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REPORT OF YOUNG VOLUNTEER COACHES NEEDS

OCTOBER 2021





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INTRODUCTION

Replay 2.0 is an Erasmus+ Sport project (622356-EPP-1-2020-1-IT-SPO-SCP), that has the following partners: Associazione Sportiva Dilettantistica Margherita Sport e Vita Basket (MSV) – coordinator (Italy); GEA Coop Sociale (Italy); Big Bang Ballers (BBB) (France); Fare network (Fare) (Netherlands); Maieutica (University of Maia and Polytechnique Institute of Maia) (Portugal); University of Umea (Sweden), University of Belgrad (Serbia); Unió de Federacions Esportives de Catalunya (Spain).

This project aims to promote a high-quality mentoring programme between sport universities students and young volunteer coaches of grassroots sport organizations that work with young people and children coming from disadvantaged and less active groups, enhancing their capacity to promote social inclusion through grassroots sport.

This main objective sums up 5 connected **Specific objectives**:

1. Strengthening high quality skills of young volunteer coaches of grassroots sports organizations to promote social inclusion and equal opportunities through sport for young people and children from disadvantaged groups;
2. Transfer the high-quality approach of dual career and the methodology of mentoring to increase capabilities of youth in sport education and engagement in promoting sport as a tool of social inclusion;
3. Increase capacity of grassroots sport to promote values, inclusion and engagement of young people and children from disadvantaged and less active groups, that otherwise would be excluded from the sport practice and opportunities of wellbeing and education through sport;
4. Promoting and encouraging a stronger European cooperation among grassroots sport organizations and sport universities to further enhance the role of sport and physical activity as a tool of inclusion and wellbeing for all kids and youngsters in Europe, whatever their social, cultural, physical background;
5. Enhance sustainability and further valorisation of effective Erasmus+ Sport actions and outputs, promoting innovative synergies and wider their impacts and transferability beyond the conclusion of the funded projects.





The main group target that the project will address is young volunteers’ coaches (under 30) from grassroots sports clubs. Also, sport universities students will be involved acting as mentors for the main target group.

YOUNG VOLUNTEER COACHES NEEDS SURVEY

This survey aims to access the main needs of young volunteer coaches from grassroots sport organizations, to develop their skills with kids and children from disadvantaged groups, as a tool of social inclusion and equal opportunities through sport. This survey is a part of an Erasmus+ Sport Replay 2.0 Project (founded by the European Commission).

The results of the survey provide the necessary data to develop the mentoring and training programme. It is important to point out, that this programme will take into consideration the needs mentioned by the young coaches (participants of the survey).

This report presents the data and provides a few insights.

PARTICIPANTS

A total of 559 participants (n= 559), from 6 countries, responded to the survey, specifically, 93 from Portugal, 91 from France, 101 from Spain, 99 from Italy, 103 from Serbia and 72 from Sweden. We received no answers from the partner Fare Network - Netherlands. In the table below we can find the number of males and females participants per country.

	Total	PT	ES	IT	RS	SE	FR
Males	339	77	51	56	63	42	49
Females	221	16	50	43	40	30	42

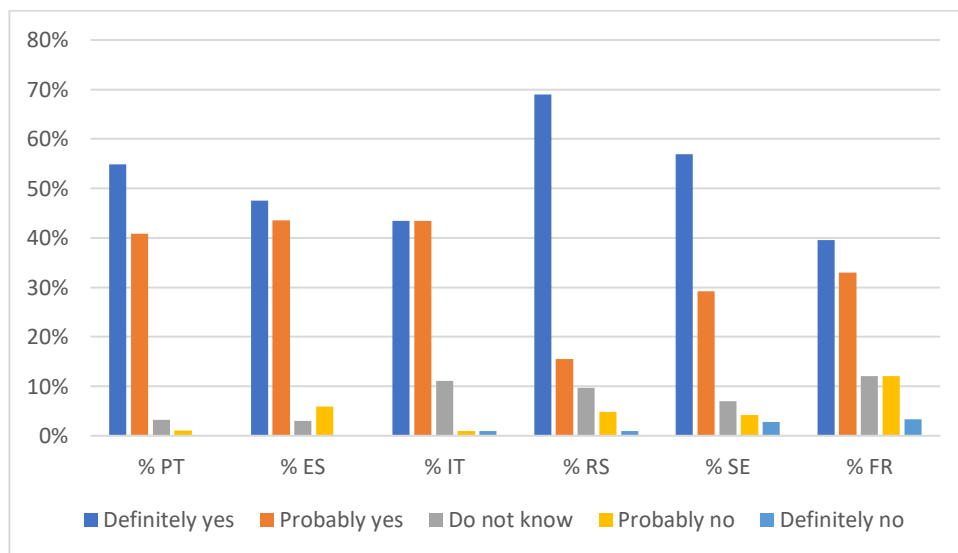
RESULTS

Total results

Here we present and discuss the total results i.e., showing the results from all countries in each question. Also, for this discussion and considering the further objectives of this survey - to create a mentoring training program, we decided to highlight the "Definitely yes" answers in the total results. These are the answers that present more certainty about the participants adherence to the future steps of the Replay 2.0. project.

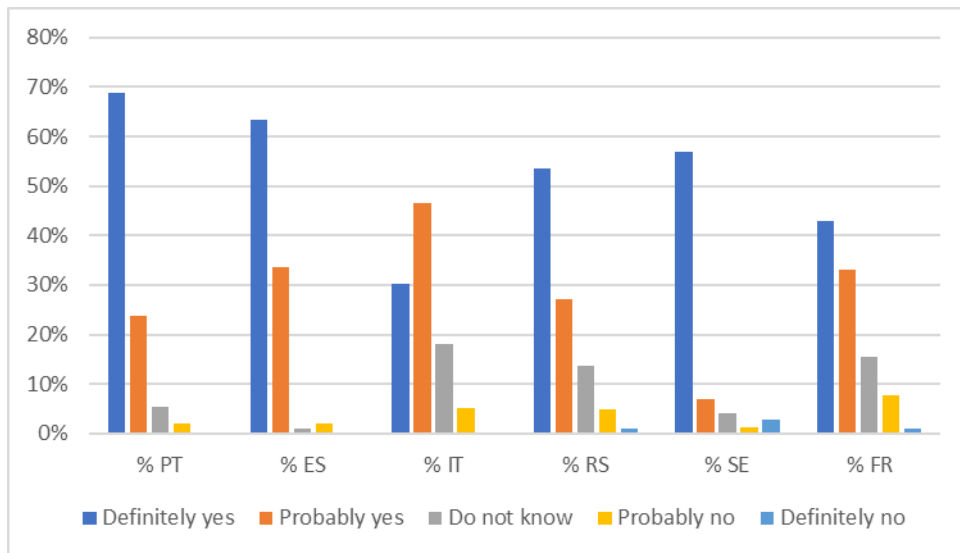
Q1. Inclusive skills

Q1.1 Safeguarding and protecting children and young athletes



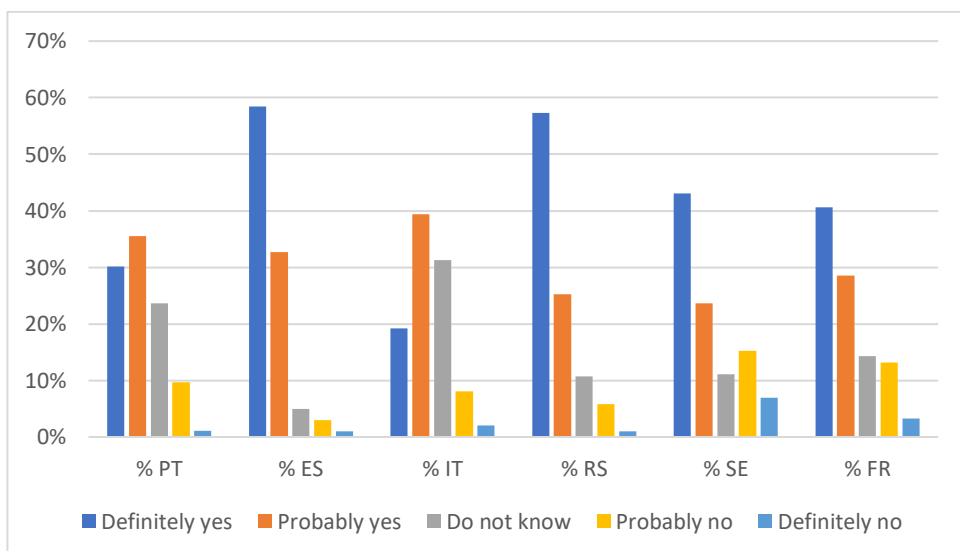
Regarding the Safeguarding and protecting children and young athletes, all countries valued this topic, particularly, Serbia and Sweden. France was the country that less valued it.

