICIT FEEDBACK ON THEIR INTEGRATION PROCESS AND MAKE ADJUSTMENTS IF NECESSARY.**

TECHNICAL CONSIDERATIONS:

- **USE GROUP COMMUNICATION TOOLS LIKE WHATSAPP OR SLACK TO IMMEDIATELY INCLUDE THE NEW MEMBER IN TEAM COMMUNICATIONS.**
- **PREPARE DIGITAL CONTENT SUCH AS VIDEO INTRODUCTIONS FROM TEAMMATES WHO MIGHT NOT BE PRESENT OR WHO ARE KEY PLAYERS IN THE TEAM TO ENHANCE THE SENSE OF WELCOME.**



INVOLVE THE GROUP IN ADDRESSING POTENTIAL ISSUES

ANALYSIS OF WRONG BEHAVIOR:

CONFLICTS BETWEEN TEAM MEMBERS ARE OFTEN HANDLED EITHER TOO PASSIVELY, WITHOUT DIRECT INVOLVEMENT, OR TOO AGGRESSIVELY, WITHOUT ADEQUATE MEDIATION, LEADING TO LINGERING TENSIONS AND POTENTIALLY FRACTURING TEAM COHESION.

GOOD PRACTICE:

CREATE A PROACTIVE ENVIRONMENT THAT ENCOURAGES OPEN COMMUNICATION AND COLLECTIVE PROBLEM-SOLVING TO ADDRESS CONFLICTS OR POTENTIAL ISSUES AMONG TEAM MEMBERS. THIS CAN BE ACHIEVED THROUGH:

- **CONFLICT RESOLUTION WORKSHOPS: REGULARLY CONDUCT WORKSHOPS THAT TEACH CONFLICT RESOLUTION TECHNIQUES, EMPHASIZING SPORTS PSYCHOLOGY PRINCIPLES AND EFFECTIVE COMMUNICATION STRATEGIES.**
- **GROUP DISCUSSIONS: FACILITATE GROUP DISCUSSIONS WHERE TEAM MEMBERS CAN OPENLY DISCUSS ISSUES IN A STRUCTURED MANNER. THESE SESSIONS SHOULD BE GUIDED BY CLEAR RULES TO ENSURE RESPECTFUL AND CONSTRUCTIVE DIALOGUE.**
- **ROLE-PLAYING SCENARIOS: USE ROLE-PLAYING EXERCISES TO SIMULATE POTENTIAL CONFLICTS AND PRACTICE RESOLVING THEM, HELPING ATHLETES DEVELOP EMPATHY AND BETTER UNDERSTAND THEIR TEAMMATES' PERSPECTIVES.**

IMPLEMENTATION TIPS:

- **DESIGNATE SPECIFIC TIMES DURING OR AFTER PRACTICE FOR OPEN FORUMS, ENCOURAGING ATHLETES TO VOICE CONCERNS AND WORK TOGETHER ON SOLUTIONS.**
- **ENSURE THAT ALL DISCUSSIONS ARE MODERATED BY AN EXPERIENCED COACH OR MEDIATOR WHO CAN GUIDE THE DIALOGUE AND KEEP IT PRODUCTIVE.**

TECHNICAL CONSIDERATIONS:

- **EMPLOY TOOLS SUCH AS ANONYMOUS FEEDBACK FORMS OR DIGITAL PLATFORMS WHERE ATHLETES CAN EXPRESS CONCERNS DISCREETLY, WHICH CAN THEN BE ADDRESSED IN GROUP SETTINGS.**
- **UTILIZE VIDEO EXAMPLES FROM PROFESSIONAL SPORTS TO ILLUSTRATE SUCCESSFUL CONFLICT RESOLUTION AND TEAMWORK IN ACTION.**



FACILITATE DIALOGUE BETWEEN PARENTS AND COACH

ANALYSIS OF WRONG BEHAVIOR:

A LACK OF EFFECTIVE COMMUNICATION BETWEEN COACHES AND PARENTS CAN LEAD TO MISALIGNED EXPECTATIONS AND GOALS, POTENTIALLY IMPACTING THE ATHLETE'S DEVELOPMENT AND WELL-BEING.

