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TeamUp Project

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Policy Recommendation: Transferability Plan

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1 - Overview of the Team Up Project, Key Objectives and Outcomes

1.1 The Project

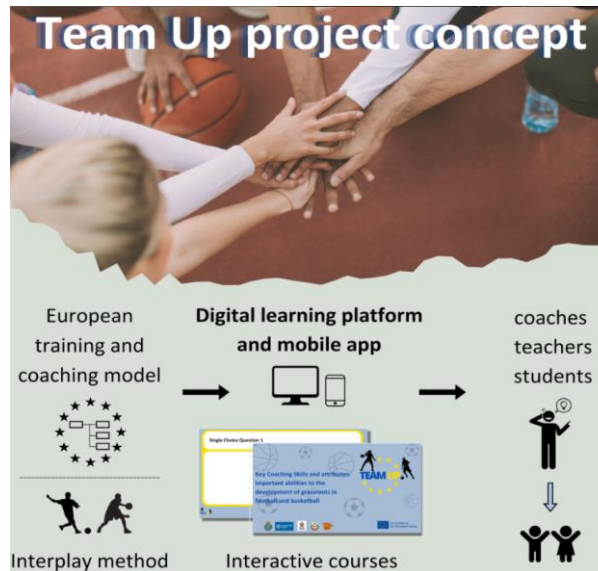


Figure 1 – Team Up Project Concept

The *Team Up Project* sought to significantly enhance the quality of grassroots coaching in European football and basketball by fostering an interdisciplinary, trans-European network involving stakeholders from sports, education, and various supportive sectors. Aligned closely with European Union priorities in sport, education, digital transformation, and social inclusion, Team Up's efforts centred on building a sustainable model to expand the educational and training capacities of sports organizations, specifically targeting the professional development of coaches working with young athletes aged 9-13. This approach was built on the EU's foundational policies in sports and education, particularly the *European Work Plan for Sport* (2021-2024) and related guidelines on coach qualifications, which emphasize blended learning, evidence-based sports science, and skill development for both players and coaches. In this way, the project addressed the EU's objectives for digital and green transitions,

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preparing grassroots organizations to adapt to the digital age while incorporating environmentally responsible practices. At the core of the project was the creation and implementation of a European coaching model that could be universally applied within grassroots football and basketball. This innovative model integrated digital technology and data science to offer a dual-sport methodology—a concept only recently emerging in sports science literature. By combining coaching strategies for both sports, Team Up introduced a training approach that promoted an athlete-centered methodology, designed to enhance the physical, social, and digital skills of young athletes while fostering their engagement and long-term well-being. To support this approach, Team Up developed a hybrid digital tool—a combination of a web platform and mobile application. This tool enabled coaches to access educational resources and modules grounded in sports science, digital skills, and social competencies, while also allowing them to design, monitor, and evaluate training programs effectively. This user-friendly digital model was developed not only for the project duration but also to provide a lasting platform for professional development across European sports federations, ensuring the project's sustained impact and legacy. A strong emphasis on gender and social inclusion was integrated throughout, with at least 50% of participating coaches and athletes being women, in line with EU gender equality policies, and the project prioritized the involvement of clubs from economically disadvantaged and remote areas. Team Up's inclusive approach aimed to address access disparities and promote grassroots sports among underrepresented groups. The project relied on a diverse partnership that included the *Bulgarian Football Union (BFU)*, the *Bulgarian Basketball Federation (BBF)*, the *University of Vienna*, *GEA Cooperativa Sociale* in Italy, and the *Municipality of Trani* as project coordinator, drawing on expertise from sports science, education, and social sciences to create a holistic approach to grassroots training. In this way, Team Up ultimately sought to establish a legacy in grassroots football and basketball across Europe by creating a framework for coaching education that aligned with the EU's principles of quality, digital competence, and inclusivity. This sustainable model and its digital resources were intended not only to improve grassroots coaching capabilities but also to contribute to the broader EU goals of fostering personal development, social cohesion, and lifelong learning through sport.

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1.2 Goals and Strategic Objectives

The aim of the Team Up Project was to promote education through sports by enhancing the quality of grassroots coaching in football and basketball. This goal was pursued through the creation of an interdisciplinary network, bringing together experts from sports, education, science, health, and business. This collaborative network worked to establish a comprehensive interplay model for football and basketball coaching, one that emphasizes cross-sport learning for young athletes to foster their physical, social, and cognitive growth, enabling them to engage more deeply and effectively with sports.

The project's primary objectives included developing and testing a coaching program that combined both traditional and digital tools to create a unified, innovative approach to grassroots training in football and basketball. This involved key actions to ensure the project's reach and impact. At a European level, Team Up prioritized the dissemination of successful grassroots sports practices by identifying and promoting effective digital and educational tools that enhance F&B training. By sharing these resources, the project has helped to strengthen coaching capacity and increase athlete engagement across European sports federations and clubs. Additionally, the project undertook a detailed evaluation of existing grassroots coaching methodologies within participating countries. This analysis was fundamental to understanding how new training models could be integrated and to what extent they could impact coaching standards and athlete outcomes.

To bring these methodologies to life, Team Up developed and piloted an inter-sport training program involving 90 coaches and 480 young athletes (ensuring that at least 50% were female) from 30 EU sports clubs. This program was specifically designed to foster gender-inclusive engagement in sports, aligning with EU policies on gender equality and promoting equal access to sports for both boys and girls. Following the pilot, Team Up compiled insights and developed this Policy Recommendation Report, serving as a Transferability Plan to ensure that the football and basketball coaching model can be scaled and applied across various sports organizations within the EU. The project also emphasized enhancing coaching competencies through the creation of digital workshops and training modules in performance analysis for basketball and football. These tools enabled coaches to incorporate advanced, data-driven analytical methods into their everyday practices, making training sessions more

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effective and tailored to athletes' needs. Therefore, to conclude, beyond coaching competencies, the project placed a strong emphasis on increasing athletes' skills across multiple dimensions, including digital literacy, social interaction, and media engagement. By using a data-driven training approach, Team Up equipped young athletes with a wide range of skills, extending the impact of traditional training and preparing them for the demands of modern sports. Furthermore, Team Up laid the groundwork for future grassroots coaching policies in football and basketball (the EU FB4BF blueprint), supporting the concept of dual careers by addressing both educational engagement and employability potential for athletes.

