

Training conspect

PART I

Date	30 June - 15 July
Location	Antalya
Participants	Marcin KASZUBOWSKI, Murat ÖZER
Project Name/No	Support develop Of future women's football (wspieramy rozwój przyszłego kobiecego futbolu) 2023-2-PL01-KA182-SPO-000177184
Age group	U10 – U15
Aim	The aim of the project is to enable the observers from Poland to gain knowledge and experience about football tactics, training methods and cultural approaches by watching the girls' football team in Turkey, as well as to develop understanding and co-operation between the football cultures of the two countries by creating an environment of acquaintance and cohesion among the participants.

PART II

	Acquisitions:	Target Behaviours:
Acquisitions/Target Behaviours	<ul style="list-style-type: none"> - Increased cultural awareness and understanding. - Development of teamwork and co-operation skills. - Strengthening social interaction and communication skills. - Gaining professional knowledge and observations. - Increased morale and motivation - Participants gain the ability to communicate effectively. - A trusting and supportive environment is created in the team. - Problem solving and decision making skills are developed within the group. - A positive and fun environment is created within the team. 	<ul style="list-style-type: none"> - To establish effective communication and open interaction. - Achieve common goals by co-operating in a group. - Respect and empathise with the values of other cultures. - Sharing knowledge and experience. - Participate energetically in activities. - Trying to solve problems together. - Expressing thoughts and feelings openly. - Actively participating in activities. - Adapt to changing situations. - Motivating teammates and celebrating successes.

Teaching Learning Methods and Techniques	Discussion, question and answer, lecture, brainstorming, practice, demonstration.
Tools and Equipment	Balls, name cards and pencils, video and projector.
Activities	<p style="text-align: center;">Games and Activities Played</p> <ol style="list-style-type: none"> 1. Ball Throwing Dating Game: <ul style="list-style-type: none"> - Participants gathered in a circle and threw a ball to each other. The person who caught the ball, after introducing himself/herself and giving a short information, threw the ball to another person. This game enabled the participants to interact with each other and quickly mingle. 2. Cultural Story Sharing: <ul style="list-style-type: none"> - Each participant shared a story or symbol from their own culture. This activity was important in terms of recognising and understanding different cultures, but also helped to establish a cultural bond within the team by finding commonalities. 3. Untie the Knots Game: <ul style="list-style-type: none"> - The participants formed a circle with their hands, held each other's hands in a tangled manner and tried to untie the knot they had formed. This game encouraged teamwork and strengthened cooperation among the participants. 4. Setting Team Goals and Designing a Logo: <ul style="list-style-type: none"> - Divided into small groups, the participants discussed the goals they had set as a team and then designed a logo and slogan specific to their team. This creative activity developed team spirit and helped to create a team identity. 5. Facility Tour: <ul style="list-style-type: none"> - The participants were given a general tour of the facilities. During this tour, pitches, changing rooms, training areas and other sports facilities were introduced. The tour of the facilities allowed the participants to familiarise themselves with the facilities and the environment, and at the same time made them feel more comfortable. 6. Mini Football Matches: <ul style="list-style-type: none"> - Short football matches were played in small groups. These matches brought competition and fun together and increased harmony and morale within the team. Observations were made on the teams. 7. Fun Competitions: <ul style="list-style-type: none"> - Penalty Contest: Participants took turns to shoot penalties and the person who scored the most goals won. - Dribbling Competition: Participants tried to dribble the fastest ball through a designated track.

Photos



PART III

Evaluation

It was an important opportunity for two observers from Poland to observe and evaluate the girls' football team in Turkey. The activities enabled the participants to interact with each other, gain cultural awareness and strengthen team cohesion. Ice-breaker games and group activities led to a quick bonding among the participants, while cultural story sharing helped people from different backgrounds to understand each other better. Activities encouraging teamwork and fun mini football matches boosted cooperation and morale. In addition, the tour of the facilities gave the participants the opportunity to familiarise themselves with the sports facilities and to get acquainted with the environment. Through these events, the scouts from Poland closely observed the organisational structure, training methods and intra-team dynamics of the football team in Turkey, contributing to the mutual evaluation of football cultures between the two countries. Overall, the events were successfully organised and allowed the scouts to gain valuable insights into the football environment in Turkey.

