



## Basketball Knowledge Transfer Network

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

D4.1 – Basketball-KTN delivery

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Author (s): Ismael Serrano Sánchez- Rey (FBCLM)

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## 1.BACKGROUND. ABOUT BASKTEBALL-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

The aim of the *Basketball-KTN Delivery Report (Deliverable D4.1)* is to provide a comprehensive summary of all actions, activities, and initiatives carried out throughout the implementation of the Basketball Knowledge Transfer Network (KTN) project. This deliverable builds upon the previous reports, particularly D3.1 and D3.2, which defined the structure, objectives, and operation of the Communities of Practice (CoP) and the overall KTN model.

The main purpose of this document is to present a detailed account of the practical realization of the Basketball KTN concept, focusing on the outcomes, results, and lessons learned from the activities implemented by the project partners. It will document the entire process of project delivery, from planning and coordination to execution and evaluation, thereby offering a clear overview of how the knowledge transfer framework was applied in real contexts.

Within the scope of this deliverable, all partner actions, workshops, training sessions, knowledge exchange events, and dissemination activities will be summarized and analyzed. The report will highlight the contribution of each partner to the achievement of project goals, emphasizing the collaborative and transnational nature of the Erasmus+ Sport initiative.

Overall, Deliverable D4.1 serves as a final synthesis of the Basketball KTN project's activities and outcomes, providing a transparent and comprehensive account of all actions that took place under the project framework.

### 3 BASKETBALL-KTN DELIVERY

This section presents the implementation and delivery of the Basketball-KTN model across all project partners. Building on the methodological framework and guidelines developed in Deliverables D3.1 and D3.2, the delivery phase focused on translating the model from its design and conceptualization into practical actions, both in terms of internal knowledge exchange among partners and in the training activities addressed to the final beneficiaries (children, parents, coaches, and sports clubs).

The delivery process was structured around two interconnected phases. The first phase involved the activation of the Communities of Practice (CoP) and the systematic exchange of expertise among partners through synchronous and asynchronous interactions, online meetings, internal workshops, and the use of the Digital Knowledge Centre Repository and the Discussion Forum. Access to the Community of Practice (CoP) is provided through the project's central website, which serves as a unified digital gateway to all Basketball-KTN tools and activities, ensuring easy navigation and direct access for all participating members. This stage ensured a shared understanding of the educational themes, intervention priorities, and tools that would subsequently be implemented at national level.

The second phase consisted of the National Delivery Activities, during which each partner implemented three training iterations within two thematic areas: (A) Development of clubs, amateur young athletes, parents, and coaches, and (B) Psychological support of amateur athletes and their parents. These activities targeted children aged 5–18 and their support environment, promoting basketball participation, personal development, wellbeing, and stronger community engagement.

The following subsections outline the implementation of the model's tools, the partner-to-partner knowledge transfer activities, and the national delivery actions carried out in each country.

#### 3.1 Digital Knowledge Centre Repository of Information & Material

The Digital Knowledge Centre Repository forms a key component of the digital layer of the Community of Practice (digital CoP) of the Basketball-KTN project. Together with the Discussion Forum, it constitutes the core digital infrastructure that supports collaboration, knowledge exchange and continuous communication among partners and members of the CoP. The Repository provides a central, structured and user-friendly space that hosts educational material, guidelines, presentations, videos and other resources which support both Phase 1 (internal partner knowledge transfer) and Phase 2 (national training activities). Its development follows the framework outlined in Deliverable D3.2 and aims to facilitate consistency, shared understanding and a unified implementation approach across all participating countries.

To enhance navigation and ensure systematic organisation, the Repository is structured into five thematic categories, reflecting the key educational priorities of the Basketball-KTN model:

1. Basketball Basics
2. Training and Skill Development
3. Nutrition and Healthy Lifestyle
4. Ethics and Values in Sports
5. Psychological Support and Well-being

These categories cover both technical and coaching-related needs, as well as psychosocial, pedagogical and behavioural aspects of youth athlete development.

In total, the Repository contains more than 300 files and information resources, forming a comprehensive and practical collection of materials that effectively support the educational objectives of the Basketball-KTN. The diversity and range of resources make it easy for coaches, parents, athletes and CoP members to search for, identify and use content that supports consistent and high-quality delivery across all countries.