Q1.2 Make your coaching more inclusive



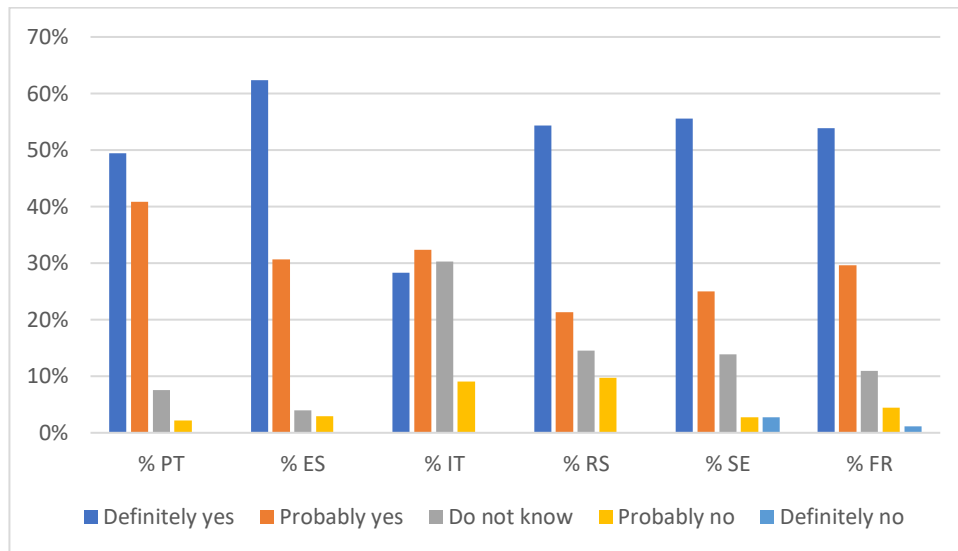
This topic was highly valued by the Portuguese, Spanish and Swedish participants. Italian participants also valued it, but only as a second choice – “Probably yes”.

Q.1.3 Coaching disabled people



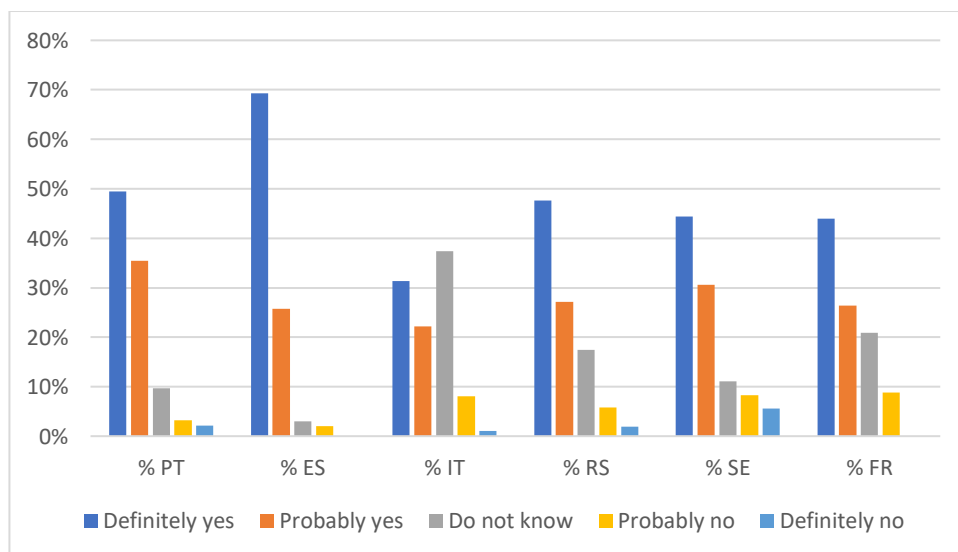
Concerning coaching and disabled people, the Spanish and Serbian participants were the ones that valued most this topic. The Portuguese and Italian only selected this topic as a second choice – “Probably yes”.

Q1.4 Coaching socially disadvantaged people

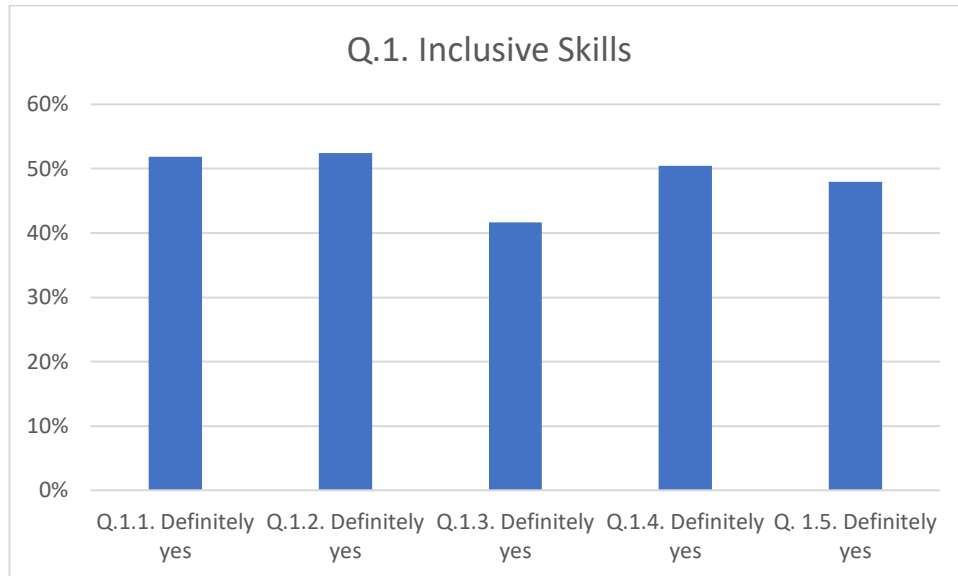


This topic was highly valued by most participants, except by Italy.

Q1.5 Gender awareness



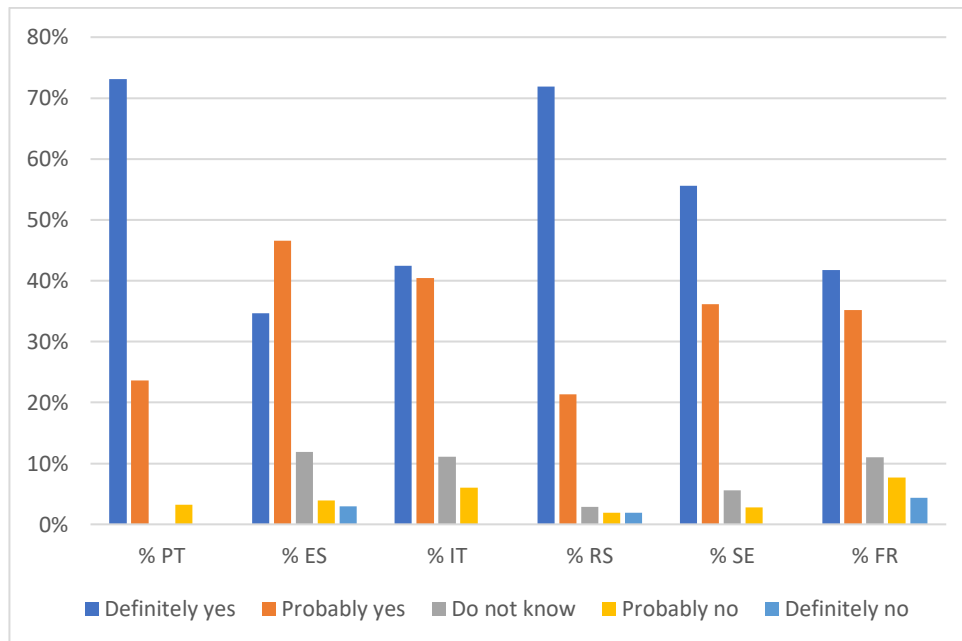
Regarding Gender awareness, Spain was the country that gave more attention to it. On the other hand, many Italians were not sure about the importance of this topic.



