



Basketball
 Knowledge Transfer Network

Delivering a hybrid knowledge transfer network model for basketball engagement and development

D2.1 – Good Practices Audit

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1. BACKGROUND: ABOUT THE BASKETBALL-KTN PROJECT

Basketball-KTN aims to actively participate and engage young people in sports in general and actively engage in basketball by introducing a hybrid knowledge transfer tool that will be supported by digital means as well as by face-to-face interventions. The main aim of Basketball Knowledge Transfer Network (Basketball-KTN) is to create a variety of diverse connections to drive positive and consistent change. The consortium is committed to address the societal challenge of 'inclusivity' through basketball engagement, by promoting a healthy lifestyle for children under 18 years old. The project BASKETBALL-KTN focuses on the youth and their continuous and active involvement with Basketball. The overarching aim of the project is to provide equal opportunities through putting together small 'clusters' of twinned clubs and academies to exchange knowledge and experience. This will form the 'Communities of Practice' in Basketball, having as ambition to incorporate more countries and clubs on a Pan-European Level.

The program will be implemented through 4 main pillars of activities:

- Sustainable development of basketball
- Psychological support of young athletes and parents
- Promote and Engage
- Sustainability and legacy

2. INTRODUCTION

2.1. Purpose and Scope of the Document

Good Practices Audit provides an insight into some of the positive examples of projects or activities that contributed to the greater engagement of young people in basketball and sports in general. The review of good practices has the possibility to indicate the possibility of applying basketball with the aim of increasing the physical engagement of children. It also has the potential to give the idea of how to include more children in systematic basketball practice, especially in areas where basketball is less developed.

2.2. Methodology of the Good Practice Audit

For the realisation of this task, a template was originally created that enables the homogenization of the collected data. First part of the template comprises definition and criteria of good practice. Second part of the template contained data related to the following: objective of the good practice example; beneficiaries; description of the good practice; possibility of application in other countries; lessons learned during the good practice example; replicability; conclusion; contact details and related web sites or resources. Where needed, interviews had been conducted with the stakeholders of the basketball club/organisation in order to obtain insights on the services, structures, business models, engagement techniques. Each partner was obligated to provide 4 good practice examples from their country and report about its main qualities, general applicability, target demographics, and overall benefits in terms of introducing sport to a larger population. It was allowed to present one example that does not come from basketball, but can be applied using a similar method in basketball. Each example (when is needed) include schemes financed by the local or national government or any other type of state support they receive.

The report provides examples from basketball clubs and sport/government organisations to identify the services provision mainly from the 5 countries participating in the project: Greece, Serbia, Spain, Italy and Ukraine, but with the potential to expand to other countries too. The examples presented in this report, includes basketball camps, special basketball events in the clubs, city or municipality events, basketball training and regulations, and other examples of excellent practice. The good practices have been selected from both rural and urban areas. A total of 20 good practices are presented below the document.

3. GOOD PRACTICES AUDIT

3.1. Greece

3.1.1. Annual 3x3 Learning Tournament, Municipality of Fyli

Objective - The annual 3x3 learning tournament of the municipal schools of the Municipality of Fyli is a comprehensive program of entertainment, acquaintance, and learning the basic rules of basketball, concluding in the participation in matches within a healthy and supportive environment.

Beneficiaries - The event provides the opportunity for learning the sport of basketball, with free participation in training sessions and 3x3 matches, without any form of exclusion, to all young students of all 16 municipal schools of the Municipality of Fyli, in the region of Attica, Greece.

Description - Prior to the games, children can participate in preparatory - acquaintance training sessions held at municipal schools by the personnel of the Municipality of Fyli, as well as in introductory training sessions at the competitive sports groups of the sports club Evnikos. The organization of the games is supported by dozens of volunteer parents and teachers as chaperones, coaches from the Evnikos club as team coaches, and athletes from the club as referees and game secretaries. In the 3x3 learning tournament, the competitive nature of the games is considered important, but the primary goal is the development of skills that will help young basketball players become active members of society. The educational purpose of these preparatory games is to have fun while simultaneously learning the basic rules of the game, getting exercise, enjoying themselves, making friends, and taking their first steps in sports within a healthy environment filled with positive emotions and supportive actions. During the games, the young students of the municipal schools will become acquainted with the sport of basketball, adopting specific principles and values of sportsmanship such as fair competition, good sportsmanship, solidarity, respect, experiencing the joy of sports and play, and developing a positive outlook on sports in general. Finally, each year, as part of its social responsibility, the tournament is dedicated to a cause of prevention, awareness, or protection, such as "Recycling and Reusing Clothes," "Compliance with Welfare Rules by Pet Owners," "Safe Transportation of Children by Car," "Traditional Games," "Greek Mythology," "Pass a Book Initiative," etc.



(Source adopted from: <https://evnikosbasket.gr>)

Applicability in other countries - The level of implementation is local within the limits of jurisdiction of the Fyli municipality, but it would be easy to implement in every country, because it is very simple both in its organization and in its conduct, without special requirements.

Lessons learned - The 3x3 tournament and its regulations can enforce participants to engage in all matches, without any form of exclusion, and to compete throughout the entire duration of participation, rotating through all positions and facing opponents of similar skill levels. This creates a harmonious environment for enjoying the game without intense feelings of competition. Additionally, the music playing in the court, the volunteer referees who are young basketball players themselves, and the parents who are informed and have agreed to adhere to the Code of Ethics/Behavior of the Evnikos sports club, create a uniquely pleasant atmosphere where participants can apply what they have learned. During the games, the young students of the municipal schools become acquainted with the sport of basketball and adopt specific principles and values of sportsmanship such as fair competition, good sportsmanship, solidarity, respect, experiencing the joy of sports and play, and developing a positive outlook on sports in general.

Replicability and/or up-scaling - No special advice is needed, it is a very simple and easy to organize program, without special requirements.

Conclusion – During the games, the young students of the municipal schools become acquainted with the sport of basketball and adopt specific principles and values of sportsmanship such as fair competition, good sportsmanship, solidarity, respect, experiencing the joy of sports and play, and developing a positive outlook on sports in general.

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3.1.2. Mini Basketball Handbook in Greece

Objective - The purpose of this handbook is the development of Mini Basketball in Greece. The handbook is a support tool for the coaches of developmental categories of mini basketball (up to the age of 12 years).

Beneficiaries - The coaches of sports clubs that coach athletes up to the age of 12 years (Mini Basket).

Description - It is a global movement to use physical activity in order to improve the physique and the mental health of the child. The main object is education, and in this

case, the means is mini basketball. The philosophy and spirit of this movement argues that the benefits of sport should be enjoyed by children all over the world, without any segregation of race or social status. Not as a luxury but as an expression of biological, spiritual, and psychological need. We particularly mention the benefits that mini basketball “may” have on the education of the child.

1. Contributes to the maintenance and improvement of physical and mental health.
2. Contributes to emotional development and balance.
3. Promotes habits of agility in physical activities and prepares the child for an active life.
4. Promotes his/her self-control.
5. It uses discipline instead of punishment.
6. Helps the child to develop his/her own sense of right and wrong.
7. Helps the child develop a sense of responsibility.
8. Getting to know the family of the child's friends.
9. It contributes to the child's intellectual development. Through sports training the child improves his/her ability to perceive. It trains the ability of the child's brain to improve his/her ability to learn. Trains his/her ability to pay attention and develops his/her memory, imagination, and creative spirit.
10. This is the perfect age to emphasize the values that serve as the basis for what is good, what is moral, as well as for the child's social and emotional stability.

We used the word “may” because those who are engaged with this sensitive age group must possess the necessary knowledge, love for children and above all treat them as personalities based on their age and not as adults. Therefore, the support of the mini basket coaches, through the handbook, is of great importance, so that they can cope with their very high and special goals.

Applicability in other countries - It is particularly easy to apply this good practice in other countries as the need to support coaches in coaching young children is the same and addresses common developmental facts for children all around the world.