1.3 Target Groups

The primary target group for the Team Up Project included football and basketball coaches, young athletes aged 9-13, physical education (PE) teachers, and students from various cultural and socioeconomic backgrounds. This group was carefully selected to support the project's aim of strengthening grassroots sports education and making it widely accessible. A key aspect of this target group strategy was the inclusion of a minimum of 50% female participants, aligning with EU gender equality policies and addressing the need for more representation of women in sports. By focusing on this diverse audience, Team Up aimed to provide equitable opportunities for learning and development, particularly in regions where access to quality sports training can be limited. Focusing on football and basketball coaches was essential because these coaches play a pivotal role in shaping young athletes' development, both physically and socially. By improving coaches' training and providing them with innovative tools and methodologies, the project aimed to raise the overall quality of grassroots coaching and to create a supportive environment for young athletes. Involving PE teachers and students further expanded the project's impact, as these groups are crucial in promoting a culture of physical activity and well-being within schools, fostering a lifelong interest in sports and healthy lifestyles among young people. Moreover, targeting young athletes aged 9-13 was especially important as this age range is critical for foundational skill-building, social development, and the formation of a positive sports culture. By engaging these athletes early, the project aimed to inspire sustained interest and involvement in sports, while also promoting the values of teamwork, discipline, and inclusion. This approach ensured that children from disadvantaged or remote communities also had the chance to benefit from

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quality training resources and inclusive sports opportunities, helping to reduce disparities and promote social cohesion through sports. In sum, this carefully chosen target group allowed the Team Up Project to foster a more inclusive, accessible, and equitable sports environment across Europe.

1.4 Key Challenges and Successes

One of the significant challenges in the Team Up Project was the development of an inter-sport coaching methodology, a concept that is still relatively new in sports science literature and practice. This approach required an innovative model that could effectively combine elements of football and basketball training into a cohesive methodology suitable for young athletes. Achieving this goal involved collaboration among experts in sports science, education, and health, who worked together to address the varied physical, social, and cognitive needs of youth participants. Aiming for a balance between both sports, the methodology was designed to foster a holistic approach to athlete development, incorporating physical skills as well as social and emotional competencies that are essential for long-term engagement in sports. This athlete-focused, multi-sport method provides numerous advantages: it motivates young athletes to expand their comprehension of sports and cultivate transferable skills relevant to various disciplines. Moreover, by incorporating scientific concepts, the program is designed to enhance overall athleticism, cognitive growth, and social abilities, in line with contemporary training methods that emphasize both mental and physical health. A significant aspect of this ground-breaking approach was its focus on emotional intelligence, instructing coaches on methods to enhance young athletes' social abilities and self-awareness. This emphasis on emotional development is vital, as it aids athletes in cultivating resilience, teamwork, and communication skills that enhance their overall growth. Effectively executing this inter-sport model also required the development of digital resources—namely, a combined digital platform and mobile app. These resources offered coaches organized educational modules and performance evaluation tools that enabled more efficient, data-informed coaching. The implementation of technology facilitated improved tracking of athletes' advancement and fostered a network for sharing knowledge among sports organizations. This digital structure was designed to create a sustainable resource for

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European grassroots sports, facilitating ongoing development and flexibility even beyond the project's end.



Figure 2 – Team Up project partners

1.5 Project Partners

The Team Up initiative was driven by a varied collaboration, uniting leaders in athletics, education, and social inclusion. The consortium, headed by the Municipality of Trani, comprised the Bulgarian Football Union, Bulgarian Basketball Federation, University of Vienna, and GEA Cooperativa Sociale. Every partner brought unique knowledge to create a comprehensive, evidence-driven framework for improving grassroots sports throughout Europe.

The **Municipality of Trani** in Italy coordinated the Team Up project, offering strategic guidance and considerable expertise in community-focused sports and social programs. Trani established important connections with local and national organizations, utilizing these networks to improve the project's scope and influence. The municipality's expertise in fostering

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social integration and inclusion, particularly for marginalized groups, enhanced Team Up's focus on accessibility and equal opportunities in community sports.

The **Bulgarian Football Union (BFU)** played a critical role in the project, contributing its expertise in football development and a robust network within amateur and professional football across Bulgaria. BFU's involvement ensured that the project was deeply grounded in the needs of grassroots football, allowing for the practical application of innovative coaching methods. Additionally, the BFU provided insights into gender inclusivity in sports, an area they had been developing under previous initiatives.

The **Bulgarian Basketball Federation (BBF)**, another key partner, focused on the basketball aspects of the project. Leveraging their experience in organizing basketball training programs and international tournaments, the BBF helped to create a methodology that could be applied across sports. This collaboration supported the project's goal of building a unified model that meets the varied needs of young athletes, regardless of the specific sport they pursue.

The **University of Vienna**, through its Department of Sport Science, brought academic rigor and scientific insight to Team Up. By integrating research on biomechanics, kinesiology, and applied computer science, the University of Vienna contributed to the development of a cross-sport methodology grounded in evidence-based practice. This academic input was crucial in creating training resources and digital tools that would be scientifically sound and effective in youth sports coaching.

GEA Cooperativa Sociale, an Italian non-profit organization, added a social dimension to the project. With a background in promoting social inclusion and active citizenship, particularly among migrants and disadvantaged groups, GEA ensured that the project was inclusive and accessible. Their experience in intercultural education and community support was instrumental in designing activities that resonated with diverse groups, promoting sports as a tool for social integration and personal development.

This interdisciplinary approach ensured that Team Up was not only innovative in its training methodology but also inclusive and adaptable, capable of reaching diverse audiences and fostering sustainable improvements in grassroots sports across Europe.

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1.6 Long-term Impact and Sustainability

The *Team Up* project has laid a solid foundation for sustained advancements in grassroots coaching across Europe by providing innovative methodologies, digital resources, and comprehensive policy recommendations. These outputs are expected to serve as valuable references for future EU coaching frameworks, influencing the way youth sports are approached and enhancing the quality and accessibility of training across football and basketball clubs. By establishing a collaborative network of partners and a scalable coaching model, Team Up has created a framework for ongoing improvements in youth sports coaching that can be adapted and expanded to meet the needs of future generations of athletes and coaches. The project's emphasis on digital tools and cross-sport methodologies means that its resources can continue to evolve alongside technological and scientific developments, making them relevant in the long term. The hybrid digital platform and mobile app developed as part of Team Up provide coaches and physical education teachers with a dynamic toolset that can be continuously updated, allowing for the integration of new training techniques and data analysis methods. This digital infrastructure not only supports the immediate needs of grassroots coaching but also provides a flexible foundation that can adapt to future advancements in sports science and technology. Moreover, Team Up's policy recommendations serve as a transferable blueprint for integrating inclusivity, gender equality, and digital literacy into youth coaching programs across the EU. By aligning its goals with EU values on social inclusion and lifelong learning, Team Up has ensured that its outcomes resonate with broader European priorities, strengthening its impact on EU sports policy. The project's commitment to inclusivity and accessibility—particularly in reaching underserved communities and promoting gender balance—fosters an inclusive environment in which young athletes from all backgrounds have equal opportunities to develop and succeed.

In conclusion, Team Up's thorough approach integrating education, sports science, and social inclusion offers a sustainable model that will inspire future efforts and contribute to building a lasting legacy in European sports education. By promoting cooperation among various stakeholders and developing a sustainable, flexible framework for community coaching, Team Up aimed at establishing a foundation for significant, lasting progress in European sports training, guaranteeing that young players and coaches will gain from improved resources and opportunities in football and basketball.

