

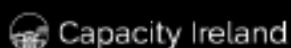
Best Practices in European Sports Coaching



Created in conjunction with EuroCoach:
the online learning platform for aspiring sports coaches



Co-funded by the
Erasmus+ Programme
of the European Union



PROJECT	—	3
KORFBALL	—	4
TENNIS	—	5
GAELIC GAMES	—	6
PÁDEL	—	8
FOOTBALL	—	9
CONTACT	—	10

OVERVIEW

The Best Practices in European Sports Coaching guide highlights areas of excellence from a series of sports in different countries:

- Korfball in the Netherlands
- Tennis in the United Kingdom
- Gaelic games in Ireland
- Pádel in Spain
- Football in France

It's intended for both qualified and trainee sports coaches to show how positive examples of gender equality, accessibility, social inclusion and community can be shared across sports. We aim to encourage coaches to learn from different sports in order to improve the quality of the profession and cover issues that are important but not always included in coaching qualifications.

This is part of an Erasmus+ funded project and collaborative effort amongst six vocational training organisations in Europe: Community Coach (UK), Capacity Ireland (Ireland), DSC Formation et Développement (France), Koninklijk Nederlands Korfbalverbond (Netherlands) and Third Sector International (Spain).

You can access EuroCoach, our online learning platform, for more information and resources: eurocoach.online



KORFBALL

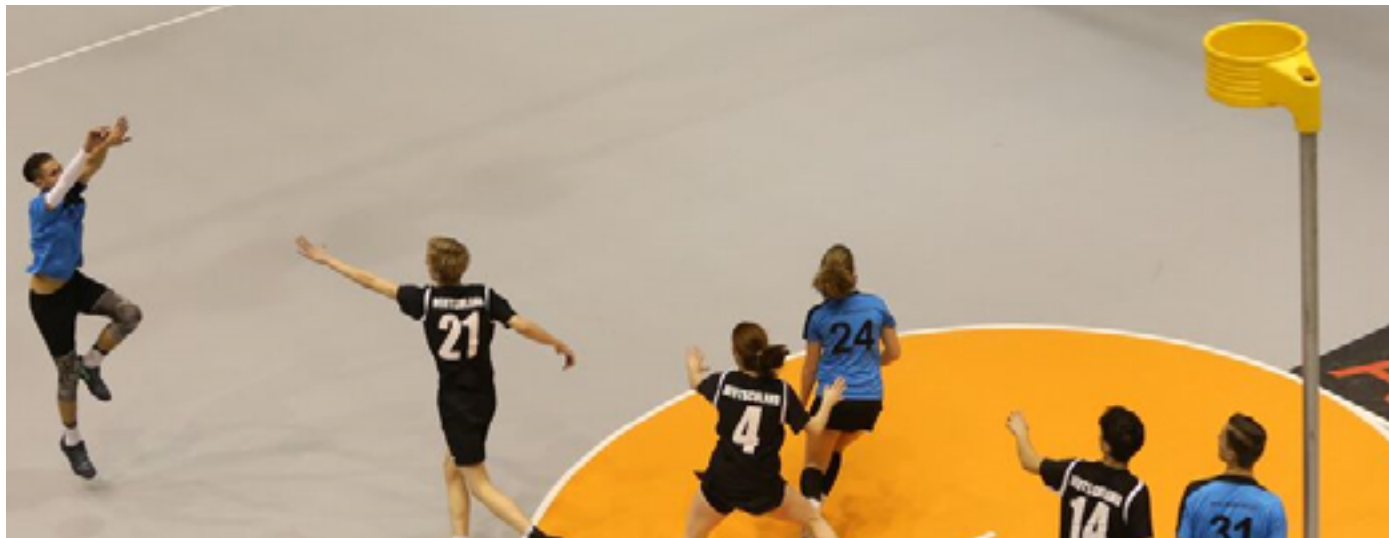
Korfball is quickly becoming a recognised sport around the world with the International Korfball Federation (IKF) promoting the game through exchange programmes, youth development and training courses. Korfball is a ball sport with, similar to basketball and netball, with eight players on a team; of which four should be females and four males. The standard court sizes are The court used should be 20m x 40m indoors and 30m x 60m outdoors. There is a basket – known as the korf – on a 3.5m pole at either end zone and scoring points means getting the ball through the opposition team’s korf. The Royal Dutch Korfball Association (KNKV) is the governing body of the korfball leagues in the Netherlands, which are the most competitive in the world.