Lessons learned - In Mini Basketball, the competitive nature of the game is considered important, but it mainly aims to develop skills that will help young athletes become active members of society. The pedagogical purpose of this preparatory game is for young athletes to exercise, have fun, enjoy themselves, develop friendships and enable them to grow in a healthy environment. Through this handbook the realization of these purposes is now possible.

Replicability and/or up-scaling - No special advice is needed.

Conclusion - Through Mini basket, the young athletes will learn the fundamentals of basketball, adapted to their own age, and will be prepared in life skills, nutrition, psychology and ethical behaviour, issues that are a priority and a need for everyone. As a team sport, basketball, through training and pedagogical process, helps children learn to act with respect, consistency and understanding. By participating in drills, the children learn to co-exist and cooperate with others. All the above contributes to both the development of their personality and harmonious coexistence in society. Young athletes should not be treated as adults. Through the path of education, they can learn not only the technique and tactics of the sport we love so much, but also develop those skills so that they can go out into the world tomorrow as complete personalities. This handbook provides coaches of both rural and urban clubs with a clear understanding

of their goals and responsibilities, as well as important advice and suggested procedures for achieving the goals of coaching young athletes.

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Related Web site(s) /resources	Basket.gr https://eska.gr/wpcontent/uploads/2022/10/%CE%A4%CE%BF-Minibasket-%CF%83%CF%84%CE%B7%CE%BD-%CE%95%CE%BB%CE%BB%CE%AC%CE%B4%CE%B1.pdf

3.1.3. Safeguarding Code of a Sports Club

Objective - This policy/code sets out the requirements for the sports club discharge its duty to protect all person in a vulnerable situation. This policy contains the guidelines and aims to:

Clearly set out the legal framework for the protection of human integrity and welfare of all those involved in the sport of basketball in Greece.

Clearly define harassment, discrimination, and abuse.

Sets out how harassment, discrimination or abuse may be reported.

Establish standards of behaviour that all persons falling within the scope of this policy shall adhere to.

To establish tools to determine the risks associated with the contact or impact on Vulnerable Groups.

To establish ways to mitigate or reduce those risks.

Beneficiaries - This Policy/Code applies at all time to the following persons and organizations: All individuals of local associations and commissions which are members of the club; Players, coaches, player-support personnel (including of team managers, medical staff); All participants in competitions, events and tournaments recognized by the club.

Description - The mission of Evnikos Sports Club is to develop and promote the sport of basketball throughout the municipality of Fyli. Everyone, regardless of age, gender, sexual orientation, nationality and social background, religion and level of ability or disability has the right to participate in basketball in a safe and enjoyable environment. Thus, Evnikos is committed to establishing and implementing policies that safeguard athlete's welfare and those involved in the processes of the organization, including, among others, non-discrimination, prevention and treatment of sexual harassment and abuse. Equality and diversity are at the heart of Evnikos's values. Evnikos has a zero-tolerance stance towards all forms of harassment, discrimination, and abuse of any kind. For Evnikos's commitment to ensuring civil protection for adults and children, the present code is created.

Evnikos has the responsibility to safeguard the integrity and reputation of the sport of basketball worldwide and constantly striving to protect its image from risks as a result of immoral or unethical activities, methods, and practices. This code embeds the individual's right to dignity and to be treated with respect. Basketball allows no

discrimination on the basis of race, gender, ethnic origin, religion, philosophical or political opinion, marital status or other grounds. Ensuring that discrimination, harassment, vilification, defamation, and/or abuse are not tolerated at any level and that there are appropriate policies and processes in place to deal with such behaviour.

Applicability in other countries - It is a very simple and easy to copy the safeguarding and implement it, but first must check if it is legally harmonized with the national law.

Lessons learned - The most important lesson is the responsibility to offer protection to any person in sports who is under vulnerable situation, based on the five pillars of safeguarding:

Rights of Children and Adults at Risk: all persons to whom this policy applies must respect and promote the rights of Children and Adults at Risk.

Zero Tolerance: HFB will not tolerate any form of abuse, seduction and discrimination and will take all necessary measures to implement this policy.

Risk management: HFB ensures that risks are identified and minimized at all stages of activity planning.

Collective responsibility: the successful implementation of this policy depends both on individual and shared responsibility of all persons involved in basketball.

Duty of notification: any suspected violation of this policy must be reported immediately through the appropriate reporting channels. Confidentiality will be maintained throughout the entire process.

Replicability and/or up-scaling - No special advice is needed. The safeguarding code is based on the human rights of the United Nations and the regulations of the IOC, FIBA and Hellenic Basketball Federation.

Conclusion – Safeguarding policy / code in sports clubs is the process of protecting children and adults from harm by providing a safe space in which to play sport and be active. A key part of athletes safeguarding is spreading the message about keeping athletes safe and building a culture of always acting in the best interest of all children. Also, by putting safeguards in place, every sports club can minimize potential risks that one person may pose to other and most importantly help prevent abuse.

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<https://evnikosbasket.gr/wp-content/uploads/2024/01/ce95cea5ce9dce99ce9ace9fcea3-ce9acea9ce94ce99ce9ace91cea3-cea0cea1ce9fcea3cea4ce91cea3ce99ce91cea3-safeguarding.pdf>

3.1.4. Psychological Support Program for Athletes

Objective - The Psychological Support Program for athletes by a specialized sports psychologist, enables athletes to recognize their mistakes and prepare properly for their training and matches, but also to experience positive emotions and orientate

themselves on the positive dimension of the effort as well as the success at the same time.

Beneficiaries - The athletes of the sports club

Description - Playing sports offers both physical health and mental well-being. The thoughts, behaviours, emotions, i.e. the psychology of the athletes, are not just of basic importance, but an indivisible part of human nature, by extension, of the athletes' physical and emotional development as well as their performance.

The core subject of the sports psychologist includes assessing the emotional state of the athlete, learning psychological skills from athletes to apply in competition and then maximizing their athletic performance, and mediating and facilitating both the athlete and the coach. in the performance of his work.



(Source adopted from: <https://proteasvoulas.gr>)

Applicability in other countries -

Lessons learned - On an individual level, athletes become more combative, give their all in each phase separately, first in training and then in competition, and react to pressure conditions with more calmness. Athletes' mistakes are a target for improvement and their personalities become stronger and take responsibility and put "We" above "Me", while they are taught the value of respecting, sacrificing, not blaming others and that together we can to achieve things that would be impossible to do on our own.

Replicability and/or up-scaling - No special advice is needed.

Conclusion – The Psychological Support Program for athletes is very important since it results in the good psychology of the athlete, regardless of the difficulties of training and matches. At the same time, it results in the improvement of relations and communication of all those related to the athletes, such as coaches, referees, agents and other supporting staff.

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Related Web site(s) / resources <https://proteasvoulas.gr/our-people/>

3.2. Serbia

3.2.1. Family Day of Basketball

Objective - *Family day of Basketball Club Cerak* where children and parents compete together and socialize between the “small schools” of the basketball club Cerak. At the end of the day, everyone gets medals for completing another successful year in basketball “small school”!

Beneficiaries - This day provides an opportunity for the youngest basketball players to show themselves and their parents, as well as their friends who do not practice basketball, what they have learned during the previous year. In this way, they prove and popularize playing basketball to their peers and attract them to participate in basketball training.

Description - The idea is that children have an additional goal in playing basketball, which is to present themselves to their friends and parents as best as possible through this event, as well as to involve parents to a greater extent in their children's basketball activities. First of all, club officials and coaches participate in the organization of this event, as well as a large number of parents and friends of the club. Children and parents participate in the activities. This gives them the opportunity to enrich their relationship, to get to know each other even better. The activities that take place are: competitive games in basketball skills (for example: mothers shoot free throws), dancing to music, cleaning the environment from garbage, children teach parents basketball skills. Parents have the opportunity to learn or improve their knowledge of basketball, and children to learn new fun (music, dance) and other socially useful activities (environmental awareness, etc.). The emphasis is on a pleasant and cheerful atmosphere. Children can also invite their friends from school or neighborhood to participate in this day. Playing basketball 5 on 5 is not part of the program, but with the help of basketball skills and competitive games, children are tried to develop socially desirable qualities such as: respect for opponents, peers, parents, and the natural environment, and to expand the scope of their socialization beyond basketball. The level of implementation is mostly local, but extends to two municipalities of the city of Belgrade (Čukarica and Rakovica). The implementation of such an event is easily feasible in other clubs or municipalities, considering that it does not require a large number of people or large financial resources.