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2 - Team Up Methodology Principles

2.1 Main Concept of the New Project Methodology and Program for Coaches

A cross-sport methodology for innovative youth training in grassroots sports clubs, specifically in football and basketball was a central achievement of the Team Up project. The training methodology, which was developed during the project, consisted of **cross-sport training modules** and focused on the overall sports development of young athletes, aiming to increase their knowledge and interest in sports, as well as their physical activity levels. This interconnected approach allowed for a unified development experience for athletes, fostering skills that would benefit them across multiple sports disciplines. The greatest challenge in Team Up was the development of an inter-sport coaching program. Its methodology identified common techniques shared by both sports while also highlighting the main differences in their demands, ultimately engaging athletes more effectively. The new methodology emphasized young athletes' overall sports development, enhancing their knowledge and interest in sports and improving their physical activity levels. This concept aligned with the idea of "inter-sport" training, where techniques from one sport were used to train athletes in another sport, providing a well-rounded athletic foundation for each participant. The cross-sport methodology developed by Team Up goes beyond traditional training, allowing athletes to apply core principles, such as spatial awareness and strategic thinking, across both football and basketball. This method encourages skill transfer and cognitive flexibility, helping athletes build a versatile athletic foundation. Such cross-training helps athletes adapt techniques to various contexts, enhancing their understanding and adaptability across sports.

The methodology was developed using the latest **scientific methods** and **strategic principles**, focusing on both the physical and cognitive capacities of athletes, promoting good performance, and fostering healthy behaviour. The approach was athlete-centered, emphasizing coaching values and behaviours that encouraged athletes to take responsibility for their actions, contributing to long-term personal and athletic development. At the heart of this athlete-centered approach is an emphasis on self-responsibility, enabling young athletes to engage actively in their own growth. This approach fosters important values such as discipline, teamwork, and resilience by motivating athletes to establish personal objectives

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and assess their performance. By enabling them to take control of their athletic journey, the program fosters a mentality that emphasizes self-betterment, which enhances not just their athletic performance but also their general personal development. The training also promoted self-awareness, discipline, and engagement, traits that are critical for holistic athlete development. Although similar programs existed in football and basketball, they were typically aimed at qualifying professional coaches or leaders in grassroots sports initiatives. Team Up, however, attracted experts from sports, education, science, health, and business sectors to develop the first European football and basketball merged interplay model. This model included a new training methodology and state-of-the-art inter-sport coaches' educational modules that have already transformed traditional grassroots football and basketball training methods in participating countries (PPC) and will continue to do so even after the project concludes. This inter-sport approach was particularly innovative as it filled a gap in training for young athletes, providing them with a foundational motor culture that supports success in any sport they pursue in the future.

The greatest challenge of Team Up lay in the development of an inter-sport methodology, which had only recently appeared in scientific sports literature. Some professional sports clubs had started applying it to youth training. The new methodology focused on young athletes' overall sports development, increasing their knowledge and interest in sports, as well as their physical activity levels. The inter-sport concept was particularly relevant for this project, as it addressed the need for basic sports and motor culture development in younger athletes, which is necessary for success in any sport. By applying this innovative approach, the project educated coaches on contemporary methods for training young athletes in two sports with one unified methodology, breaking traditional barriers in grassroots training. To support this methodology, Team Up developed a hybrid digital platform and mobile application, designed to enhance both training and engagement. This tool offers interactive modules that allow for real-time communication between coaches, athletes, and even parents, fostering a connected training ecosystem. The platform also provides multimedia content, from basic guides to advanced analytics tools, enabling coaches to tailor training programs to meet the unique needs of each athlete. This adaptable digital resource ensures that grassroots coaching remains flexible and responsive to evolving technological and sports science advancements, encouraging continuous learning among users. Additionally, the project empowered

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grassroots coaches with newly developed methodology and program modules, guiding them in their development as football and basketball coaches. This knowledge was transferable to physical education (PE) school teachers and coaches in other team sports, thereby broadening the reach and applicability of Team Up's approach. The project also fell under the digital horizontal priority, with social inclusion and green priorities embedded indirectly within the activities. This allowed for a holistic impact, benefiting not only individual athletes and coaches but also aligning with EU goals for sustainable and inclusive development. An innovative element of the Team Up methodology is its reliance on data curation and systematic evidence review, ensuring that each component of the program is scientifically grounded. By embedding data into the training process, Team Up enables coaches to make informed decisions based on the latest research in sports science and motor development. This data-driven approach raises coaching standards and supports precise tracking of athletic progress, allowing for more focused, effective training that meets the unique developmental needs of each athlete.

Team Up addressed digital transformation by developing the digital readiness, resilience, and capacity of the participating sports organizations, offering tools that support modern, adaptable coaching practices. The Austrian partner, a leader in sports applied science, provided valuable expertise in integrating trending scientific achievements and digital sports technologies into the project's digital deliverables. This collaboration allowed Team Up to not only refine its coaching methodology but also to equip organizations and coaches with the necessary digital skills and tools to sustain these advancements over time. The two main sports organizations from Bulgaria and the Italian municipality (with approximately 10 community sports organizations) were key to implementing a shift towards digital work and supporting coaches' education. Team Up advocated for the purposeful use of digital technologies in sports for teaching, learning, assessment, and engagement. This included the development of digital pedagogy, expertise in digital tools for trainers and teachers, accessible and assistive technologies, and the creation and innovative use of digital educational content. The project's **hybrid digital tool** helped coaches and teachers develop pedagogic resources based on scientifically proven methodologies, enhancing the educational value of grassroots training. Team Up's methodology and resources were designed to support sustainable, long-term improvements in grassroots sports coaching across Europe. By merging its principles with the

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educational frameworks and collaborating with community sports organizations, Team Up has established a scalable model adaptable to a variety of sports contexts. This sustainability focus aligns with EU policy goals and serves as a replicable standard that can inspire future strategies for grassroots development across European sports federations, ensuring that Team Up's impact extends beyond the project's timeframe. Furthermore, Team Up supported the use of European frameworks on digital competencies for educators, citizens, and organizations, as well as the European coaching framework. Ultimately, Team Up developed a European blueprint for grassroots coaching in basketball and football (EU FB4BF), based on shared points from these frameworks, promoting optimal sports learning and training environments using the latest digital technologies and tools. This approach was aimed at establishing a model that encourages ongoing professional development and empowers coaches and athletes alike, ensuring that the impact of Team Up extends well beyond the project's timeline.

2.1.1 Core Principles of the Project

The Team Up project is anchored in several core principles that define its innovative approach and lasting impact on grassroots sports training:

- **A Scientific Approach and Data Curation:** Team Up's programs are grounded in sports science, offering coaches and athletes evidence-based methods that promote both physical and personal growth. This commitment to scientific rigor ensures that the training is not only effective but also adaptable to future advancements in sports. Through carefully curated and validated data, Team Up provides coaches and athletes with a reliable foundation for decision-making. The digital tools developed through the project allow for ongoing access to scientifically backed resources, supporting quality and consistency in training. The Team Up model adhered to traditional principles that focused on the protection of public interest and participants, while also ensuring safe and ethical sport practices. It aimed to promote quality sport coaching and emphasized the need to protect the rights of sport coaches to education, development, and support. In line with these principles, the methodology supports a safe, inclusive environment where coaches are encouraged to uphold ethical standards. This commitment to ethical coaching practices aligns with the broader goals of the EU Work Plan for Sport,

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which promotes personal development, health, and integrity in sports, especially in youth settings.