GOOD PRACTICE:

ESTABLISH REGULAR, STRUCTURED COMMUNICATION CHANNELS BETWEEN COACHES AND PARENTS TO ENSURE ALL PARTIES ARE ALIGNED IN THEIR APPROACH TO THE ATHLETE'S DEVELOPMENT. THIS INCLUDES:

- **REGULAR UPDATES: PROVIDE REGULAR UPDATES ON THE ATHLETE'S PROGRESS, INCLUDING BOTH ACHIEVEMENTS AND AREAS NEEDING IMPROVEMENT.**
- **PARENT MEETINGS: HOLD SCHEDULED MEETINGS WITH PARENTS TO DISCUSS TRAINING PHILOSOPHIES, UPCOMING EVENTS, AND THE OVERALL WELL-BEING OF THE ATHLETE.**
- **CLEAR COMMUNICATION PROTOCOLS: SET CLEAR EXPECTATIONS ABOUT THE BEST WAYS AND TIMES TO CONTACT THE COACH, AND VICE VERSA, TO DISCUSS THE ATHLETE'S PROGRESS OR ANY CONCERNS.**

IMPLEMENTATION TIPS:

- **USE A CONSISTENT FORMAT FOR UPDATES, WHETHER ELECTRONIC NEWSLETTERS, A SECURED ONLINE PORTAL, OR REGULAR EMAILS, TO KEEP PARENTS INFORMED.**
- **OFFER A Q&A SESSION AT THE END OF PARENT MEETINGS TO ADDRESS ANY CONCERNS AND CLARIFY ANY MISUNDERSTANDINGS.**

TECHNICAL CONSIDERATIONS:

- **LEVERAGE TECHNOLOGY BY USING APPS OR WEBSITES DESIGNED FOR SPORTS TEAM MANAGEMENT, WHICH CAN FACILITATE EASIER SHARING OF CALENDARS, TRAINING UPDATES, AND DIRECT MESSAGING BETWEEN COACHES AND PARENTS.**
- **PROVIDE RESOURCES FOR PARENTS ON THE IMPORTANCE OF THEIR ROLE IN SUPPORTING THEIR CHILD'S ATHLETIC AND PERSONAL DEVELOPMENT.**





PRIORITIZE THE ATHLETE'S HEALTH ABOVE ALL

ANALYSIS OF WRONG BEHAVIOR:

IGNORING SIGNS OF INJURY OR FATIGUE IN ATHLETES CAN LEAD TO WORSE INJURIES AND BURNOUT, NEGATIVELY IMPACTING LONG-TERM PERFORMANCE AND HEALTH.

GOOD PRACTICE:

DEVELOP A CULTURE THAT PRIORITIZES ATHLETE HEALTH ABOVE PERFORMANCE GOALS. KEY PRACTICES INCLUDE:

- **PREVENTATIVE MEASURES: IMPLEMENT REGULAR HEALTH SCREENINGS AND FITNESS ASSESSMENTS TO CATCH POTENTIAL ISSUES EARLY.**
- **INJURY MANAGEMENT: HAVE CLEAR PROTOCOLS FOR MANAGING INJURIES, INCLUDING IMMEDIATE CARE, REHABILITATION, AND SAFE RETURN-TO-PLAY GUIDELINES.**
- **REST AND RECOVERY: INTEGRATE PLANNED REST DAYS AND ACTIVE RECOVERY SESSIONS INTO TRAINING SCHEDULES TO PREVENT OVERTRAINING.**

IMPLEMENTATION TIPS:

- **EDUCATE ATHLETES ON THE SIGNS OF OVERTRAINING AND THE IMPORTANCE OF REPORTING INJURIES.**
- **COLLABORATE WITH HEALTHCARE PROFESSIONALS TO PROVIDE WORKSHOPS ON NUTRITION, MENTAL HEALTH, AND INJURY PREVENTION.**

TECHNICAL CONSIDERATIONS:

- **UTILIZE WEARABLES AND FITNESS TRACKING TECHNOLOGY TO MONITOR PHYSIOLOGICAL INDICATORS LIKE HEART RATE AND SLEEP PATTERNS, PROVIDING DATA-DRIVEN INSIGHTS INTO EACH ATHLETE'S HEALTH AND RECOVERY NEEDS.**





ENCOURAGE THE USE OF SUSTAINABLE TRANSPORTATION

ANALYSIS OF WRONG BEHAVIOR:

FREQUENT USE OF INDIVIDUAL VEHICLES FOR TRAVELING TO PRACTICES AND EVENTS INCREASES THE ENVIRONMENTAL FOOTPRINT OF SPORTS PROGRAMS AND CAN LEAD TO LOGISTICAL CHALLENGES.