AREA OF EXCELLENCE

As the only official mixed sport in the world, korfball’s promotion and advancement of gender equality is significant. As a result of this mixed nature, korfball has an emancipatory character and scores highest in research into cohesion within team sports. Thanks to the equal distribution of men and women in korfball, there is a safe and social character. In addition to the equally mixed teams, the KNKV also strives for equal representation in club boards, referees, trainers and coaches at the highest level. The rules of korfball ensure equal opportunities in the field for men and women and the sport places great emphasis on women’s contribution within the team.

COACHING

Most coaches and trainers of korfball have not received any formal training. Generally, within organisations, volunteers who are experienced players take on the role of trainer. One of the sport’s key objectives is for every association to have sufficiently trained coaches, officials and club managers. Currently, the KNKV offers three coaching courses called “Korfball trainer 2/3/4”, abbreviated as KT 2/3/4. There is an emphasis on Veilig Sportklimaat (VSK), which aims to promote positive behaviour and traits in coaches, such as sportsmanship, respect, and combating undesirable behaviour within associations.



TENNIS

Tennis is a racquet sport that can be played against a single opponent or two in the form of doubles. It is played on a rectangular court separated by a net running across the centre. Tennis has been played for over a century dating back to 1872 where the first club was built at Leamington Spa, England. 5 years later the Wimbledon Tennis Club hosts the All England tennis Championship, which is still running today and is the most prestigious tournament in the world.

AREA OF EXCELLENCE

The delivery of coaching programmes within tennis in the UK is of an exemplary level and as such participation rates continually rise. There are many opportunities for coaching careers using detailed, technical and versatile teaching methodologies; whether you choose to become a community based coach, a mini tennis coach, a club coach or a performance coach. Great emphasis is placed on monitoring and evaluation of students and their feedback is highly valued. The Lawn Tennis Association (LTA) hires experts in the sport to plan, implement and deliver their courses. There is excellence in the delivery of UK coaching programmes and this is evident from the steady increase in participation as weekly players rose from 697,000 to 718,000 from 2016-2017 and British tennis memberships also rose from 590,000 to 608,101.

COACHING

The most common and popular way to coach in the UK is having an LTA licence and for this you need to complete a basic Level 1 qualification, which is certified by awarding organisations such as 1stForSport Qualifications. The LTA also offer a Level 1 course for those looking to get into coaching and this is recognised internationally.



GAELIC GAMES

Gaelic games are sports that originated in Ireland and include Hurling, Gaelic football, Handball, Rounders, Hurling/Camogie and Ladies Football. The games are promoted by the Gaelic Athletic Association (GAA), an Irish international amateur sporting and cultural organisation. For the purpose of this guide, we will look at the two most popular: Gaelic football and hurling.

GAELIC FOOTBALL

It's fast paced, with two 15-a-side teams, and is played on a field a little bit bigger than a football pitch. The aim of the game is to put the ball in your opponents' net (worth three points) or between the posts and above the crossbar (for one point). Matches last for 70 minutes, using a ball slightly smaller than a football. You can move the ball along the pitch by either kicking it out of your hands, along the ground or passing it to a team-mate by hitting it with your fist.

HURLING

It's made up of 3 simple elements: a hurling stick, a leather ball (called a sliotar), and a player. The game is made up of 2 teams with 15 players each and the objective of the game is to get the ball into a net or above a crossbar. There are 2 ways to get the ball from the ground into your hand. There's the jab lift and there's the roll lift. To pass the ball to your teammate, there is pretty much 2 basic ways to do it: a hurl pass and a hand pass.



AREA OF EXCELLENCE

The GAA is celebrated as one of the great amateur sporting associations in the world. It is part of the Irish consciousness and plays an influential role in Irish society that extends far beyond the basic aim of promoting Gaelic games. The Association today promotes Gaelic games such as Hurling, Football, Handball and Rounders and works with sister organisations to promote Ladies Football and Camogie. The Association also promotes Irish music, song and dance and the Irish language as an integral part of its objectives. The GAA has remained an amateur Association since its founding. Players, even at the highest level, do not receive payment for playing and the volunteer ethos remains one of the most important aspects of the GAA. The GAA strategic plan 2018/21 supports this view, highlighting the fact that over 1.5 million supporters attended intercounty football and hurling championship games in the 2017 season, while over 130,000 children participated in GAA Cúl Camps in 2017. The level of interest in the GAA is also reflected in the more than one million followers of GAA national, international, provincial and county social media accounts.