(Source adopted from: <https://www.kkcerak.rs/>)

Applicability in other countries - The implementation of such an event is easily feasible in other clubs or municipalities, considering that it does not require a large number of people or large financial resources.

Lessons learned - A day like this can develop children's awareness that basketball is not only a 5-on-5 game, but that there is also a wide range of application of basketball activities and skills in other ways. Connecting children and parents through basketball is important, and activities in which parents, together with their children, perform certain basketball skills are particularly interesting. Parents have the opportunity to see that it is not easy to perform certain basketball skills and that their children have invested a lot of effort in mastering those skills. In other activities, music, dance, cleaning the environment, parents have the opportunity to teach their children something new. The most important thing is the pleasant atmosphere that reigns throughout the day.

Replicability and/or up-scaling - Potential organizers do not need special advice because the organization of such an event is certainly not demanding. In addition, the teams from the club play on the territory of the city of Belgrade, so many clubs are already familiar with this event.

Conclusion – On this day, the children from the club have the opportunity to show their achievements in basketball skills, to compare themselves, but also to learn that there are other things outside of basketball that are useful and good. Children, from two municipalities, who do not play basketball, but attend this day, have the opportunity to get to know basketball in a very pleasant atmosphere and to participate in basketball training. Parents will better know and understand their children and their efforts in order to become better basketball players.

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Related Web site(s) / resources <https://www.kkcerak.rs/>
<https://www.kkcerak.rs/index.php/component/k2/item/291-kkcerak>

3.2.2. Basketball Club IKAR

Objective - Basketball club IKAR is a project of basketball enthusiasts whose goal is to enable children with special needs to play sports/basketball and thus help them improve their motor skills and psycho-sociological qualities.

Beneficiaries - Children with special needs have the opportunity to get to know basketball, one of the most popular sports in Serbia, and in this way feel more accepted by society. Basketball training in children develops motor, but also social and communication skills, first of all, better contact and relationship with other children, but also adults.

Description - The goal is to involve children with special needs in systematic exercise through basketball training. Basketball is an activity that can have multiple beneficial effects on these children, considering that it contains a very wide range of different movements, and as a team sport, it inevitably seeks and develops cooperation

between the players. The program is implemented by a team of coaches with the help of former active basketball players and parents who volunteer to help in various ways. Apart from them, there is also a psychologist and a physiotherapist. Children have the opportunity to be physically active, which is certainly very important for their better overall development, given that it is difficult for them to fit into training in classic basketball clubs. Of particular importance is the positive effect on their socialization, where in an open and honest atmosphere without any prejudices they can express their qualities and satisfy their needs for socializing. It is especially interesting when children play basketball in the form of 2 on 2 to 5 on 5 because this is where the positive effects of socialization are recognized to the greatest extent through an unusually good relationship between children, a relationship full of respect and love. The project covered the municipality of Gornji Milanovac, but it is a good example for other municipalities in Serbia. Realization of such a project is not always easy. Children with special needs require a different approach, and this means that coaches should also be educated and patient. It is also necessary to explain to parents all the benefits that playing basketball can bring to their children.



(Source adopted from: <https://www.vesti.rs/Ko%C5%A1arka/Kosarka-kao-nijedna-druga-uvek-ZAJEDNO-na-kos.html>)

Applicability in other countries - Realization of such a project is not always easy. Children with special needs require a different approach, and this means that coaches should also be educated and patient. It is also necessary to explain to parents all the benefits that playing basketball can bring to their children.

Lessons learned - The basic lesson of this project is that it is possible to successfully organize basketball activities for children with special needs. In addition, the positive effects of this project are clearly visible in the satisfaction of children, their parents, coaches and the local community. This project can certainly be an example for other local communities.

Replicability and/or up-scaling - Potential organizers of similar projects are advised to be persistent and patient, especially in contacts with children and parents, but also with the local administration. In addition, it is necessary to provide educated coaches, and enthusiasts, which is often not easy. It is necessary to involve a psychologist and a physiotherapist. The project also resulted in a book *Methodology of training children with special needs in the basketball club Ikar* which can help future organizers.

Conclusion – The benefit of such a project can be great on an individual level, but

also on a general social level. Children with special needs are a sensitive population and any activity that will improve their development, help their inclusion in society is necessary and commendable. Through the positive influence of basketball activities on the motor and psycho-sociological development of children, their quality of life improves in general, as well as the quality of life of their parents.

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Related Web site(s) / resources <https://www.vesti.rs/Ko%C5%A1arka/Kosarka-kaonijedna-druga-uvek-ZAJEDNO-na-kos.html>
<https://plus.cobiss.net/cobiss/sr/sr/bib/187594252>
Begenešić, P. et all. (2011). *Metodika treniranja dece sa posebnim potrebama u Košarkaškom klubu "Ikar"* (Methodology of training children with special needs in the basketball club Ikar. In Serbian). Gornji Milanovac: Košarkaški klub "Ikar".

3.2.3. Volleyball is calling – My First Spike

Objective - The main objective was to introduce volleyball to a greater number of young boys in twenty-four cities in Serbia, thus promoting gender equality, since there are a significantly lesser number of boys compared to girls practicing volleyball in Serbia.

Main project objectives:

- increase boys' interest in volleyball,
- initiate and stimulate the inclusion of boys in volleyball training in a larger number of cities in Serbia,
- build a system and programs for the controlled development of top young volleyball players,
- improve the system and methodology of training with young volleyball players,
- improve the selection system of young volleyball players.

Beneficiaries - Main beneficiaries of this project are boys ages 7 – 14. Project was also focused on including kids from diverse cultural, social, and economic backgrounds living in remote areas or facing socio-economic difficulties.

Description - The disproportion of 10:1 ratio of girls to boys observed in youth categories evidenced by the number of teams participating in youth competitions in Serbia wasn't even changed by the enormous successes which were achieved by the male national teams during the last couple of decades. As a consequence of this there was a justified fear that in couple of years there won't be quality successors to the players who are currently in the national team. Intervention is being implemented by the Volleyball Federation of Serbia, which selected a team of experts (managers, coaches, University professors) to educate and conduct practices for the groups of boys included in the project. The project was implemented on a national level, there were 45 cities covered by the project activities.



(Source adopted from: <https://www.ossrb.org/pages/moj-prvi-smec.html>)

Applicability in other countries - Similar activities could be initiated in other countries using basketball as well (“My first three point shot”, “My first dunk”).

Lessons learned - Children were introduced to the idea and the project expanded to members and institutions enabling the implementation with financial compensation for the lease of training space, compensation for the work of trainers, as well as for the purchase of sports equipment for each child by the Volleyball Federation of Serbia. So far, 27 free volleyball schools have been organized in 24 places across Serbia, where 640 boys are involved. The members of the project focused their attention on a specially prepared training program of elementary technique and methodology of learning volleyball elements. As the two most important events this year (related to the project "Volleyball is calling - MY FIRST SPIKE"):

- expert panel: UNIQUE METHODOLOGY OF TRAINING TECHNICAL ELEMENTS IN VOLLEYBALL intended for coaches of younger categories,
- summer volleyball camp held in Kragujevac, in which 126 boys participated and 14 trainers from thirteen cities participating in the project.

Replicability and/or up-scaling - The main condition in the implementation of this project is the support of the national volleyball federation and/or some other government authority which could provide the necessary funding for the introduction of free volleyball schools, as well as the needed facilities and coaches.

Conclusion – The analysis of the achieved results showed that the applied methods are effective and that volleyball schools have potential and capacities and adequate mechanisms for stimulating boys to participate in volleyball training. We hope that these experiences of ours will inspire other volleyball schools in Serbia and contribute to systemic reforms in sports education in order to increase the number (mass) and quality of sports education for every child.