Comparing the results between the topics most valued, it is worth noting that the questions 1.1. - Safeguarding and protecting children and young athletes, 1.2. - Make your coaching more inclusive and 1.4. - Coaching socially disadvantaged people, received at least 50% answers "Definitely yes" as a topic that they would be interested in acquiring more knowledge. On the other hand, the topic 1.3. - Coaching disabled people received less attention.

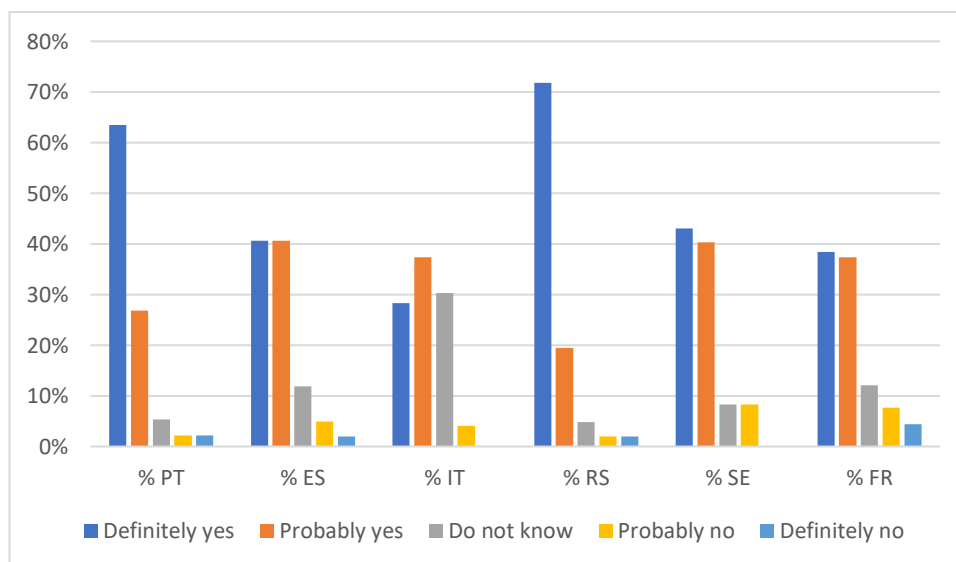
Q2. Working with Athletes

Q2.1 Coaching with children and young people



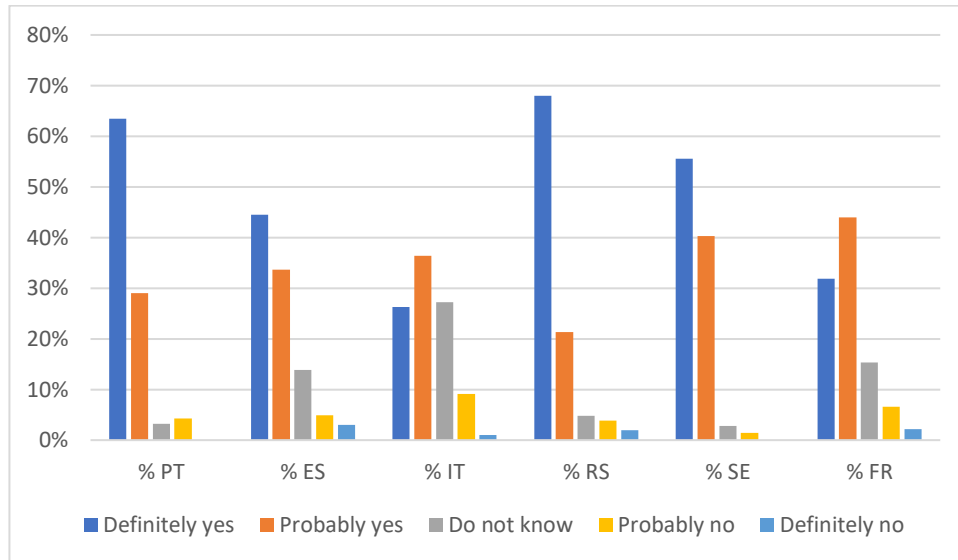
Regarding Coaching with children and young people, Portugal, Serbia, and Sweden were the ones that most valued this topic. The Spanish participants only selected this topic as a second choice – “Probably yes”. Italy and France less valued it.

Q2.2 FUNDamentals of movement (coordination and motor skills)



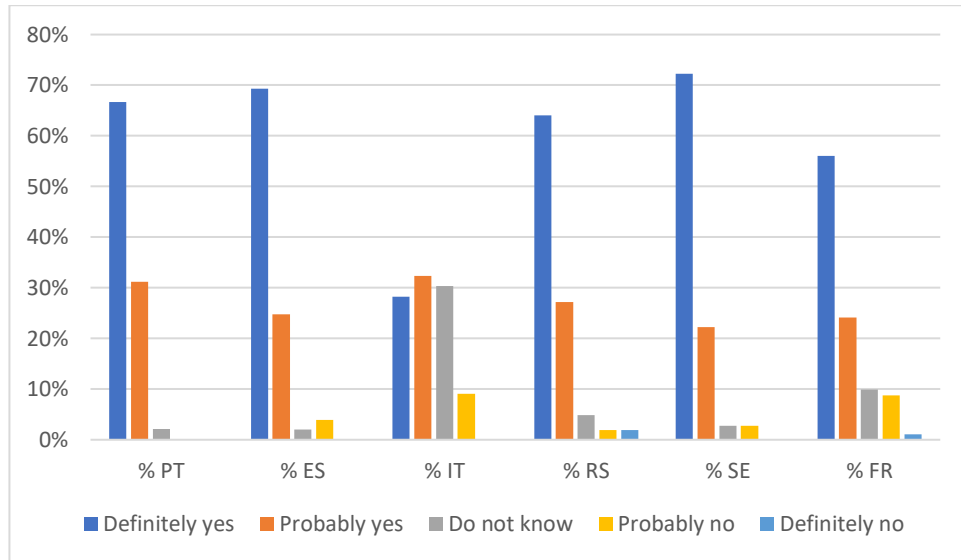
Portuguese and Serbian participants highly valued this topic. On the other hand, participants from France, Italy, Sweden, and Spain less valued it.

Q2.3 Understanding the Youth Physical Development Model



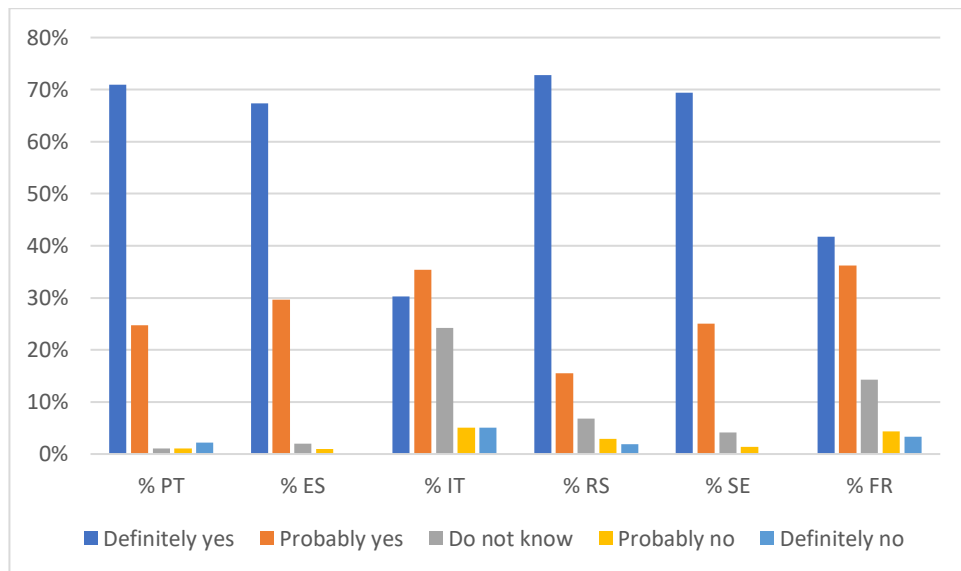
In this topic, Understanding Youth Physical Development Model, we can see results like the previous topic, FUNdamentals of movement.