- **Concepts Overplays (or Inter-Sports Concept):** the Team Up methodology is based on the modern concept of teaching coaches through similar sports, a concept described in the book *Coaching Football Like a Basketball Coach* (Simpson, 2020). The methodology of "concepts over plays" or inter-sport play, has allowed coaches and players to gain a deeper understanding of their playbooks and how these techniques can be applied in various situations. By using basketball concepts, football coaches have better understood how to teach skills, drills, and the schemes of play, thus making their approach to coaching more dynamic. This approach provides a unique, interdisciplinary perspective, where coaches apply principles like spacing, agility, and reflex training across both sports, encouraging skill transfer and adaptive thinking in athletes. The project methodology was developed based on common techniques shared by football and basketball, as well as the differences in their demands. This approach successfully engaged athletes and increased their interest in the sports. The program was evaluated, and the final version of its methodology, along with the coaches' educational modules and athlete program content, will be uploaded onto the Team Up web platform and app (the Team Up hybrid digital tool), designed to support coaches and athletes in practice.
- **The Coaches' Programs:** the coaches' programs were designed to be athlete-centered, aiming at the holistic development of athletes, as described in the first part of this proposal. The athlete-centered approach, as supported by research, is a coaching philosophy underpinned by specific values and behaviours, with the primary goal being to help athletes take responsibility for their actions, leading to better results. This method encourages young athletes to actively engage in their development by setting personal goals and assessing their own progress, thereby cultivating essential values like discipline, resilience, and teamwork. By fostering self-awareness and responsibility, this approach helps athletes grow not only as players but also as individuals, preparing them for both sports and life beyond the playing field. Building coaching capacity was central to Team Up's objectives. Recognizing the ongoing demand for updated, science-based training programs, the project delivered new

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modules focused on enhancing digital competencies, social and emotional skills, and teaching methodologies. These resources aimed to raise the qualifications of grassroots coaches, equipping them with skills that are both digitally and interpersonally relevant. In practical terms, this meant that coaches learned to foster athletes' resilience, self-awareness, and dedication, preparing young people not only for success in sports but also for personal growth.

- **Hybrid Digital Tool and Mobile App:** the Team Up project was focused on applying scientific principles to understand how the human body reacts to systematic exercise and sports practice. Sport scientists analyzed how physical activity and exercise enhanced performance and health in young athletes, ensuring that they could reach their full potential. The main idea of Team Up was to promote the education of coaches, trainers, and young athletes through sports, based on sports science. There was a recognized gap in the organization of top-trending training science content, which needed to be accessible enough for grassroots sports professionals and volunteers while also being suitable for athletes' educational needs. In response to the digital age, Team Up aimed to deliver this content through smart, specialized e-learning platforms. The Team Up digital platform has been developed to educate coaches and youth athletes on accessible sports-training sciences. This was done through data curation, systematic evidence reviews, and the organization of up-to-date, theoretical, and practical content on grassroots youth sports, training, and education. The platform focused on developing key physical skills for football and basketball (F&B) – strength, endurance, and speed. The Team Up hybrid digital tool (mobile app and online platform) was designed with ease of use in mind, ensuring accessibility for coaches, trainers, and young athletes at all levels of digital familiarity. Thus, Team Up has become a tool for promoting health and healthier behaviours, facilitating coaches' learning, enhancing their decision-making skills, and helping athletes learn the importance of science from the grassroots level. The Team Up platform complies with European standards for data protection, including GDPR, to ensure the safety and privacy of all user information. Measures were implemented to protect the personal data of coaches and athletes, building trust and enabling safe use of the platform by grassroots organizations across Europe.

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2.1.2 Conclusions of the Research

This comprehensive research study has provided an in-depth exploration of the use of digital training tools in European football and basketball grassroots clubs. The study has covered a broad range of topics, contributing to a holistic understanding of the current landscape of digital training tools in sports coaching. The research has emphasized the growing importance of digital technologies in coaching practices. The integration of these tools into coaching methodologies has been shown to enhance the effectiveness of training programs. Digital technologies offer valuable data that can be leveraged to monitor athletes' performance in real-time, providing coaches with the insights necessary to adjust training regimens and strategies. This data-driven approach has the potential to revolutionize how coaches design and implement training programs, leading to more personalized and effective strategies.

A key area of focus has been the use of wearable technologies in coaching. These devices provide valuable data on athletes' physical performance, enabling coaches to track progress and adjust training regimens accordingly. The study has highlighted various types of wearable technologies in use, such as GPS trackers and heart rate monitors, while discussing their advantages and disadvantages. While the potential of these technologies to enhance coaching practices is vast, important questions around data privacy and security must be addressed. The study has also explored the potential of artificial intelligence (AI) and virtual reality (VR) in transforming coaching practices. AI and VR offer promising opportunities for creating immersive and interactive training environments. These technologies can enhance athletes' engagement, facilitate the acquisition of complex skills, and provide platforms for simulating real-world game scenarios. However, the integration of AI and VR into coaching practices is still in its early stages, and further research is needed to fully understand their capabilities and limitations.

Another important focus of the research was the use of performance analysis software and online training platforms. These tools provide a platform for analyzing performance data, designing training programs, and facilitating communication between coaches and athletes. The study has reviewed various types of software and platforms currently available, exploring their features and benefits, and assessing their potential to enhance coaching practices. However, the research also identified several challenges associated with the use of digital training tools. These challenges include issues related to data privacy and security, the need for technical expertise to effectively use these tools, and the potential for over-reliance on

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technology at the expense of traditional coaching methods. Addressing these challenges is crucial to ensuring the ethical and responsible use of digital training tools. Looking ahead, it is evident that digital training tools will continue to play a crucial role in the evolution of coaching practices in grassroots football and basketball clubs. Ongoing research is essential to keep pace with technological advancements and to explore innovative ways of integrating these tools into coaching practices. It is also vital to address the identified challenges to maximize the benefits of digital training tools, including developing robust data privacy and security measures, providing adequate training for coaches to effectively use these tools, and promoting a balanced approach that combines both digital technologies and traditional coaching methods. Overall, the findings of this study highlight the importance of collaboration among various stakeholders, including sports organizations, educational institutions, technology developers, and policymakers. Such collaboration is key to harnessing the full potential of digital training tools, ensuring their ethical and responsible use, and ultimately improving the quality of coaching in European grassroots football and basketball clubs.

In sum, the use of digital training tools in coaching is a dynamic and rapidly evolving field. As this dynamic field continues to evolve, the findings of this study are anticipated to serve as a valuable resource for all stakeholders dedicated to advancing education in and through sports. This research represents a stepping stone toward a future where digital training tools are seamlessly integrated into coaching practices, enhancing the quality of training and contributing to the overall development of athletes.