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Related Web site(s) / resources <https://www.ossrb.org/pages/moj-prvi-smec.html>

3.2.4. Movement for Women's Basketball Marina Maljković

Objective - The main goal of the Movement MM is promotion of women sport. The aim is to allow young girls to start loving basketball in elementary school and learn positive characteristics, which can be transferred from sport to real life. The movement is offering free workouts and learning fundamentals of basketball for all interested girls without any exclusions.

Beneficiaries - The movement organize free basketball workouts in 8 schools across different locations in Belgrade region of Serbia. All girls from elementary schools (grade 1-4 and 5-8) are beneficiaries of this project.

Description - The main idea of Movement MM is to promote female basketball as a activity of fun and pleasures for girls in elementary school. The love for sport and basketball starts early in the childhood and this kind of activities tend to promote respect for teammates and opponents, referees, rules and fair play. The present movement helps girls to develop responsibility, discipline, character, and love for knowledge both in basketball and in real life. On the start of training, all girls give the Basketball Promise which sounds as follows:

“Today, when I become a basketball player, I give my word of honor that I will work diligently and hard, respect other basketball players and coaches, be loyal and always behave in the spirit of fair play. I also promise that I will listen and respect my parents and elders, have excellent grades in school and be a faithful and honest friend, always ready to help.”

All training sessions of the Movement for Women's Basketball Marina Maljković are free. The main basketball goal of the workouts is to learn basic basketball technique. The MM movement is not a club and does not participate in usual competitions. During the season, gatherings and games of girls from different locations are organized. During these events, all girls are treated identically, regardless of talent or level of knowledge, and all are winners if they show their best. All girls who train in this movement need to have excellent grades in school.

The movement realize activities in the Belgrade region in last 8 years, with the aim to expand the activities throughout the Serbia. In season 2023/24 the plan is to hold 1200 basketball classes/workouts and around 50 friendly games/events.



(Source adopted from: <https://pokretmarinamaljkovic.rs>)

Applicability in other countries - The system can be easily applied in different countries and regions with good will and energy for organization of basketball classes

in different schools and regions. Essential help in terms of free time for training in basketball gyms is needed for successful realization.

Lessons learned - Based on 8 years of realization of the program, results show that good educational and sport principles from the start of program, have huge benefits on popularization of basketball and engagement of young girls in sport. Learning basic basketball technique together with essential life principles creates harmonious environment for holistic development of young girls in sport.

Replicability and/or up-scaling - No special advice is needed. Creating and execution of program while using essential principles is foundation for realization of the program in different regions/countries. It is necessary to provide educated coaches who will be enthusiasts, which is of huge importance for young female athletes in these age.

Conclusion –The benefit of such a project can be great general level of women's engagement in sport. In addition, the first basketball steps of one national team player was made within this movement. The MM Movement successfully promotes basketball engagement while learning important life principles, discipline, sportsmanship and positive living habits in young girls.

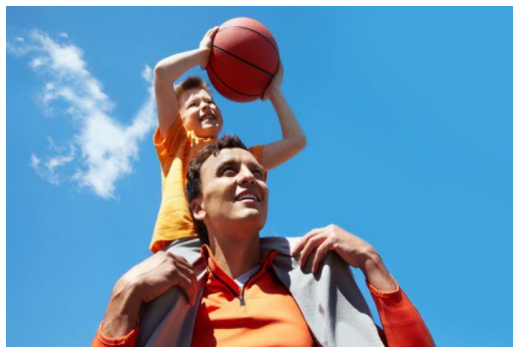
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Related Web site(s) / resources <https://pokretmarinamaljkovic.rs>
https://www.instagram.com/pokret_mm?igsh=MXMyYW93cG9oc2o0
<https://www.facebook.com/pokretmarinamaljkovic>

3.3. Spain

3.3.1. Basket Cervantes (School for Parents)

Objective - During the development of the season, different activities of talks to parents (psychology, behavior, respect) of the players of the club, where special interest is put in the respect of parents and their behavior with respect to their children athletes.



(Source adopted from: <https://clubs.bluesombrero.com/Default.aspx?tabid=581838>)

Beneficiaries - All the members of the club (more than 500 children), from the athletes themselves to the parents, are beneficiaries of the "parents' school" program, since

these talks are intended to improve the relationship between parents and the club, as well as with the sport, competitiveness, etc.

Description - The Basket Cervantes Basketball Club parents' school offers a platform where parents can actively participate in the sporting and personal development of their children. Activities include talks on in-game behavior, where topics such as fair play, respect for referees, coaches and teammates are addressed. In addition, advice is given on how to provide emotional and motivational support during games, encouraging a positive and constructive attitude. Sessions are also offered on how to help children handle competitive pressure and frustration, fostering resilience and self-control skills. In addition, information is offered on sports nutrition, training techniques and injury prevention. These activities not only strengthen the bond between parents and children, but also promote a positive family environment that fosters the overall growth of young athletes. The activities are held once a month (during the course of the season from October to June) and although they are primarily for the parents of the club's athletes, they are also open to the rest of the public who wish to attend.

Applicability in other countries - It is important to mention that this project is perfectly applicable in other countries.

Lessons learned - A basketball parent school offers multiple benefits. It provides guidance on game behavior, promoting respect for referees, coaches and opponents. It fosters a positive attitude that influences the emotional development of children, teaching them to handle pressure and frustration. It provides tools to support children's sports growth, such as proper nutrition and adequate rest. It also strengthens family ties by involving parents in their children's sports life. In short, a basketball parenting school is key to cultivating healthy values, skills and relationships.

Replicability and/or up-scaling - No specific conditions are required, only the desire to participate of the parents of the athletes of a club.

Conclusion – In conclusion, a basketball parenting school not only promotes a healthier and more respectful sports environment, but also strengthens family ties by involving parents in the integral development of their children. These activities foster values, skills and positive relationships that benefit both athletically and personally.

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Related Web site(s) / resources <https://basketcervantes.com>

3.3.2. Solidarity Tournament in Argamasilla de Alba

Objective - During the Christmas period, a solidarity tournament is organized between the different clubs of the locality of the different sports, indoor soccer, basketball, athletics, where a series of matches and tournaments are held in addition to inviting to participate in these matches and tournaments the associations of immigrants in the locality.

The goal is to deliver one kilo of food for each point scored or goal scored by each club in these matches. Likewise, the attending public pays their "entrance fee" to the event with more kilos of non-perishable food.

Beneficiaries - The beneficiaries of these activities are the most disadvantaged groups because to attend these events as public is requested to bring at least a kilo of some non-perishable item that will become part of a food bank to distribute among the most disadvantaged.

Description - This activity moves the entire social mass of the town, and not only the athletes of the various clubs, but moves to refugee or immigrant associations, the Red Cross and political groups in the town with the main objectives of:

- Perform sport during the holiday period of Christmas;
- Contribute to the integration of immigrants into society through sport;
- Collect food to be distributed later among the most disadvantaged people in the town;
- Bringing sport in a playful way to the youngest of the town, who also participate in the events.

The main lessons that are achieved in these events during the Christmas vacations, are those of solidarity and respect for the most disadvantaged, integrating through sport to them within the rest of activities (whether sporting or not) of the locality.

Applicability in other countries - It would be very easy to implement in every country, because it is very simple both in its organization and in its conduct, without special requirements.

Lessons learned - The main lessons that are achieved in these events during the Christmas vacations, are those of solidarity and respect for the most disadvantaged, integrating through sport to them within the rest of activities (whether sporting or not) of the locality.

Replicability and/or up-scaling - No special advice is needed, it is a very simple and easy to organize program, without special requirements.

Conclusion – It is an easy to organize event that occupies the Christmas holiday period, where all local clubs bring their team to get the best possible event.