Q2.4 How to manage challenging behaviour



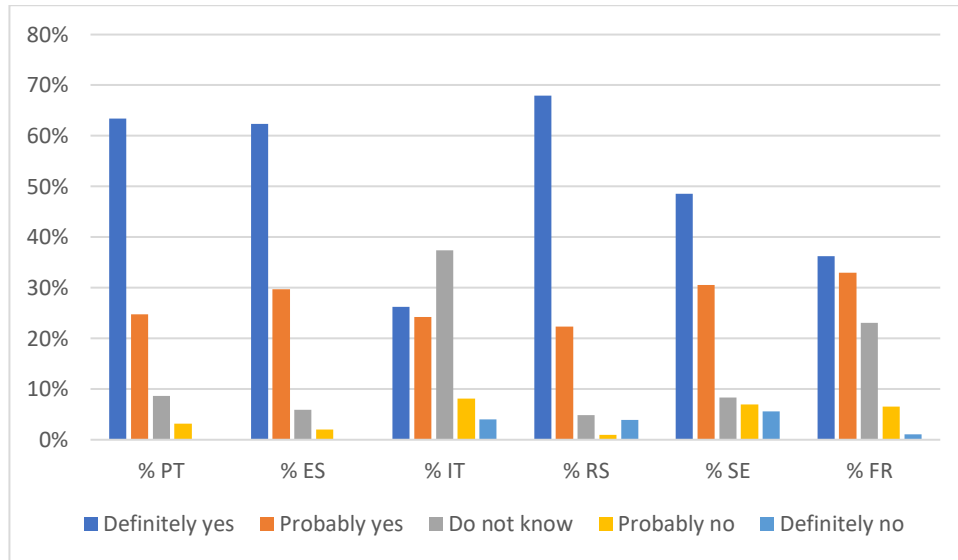
Managing challenging behaviour, was highly valued by all participants, except by Italian participants.

Q2.5 Promote children and youth positive development

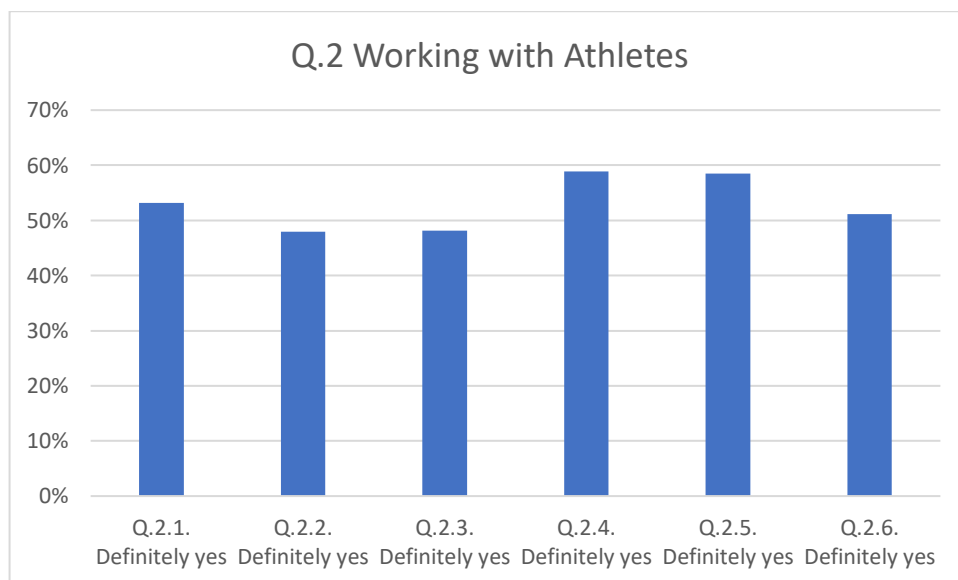


Also, to Promote children and youth positive development, was highly valued by Portuguese, Spanish, Serbian and Swedish participants. Italian and French participants were the ones who less valued it.

Q2.6 First Aid



Finally, First Aid competencies were highly valued by all participants, except by the Italians who were not sure about the importance of this topic.

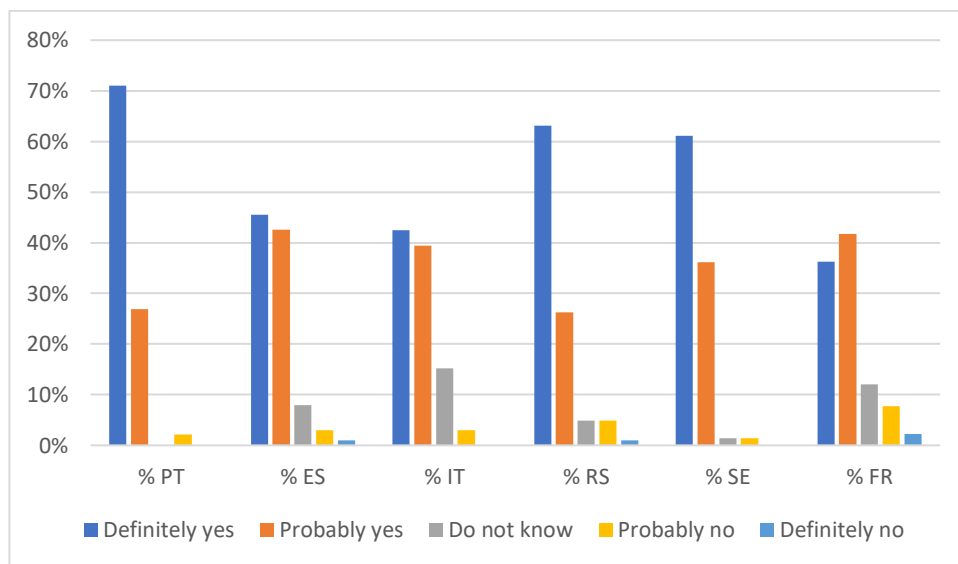


Comparing the results between the topics most valued in this category, it is worth noting that the questions 2.4. – How to manage challenging behaviour, and 2.5. – Promote children and youth positive development received almost 60% answers “Definitely yes” as topics they would be

interested in acquiring more knowledge. The topics, 2.1. – Coaching with children and young people, and 2.6. – First Aid, received at least 50% answers "Definitely yes" as a topic that they would be interested in acquiring more knowledge. The other two topics, 2.2. – FUNDamentals of movement and 2.3. – Understanding the youth physical development model reached 48% of answers.