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2.2 Application: Research, Preparation & Inter-project Coaching for Elaboration of a Methodology and Hybrid Digital Tool Content

The research has been developed as follows:

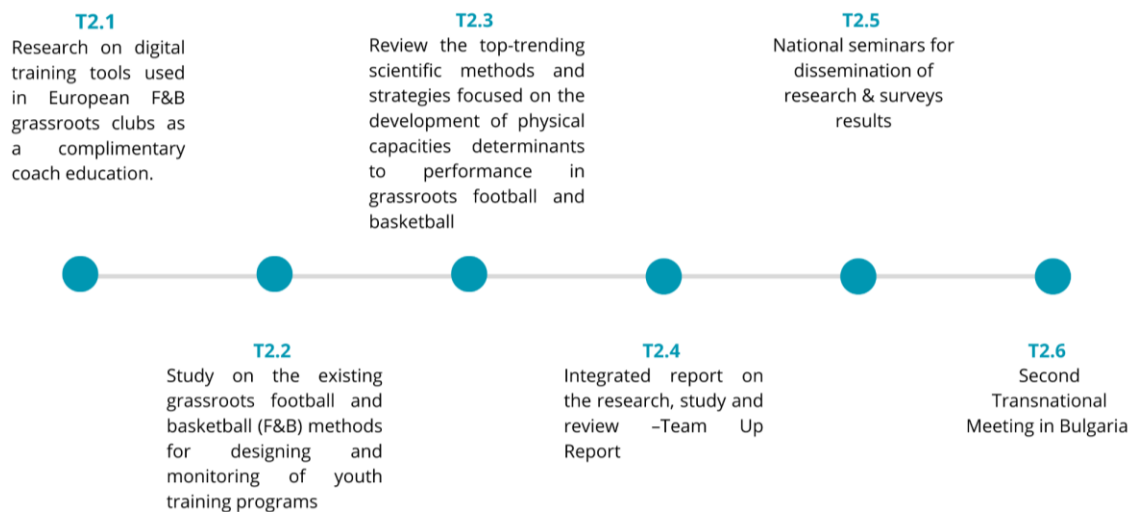


Figure 3. Research, Preparation & Inter-project Coaching for Elaboration of a Methodology and Hybrid Digital Tool Content

- **T2.1 Research on digital training tools used in European F&B grassroots clubs as a complimentary coach education**

During this activity, research was conducted to identify existing digital training tools used in European F&B grassroots clubs as a complementary resource for coach education. The focus was on reviewing methods and strategies for integrating digital tools into F&B grassroots club training. This study examined the best practices of grassroots sports clubs in utilizing contemporary and effective digital training and sports education tools to increase coaches' capacities and enhance youth athletes' interest and performance in F&B games. The research also analyzed the target groups' needs and identified European-funded projects from the past 5 years related to similar topics. Based on this activity and its specific objectives (SO1), the Team Up experts elaborated a framework of criteria for selecting the most effective digital training

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resources for team sports, with a special focus on F&B (football and basketball). These resources were provided to sports organizations, F&B, and team sports federations in PPC and across Europe. The pre-project study revealed that there was a lack of such digital tools, except for a few F&B grassroots clubs that had started using digital tools in response to social isolation and COVID-19 restrictions. Each project partner (Bulgarian Football Union and Bulgarian Basketball Federation from Bulgaria) conducted a qualitative survey, including meetings with stakeholders and expert interviews, to identify the existing digital tools. This survey supported the analysis of how to create better digital tool guidelines for F&B training for the target age groups – 9–11 and 12–13 years old. The research also included a detailed analysis of coaches' and athletes' training needs. An online questionnaire about the use of digital tools and the primary training needs of the target groups was elaborated and sent through the PPC network to F&B grassroots club coaches and managers. The country project coordinators conducted research on existing European-funded projects from the past 5 years that aimed to increase coaches' competences and improve athletes' training through the use of digital tools. Each country's project coordinator prepared conclusion minutes and presented them at the national seminars for the dissemination of the research results. The coordinators were responsible for inviting representatives of European projects with similar topics to participate in an online inter-project coaching activity during the second transnational meeting in July 2023 in Bulgaria to share their experiences. The research from this activity was completed in April 2023 (M4).

- **T2.2 Study on the existing grassroots football and basketball (F&B) methods for designing and monitoring of youth training programs**

During this activity, the experts intensified cross-curricular efforts to study and evaluate the existing grassroots football and basketball (F&B) methods for designing and monitoring training programs and inter-play sport concepts in the project participating countries (PPC). Interviews with representatives from F&B grassroots clubs were organized, focusing on the best training practices for PPC coaches, trainers, and athletes. The study curated and gathered the best and most up-to-date academic knowledge published in training sciences for F&B grassroots. This study was completed by the middle of May 2023 (M5).

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- **T2.3 Review the top-trending scientific methods and strategies focused on the development of physical capacities determinants to performance in grassroots football and basketball**

During this activity, experts elaborated a review of the top-trending scientific methods and strategies focused on the development of physical capacities that determine performance in grassroots football and basketball. As described in the needs analysis, the development and monitoring of athletes' physical capacities are important aspects of planning and organizing training sessions in grassroots youth F&B. According to the pre-research conducted in PPC, there was a lack of scientific-based approaches in existing grassroots coaches' practices and methodological programs, and there was weak collaboration between grassroots F&B and the scientific and educational sectors in training methodological matters. This activity was completed by June 2023 (M6).

- **T2.4 Integrated report on the research, study and review –Team Up Report**

During this activity, the research (T2.1), study (T2.2), and review (T2.3) were integrated into one document called the Team Up Report. The document was finalized in June 2023 (M6).

- **T2.5 National seminars for dissemination of research & surveys results**

This activity involved the organization of 4 national seminars (1 in Bulgaria, 2 in Italy, and 1 in Austria) by the country project coordinators, where managers and coaches from local F&B grassroots clubs were invited to learn about the results of the Team Up report activities, as described above. The national seminars, each lasting one day, were held in early July 2023, with approximately 120 participants (30 per country), and conclusion minutes were prepared for each seminar.

- **T2.6 Second Transnational Meeting in Bulgaria**

During the second transnational meeting in Bulgaria at the end of July 2023, the results of the study, research, and review were discussed. Two representatives from each partner (10 participants in total) participated in the meeting. The provisional program included a discussion of the summaries of each national seminar and the conclusion

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minutes of research on European-funded projects with similar topics. The meeting also featured an inter-project coaching activity, allowing Team Up project teams to meet online with other project consortium members working on similar topics, to exchange ideas, share experiences, and discuss good practices. This inter-project coaching activity aimed to increase cooperation and collaboration between Erasmus+ projects, contributing to the overall improvement of the quality of work and outcomes.

2.3 Recommendations for Policy and Practice: Ensuring the Sustainability and Scalability of Digital Coaching Innovations

In light of the findings from the research on digital training tools used in European grassroots football and basketball clubs, several strategic recommendations are proposed to support sports organizations, coaches, and policymakers in embedding digital technologies into grassroots coaching practices. To ensure that these innovations are sustainable and accessible, a multi-layered approach involving education, infrastructure, data privacy, and collaboration is essential. These recommendations are designed to facilitate the replication of the Team Up model across various contexts within the EU, aligning with broader policy goals for education, digital transformation, and gender equality in sports.