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Related Web site(s) / resources <https://cbargamasilla.es>

3.3.3. Mixed Basketball Tournament in Villanueva de los Infantes

Objective - The objective of organizing a mixed basketball tournament in a small town is to foster community integration and sportsmanship among people of different ages, genders and abilities. This event provides a platform for the development of sports skills, promoting physical activity and health in the community. In addition, the tournament creates an atmosphere of camaraderie and social cohesion, strengthening ties between local residents and the surrounding region of Villanueva de los Infantes.

By involving the entire community, it fosters a sense of belonging and pride in the place where they live, generating a positive impact on overall well-being and quality of life.



(Source adopted from: <https://easy-peasy.ai/ai-image-generator/images/diverse-basketball-match-vibrant-indoor-stadium>)

Beneficiaries - All people over 12 years old, both girls and boys can participate in this spring tournament with no discrimination based on age or gender.

Description - At the end of the federated sports season, in this small town of just over 5,000 inhabitants and which has a club with three federated teams, they organize a tournament called "mixed spring tournament" which includes teams from both the town and even smaller towns like Cozar (less than 1000 inhabitants) or Sierra del Segura (small nuclei of villages). Being a mixed tournament makes the minimum number of athletes per team easier to achieve and also makes it an inclusive tournament. Although it is a tournament in a small town, the statistics of each game are taken into account in order to motivate the players to participate, with statistical rankings of assists, points, rebounds, etc. In addition, the tournament uses the "Swiss" system of tournaments, making a filtering by score for the following rounds between teams with the same score.



Applicability in other countries - Yes, it is perfectly applicable in other countries.

Lessons learned - The main lesson learned with the creation of this spring tournament in Villanueva de los Infantes and its region is that there is no small population if you want to have a basketball tournament, there are always options to have a variety of teams, either using the mixed system like this one or being able to organize a 3x3 tournament if the number of athletes is smaller.

To want is to be able to.

Replicability and/or up-scaling - No specific conditions are required, can be scaled perfectly in small population centers or county seats.

Conclusion – Holding a mixed basketball tournament in Villanueva de los Infantes and its surrounding area provides tangible and intangible benefits. It fosters inclusion, physical activity and community cohesion, strengthening social ties and promoting a healthy lifestyle. It also contributes to local pride and the integral development of the population. No specific conditions are required to replicate this tournament in any other circumstances, can be scaled perfectly in small population centers or county seats.

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**Related Web
site(s) / resources**

3.3.4. La Fabrica de Valores (Factory of Values)

Objective - Based on the principle of equal opportunities, our objective is to collaborate with families and the close social environment (school, university, municipality, associations, company) to develop socioemotional skills, promote healthy lifestyles and achieve social integration through the practice of basketball.

Beneficiaries - Children and young people between 4 and 18 years old, their families and all those linked to the collaborating entities.

Description - From the knowledge that sport does not educate in itself, this project follows the following procedure to achieve comprehensive education through basketball:

- Definition of the identity of the club: In a consensual manner it is established that everyone, regardless of age, is a learner of values. We are also convinced that better people make better teams. From this identity we define a series of socioemotional competencies to be developed that translate into values such as fun, respect, responsibility, effort, empathy, self-control, cooperation, solidarity and health.
- Selection of coaches who exemplify the club's identity. Definition of responsibilities. From the identity of the club and in a consensual manner, the responsibilities of the coaches, the families and the children and youngsters are specified in the form of decalogues.
- Definition of a motivational climate that guarantees adherence. For this, the following is taken as a reference: starting from the needs and interests of the participants, there must be high expectations, the tasks-activities must be contextualized, varied, challenging, promote autonomy, facilitate cooperation, the feeling of belonging and competition. The objective is to generate a task-oriented motivational climate.
- Knowledge of the reality of our environment to carry out joint activities that promotes social cohesion.

- Design of tasks, activities, strategies to achieve the objectives (identity). From the identity of the club, the activities that contribute to achieve the objectives of integral education through basketball are established. The main activities are training and competition, an extraordinary means for the development of social-emotional competencies. To these are added the following: periodic mixed training days (coeducation) using the sports education method, where players assume the roles of coach, scorers, referees and organizers; socioemotional education workshops with players and families; solidarity days in collaboration with associations and/or NGOs; meetings with families; inclusive basketball with associations with intellectual disabilities; family basketball; intergenerational meetings, training in nursing homes; free play; attendance at high-level female and male games;
- Coexistence days with other clubs in the province.
- Evaluation: Expectations of parents; Values; Satisfaction of basic psychological needs; Ego/task motivational climates of coach, peers, families; Coach leadership; Social-emotional competencies; Healthy habits and physical fitness.

Applicability in other countries - We believe that this methodology is perfectly applicable to other clubs at the national and international level.



(Source adopted from: <https://www.cbfabricavalores.com/>)

Lessons learned - This practical and innovative experience, which we have developed in a fun atmosphere, has allowed the adolescent participants to feel a sense of personal satisfaction in helping others, a feeling that we believe has had a positive influence on their self-esteem, which is of great value at the puberty stage. It has also helped them to become better teachers, in line with the LFV-UCLM initiative: "Better people make better teams". The participants have developed the executive function of cognitive flexibility, seeking solutions to the problems posed and bringing into play empathy, solidarity and cooperation.

Replicability and/or up-scaling -

Conclusion –Sports schools are an unparalleled framework for the development of social-emotional skills, since they have the added value that many motivated children

and young people participate in organized sports programs. This is an excellent educational environment that should not be missed. The Factory of Values-UCLM is an attempt to achieve this and the experience "A basket, a smile" is an example of this. We believe that this methodology is perfectly applicable to other clubs at the national and international level.

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Related Web site(s) / resources <https://www.cbfabricavalores.com/>
Publications:
Methodology for the definition and application of motivational strategies in a basketball academy.
<https://www.rpd-online.com/index.php/rpd/article/view/357/114>
A basket, a smile. Values education in non-formal education through service-learning.
<https://revistes.ub.edu/index.php/RIDAS/article/view/39803/37812>

3.4. Italy

3.4.1. College Family

Objective - The objective of this project is to build a network connecting small and rural towns to the main gym.

Beneficiaries - Children aged 6 to 18, regardless of gender.

Description - Recognizing sports as a fundamental tool for combating social exclusion, its inclusive nature has opened new avenues. It's crucial to continue focusing on smaller centers. Local coaches convene with the youth program director of the main club for joint practice sessions.

These sessions offer valuable opportunities for young coaches, locals, and volunteers to collaborate. Throughout the season, our local children can engage in tournaments alongside peers from other small towns, forming mixed teams. Regular access to drills, competitions, and skills via social media enhances their development.



(Source adopted from: www.collegebasketball.it)

Applicability in other countries - This model is easily replicable across cities and countries, emphasizing synergy between management and coaches dedicated to integrating children into all activities.

Lessons learned - Lifelong learning fosters connections and generates ideas to enrich local children's experiences.

Replicability and/or up-scaling - To ensure replicability, ideas must be shared and managed within normal activities.

Conclusion – The relationships forged during tournaments are as vital as the events themselves. This endeavor aims to disseminate the values of a "COLLEGE FAMILY" to communities far and wide.

Contact details Marco Bussoli, Francesco Rossi

Related Web site(s) / resources www.collegebasketball.it

3.4.2. International Camps

Objective - The primary aim was to establish a local camp tailored to the needs of young participants. By leveraging interactive games and keen observation, the dedicated trainers sought out innovative communication channels. Their goal was to effectively engage each young individual, fostering a sense of belonging within a cohesive group and guiding them through a journey of personal and athletic growth. This holistic approach prioritized the development of individuals both on and off the field.

The project facilitated a week-long camp experience, where participants engaged in immersive games designed to cultivate meaningful connections, impart knowledge, and introduce diverse methodologies. Embracing the ethos of "every day different way," the camp encouraged exploration and experimentation.

Beneficiaries - Targeting children and adolescents aged 6 to 18, the project aimed to empower its participants with invaluable life skills and a profound appreciation for the transformative power of sports and play.

Description - Children and young athletes engaged in sports encounter various challenges:

- Developing motor patterns and coordination skills autonomously can be challenging.
- Adhering to rules and overcoming obstacles poses difficulties.
- Acquiring comprehensive knowledge of game rules and gaining valuable experience autonomously is a hurdle.
- Establishing strong interpersonal relationships within the group may be lacking.
- Stimulating the replication and improvement of acquired skills is often absent.