GOOD PRACTICE:

PROMOTE SUSTAINABLE TRANSPORTATION METHODS TO REDUCE ENVIRONMENTAL IMPACT AND ENHANCE TEAM BONDING. STRATEGIES INCLUDE:

- **CARPOOLING SYSTEMS: ESTABLISH A CARPOOLING ROSTER WHERE PARENTS AND ATHLETES CAN COORDINATE SHARED TRAVEL ARRANGEMENTS.**
- **PUBLIC TRANSPORTATION: ENCOURAGE THE USE OF PUBLIC TRANSIT OPTIONS IF AVAILABLE, ORGANIZING GROUP TRAVEL FOR TEAM EVENTS WHEN POSSIBLE.**
- **CYCLING OR WALKING: FOR LOCAL ATHLETES, PROMOTE CYCLING OR WALKING TO TRAINING, PROVIDING SECURE BIKE STORAGE OR WALKING GROUPS.**

IMPLEMENTATION TIPS:

- **PROVIDE INCENTIVES OR RECOGNITION FOR ATHLETES AND FAMILIES WHO CONSISTENTLY USE SUSTAINABLE TRANSPORTATION OPTIONS.**
- **ARRANGE FOR TEAM PICK-UP POINTS TO MAKE GROUP TRAVEL MORE CONVENIENT.**

TECHNICAL CONSIDERATIONS:

- **DEVELOP A DIGITAL PLATFORM OR APP WHERE TEAM MEMBERS CAN PLAN AND ADJUST CARPOOLING ARRANGEMENTS OR CHECK PUBLIC TRANSIT SCHEDULES.**





ORGANIZE GROUP OUTINGS OUTSIDE OF TRAINING HOURS

ANALYSIS OF WRONG BEHAVIOR:

LIMITED SOCIAL INTERACTIONS OUTSIDE OF STRUCTURED TRAINING CAN HINDER TEAM BONDING AND REDUCE THE OVERALL ENJOYMENT OF THE SPORT.

GOOD PRACTICE:

ENHANCE TEAM COHESION AND ATHLETE MORALE BY ORGANIZING REGULAR SOCIAL OUTINGS. IDEAS INCLUDE:

- **TEAM DINNERS OR LUNCHESES: SCHEDULE REGULAR MEALS TOGETHER, PERHAPS AFTER MATCHES OR ON A SET DAY EACH MONTH.**
- **GROUP ACTIVITIES: PLAN ACTIVITIES UNRELATED TO THE SPORT, SUCH AS MOVIE NIGHTS, HIKING TRIPS, OR COMMUNITY SERVICE PROJECTS.**
- **END-OF-SEASON TRIPS: ORGANIZE A SPECIAL TRIP AT THE END OF THE SEASON AS A REWARD FOR THE TEAM'S HARD WORK AND TO CELEBRATE THEIR ACHIEVEMENTS.**

IMPLEMENTATION TIPS:

- **INVOLVE ATHLETES IN THE PLANNING PROCESS TO ENSURE ACTIVITIES REFLECT THEIR INTERESTS AND PREFERENCES.**
- **BE MINDFUL OF THE COSTS ASSOCIATED WITH OUTINGS, ENSURING ALL TEAM MEMBERS CAN PARTICIPATE REGARDLESS OF FINANCIAL CIRCUMSTANCES.**

TECHNICAL CONSIDERATIONS:

- **USE ONLINE SURVEYS OR COMMUNICATION APPS TO GATHER IDEAS AND FEEDBACK ON PLANNED ACTIVITIES, ENSURING BROAD PARTICIPATION AND ENGAGEMENT.**





PROMOTE AWARENESS OF FAIR PLAY

ANALYSIS OF WRONG BEHAVIOR:

NOT ADDRESSING OR INCONSISTENTLY ADDRESSING INCIDENTS OF UNFAIR PLAY CAN LEAD TO A CULTURE WHERE CHEATING OR POOR SPORTSMANSHIP IS TOLERATED OR IGNORED, ULTIMATELY UNDERMINING THE INTEGRITY OF THE SPORT.