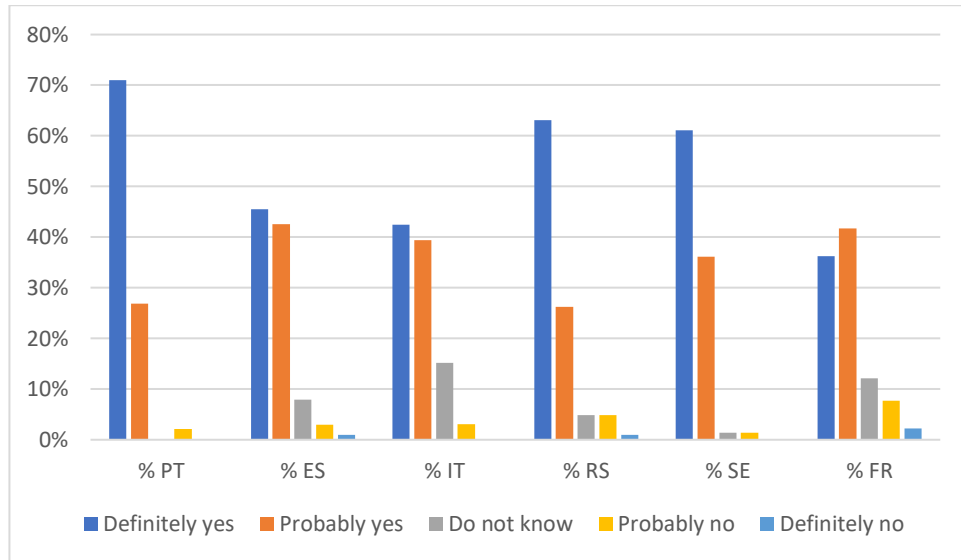
Q3. Applied Sport Science

Q3.1 Motivation and goal setting



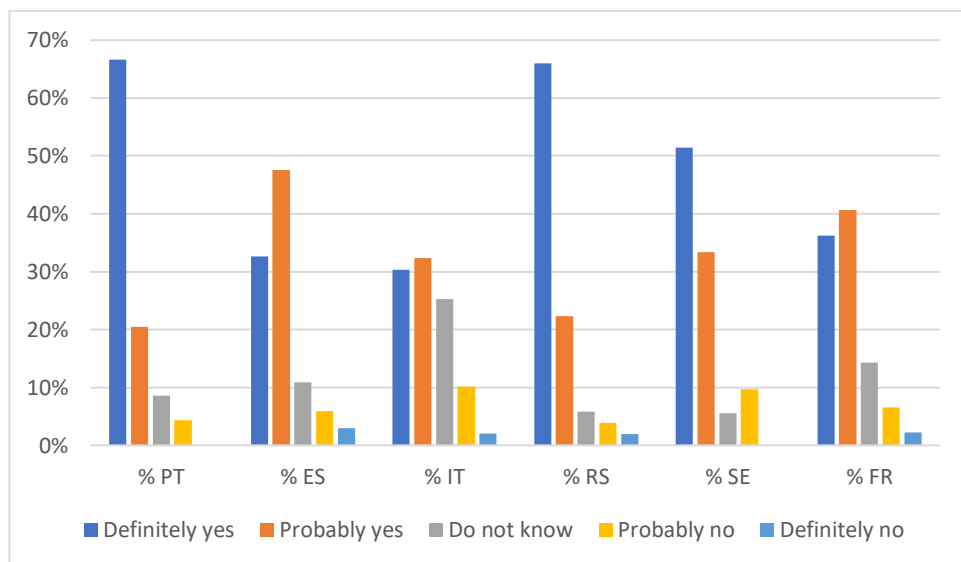
Motivation and goal setting topic was highly valued by participants from Portugal, Serbia, and Sweden. Spain, Italy, and France participants moderately valued this topic.

Q3.2 Supporting athletes in pressure situations



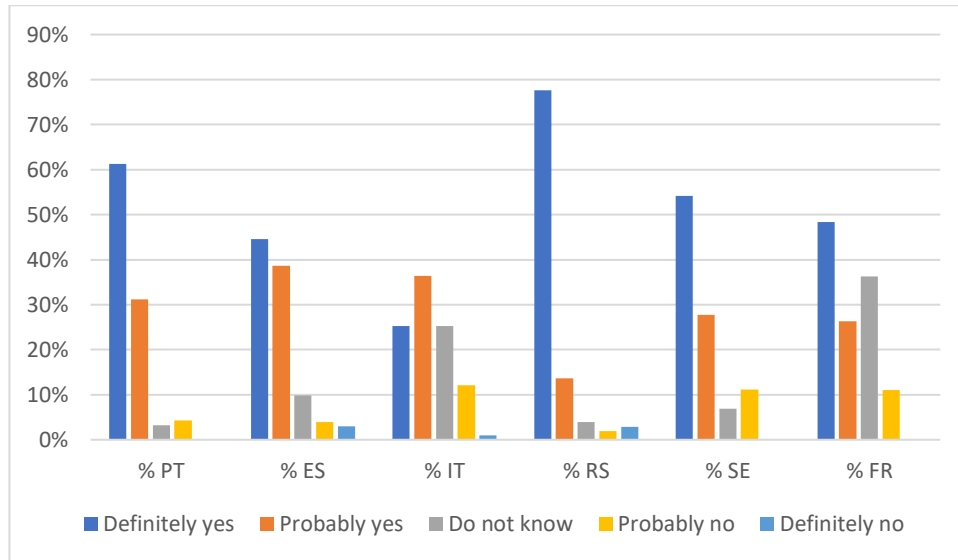
Also, this topic, Supporting athletes in pressure situations, presented the same pattern as the topic above.

Q3.3 Physiology / Physical Conditioning



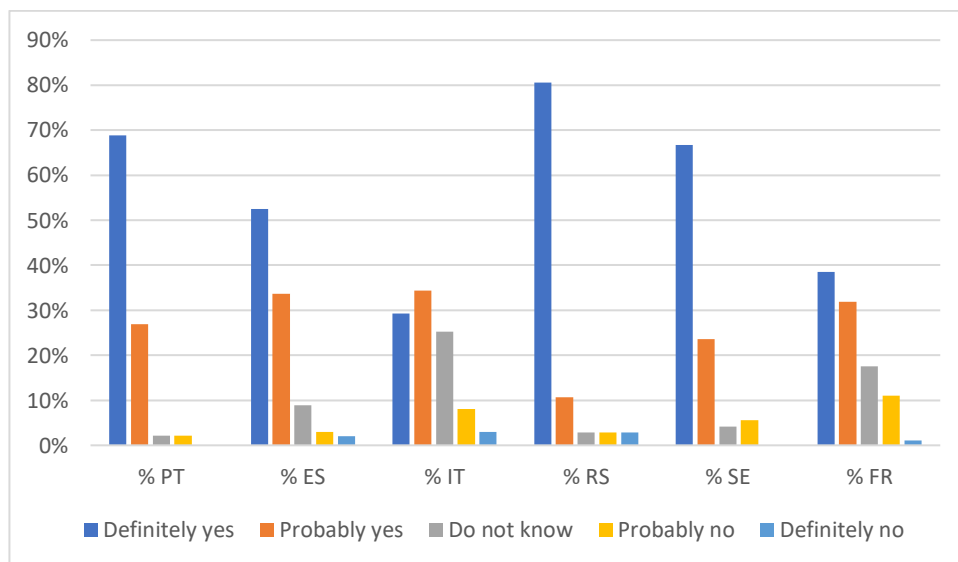
Regarding Physiology / Physical Conditioning, Portuguese, Serbian and Swedish participants, highly valued this topic. The other participants selected this topic as a second choice – “Probably yes”.

Q3.4 Nutrition for sport

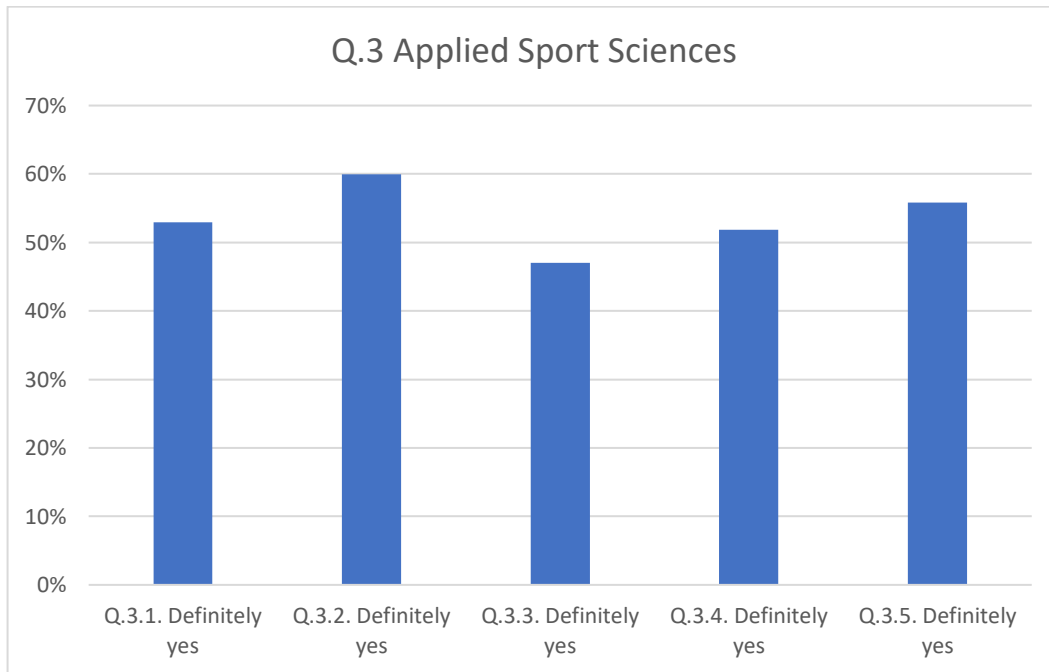


According to the results by country, Serbian participants are the ones who highly valued Nutrition for Sport. Italian participants are the ones who valued less this topic.