The Repository integrates features that facilitate ease of use and accessibility. Each resource is accompanied by essential metadata (title, thematic category, file type, short description), while the platform offers filtering options by thematic area and content type, sorting functions (e.g. by date, category or alphabetical order), and multiple visualization modes, including table view, card view and masonry layout. All resources can be viewed online or downloaded for use in physical or digital training environments. The platform supports access from both desktop and mobile devices, and its structure allows for the continuous addition and updating of material, ensuring long-term usability and sustainability beyond the project's lifespan.

Each project partner is responsible for enriching one thematic category, contributing high-quality material that reflects real needs and is based on specialised knowledge, while following common formatting and presentation standards. This collaborative process ensures both the coherence and the comprehensive coverage of all educational components of the Basketball-KTN model.

The Digital Knowledge Centre continues to be actively used by partners, trainers and members of the Communities of Practice, serving as a reference point for planning interventions, exchanging good practices and maintaining a consistent implementation approach. The centralised organisation of the content provides a solid knowledge base that supports long-term use of the material even after the completion of the project.

The table below presents the distribution of the available material within the Digital Knowledge Centre, organised across the five thematic categories of the Basketball-KTN model.

THEMATIC CATEGORY	NUMBER OF ITEMS	INDICATIVE TYPES OF MATERIAL	INDICATIVE DESCRIPTION
<b>Basketball Basics</b>	78	Guides, basic drills, videos	Introductory skills and fundamental basketball techniques
<b>Training &amp; Skill Development</b>	78	Training plans, drills, coaching tools	Advanced skills, tactical development and specialised training resources
<b>Nutrition &amp; Healthy Lifestyle</b>	76	Presentations, infographics, guides	Nutrition, hydration, healthy daily habits and lifestyle education
<b>Ethics &amp; Values in Sports</b>	37	Educational articles, informational texts	Fair play, sports values, behaviour and ethics in sport
<b>Psychological Support &amp; Well-being</b>	43	Manuals, support techniques, guides	Psychological empowerment, motivation, stress management and athlete support
<b>Total</b>	<b>312</b>		

### 3.2 KTN Community Discussion Forum

The Discussion Forum constitutes, together with the Digital Knowledge Centre, a core component of the digital part of the Community of Practice (digital CoP) of the Basketball-KTN project. It provides a modern space for asynchronous communication and collaboration, where CoP members – partners, coaches, trainers, and organisational staff – can exchange experiences, ask questions, and discuss issues related to the implementation of the project. The Forum is accessible through the project’s central website and participation requires the creation of a user account. This registration process ensures controlled access and a safe environment for knowledge exchange, enhancing the quality of discussions and the overall cohesion of the Community of Practice.

The Forum is organised into the same five thematic categories as the Digital Knowledge Centre (Basketball Basics, Training and Skill Development, Nutrition and Healthy Lifestyle, Ethics and Values in Sports, Psychological Support and Well-being), ensuring structural coherence and a consistent user experience across all digital outputs of the project. Each partner is responsible for coordinating one thematic category, contributing to the maintenance of an organised and supportive environment that facilitates systematic knowledge exchange.

The discussions developed within the Forum cover a wide range of topics linked to the practical application of Basketball-KTN. In the Basketball Basics category, members exchange ideas and clarifications related to fundamental techniques and introductory drills. In Training and Skill Development, conversations focus on training models,



session design and practical applications of the project's methodologies. The Nutrition and Healthy Lifestyle category includes exchanges on dietary guidance, hydration strategies and healthy daily practices. Ethics and Values in Sports hosts discussions on behaviour, fair play and communication with parents, while Psychological Support and Well-being includes exchanges on strengthening techniques, motivation and psychological support for young athletes.

The Forum incorporates a set of modern functional features that enhance usability and encourage participation. These include nested replies for clear tracking of discussion flow, a search mechanism for retrieving previous posts, an integrated email notification system that alerts members to new activity in the discussions they follow, a fully responsive interface accessible from desktop, tablet and mobile devices, the ability to 'Like' posts to highlight useful content, and user profiles with basic management and notification settings. These features make the Forum user-friendly, functional and well-suited to the needs of an active Community of Practice.

During the implementation of the National Activities, the Forum served as a supplementary channel of communication and exchange of brief clarifications and information. It provided a shared space where members could offer feedback, seek guidance and support one another on issues arising during the implementation of the activities. In this way, it contributed to maintaining smooth cooperation and strengthening cohesion among project partners.