GOOD PRACTICE:

EMPHASIZE AND REINFORCE THE PRINCIPLES OF FAIR PLAY AND SPORTSMANSHIP AT ALL LEVELS OF PARTICIPATION. THIS CAN BE ACHIEVED THROUGH:

- **EDUCATIONAL SESSIONS: REGULARLY INCORPORATE DISCUSSIONS AND TRAINING SESSIONS FOCUSED ON THE RULES OF THE GAME, THE SPIRIT OF COMPETITION, AND THE IMPORTANCE OF RESPECT FOR OPPONENTS AND OFFICIALS.**
- **ROLE MODELING: COACHES AND SENIOR ATHLETES SHOULD CONSISTENTLY DEMONSTRATE FAIR PLAY AND RESPECT, SERVING AS ROLE MODELS FOR YOUNGER ATHLETES.**
- **RECOGNITION PROGRAMS: ESTABLISH A RECOGNITION SYSTEM THAT REWARDS ACTS OF SPORTSMANSHIP. THIS COULD INCLUDE AWARDS OR SPECIAL MENTIONS DURING TEAM MEETINGS.**

IMPLEMENTATION TIPS:

- **REACT CONSISTENTLY AND TRANSPARENTLY TO ANY INCIDENTS OF UNFAIR PLAY, MAKING THE CONSEQUENCES KNOWN TO ALL TEAM MEMBERS.**
- **USE REAL-LIFE EXAMPLES FROM SPORTING EVENTS TO HIGHLIGHT INSTANCES OF BOTH POOR AND EXEMPLARY SPORTSMANSHIP.**

TECHNICAL CONSIDERATIONS:

- **CONSIDER USING VIDEO PLAYBACK OF GAMES TO REVIEW AND DISCUSS MOMENTS OF FAIR AND UNFAIR PLAY IN A GROUP SETTING, WHICH CAN HELP ATHLETES UNDERSTAND AND INTERNALIZE THESE CONCEPTS.**





CONTACT ATHLETES WHO QUIT

ANALYSIS OF WRONG BEHAVIOR:

IGNORING ATHLETES WHO QUIT THE TEAM WITHOUT UNDERSTANDING THE REASONS CAN LEAD TO MISSED OPPORTUNITIES FOR IMPROVING THE TEAM ENVIRONMENT AND COULD PREVENT FUTURE ATTRITION.

GOOD PRACTICE:

ESTABLISH A FOLLOW-UP PROTOCOL TO REACH OUT TO ATHLETES WHO LEAVE THE TEAM. THIS APPROACH CAN PROVIDE VALUABLE INSIGHTS INTO POTENTIAL ISSUES WITHIN THE TEAM AND HELP ADDRESS ANY UNRESOLVED MATTERS. PRACTICES INCLUDE:

- **EXIT INTERVIEWS: CONDUCT EXIT INTERVIEWS OR SEND OUT EXIT SURVEYS TO GATHER FEEDBACK ON THE ATHLETE'S EXPERIENCE.**
- **FOLLOW-UP CALLS: IF AN ATHLETE LEAVES SUDDENLY, ARRANGE A CALL OR MEETING TO DISCUSS THEIR DECISION AND ANY UNDERLYING ISSUES THEY FACED.**
- **FEEDBACK ANALYSIS: REGULARLY REVIEW THE FEEDBACK FROM ATHLETES WHO HAVE LEFT TO IDENTIFY ANY COMMON THEMES OR ISSUES THAT NEED ADDRESSING.**

IMPLEMENTATION TIPS:

- **ENSURE THE FOLLOW-UP IS CONDUCTED IN A MANNER THAT IS RESPECTFUL AND NON-CONFRONTATIONAL, AIMING TO UNDERSTAND RATHER THAN PERSUADE.**
- **USE THE INFORMATION GATHERED TO MAKE IMPROVEMENTS TO THE TEAM ENVIRONMENT AND PREVENT FUTURE ATTRITION.**

TECHNICAL CONSIDERATIONS:

- **MAINTAIN AN UP-TO-DATE DATABASE OF ATHLETE CONTACT INFORMATION TO FACILITATE EASY FOLLOW-UP. USE SECURE, CONFIDENTIAL METHODS TO COLLECT AND STORE FEEDBACK TO PROTECT THE PRIVACY OF ALL INVOLVED.**





DO NOT LET PERSONAL ISSUES BETWEEN TWO ATHLETES AFFECT THE MOOD OF THE GROUP

ANALYSIS OF WRONG BEHAVIOR:

ALLOWING PERSONAL DISAGREEMENTS BETWEEN ATHLETES TO PERSIST AND AFFECT THE GROUP CAN DISRUPT TEAM DYNAMICS, LOWER MORALE, AND DIMINISH PERFORMANCE.