Q3.5 Planning training programmes



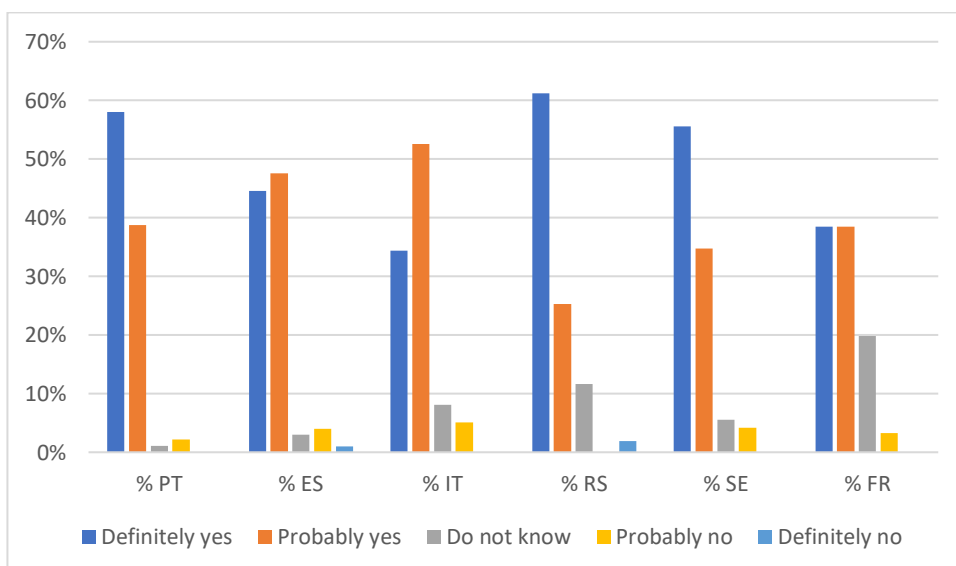
Planning training programmes was highly valued by all participants, except the Italians.



Applied Sport Sciences category showed topics between 47% (3.3. – Physiology / Physical Conditioning, and 60% (3.2. – Supporting Athletes in pressure situations). The other topics ranged the 50%.

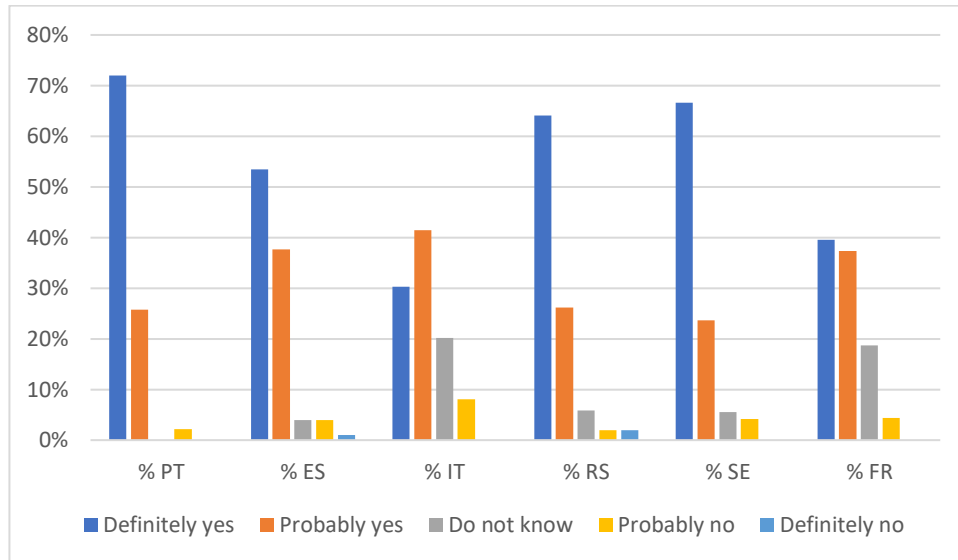
Q4. Other skills

Q4.1 Communication skills - questioning



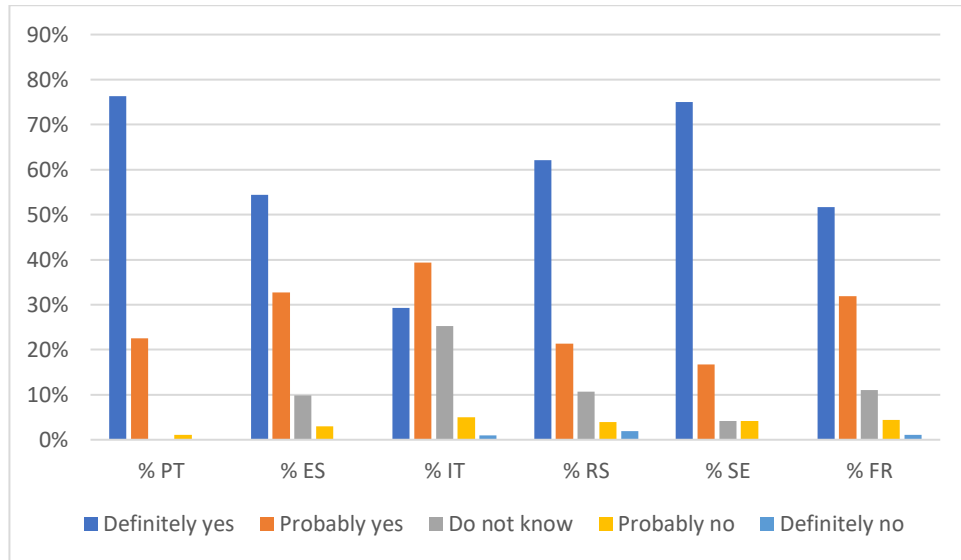
Regarding Communication skills - questioning, Portuguese, Serbian and Swedish participants, highly valued this topic. Spanish and Italian participants selected this topic as a second choice – “Probably yes”. French valued “Definitely yes” and “Probably yes” in the same way.

Q4.2 Communication skills - giving feedback



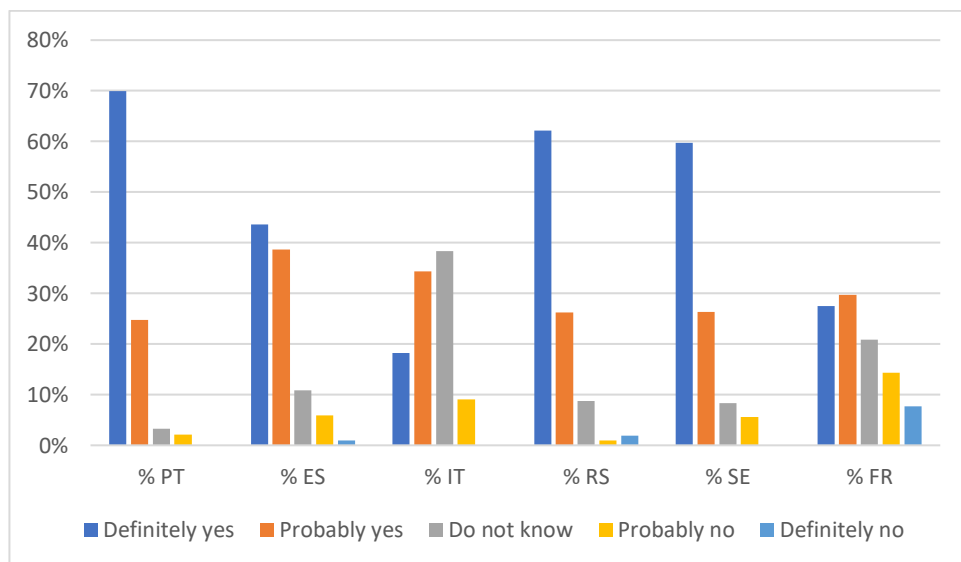
Regarding Communication skills – giving feedback, all participants, highly valued this topic, except the Italian participants who selected this topic as a second choice – “Probably yes”.

