

Training conspect

PART I

Date	28 Sep – 02 Okt 2024
Location	Roskilde, Denmark
Project Name/No	wSPieramy rOzwoj pRzyszlego kobiecego futbolu – 2023-2-PL01-KA182-SPO-000177184
Age group	U10 – U15- Woman Football
Aim	The aim of the Denmark's mobility 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 Denmark, 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.	

Games and Activities Played

1. Introductions and Warm-up Games (10 minutes)

Objective: To establish communication between participants and create a relaxed atmosphere.

Implementation: Participants form a circle and take turns to share their names and a personal memory about soccer.

Afterwards, a simple name learning game is played so that everyone gets to know each other better.

2. Briefing about Roskilde Girls Soccer Team (20 mins)

Objective: To inform the participants about the history, values, training philosophy and general structure of the team.

Exercise: A representative or coach from the Roskilde Girls' Soccer Team gives a short presentation.

Participants have the chance to ask questions about the team and get to know the team better.

3. "Team Spirit and Strategy" Group Work (20 minutes)

Objective: To enable participants to reflect on group cooperation and teamwork.

Implementation: Participants are divided into groups of 3. Each group discusses the key elements of a good team spirit and identifies their reflections in the Roskilde team.

Each group shares the elements they discussed with the other groups and discusses how these elements can be applied in practice.

4. Workshop on Integration and Cultural Differences (20 minutes)

Objective: To understand the impact of different cultures on the sport environment and to use these differences in a positive way.

Implementation: Participants discuss how cultural differences have an impact when observing the work of the girls' soccer team.

Participants compare the sports culture in their own country with the culture in Denmark and identify how they can combine the positive aspects.

5. Practical exercise "Mini Soccer and Team Dynamics" (30 minutes)

Objective: To observe and integrate team dynamics in practice.

Implementation: Participants play "Mini Soccer" (small pitch and 4v4 or 5v5 match) with some members of the Roskilde girls' soccer team.

During this game, participants quickly mingle with Roskilde players and experience team dynamics first-hand.

6. Evaluation and Feedback Circle (20 minutes)

Objective: To evaluate the experiences from the first day's work and to receive feedback.

Implementation: Participants form a circle and everyone takes turns to share their impressions of the first day, what they learned and what they would like to focus on in the future.

The trainer listens to the feedback and takes notes to plan future activities accordingly.

Photos



PART III

Evaluation

Participants' participation in football trainings in a common language (English) was a new experience for them in the field of football. Participants completed the evaluation process through an online form they created themselves. They commented and rated their satisfaction and experience here. We find it useful to include the evaluation questions as an addendum to the conspectus and present this section as a conspectus:

1. Could you please rate how productive you were during your day?
2. Would you summarize how you spend your day?
3. Do you think your awareness of girls' football has increased?
4. What have you learned about girls' football?
5. In terms of learning, rate the extent to which what you have learned today is important to you?
6. Please let me if you are satisfied with the quality of the program?