→ **Prioritize Continuous Education and Skill-Building in Digital Tools**

Ensure you stay updated on digital and analytical tools, such as wearable tech, performance analysis software, and AI-driven platforms. Engage in training programs offered through the platform, with particular attention to any funding opportunities that may support ongoing professional development in your region.

→ **Utilize Funding and Infrastructure Programs for Digital Access**

For clubs in rural or economically disadvantaged areas, investigate dedicated funding programs that can help acquire essential digital tools and upgrade facilities. Subsidies or grants aimed specifically at grassroots clubs can make technology adoption more feasible and equitable across regions.

→ **Follow Standardized Digital Frameworks in Training**

Use the recommended unified framework for digital coaching tools and methodologies,

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which ensures consistency across sports and supports best practices. Such a framework, adaptable to various sports, provides structured protocols that reinforce quality control and effective digital practices.

→ **Implement Strong Data Privacy and Security Protocols**

When using wearable devices and other digital tools, adhere strictly to data privacy policies to protect athletes' personal information. Make use of clear guidelines within the platform on data collection, storage, and sharing practices, ensuring compliance with EU data protection standards like GDPR.

→ **Engage in Cross-Sector Collaboration for Innovation**

Establish partnerships with technology providers and educational institutions to create affordable and tailored digital solutions that fit grassroots sports needs. Such collaboration can offer valuable insights and contribute to continuous improvement in digital coaching methods.

→ **Promote Gender Inclusivity in Digital Training**

Align with EU gender equality policies by setting a standard 50% participation rate for women in both coaching and athlete roles within grassroots clubs. Actively support outreach efforts to underrepresented groups and remove gender-based barriers to technology use, creating a more inclusive coaching environment.

→ **Develop Digital Pedagogical Resources for Athlete Engagement**

Use interactive digital resources, including video tutorials and infographics, to help young athletes understand the science behind their training. Encourage a data-driven approach that allows athletes to engage proactively with their own sports development, fostering lifelong participation in physical activity.

By adopting these recommendations, the EU and its member states can create a sustainable model for digital integration in grassroots sports. The implementation of these strategies will support a new generation of digitally skilled coaches and informed athletes, setting a precedent for innovation, inclusion, and excellence across European sports organizations.



3 - Development of the Coaches' Program

3.1 The Coaching Methodology

The newly developed coaching methodology and educational modules were made available on the **Team Up** platform as open-source resources, ensuring broad access for grassroots F&B organizations, coaches, and athletes. **Team Up** left a lasting legacy with the establishment of the **Europe Virtual Training Academy for Sports and Science (EUROVITASS)**. This academy initially focused on F&B educational modules but is set to expand its offerings to include resources for other team sports, ensuring the project's sustainability. Post-project, **EUROVITASS** will be supported by sports federations and will continue to educate coaches and youth athletes on cutting-edge sports training science, while improving their sports, scientific, digital, pedagogical, and social skills.



Figure 4 – The EUROVITASS Academy

The project has developed the new *Team Up* platform, which hosts educational resources and a mobile app. This platform includes a statistical module that tracks the registration of coaches in grassroots football and basketball (F&B) within the PPC. It also captures key details such as coaches' qualifications, as well as their primary educational needs and goals, all aimed at enhancing both their personal and professional development and improving the overall quality of their work.

A key feature of the platform is its communication module, which facilitates direct interaction between coaches and athletes, sports organizations and coaches, as well as between physical education teachers, students, and parents in real-time. Additionally, new coaching

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methodologies and educational modules will be uploaded to the *Team Up* platform as open-source resources, allowing grassroots F&B organizations, coaches, teachers, students, and athletes to access them widely.

3.1.1 The Hybrid Digital Tool



Figure 5 – The Team Up Hybrid Digital Tool

Team Up strives to create a hybrid digital tool for educating football and basketball coaches. A hybrid digital tool integrates various technologies and platforms to provide flexible and efficient service delivery. The [Team Up Hybrid Digital Tool](#) combines an **eLearning program** and a **mobile application** that offer coaches valuable coaching information and techniques grounded in scientific data and multimedia resources. These two technologies complement each other seamlessly, providing a comprehensive and effective educational experience.

The following sections outline the individual components of the *Team Up* Hybrid Digital Tool and illustrate how each serves its purpose.

3.1.2 The eLearning Program

The modules aimed to equip coaches with the necessary skills to foster not only the athletic performance but also the personal and social development of young athletes. The website

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features three educational modules that address key aspects of coaching in grassroots football and basketball. Coaches can select the module that best aligns with their interests and development needs:

- **Module 1: Teaching Ability**
 - Part 1: Key Coaching Skills
Focuses on essential coaching techniques.
 - Part 2: Key Coaching Attributes
Highlights personal attributes that contribute to effective coaching.
- **Module 2: Social and Emotional Competencies**
 - Part 1: Coaches' Social and Emotional Competencies Development
Guides coaches in developing emotional intelligence for their own well-being.
 - Part 2: Teaching Social and Emotional Skills to Young Athletes
Provides strategies for coaching young athletes in emotional and social skills development.
- **Module 3: Sport Performance**
 - Part 1: Performance Analysis
Teaches coaches how to assess player performance.
 - Part 2: Training and Coaching Techniques
Focuses on methods for training and coaching within team sports.

The website also includes a communication module, which enables direct interaction between coaches, teachers, students, athletes, and platform administrators. This interactive feature is vital for fostering successful learning.

3.1.3 The Mobile Application

The *Team Up* mobile app serves as a practical resource for training methods and engaging learning materials for football and basketball coaches. It is designed to complement the eLearning platform with a user-friendly interface and focused content that coaches can immediately apply during training sessions. This convenient tool provides access to training drills, tests, and other coaching resources, all optimized for on-the-go use.

The app organizes exercises based on specific physical capacities that coaches can train, including "speed & agility," "mobility," "strength," "technique," and "endurance." Each section

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lists exercises that target these capacities, with options for universal exercises, football-specific drills, and basketball-specific drills. This structure allows coaches to customize their training sessions and incorporate a wide range of exercises to promote engagement, fun, and the holistic development of young athletes.

In addition to exercises, the app includes tests that can be used to assess various physical capacities. When selecting an exercise or test, coaches are presented with a detailed page containing all the necessary information, including videos, images, and text instructions, to easily integrate these exercises into their training.

3.2 Tips and Recommendations for Coaches' Program Implementation

Implementing a new coaching program requires strategic planning, effective use of tools, and consistent engagement with the platform's resources. The following tips and recommendations are intended to help coaches make the most of the Team Up platform, Hybrid Digital Tool, and mobile application to ensure successful integration into their coaching practices.

→ **Familiarize Yourself with the Platform and App Features**

Familiarity with the statistical, communication, and educational modules will help you use these tools efficiently.