Q4.3 Showing good leadership to athletes



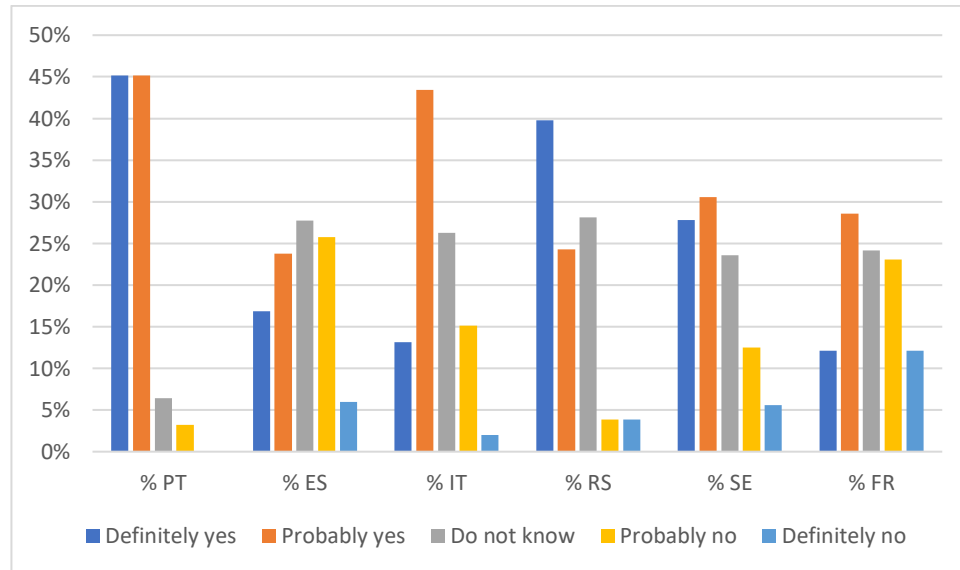
Concerning Showing good leadership to athletes, all participants, highly valued this topic, except the Italian participants who selected this topic as a second choice – “Probably yes”.

Q4.4 Using new technologies to analyse performance



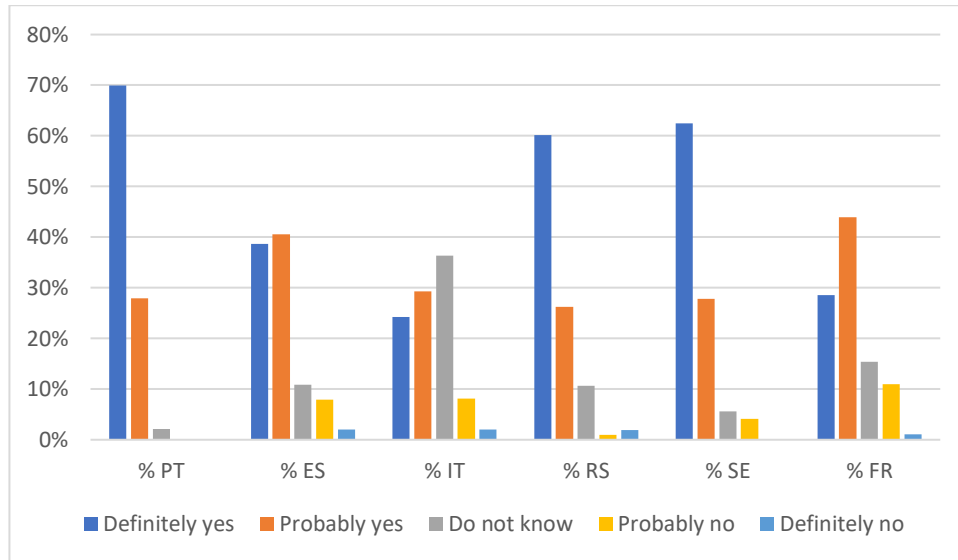
Portuguese, Serbian, and Swedish participants highly valued this topic - Using new technologies to analyse performance.

Q4.5 IT skills



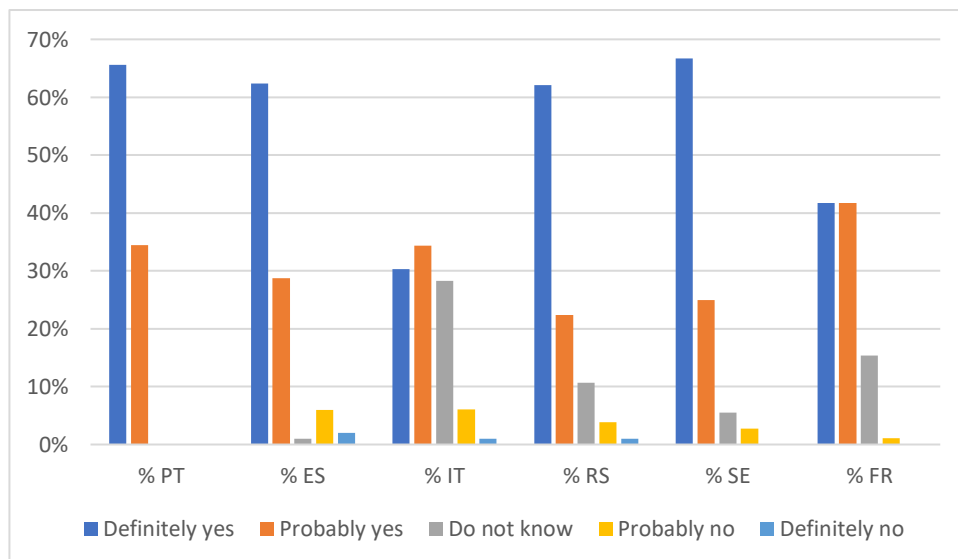
Concerning IT skills, Serbian participants were the ones who highly valued this topic. The Portuguese participants valued “Definitely yes” and “Probably yes” in the same way. Italian, Swedish, and French participants selected this topic as a second choice – “Probably yes”. 28% of the Spanish participants, were not sure about the importance and interest in acquiring more knowledge on this topic and 26% stated that they were not probably interest in acquiring more knowledge about this topic.

Q4.6 Assessing technical and tactical skills



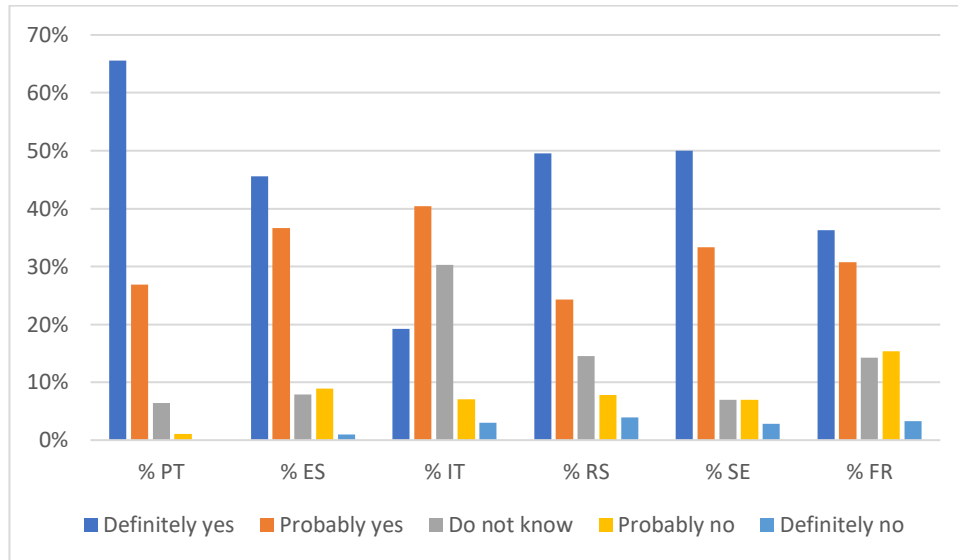
Regarding Assessing technical and tactical skills, the Portuguese, Serbian and Swedish participants highly valued this topic. The Spanish and the French participants selected this topic as a second choice – “Probably yes”. The Italian participants once again were not sure about the importance and interest in acquiring more knowledge on this topic.

Q4.7 Assessing socio-psychological skills



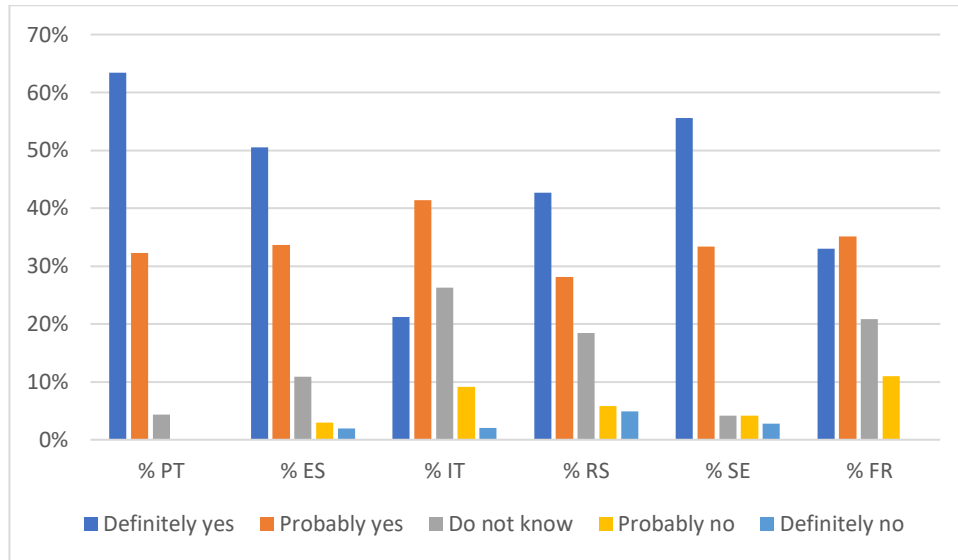
Regarding Assessing socio-psychological skills, Portuguese, Serbian, Spanish and Swedish participants, highly valued this topic. Italian participants selected this topic as a second choice – “Probably yes”. French participants valued “Definitely yes” and “Probably yes” in the same way.