This struggle transcends basketball and extends to various sports activities among the younger generation. The introduction of international coaches from partner organizations or different European countries presents an invaluable opportunity to infuse local camps with diverse perspectives. These basketball camps are designed to welcome participants seeking training and lessons led by coaches hailing from

varied cultural backgrounds. Through this collaborative effort, participants embark on a journey of learning, exploring innovative teaching methodologies, and fostering teamwork while embracing international languages within the sports realm. Furthermore, the initiative aims to construct a network among expert youth coaches, facilitating the exchange of information, materials, methods, and best practices tailored to youth development.



(Source adopted from: <https://sportpickup.com/step-by-step-instructions-to-have-a-great-basketball-workout.html>)

Applicability in other countries - The scalability of this concept across regions hinges on the establishment of a mobility network exclusively for coaches, supported by technology to sustain connectivity upon their return to their respective countries.

Lessons learned - Local camps serve as platforms for immersive experiences, allowing coaches with diverse approaches to basketball to collaborate, share ideas, and collaborate on skill development drills.

Replicability and/or up-scaling - The camp is repeatable and with app or forum the coaches and local club have continuous support and can exchange ideas.

Conclusion – In summary, the project offers:

- Exposure to diverse coaching methodologies through interaction with international coaches.
- Development of English language proficiency in international sports competitions, supplemented by audiovisual aids for traditional and remote training.
- Ongoing dialogue and comparison of objectives, methodologies, and tasks division among partner organizations' employees.
- Utilization of social media platforms to establish local networks, facilitate the exchange of technical materials, videos, insights, and inquiries. Additionally, the project remains receptive to future endeavors, including replicating the experience in other European countries to bolster the network and foster the creation of similar local camps.

Contact details Marco Bussoli, Francesco Rossi

Related Web site(s) / resources www.collegebasketball.it
social: IG collegebasketball

<https://www.alwaysbasketball.com/always-basketball-international/>

3.4.3. College Basketball SSDRL

Objective - The primary aim is to disseminate the coaching methodology utilized in College Basketball among athletes.

Beneficiaries – Athletes aged 13-18.

Description - The initiative addresses the prevailing issue of dropout rates, stemming from waning interest and participation in practices, coupled with lackluster player development outcomes. While youths demonstrate commendable technical proficiency, they often struggle to recognize and respond to game situations, leading to diminished engagement on the court. Drawing upon the experiences of coaches from diverse backgrounds and countries, the emphasis lies in fostering experiential learning rather than rigid instructional methods. Coaches are encouraged to eschew prescriptive teaching approaches in favor of empowering players to learn through direct engagement and self-expression on the court. This approach is not without its challenges, as coaches relinquish full control over the training trajectory, instead accommodating individual needs, embracing mistakes as learning opportunities, and prioritizing enjoyment during play. Central to this paradigm shift is the optimization of training time to maximize gameplay experiences, a philosophy championed by our coaching staff and increasingly adopted by other clubs seeking to enhance player engagement.

Applicability in other countries - By cultivating a game-centric environment adaptable to local contexts, this methodology promotes continuous improvement and knowledge-sharing among coaches. However, its effective implementation necessitates ongoing study and investment in coach training.

Lessons learned - To galvanize broader adoption, leveraging social media as a communication tool is imperative to pique curiosity and reignite enthusiasm for gym attendance. Creating a welcoming and supportive environment where players eagerly anticipate returning to the court serves as a litmus test for effective coaching practices. Encouraging active participation irrespective of skill level fosters inclusivity and combats sports abandonment, while nurturing athletes' non-formal skills through club initiatives reinforces their sense of belonging and contribution. Ultimately, instilling a sense of participation and fostering a positive, encouraging atmosphere empowers athletes to thrive within a supportive community.

Replicability and/or up-scaling - It is replicable but needs to follow the project guide lines.

Conclusion –This methodology not only motivates players to remain active but also enriches their overall development, thereby laying the foundation for a lifelong love of the game.

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Related Web site(s) / resources www.collegebasketball.it
social book: ESPERIENZA A PALLA In ITALIANO

3.4.4. College Basketball – Dribbling Through the City

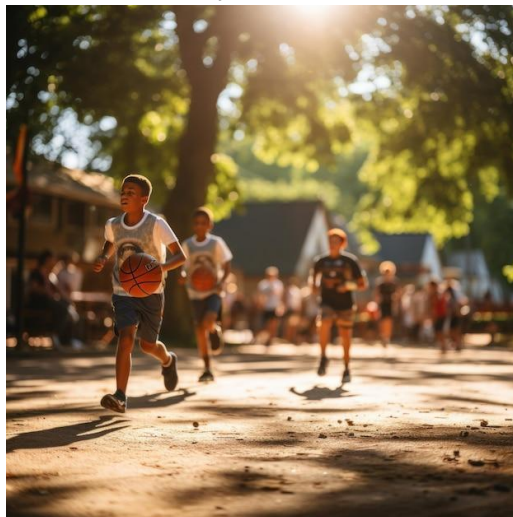
Objective - Event that unites the city's social network with sport. Charity and sharing activities with volunteering associations.

Beneficiaries - Children aged 4 to 18 and families.

Description - The context is the Grape Festival which takes place every year. During the week of celebration, the idea is to create a charity walk (parade) where all children can participate with their own ball and dribble around the city. This initiative serves not only our club but also other organizations that can participate and parade through the streets of the city.

Activities can be implemented by involving other sports organizations and especially volunteers. In this way, more stable synergies are created and involve both the children and their parents. Activities to promote sport and inclusion with groups of disabled people who participate in the parade which culminates with the presentation on the stage where each club can present its activities to the people who is watching the parade and festivities.

This is carried out in Borgomanero (The Grape Festival) but this initiative can be structured and easily replicated in other cities and countries too. The partnership with the municipality and with other voluntary activities is fundamental.



(Source adopted from: https://www.freepik.com/premium-ai-image/children-playing-basketball-street_64845014.htm)

Applicability in other countries - It is replicable and easily adjusted for improvements to fit any city needs.

Lessons learned - The positive aspects are the interaction and inclusion between the various sports clubs and volunteer groups is priceless. It is certainly possible to improve and structure walking preparation events that thus generate "virtuous circles" of synergies. Organizing an event that is visible and also accompanied by cultural and volunteering aspects stimulates the involvement of all parties.

Replicability and/or up-scaling - The objective is to build a network that collaborates in the creation of an event and that links associations and sporting activities. The steps useful for the realization of the event are not an end but only the true objective of the initiative which indirectly involves and includes the event at various levels.

Conclusion – The immediate result is the presentation of the associations with their exposure on the day of the event and their activities. The impact is much bigger. The Involvement of families brings in the sense of belonging not only to a single club but to

an event that encompasses and demonstrates being active citizens. Promotion and visibility of the sport of basketball first and foremost with the parade for all the age groups.

Experiencing the convergence of Borgomaneros social fabric with the vibrant pulse of sportsmanship. At the heart of the annual Grape Festival lies an initiative geared towards nurturing compassion and camaraderie within our community. Catering to children aged 4 to 18 and their families, this endeavor transcends mere celebration; it embodies a spirit of altruism and inclusivity. Amidst the festivities, a charitable procession unfolds—a parade where every child, armed with their own ball, dribbles through the city streets.

This spectacle not only rallies support for our club but also extends a hand to other organizations eager to join in. Together, we weave a tapestry of unity, with sportsmanship as our common thread. This initiative extends its embrace to diverse segments of our society, including those with disabilities who find empowerment through participation. As the parade culminates in a stage presentation, each club takes center stage, showcasing their initiatives to a captivated audience. While rooted in Borgomanero's Grape Festival, this blueprint is primed for replication in cities worldwide. Central to its success is our partnership with local municipalities and voluntary associations, whose support amplifies our impact. By fostering dialogue and collaboration, we cultivate a network that breathes life into this event, bridging associations and sporting endeavors. Beyond the immediate spotlight, this initiative breeds a culture of involvement and belonging among families, fostering a shared sense of citizenship. Through strategic promotion, we thrust basketball into the limelight, ensuring its resonance across all age groups. In essence, this event transcends its logistical steps; it embodies a collective vision of community cohesion and active citizenship. Its ripple effect extends far beyond the parade route, leaving an indelible mark on our city's social fabric.