→ **Tailor Educational Modules to Your Development Goals**

Select modules that align with your personal coaching style and the specific needs of your athletes.

→ **Incorporate Hybrid Digital Tools into Your Routine**

The hybrid approach of combining eLearning with mobile app resources offers flexibility. During planning sessions, use the eLearning modules to build your coaching knowledge; during training, rely on the mobile app to quickly access relevant drills, tests, and techniques.

→ **Encourage Athlete Engagement in Performance Tracking**

The app includes assessment tools for tracking physical capacities, providing feedback



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on athletes' progress. Encourage athletes to participate in these evaluations to promote self-awareness and motivate continuous improvement.

→ **Integrate Social and Emotional Learning into Training**

Module 2 of the eLearning program offers essential strategies for developing social and emotional skills in young athletes. Incorporate these skills into regular training to cultivate resilience, teamwork, and emotional intelligence within the team.

→ **Engage with the Broader Coaching Community**

Take advantage of the platform's open-source nature by connecting with other coaches, especially those working in grassroots sports. Sharing experiences and strategies can yield valuable insights, help resolve common challenges and enrich your practice.

4 - Integrating the New Methodology into European Coaching Programs

4.1 Enhancing Grassroots Coaching through Holistic Integration of EU Policies and Community Collaboration

The hybrid tools elaborated during the project implementation aims at increasing the capacity of grassroots sports federations and clubs to work on educational aspects of their training, as well as their opportunities for collaboration with schools, associations and communities. The Team Up tools directly enforced grassroots coaches and athletes' knowledge and skills to blend together sports and social competences valorising digital means.

Team Up has therefore followed a holistic approach that has proven to be coherent and complementary to few keys EU programs and policies: first of all, the main themes in Sports and Education Key Topic in the priority area Protect integrity and values in sport of the EU Work Plan for Sport (2021-2024) related to sports as a framework of personal development, and Skills and qualifications in sport. By raising the coaches' sports and digital culture as well as scientific knowledge and personal skills Team up has also contributed to promote the Dual Careers concept, as stated in the EU Guidelines on Dual Careers: i) ensuring players' engagement in the educational system and ii) fostering their employability potential. Moreover, the project has brought synergies and complementarities with the EU Guidelines regarding the minimum requirements in skills and competences for coaches (February 2020)

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recommending blended learning and professional (e.g. the sport, sport science, coaching theory) and soft skills as most important for coaches' development.

This Recommendation Report has also the aim of showing to other sport clubs and sport organizations beyond the project's consortium how the tested methodology for coaches' education can be shared and transferred to other team sports, if duly adapted, and reach more coaches.

Team Up is based on the recent sports coaches international and European developments whereas an important milestone is the CF21 (Coach Force 21) Position Statement on the Professionalisation of Sport Coaching on behalf of Erasmus+ project. It builds on the previous European Coaching Council statement of 2011 and provides direction and guidance for the period 2021-2030. Team Up is backgrounded on the European acknowledgement that sport coaching plays a significant and ever-evolving role for society and individuals developed in the context of the European Union Work Plan for Sport 2017-2021, 2021-2024, the Council of the European Union Conclusions of November 2017 (Estonian Presidency) and June 2020 (Croatian Presidency).

The project national sports federations – the BFU and BBF represent two main European sports - football and basketball with extensive experience and position on coaching development has and will contribute to further transfer and disseminate the program tested among coaches and other federations. The project partner from Austria has valorised its contacts with the football and basketball national associations and unions to concretely reach coaches, as well as ensured a dissemination of the program among educational organizations in sports. The partners from Italy, MT and GEA, have respectively contacted community sports clubs of basketball and volleyball, grassroots sport clubs with specific social attention, primary and secondary schools in Veneto region. GEA will also propose the program to a network of schools as part of an agreement on social inclusion that is promoted by the Municipality of Padua. Team Up consortium commits to the process of continuous coaching improvement realizing that in all existing and future scenarios, the key role of federations at the national level and of community sports clubs is in seeking, activating, and allocating financial and other resources to connect with and support their coaches

The European sport policies include Sport and Society domain covering Education, Skills, and Coaching. The Commission advises in multiple documents the need for more extensive

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interaction between sport and education across Europe to promote the mutual sharing of best practice and help to improve the quality of physical education programmes and enhance teachers' competences and skill levels, and boost qualifications and their transparency and recognition for staff in the sports sector.

Team Up experience has shown that the youth sector would certainly benefit from a more coordinated approach, in particular in the area of coaching, defining basic standards at EU, and therefore national level, to ensure key quality and skills in sports, but also in the social sphere, to ensure an inclusive and respectful coaching altogether. The quality of coaches is a critical success factor for youth development according to the European Coaching Association and many other European and international sports bodies. The big sports clubs and the participating universities have youth academies and traditionally they attract coaches educated through academies and universities or ex-football and basketball players. Team Up focused on the grassroots sector, mainly made of volunteer and part-time paid coaches most of whom are young and not being players at high level. Partners have included sports federations have organized sports academies (BFU educates athletes in own sports academy, BBF uses the premises and educators of the NSA "Vasil Levski") and many youth sports academies in almost all leading sports clubs in project participating countries, to effectively evaluated the need to develop new methodology for coach education focusing on coach work with the group of 9-13 years old children as they are the future members of our society. Team Up priority has been supporting grassroots youth sports development in central and diverse communities through relevant and inclusive coaching education.

4.2 Application of the New Methodology

Team Up has promoted education in and through sports, reinforcing social and digital skills of grassroots coaches, contributing to the implementation of the EU Work Plan (WP) for Sport (2021- 2024) by:

- **Promoting the quality of coaching and PE teachers by assisting them with new coaching methodology and program along with on trending sports-training science:** the project's team has developed and created an e-learning digital environment, completed by a digital app available on Google Play store, aimed at improving access to sports and social skills, along with practical activities for grassroots sport coaches. This digital solution not only reduces the costs of training

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programs by offering an open-source environment, but also facilitates the efficient use of exercises and activities on the field. The *Team Up* platform, which includes both the eLearning program and the mobile app, delivers a hybrid digital tool designed to educate coaches using scientific data and media, providing them with the latest coaching methodologies and sport training techniques. By integrating these two technologies, the platform helps coaches build essential skills, develop new methodologies, and apply them in real-world training scenarios aimed at improving access to sports and social skills, along with practical activities for grassroots sport coaches;

- **Supporting skills development in youth football and basketball athletes through a coaching program in football and basketball based on digital technology, media, and sports training science:** the project has brought together grassroots coaches from basketball, football and volleyball to share a common test of the developed digital program, as well as sharing experiences and skills that could mutually enrich their set of skills and competencies. The project has enriched and improved their awareness and capacity in growing together social and sports skills, to better impact youth and children they train and all in all creating a more inclusive environment in sports. The pilot tests of the program, with sports clubs and schools, have concretely contributed to reach this goal, proving that the idea of promoting social and sports skills through digital channels highly accessible and easy to use can contribute to reach a wide audience of coaches, especially young ones or on the training coaches who did not have much experience and opportunity to be specifically trained.