Q4.8 Skills to interact with parents



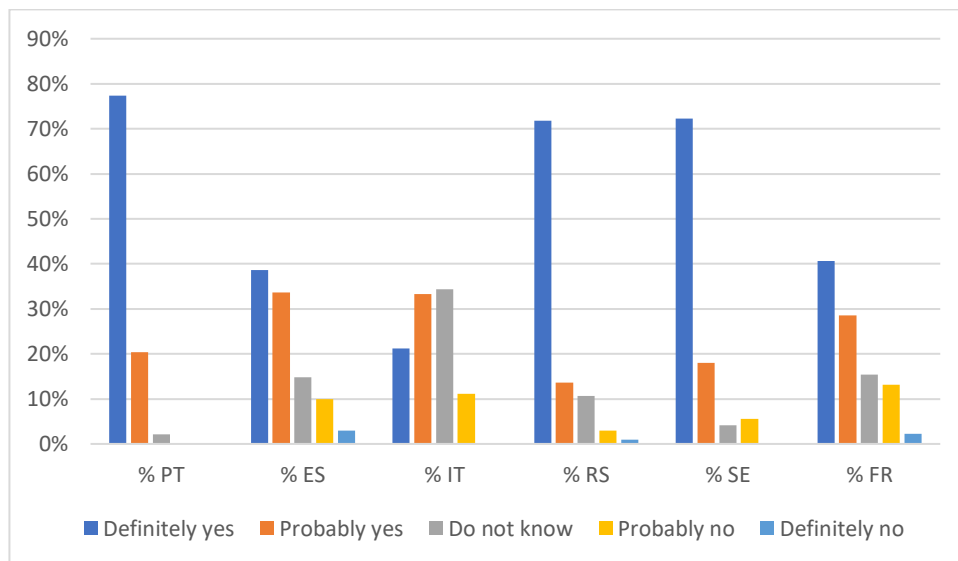
Skills to interact with parents was a topic highly valued by the Portuguese participants, reaching more than 60% of answers. They were immediately followed by the Serbian and Swedish participants with 50% of answers and then the Spanish and French participants with 46% and 36% of answers, respectively. Italian participants selected this topic as a second choice – “Probably yes”.

Q4.9 Establish empathy with different agents of the sport community

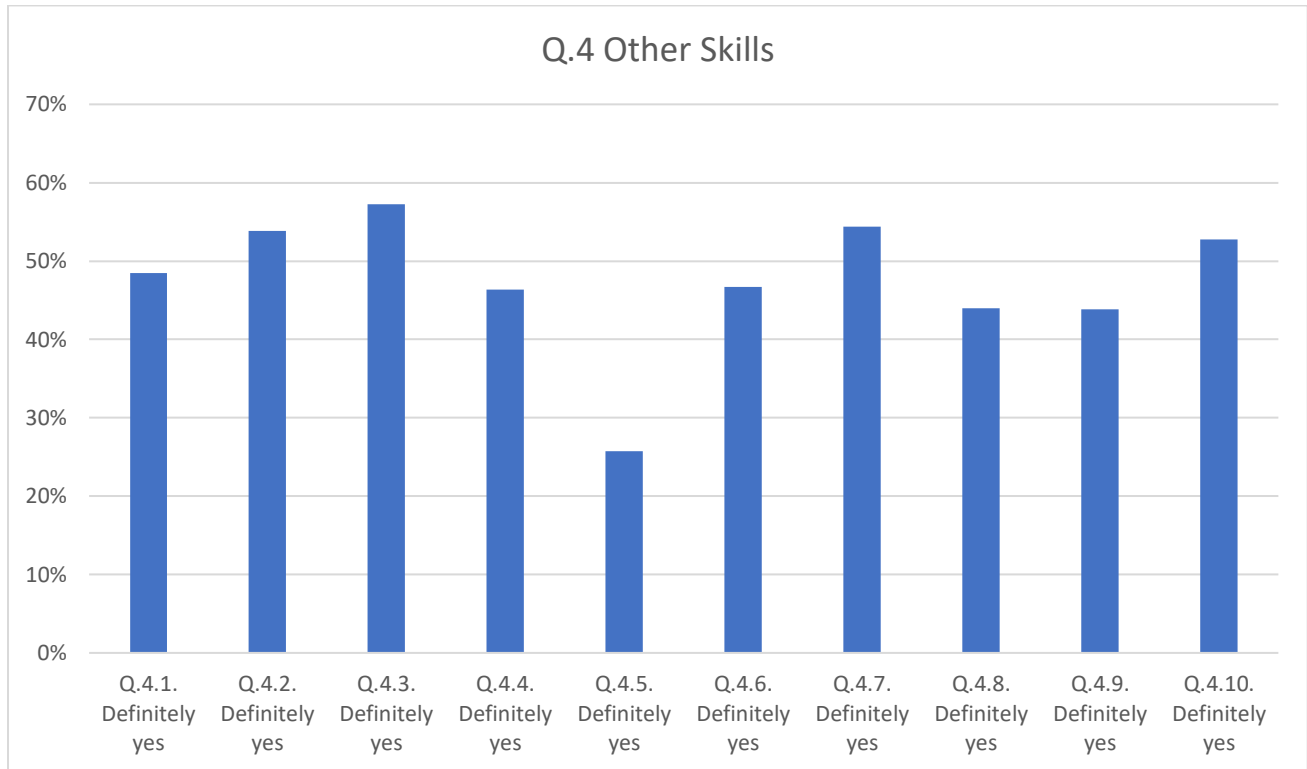


Establish empathy with different agents of the sport community was highly valued by Portuguese, Spanish, Serbian and Swedish participants. Italian and French participants selected this topic as a second choice – “Probably yes”.

Q4.10 Coach career development



Concerning Coach career development all participants highly valued this topic, except for the Italians who were not sure about the importance and interest in acquiring more knowledge on this topic.



Comparing the results between the topics most valued in this category, it is worth noting that the questions 4.2. - Communication skills - giving feedback, 4.3. - Showing good leadership to athletes, 4.7. - Assessing socio-psychological skills, and 4.10. - Coach career development, received almost 50% or more answers “Definitely yes” as topics they would be interested to acquire more knowledge. The topics, 4.1. - Communication skills - questioning, 4.4. - Using new technologies to analyse performance, 4.6. - Assessing technical and tactical skills, 4.8. - Skills to interact with parents and 4.9. - Establish empathy with different agents of the sport community, received almost 50% answers "Definitely yes" as a topic that they would be interested in acquiring more knowledge. The topic, 4.5. – IT skills, reached just 26% of answers.



FINAL CONSIDERATIONS

The Q2 "Working with Athletes" and Q.3 "Applied Sport Sciences" categories, were more valued with 53% and 54% average respectively. The Q.1. "Inclusive Skills" and Q.4. "Other Skills" categories had both 47% average. These values reflect that participants appear to value more competencies directly related with Sport.

Having in mind the development of a mentoring programme, these results suggest that, inside "Inclusive Skills", special attention should be given to 'Safeguarding and protecting children and young athletes' and 'Make your coaching more inclusive'.

As far as "Working with Athletes" is concerned, 'How to manage challenging behaviour' and 'Promote children and youth positive development' are the topics to be considered.

Regarding "Applied Sport Sciences" it appears to be important to highlight 'Supporting Athletes in pressure situations' and 'Planning training programmes'.

Concerning "Other Skills" it is worth of note that the topics 'Showing good leadership to athletes', Communication skills – giving feedback' and 'Assessing socio-psychological skills' are the most valued.

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