

Capacity-Building initiatives

Activity Box 4.4

Module 4: Different
TIMEFRAMES & SCOPES



**INCLUSIVE.
INSPIRING.
SPORT FOR ALL.**

Key Facts

- People who volunteer in Sport do various activities, most commonly organising or helping to run a sporting event (33%), followed by coaching or training (27%). (162)
- Men are more likely than women to be coaches or trainers (30% compared with 23%). The most common age group is 40-54 age group (36%). (162)

Specific events this Activity Box applies to:

Other “out of the pitch forms”, that pursue educational and dissemination purposes

Conferences:

- Symposium
- Seminar
- Workshop
- Convention

Coaching courses:

- Certification courses
- Training camps
- Multiplier events

Mentoring schemes

- Non-formal trainings
- Volunteering

Why is it so important

Contribution

- Excellent opportunities to disseminate research-based findings contributed by academics, universities, consultants and other groups of interest
- Multiplier approach considering that coaches are already managing groups in many cases
- These are unique opportunities for exchange knowledge but also for the exchange of connections: networking opportunities between individuals and organisations
- Volunteer work is a central component of Sport for All
- Capacity-building is crucial to raise awareness about Sport for All and its importance, increase skills to develop, promote and deliver Sport for All

**INCLUSIVE.
INSPIRING.
SPORT FOR ALL.**

International endorsement

Commissioner Tibor:

Develop the skills of Sport and fitness coaches and trainers so they are better equipped to provide motivation and support to encourage inactive people to exercise to a level beneficial to their health.

EU WORK PLAN 2017-2020

The role of coaches is a key topic that should be given priority

Barriers to Sport that should be overcome

- Lack of qualified instructors to spread knowledge to other coaches
- Costs
- Lack of qualifications to attend a course
- Sport for All is often forgotten in capacity-building schemes, or lost in wider educational frameworks
- Lack of workforce, volunteers, managers, that are qualified in Sport for All development, promotion, delivery

Tips and key success factors

Conferences

- Take enough time (at least 6 months) to prepare the event
- Length for the event: On-site activities should not be longer than 4 days and virtual events no longer than 2 days
- Providing networking spaces is a must. Attendees are expecting to expand their network
- Provide added values: a keynote speaker, an exhibition, amenities, a closing cocktail event, etc.
- Deliver a final proceedings document that systematizes the speeches and key topics

Coaching courses

- Requires a formal endorsement of a competent body, if possible, of a higher education institution
- Coaching or methodological transfers should focus in the promotion of female coaches
- Mixing different contents is a pillar to offer participants a good education alternative: theoretical lectures, practical activities, external speakers, etc.
- Selection of participants should be planned with standardised entry criteria

**INCLUSIVE.
INSPIRING.
SPORT FOR ALL.**

Other tips

- As many coaches working voluntarily are seniors (40-54) it is important to provide updated knowledge and capabilities that may be useful for managing younger groups.
- New technologies offer alternatives to reach broader audiences. Consider always virtual backups of the events and the other real-time ways to spread educational content such as streaming or online podcasts.
- Offer printed and digital handouts of main contents.
- Multiplier (coaching) events that involve children should require the authorization of parents.
- Volunteer work is a central component of Sport for All. It is highly important to install more technical capacities for the success of Sport for All interventions.

Please also consider:

Appendix 3: additional guidelines for this type of event.

Additional guideline 8: provide recommendations regarding the event management process.

Available Resources

Conferences

- Football for unity youth forum. [Click Here](#)
- ISF World Educational Games. [Click Here](#)
- Football 4 Peace International training camp. [Click Here](#)

Coaching certified courses

- TAFISA certified leadership courses. [Click Here](#)
- She Runs workshop. [Click Here](#)

Other capacity-building models

- TREE model (for Teaching Styles, Rules, Environment, Equipment). [Click Here](#) to learn more

Sample Case

Basketball Without Borders (BWB) (Fédération Internationale de basket-ball)

- Four-day camp, which brings together the basketball grassroots.
- It encourages campers to build long-lasting relationships with their fellow teammates and coaches.
- To provide grassroots across continents an opportunity to get together for new experiences and learn life-skills through camping.

More information:

Featured Videos. [Click Here](#)

Project official page. [Click Here](#)

TAFISA OFFICE

c/o Commerzbank / Filiale Höchst
Hostatostraße 2
D-65929 Frankfurt am Main
Germany
Email: info@tafisa.org
Tel: +49 (0) 69 973 935 990
Fax: +49 (0) 69 973 935 995