PARTICIPATION

Gaelic football is full contact, fun, fast and will improve your fitness. Not only that, you'll meet new people and make friends; with team-mates known to create strong bonds off the field. Gaelic football builds your stamina, agility and awareness. The sport also improves hand-eye coordination. Junior versions of the game are non-contact. The GAA offers beginners' camps for children up to and including age 11. The Ladies Gaelic Football Association runs a Gaelic4Girls programme culminating in a National Blitz Day. Disability Sport Northern Ireland has a host of resources and information on how to make Gaelic football more inclusive. The GAA has over 2,200 clubs in all 32 counties of Ireland.

COACHING

The GAA offer a variety of courses for people wishing to coach Gaelic games specifically and the best way to become a coach of Gaelic games is to join the GAA Coach Education Programme (CEP). The GAA CEP is aligned to the Coaching Development Plan for Ireland and has been designed to develop coaches of traditional games. Participants begin with a foundation course and can then go on to participate in additional courses, which have 3 levels. Great emphasis and care have been put into the delivery and planning of coaching programmes with monitoring and evaluation given great importance. Focus has also shifted from the physical wellbeing of athletes to include their mental health as well. The GAA is committed to fostering and nurturing the next generation of players and managers by actively encouraging participation from children and young adults

PÁDEL

Pádel is a popular racquet sport in Spain and is played in doubles, either indoors or outdoors. Courts measure 10 x 20m and are enclosed by high transparent walls, which allow players to bounce the ball in a similar way to squash. The two teams are separated by a tennis net and the court is marked out with lines and service boxes. Pádel uses the same scoring system as tennis. It is an exciting time to be involved in the sport of pádel, which is gaining interest and support across Europe and South America.

AREA OF EXCELLENCE

Pádel is an inclusive, sociable sport that encourages people of all ages, backgrounds and abilities to participate. It is not a sport that requires a high level of technique so players can grasp and enjoy the game quickly. Pádel is easily adaptable so that people with learning or physical disabilities can participate. There are various organisations across Spain that support this, including the Integrated Pádel Association (API) that manages several specialised pádel sports centres across Andalucía, and the Pádel Association for All (ASPADO) that has organised national tournaments for disabled pádel players since 2010. It is also a sport that takes gender equality seriously; in 2018, The World Pádel Tour (WPT) signed an agreement with the Players Collective (Colectivo de Jugadores y Jugadoras) to work against unequal pay for female players.

COACHING

A full pádel coaching qualification typically encompasses three levels of training and is offered by a number of awarding bodies, such as El Registro Profesional de Pádel (RPP) based in Madrid. The Level 1 qualification is sufficient to start teaching as a pádel instructor, while Levels 2 and 3 progress the trainee's expertise to a coach standard. The RPP also offers an integrated course, Curso Integral de Pádel, that combines Levels 1 and 2.



FOOTBALL

Association football is the world's most popular sport with around 250 million players across the globe. The Laws of the Game, established in the 19th century, state that an official match is between two teams with 11 players, including a goalkeeper each, and lasts 90 minutes. However, there are many different ways to play football, with smaller teams and shorter games popular for training and accessibility.

AREA OF EXCELLENCE

The historical power of football to unite diverse communities is one of the sport's greatest gifts. In France, this was demonstrated most impressively in the 2018 World Cup, where the French team – 87% of whom were immigrants or children of immigrants – was celebrated as global champions and national heroes. A glimpse into the various ethnic backgrounds of the players – whose parents and grandparents arrived in France from places as distinct as Algeria, the Philippines, Germany, Guadeloupe, Angola and Senegal – is to have an insight into the richness of diversity in France's people. Community development has been an important focus of football associations in France and there are numerous charities that actively support immigrants and provide not only work opportunities but also a place of refuge. One example is Infos à Gogo based in Marseille, an organisation which provides vocational training and sports coaching for disadvantaged young people with a particular focus on young immigrants. Combining their activities with work in the community has brought diverse people closer together.

COACHING

Internationally, there are various routes available to becoming a qualified football coach. In France, the most common path to becoming a football coach is by acquiring the Certificats Fédéral de Football (Federal Football Certificates). There are three certificates in total, each one of which consists of two 16-hour modules that focus on different age groups and team formations. Once students have completed their qualifications, there is a wealth of support available from the football coaching community, such as the Communauté des Entraîneurs Francophones de Football (Community of Francophone Football Coaches). of which consists of two 16-hour modules that focus on different age groups and team formations.



CONTACT

You can access **EuroCoach**, our online learning platform, for more information and resources: eurocoach.online

