

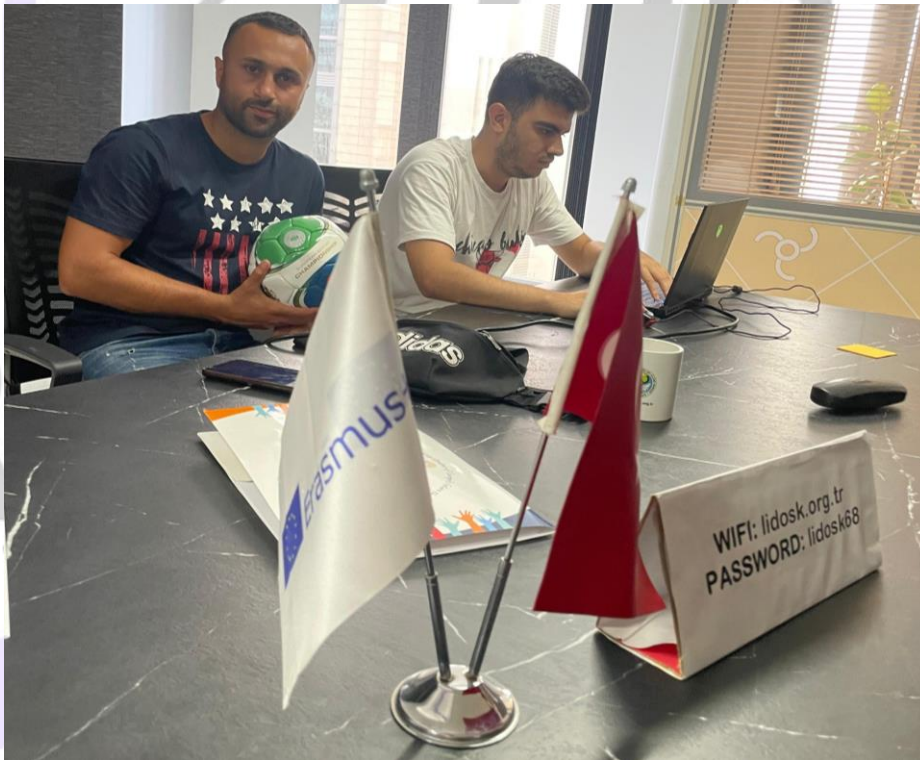
# Training conspect

## PART I

Date	30 June – 15 Jule
Location	Antalya
Participants	Marcin Kaszubowski, Murat ÖZER
Project Name/No	Support develop Of futuRe women's fooTball (wSPieramy rOzwoj pRzyszłego kobiecego futbolu) 2023-2-PL01-KA182-SPO-000177184
Age group	U10-U15
Objective	Within this project, an international football cooperation between Polish and Turkish girls' football teams was promoted. The project aimed to provide new perspectives to the participants by examining different cultural and technical approaches to soccer training and this goal was achieved. It was also aimed at improving the technical and tactical skills of the soccer players, increasing discipline, team spirit, communication skills and understanding of international sports. In this process, a sustainable football development was ensured for both countries and athletes were supported to perform at a higher level both personally and professionally. By using the universal language of football, the project contributed to the strengthening of cultural understanding and friendship ties and provided the participants with a competence to compete on a global scale.

## PART II

	<p style="text-align: center;"><b>Pros and Cons Won by Both Sides</b></p> <p>Pluses for the Polish Girls' Football Team:</p> <ol style="list-style-type: none"> <li>1. Global Perspective and Tactical Development: Thanks to the training sessions in Turkey, the team gained a global football perspective and enriched their tactical knowledge, which of course will be reflected in the Polish officials' own sports clubs.</li> <li>2. Creative Techniques: They were introduced to different training methods in Turkey and added new things to their game repertoire.</li> <li>3. Girls soccer players in Poland have to play and train in cold weather conditions. Girls soccer players in Turkey have to play in too hot temperatures. This meeting gave the opportunity to examine how training, precautions and measures are taken according to the weather conditions.</li> <li>4. Cultural Interaction: The athletes' view of football and the sports culture they created differed across countries. Movements and dialogues of players together before and after training were analyzed and friendship bonds were observed. The differences between the two countries were compared by observing player behavior off the field.</li> <li>5. Strengthening relationships outside of football: <ul style="list-style-type: none"> <li>With this visit, it was possible to explore different issues beyond football and training. The way in which municipalities and local governments deal with sports clubs, the way in which they work with regard to facilities and the use of facilities was observed on site and meetings were held with local government officials. Beniaminek 03, an amateur sports club, had the opportunity to reach a large network with the contribution of Erasmus+ programs and the work of the club officials. In this way, the maximum level of professional work has been achieved with limited means.</li> </ul> </li> </ol>
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### PART III

#### EVALUATION

The cooperation between the Polish and Turkish girls' football teams resulted in valuable achievements for both sides. Participants from Poland established contacts with local coaches and managers in Turkey, especially in Antalya. There were great opportunities for future cooperation. The techniques and methods used by different cultures were observed. Definitely, through this project both organizations will develop their potential.