4.3 Tips and Recommendations to Integrate the New Methodology

- **Invest in Training Programs for Grassroots Coaches**
Increase funding and resources for training grassroots youth sports coaches, emphasizing digital solutions that reduce costs and expand access to young athletes across diverse regions.
- **Engage Young Coaches in Content Development**
Include young coaches in the design and development of digital training content,

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ensuring the resources are accessible, relevant, and aligned with their preparation levels and practical needs.

- **Coordinate Training Programs within an EU Framework**
Encourage the creation of a coordinated EU framework for grassroots coaching programs that can be adapted nationally and locally, with a strong emphasis on integrating social skills into coaching practices.
- **Foster Partnerships with Educational Institutions**
Promote collaborations with universities, vocational schools, and sport education organizations to integrate digital training tools for grassroots coaches, leveraging the expertise of academic institutions.
- **Develop a Certification System for Coaches**
Implement a certification program to formally recognize the commitment of grassroots coaches, enhancing motivation and providing acknowledgment for their contributions to youth sports development.

5 - Recommendations for Sports and Educational Stakeholders

The Team Up model emphasizes a comprehensive approach to developing youth sports coaching, utilizing a demand-driven, federation and club-based framework that prioritizes community trust and long-term athlete engagement. These recommendations aim to foster collaboration between sports federations, clubs, educational institutions, and digital resources to ensure widespread, impactful, and accessible youth sports coaching.

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Figure 6 – Team Up Coaches at Work to Develop Recommendations

Establish Federation and Club-Supported Training Programs

- **Encourage Federation and Club Partnerships:** Sports federations and local clubs should collaborate closely to establish robust, community-centred training programs for youth coaches. This partnership will provide coaches with the resources and professional pathways needed.
- **Build on Local Trust:** Leverage the long-standing community relationships federations and clubs have developed to encourage youth sports participation. By working within familiar and supportive environments, stakeholders can improve program accessibility and maintain consistent training standards.

Valorize Digital Solutions for Grassroots Coach Training

- **Prioritize Investment in Digital Training Tools:** Invest in accessible, digital solutions, such as the Team Up platform, to lower training costs and maximize reach among young athletes and coaches. Digital tools offer flexible access to training resources, increasing coach engagement and skill development.

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- **Engage Young Coaches in Content Development:** Involve young coaches directly in developing digital content to ensure resources are suitable for their experience level and practical needs. This will make digital tools more user-friendly, relevant, and effective.

Integrate School Sports as a Foundation for Youth Engagement

- **Position Schools as Key Partners:** Schools play a foundational role in children's exposure to sports. As they provide a big percentage of children's physical activity, integrating schools as core partners will create cohesive sports experiences that foster lifelong habits.
- **Establish School-Club Transition Pathways:** Develop seamless pathways from school to club sports by building collaborative programs between schools and clubs. This will facilitate a smooth transition for students, increasing their engagement in organized sports as they progress.

Promote Coordination and Standardization Across Training Programs

- **Establish an EU Common Framework:** Work with EU sports organizations to create a standardized blueprint for grassroots football and basketball coaching, tailored to local contexts. This framework should focus on integrating core coaching skills and social development, ensuring quality and consistency across countries.
- **Coordinate National and Local Programs:** Based on the EU framework, encourage member states to develop national programs that can be adapted locally. By aligning standards and resources, stakeholders can ensure social skills training and holistic development are prioritized across grassroots programs.

Adopt an Athlete-Centered, Holistic Approach for Youth Coaches

- **Provide Age-Appropriate, Holistic Training:** Design a coaching curriculum that is adaptive, focusing on holistic growth, social skills, and enjoyment, alongside athletic development. Emphasize skills such as teamwork, resilience, and personal growth.

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- **Emphasize Science-Based Methods and Informal Play:** Equip coaches with evidence-based techniques and encourage play-centered activities that foster intrinsic motivation. Integrating informal games like street play helps develop adaptability and sportsmanship.

Develop a Certification System for Grassroots Coaches

- **Implement Coach Certification Programs:** Recognize coaches' commitment through structured certification programs. Certifications validate their skills, motivate continued learning, and ensure they are formally acknowledged for their contributions to youth sports development.
- **Align Certifications with National and EU Standards:** Certification should be linked with the EU coaching framework, allowing coaches to build transferable credentials that are respected within local and EU contexts.

Involve Physical Education Teachers in Training and Development

- **Offer Specialized Training for PE Teachers:** Equip physical education teachers with Team Up methodologies, enabling them to incorporate football and basketball into school curriculums. This will create a replicable, school-based model that fosters sports engagement from an early age.
- **Facilitate PE Teacher-Club Collaborations:** Encourage partnerships between PE teachers and local sports clubs, enriching school-based sports programs and promoting student engagement in club-based activities.

In conclusion, the recommendations outlined aim to inspire stakeholders to invest in youth coaching programs that are both sustainable and adaptable to local needs. By embracing digital tools, involving young coaches in content creation, and establishing certification systems, the initiative can empower coaches, increase accessibility, and ultimately enhance the quality of youth sports across Europe.

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6 - Conclusion

This report on policy recommendations outlines a strategy for incorporating digital technologies into community sports coaching, allowing European football and basketball clubs to leverage innovation's advantages to promote athletic growth, inclusiveness, and excellence. By implementing the strategies mentioned, participants throughout the sports ecosystem—from local clubs and trainers to policymakers and tech providers—are better equipped to collaborate on an improved coaching model that emphasizes digital preparedness, data protection, and accessibility for everyone. The results of this report highlight the importance of ongoing professional development for coaches, allowing them to effectively use wearable technologies, performance analysis software, and AI tools. Investing in infrastructure is just as important, particularly for smaller and rural clubs, to ensure fair access to digital resources across various regions. Creating a uniform framework for digital tools in football and basketball will enhance consistency, while strong data privacy measures will safeguard athletes' information, encouraging trust and transparency. Aside from the direct technical requirements, the suggestions highlight a comprehensive strategy for policy execution that fosters gender inclusivity, teamwork, and educational advancement. Designing digital coaching tools for a variety of users and forming partnerships with technology vendors and educational organizations will create solutions that are cost-effective, customized, and flexible. Through actively involving young athletes in science-informed education regarding their training, Team Up fosters a lasting passion and participation in sports, aligning with wider EU objectives on health and social unity.

The Team Up model not only demonstrates best practices for local sports development but also establishes a standard that can be replicated by other sports and areas in the EU. By adopting these recommendations, a sustainable foundation for innovation in youth sports coaching will be established, enabling Europe's forthcoming athletes and coaches to flourish in a digital age. The groundwork established by Team Up presents a compelling vision for the future of sports education—one that is inclusive, based on science, and attuned to the changing needs of communities.

As a conclusion there is a need to upgrade the existing school and sports clubs' youth football and basketball programs with new content, holistic approach and new methods of presentation. To meet the challenge that grassroots clubs and sports federations face in

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designing and monitoring training programs for their sports clubs members there is need to elaborate new models for education and training based on the needs of the athletes, sports science and the new digital technologies.

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