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Related Web site(s) / resources www.collegebasketball.it
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3.5. Ukraine

3.5.1. Sport Activities

Objective - The aim is to prepare students and young people for the role of future coaches through volunteer participation in sports activities and mass participation sporting events, especially focusing on basketball, to promote the physical and psychological recovery of schoolchildren (displaced children from different regions of Ukraine affected by military operations). We also aim to popularize basketball among youth audience, promoting healthy lifestyles and social integration through sport.

Beneficiaries - Our practice's beneficiaries or target group are primarily schoolchildren (displaced children from different regions of Ukraine affected by military operations), as well as students interested in basketball and a healthy lifestyle. Students of the

Faculty of Sports who participate in volunteer activities and coaching practice are also an important target group, as they gain unique experience and skills necessary for their future professional growth and development and the development of non-formal education.

Description - Before the start of sporting events, we organize information sessions about basketball and its rules and features, involve famous athletes to increase motivation and conduct a warm-up with basketball elements for schoolchildren. The challenges of social adaptation and physical recovery of schoolchildren (displaced children from different regions of Ukraine affected by military operations) require the need to train future basketball coaches among student youth. Our good practice is to use sports, particularly basketball, as a means for psychological rehabilitation, social integration, and a platform for the professional development of student volunteers. Our sporting events focus on developing skills through a good time, learning the basics of basketball, sports activities, relays, entertainment, teamwork, leadership development, and healthy communication. Our organization implements the project with the Chernivtsi City Education Department and students of the Faculty of Physical Culture and Human Health, Yuriy Fedkovych Chernivtsi National University. The team consists of experienced teachers with in-depth knowledge of physical education and sports training and famous basketball players who share their experiences and motivated students. The level of implementation is local and within the Chernivtsi region, Ukraine.



(Source adopted from: <https://yssukraine.com/en/news/blagodijnyj-zahid-z-basketbolu-dlya-ditej-z-riznyh-regioniv-ukrayiny-2/>)

Applicability in other countries - Our experience with student volunteers for sporting events, particularly basketball, has been highly positive and easily adaptable for use in other countries, demonstrating the versatility and effectiveness of our model in different cultural and social contexts.

Lessons learned - Key aspects of our best practices include the involvement of famous basketball players to increase motivation, engage, and educate schoolchildren (including displaced children from different regions of Ukraine affected by the war); the effectiveness of warm-up activities with basketball elements increase physical activity. The practices enhance teamwork and leadership skills among participants. The lessons learned from our experience emphasize not only the sporting but also the educational aspect of the events, which contributes to the balanced all-round development of the individuals. The involvement of students as volunteers in the events not only enriches their educational experience but also contributes to the development of their professional skills and social responsibility. Opportunities for

wider dissemination of this practice include adapting approaches to local conditions and cultures and creating partnerships with educational and sports organizations in other countries, which will allow the spreading of the positive impact to a larger number of target groups.

Replicability and/or up-scaling - This program of events does not require any special advice, as its organization is simple and has no complex requirements.

Conclusion – Our practice significantly impacts the social integration and psychological recovery of schoolchildren (including displaced children from different regions of Ukraine affected by the war) through sports, in particular basketball, while providing student volunteers with valuable experience in professional and personal growth. This highlights how sporting activities can be a powerful tool for positive societal change, contributing to developing healthy, active, and responsible citizens.

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Related Web site(s) / resources <https://yssukraine.com/en/news/blagodijnyj-zahid-z-basketbolu-dlya-ditej-z-riznyh-regioniv-ukrayiny-2/>

3.5.2. Educational Seminars

Objective - The event that unites the city's schoolchildren with sports. Through the involvement of physical education teachers and most importantly conduction of seminars for teachers.

Beneficiaries - Children aged 5 to 18 and physical education teachers.

Description - In response to the challenge of insufficient attention to the physical development and sports education of schoolchildren, our initiative organizes seminars with the involvement of experienced physical education teachers. Such events increase the interest of teachers working with schoolchildren in physical education and help to form the basis of a healthy lifestyle. The initiative involves a wide range of stakeholders, including physical education teachers, parents of students, municipal education authorities, sports organizations, and volunteers. This collective approach helps to create strong synergies between all parties involved, ensuring greater inclusiveness and involvement of children and their parents. Through this collaboration, activities that promote sports include events for groups of people with disabilities, culminating in a presentation on stage during the parade and celebrations, where each club can highlight its work to a wider audience. This Good practice is being applied locally in Chernivtsi, Ukraine, where there is close cooperation with the City Council's Education Department, the Association of Physical Education Teachers, and various NGOs. The local implementation of this initiative addresses the specific needs of the community and promotes physical education and sports among schoolchildren through the involvement of the city's physical education teachers. This approach can be easily adapted and implemented in other cities and countries due to its flexibility and scalability.



(Source adopted from: <https://yssukraine.com/news/seminar-z-pytan-soczialno-psyhologichnoyi-adaptacziyi-ditej-vpo-do-osvitnogo-proczesu-dlya-vchyteliv-fizychnoyi-kultury-2/>)

Applicability in other countries - It can be replicated and easily adapted to the needs of any city.

Lessons learned - An invaluable positive aspect is the interaction and cooperation between physical education teachers in the city. Indeed, there is room for improvement and structuring preparatory activities for implementing sports initiatives. The organization of an event for teachers is accompanied by cultural and volunteer aspects, and stimulates the involvement of all parties.

Replicability and/or up-scaling - This program of events does not require any special advice, as its organization is simple and does not have complex requirements.

Conclusion – Our practice significantly contributes to schoolchildren's (including displaced children from different regions of Ukraine affected by the war) social integration and psychological recovery through sports, particularly basketball. At the same time, it provides physical education teachers with valuable experience for professional and personal growth.

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Related Web site(s) / resources <https://yssukraine.com/>

3.5.3. Inclusion

Objective - A charity event that unites socially disadvantaged groups (children with disabilities) through sports, charity and joint activities supervised by volunteer leaders.

Beneficiaries - Children aged 7 to 15.

Description - This event allows children to gain valuable experience in educational, recreational and developmental aspects, giving them the opportunity to grow in a safe and stimulating environment. The involvement of volunteer leaders in the event

ensures that the children are properly guided and supported, contributing to their leadership development and self-expression. Each activity planned at the event is aimed at fostering responsibility, healthy lifestyles and social interaction among participants. The charity event is held in close cooperation with the administration of a boarding school for children with special educational needs, where our organization actively engages famous athletes and future coaches in various sports (including basketball), who play a key role in teaching children sports skills. This cooperation not only raises the sports awareness of children with inclusion, but also helps to create a strong relationship between the school and our organization. This helps children improve their motor skills developing social connections and personal qualities.

Charity events are regularly held in Chernivtsi, in particular at the Specialized Boarding School for Children with SEN, and aim to promote sports, especially basketball, and to engage children in a healthy lifestyle through active regional activities.

Applicability in other countries - Our experience in organizing and conducting these charity events in other countries can be relatively easy to implement.



(Source adopted from: <https://yssukraine.com/en/>)

Lessons learned - Key aspects of our best practice include involving children from boarding schools in a charity event where they learn about sports, its history and communicate with famous athletes. The involvement of famous athletes and volunteers not only enriches the educational aspect of the charity event, but also contributes to the development of professional skills of the participants involved, and the adaptation of innovative approaches and the establishment of partnerships with boarding schools can significantly expand the impact of this practice.

Replicability and/or up-scaling - This program of events does not require any special recommendations, as its organization is simple and has no complex requirements.