GOOD PRACTICE:

DEVELOP AND ENFORCE A CLEAR PROTOCOL FOR MANAGING PERSONAL DISPUTES BETWEEN TEAM MEMBERS TO ENSURE THEY DO NOT DISRUPT THE BROADER TEAM ENVIRONMENT. EFFECTIVE STRATEGIES INCLUDE:

- **MEDIATION SESSIONS: FACILITATE MEDIATION SESSIONS BETWEEN THE INVOLVED PARTIES, GUIDED BY A NEUTRAL COACH OR MEDIATOR WHO CAN HELP RESOLVE THE CONFLICT IN A CONSTRUCTIVE MANNER.**
- **TEAM POLICIES: ESTABLISH CLEAR TEAM POLICIES THAT OUTLINE ACCEPTABLE BEHAVIOR AND THE CONSEQUENCES FOR ALLOWING PERSONAL ISSUES TO NEGATIVELY IMPACT THE TEAM.**
- **COMMUNICATION WORKSHOPS: REGULARLY CONDUCT WORKSHOPS OR TRAINING SESSIONS THAT FOCUS ON EFFECTIVE COMMUNICATION, EMPATHY, AND EMOTIONAL INTELLIGENCE TO PREVENT CONFLICTS AND IMPROVE RESOLUTION SKILLS.**

IMPLEMENTATION TIPS:

- **ENCOURAGE AN OPEN DIALOGUE ENVIRONMENT WHERE ATHLETES FEEL COMFORTABLE DISCUSSING ISSUES BEFORE THEY ESCALATE.**
- **MONITOR TEAM INTERACTIONS AND STEP IN EARLY WHEN TENSIONS APPEAR TO BE RISING, OFFERING SUPPORT AND INTERVENTION AS NEEDED.**

TECHNICAL CONSIDERATIONS:

- **UTILIZE ANONYMOUS FEEDBACK TOOLS OR CONFLICT RESOLUTION APPS THAT ALLOW ATHLETES TO REPORT ISSUES AND SEEK HELP DISCREETLY, MINIMIZING PUBLIC EXPOSURE AND EMBARRASSMENT.**





PREFER OUTDOOR SPACES WHENEVER AND WHEREVER POSSIBLE

ANALYSIS OF WRONG BEHAVIOR:

OVER-RELIANCE ON INDOOR FACILITIES CAN LEAD TO A LACK OF EXPOSURE TO NATURAL ENVIRONMENTS, WHICH CAN BE LESS STIMULATING AND POTENTIALLY LESS HEALTHY, GIVEN THE BENEFITS OF FRESH AIR AND NATURAL LIGHT.

GOOD PRACTICE:

MAXIMIZE THE USE OF OUTDOOR SPACES FOR TRAINING AND EVENTS TO ENHANCE THE PHYSICAL AND MENTAL WELL-BEING OF ATHLETES. THIS APPROACH INCLUDES:

- **OUTDOOR TRAINING SESSIONS: SCHEDULE REGULAR TRAINING SESSIONS OUTDOORS TO TAKE ADVANTAGE OF NATURAL TERRAIN AND WEATHER CONDITIONS, WHICH CAN ALSO INTRODUCE NEW CHALLENGES AND VARIETY TO THE TRAINING REGIMEN.**
- **OUTDOOR MEETINGS AND ACTIVITIES: HOLD TEAM MEETINGS, STRATEGY SESSIONS, AND SOCIAL ACTIVITIES IN OUTDOOR SETTINGS WHENEVER FEASIBLE.**
- **ENVIRONMENTAL EDUCATION: EDUCATE ATHLETES ON THE ENVIRONMENTAL BENEFITS OF OUTDOOR ACTIVITIES AND ENCOURAGE PRACTICES THAT REDUCE ENVIRONMENTAL IMPACT, SUCH AS LEAVING NO TRACE AND SUPPORTING LOCAL CONSERVATION EFFORTS.**

IMPLEMENTATION TIPS:

- **ENSURE THAT ALL NECESSARY EQUIPMENT FOR OUTDOOR ACTIVITIES IS PORTABLE AND WEATHER-RESISTANT.**
- **KEEP A FLEXIBLE SCHEDULE TO ACCOMMODATE CHANGES DUE TO WEATHER CONDITIONS AND ENSURE THERE ARE INDOOR ALTERNATIVES IN CASE OF ADVERSE WEATHER.**

TECHNICAL CONSIDERATIONS:

- **USE WEATHER APPS AND LOCAL WEATHER NOTIFICATIONS TO PLAN OUTDOOR ACTIVITIES EFFECTIVELY. EMPLOY GPS OR OTHER LOCATION-BASED APPS TO EXPLORE AND MARK SAFE AND SUITABLE OUTDOOR AREAS FOR TRAINING.**