Conclusion – Our practice effectively contributes to improving the physical and emotional health of children studying in boarding schools, where access to sports facilities is often limited. It also plays an important role in social cohesion and leadership development by providing exposure to famous athletes and promoting sports and basketball in particular. Expanding and adapting this practice to local conditions and cultural characteristics of other communities can significantly strengthen social and physical cohesion, especially for children with SEN, at the broader local, regional level.

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3.5.4. Rural Areas

Objective - To organize a sports and recreational event that helps unite children from rural areas by involving them in active sports, including basketball.

Beneficiaries - for kids aged 7 to 18 and families.

Description - The initial problem lies in the fact that children in rural areas often face limited opportunities for regular sports and social integration, which increases the risk of social exclusion. It is a good practice to organize sports events, including workshops, to help engage rural children in an active lifestyle and promote their social adaptation and interaction. Sports events are held in close cooperation with the local community and rural schools, actively involving physical education teachers and volunteers who play a key role in motivating and educating children. These sporting events are actively held in the Chernivtsi region, in particular in the Petrovets and Velykokuchuriv territorial communities, where rural schools and communities cooperate with the NGO under a memorandum of cooperation to engage children in a healthy lifestyle through sports.



(Source adopted from: <https://yssukraine.com/en/>)

Applicability in other countries - Our experience in organizing and conducting these sports events in other countries can be relatively easy to implement but requires adaptation to local legislation and the availability of appropriate sports infrastructure.

Lessons learned - The key aspects of our best practice reflect the involvement of community and village representatives to increase motivation and prepare for educational impact on schoolchildren in rural areas. At these events, we help to increase students' physical activity, develop teamwork and build leadership skills. Our experience emphasizes not only the sporting but also the educational aspect of sports events, which contributes to the harmonious development of a child's personality. We also involve volunteers, which not only enriches their educational experience but also contributes to the development of their professional skills.

Replicability and/or up-scaling - This program of events does not require any special recommendations, as its organization is simple and has no complex requirements.

Conclusion – Our practice is effective in improving the physical and emotional health of children and schoolchildren in rural areas where access to sports facilities is often

limited. It also promotes social cohesion and leadership skills among children by bringing everyone together around common goals and diverse interests. Expanding and implementing this practice can bring significant benefits to other communities, adapting it to local conditions and cultural characteristics of the region, which will ultimately strengthen social and physical cohesion on a broader level.

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4. CONCLUSION

In conclusion, the Good Practices Audit conducted as part of the Basketball KTN Project has illuminated a spectrum of positive examples from basketball clubs and sport organizations across Greece, Serbia, Spain, Italy, and Ukraine. These examples not only showcase the diverse initiatives aimed at engaging youth in basketball but also underscore the potential for broader application and scalability across different countries. From the Annual 3x3 Learning Tournament in the Municipality of Fyli, Greece, fostering a spirit of camaraderie and skill development among young students, to the Mini Basketball Handbook providing essential guidance for coaches nurturing the talents of children up to the age of 12, each initiative emphasizes the holistic development of young athletes. Furthermore, the Safeguarding Code of Evnikos Sports Club sets a standard for ensuring the safety and well-being of all individuals involved in basketball activities, emphasizing a zero-tolerance approach to discrimination and abuse. The initiatives outlined in Serbia exemplify the diverse and innovative approaches taken to promote basketball and foster social inclusion. The Family Day of Basketball organized by Basketball Club Cerak provides a platform for young players to showcase their skills while strengthening bonds with their families and peers. By engaging parents and promoting a sense of community, this event not only celebrates the achievements of young athletes but also serves as a catalyst for introducing basketball to new participants. Similarly, the efforts of Basketball Club IKAR demonstrate the transformative power of sports in empowering children with special needs. Through tailored training programs and a supportive environment, the club enables these children to develop both physically and socially, fostering inclusion and acceptance within the community. This initiative serves as a testament to the potential of sports to break down barriers and promote equality. Furthermore, projects like "Volleyball is Calling – My First Spike" and the Movement for Women's Basketball led by Marina Maljković highlight the importance of gender equality and youth development in sports. By targeting underrepresented groups and providing access to free training programs, these initiatives aim to inspire a new generation of athletes and promote lifelong participation in sports. In summarizing the impactful initiatives in Spain, it's evident that basketball serves as more than just a sport; it's a vehicle for personal development, community engagement, and social change. The Basket Cervantes School for Parents stands out as a beacon of holistic support for young athletes. By engaging parents in discussions on psychology, behaviour, and respect, the program not only enhances the sporting experience but also strengthens family dynamics. Its inclusive approach fosters a healthier and more respectful sports environment, benefiting both athletes and parents alike. Meanwhile, the Solidarity Tournament in Argamasilla de Alba exemplifies the power of sports to unite communities and address social issues. Through the simple act of playing basketball, participants contribute to food donation drives, promoting solidarity and compassion among residents. This initiative highlights the transformative potential of sports in promoting social cohesion and addressing local challenges. Similarly, the Mixed Basketball Tournament in Villanueva de los Infantes underscores the importance of inclusivity and community integration. By bringing together individuals of all ages, genders, and abilities, the tournament fosters a sense of belonging and camaraderie, enriching the fabric of local society. Lastly, La Fabrica de Valores (Factory of Values) embodies the idea that sports can be a vehicle for holistic education and personal growth. By integrating socioemotional skills development with basketball training, the

program equips participants with essential life skills while promoting values such as respect, responsibility, and empathy. Its innovative approach to sports-based education serves as a model for clubs worldwide. In Italy, basketball initiatives aren't just about the game; they're about building communities, fostering inclusivity, and promoting social change. The College Family project exemplifies this ethos by connecting small towns to main gym facilities, offering children from rural areas the opportunity to participate in joint practice sessions and tournaments. International Camps take this inclusivity a step further by creating immersive experiences tailored to the needs of young athletes. College Basketball SSDRL addresses the challenge of sports dropout rates by prioritizing player engagement and enjoyment on the court. Through experiential learning and a game-centric approach, coaches empower athletes to develop both their skills and their love for the game. By fostering a supportive and inclusive environment, this initiative aims to keep players active and involved while instilling lifelong values and a sense of community. Finally, College Basketball – Dribbling through the City exemplifies the transformative power of sports in fostering compassion and camaraderie within communities. In Ukraine, through initiatives like Sport Activities, Educational Seminars, Inclusion, and Rural Areas programs, the focus is on using sports, particularly basketball, as a tool for social integration, psychological recovery, and healthy lifestyle promotion. These initiatives target a diverse range of beneficiaries, including schoolchildren, students, physical education teachers, and families, with a strong emphasis on inclusivity and community involvement. Lessons learned from these programs emphasize the importance of collaboration, innovation, and adaptability in addressing the unique needs of each community. By involving stakeholders from various sectors and leveraging resources effectively, these initiatives have demonstrated significant positive impacts on the physical and emotional well-being of participants, particularly those facing social and economic challenges. As these programs continue to evolve and expand, they serve as inspiring examples of how sports can be a catalyst for positive change, not only in Ukraine but also in other countries facing similar issues. By sharing best practices, fostering partnerships, and tailoring approaches to local contexts, these initiatives have the potential to make a lasting difference in communities worldwide.

These exemplary practices not only introduce basketball to a wider population but also instil values of fair play, sportsmanship, and inclusivity. As the report highlights, the lessons learned and replicability of these initiatives underscore their potential to transcend geographical boundaries and inspire similar endeavours globally. Moving forward, the insights gleaned from this audit serve as a foundation for fostering greater participation in basketball, promoting physical activity, and nurturing the overall well-being of youth across diverse communities, and providing psychological support for athletes, parents, and coaches. By leveraging the principles outlined in these good practices, stakeholders can continue to enrich the sporting landscape and empower the next generation of athletes. The commitment demonstrated by organizations such as Evnikos Sports Club underscores the transformative power of sport in promoting positive social change and fostering a culture of respect, equality, and safeguarding. As these initiatives continue to evolve and expand, they hold the promise of creating a more inclusive and vibrant sporting ecosystem for generations to come.