To date, the Forum has gathered more than 800 registered members, a number that continues to grow as the project's activities progress. A gradual increase in discussions and an expansion of the thematic threads has also been observed, reflecting the Forum's growing integration into the daily collaborative practices of the Community of Practice. This participation strengthens the long-term sustainability of the digital CoP and supports ongoing knowledge exchange even after the project's completion.

The Discussion Forum therefore stands as one of the key digital outputs of the Basketball-KTN project, providing a stable and evolving foundation for cooperation, support and the sharing of practices among partners and members of the Community of Practice.

### 3.3 Implementation of Knowledge Transfer Network Activities among Partners

The knowledge-transfer phase served as the foundation for ensuring a harmonised and coherent understanding of the Basketball-KTN Model among all partners prior to the launch of the national implementation activities. Between March and May 2024, the consortium carried out an intensive programme of coordinated online collaboration, combining live training sessions, interactive workshops, joint meetings, and structured asynchronous learning activities. All presentations, materials, and discussions were integrated and supported through the project's digital Community

of Practice tools — the Knowledge Repository and the Discussion Forum — enabling continuous access to shared content and facilitating common educational alignment across countries.

During this phase, partners delivered 25 live online training sessions, complemented by at least 6 structured asynchronous activities, including forum-based discussions, video-analysis tasks, study modules and follow-up reflection activities. This blended design ensured flexible participation while maintaining high levels of interaction among coaches, psychologists, educators, club representatives and project teams from all partner countries.

The thematic areas covered during the training cycle fully addressed — and in several cases exceeded — the requirements of Deliverable D3.2. Certain topics (such as Dual Career, emotional regulation, and behaviour-related challenges) were explored across multiple sessions following participants' requests for deeper analysis. The main thematic clusters included:

- Coaching approaches and athletic development for ages 6–12 and 12–19
- Skill development and tactical principles in youth basketball
- Physical conditioning and mini-basketball methodologies
- Dual Career management, including time management, academic–sport balance and parental support
- Ethics, Integrity & Safeguarding: codes of conduct, anti–match fixing, child protection
- Psychological support & mental well-being: emotional regulation, resilience, communication, managing performance pressure
- Behaviour-related matters: teamwork, leadership, dealing with failure, cultivating positive behaviour

A highly valuable component of the phase was the involvement of invited experts, who contributed specialised knowledge and reinforced the scientific and practical quality of the training. The expert pool included:

- child psychologists,
- Dual Career specialists,
- youth basketball coaches and technical consultants,
- physical education professors,
- nutritionists and healthy-lifestyle experts,
- specialists in integrity, ethics and safeguarding in sport.

Their contributions added depth, credibility and real-world applicability to the sessions, enhancing participants' readiness to apply the KTN Model in practice.

Partner involvement as “knowledge owners” was well-balanced and reflected the thematic expertise of each organisation. In total, the five partners jointly delivered 25 sessions, with each partner contributing between 4 and 6 owner-led sessions. This distribution demonstrates the strong commitment of all organisations to establishing a shared European learning framework.

A significant added value of Phase 1 was the participation of more than 20 basketball clubs and local organisations outside the core consortium. These external stakeholders joined several training sessions, enriching discussions with practical examples from diverse training environments and supporting broader dissemination of the project's educational approach.

Overall participation remained consistently high throughout the phase, with active engagement, questions, experience sharing and continuous interaction among attendees. This dynamic collaborative setting significantly supported the meaningful adoption of the Basketball-KTN Model across countries.

In conclusion, this phase of the project, resulted in a coherent, unified and practically applicable knowledge framework, ensuring that all partners were fully prepared for the implementation of their National Delivery Activities. The alignment with D3.2, the richness of the content, and the strong multi-country engagement established a solid, expert-informed and sustainable foundation for the European Knowledge Transfer Network that underpins the Basketball-KTN Model.

### 3.4 National Delivery Activities

The National Delivery Activities represent the central implementation phase of the Basketball-KTN Model in each participating country, translating the project's shared methodology into practical, locally adapted actions. Each partner delivered three Development Iterations and three Psychological Support Iterations, targeting young athletes, parents, and coaches within their communities. The structure and content of these activities were directly aligned with the five thematic categories of the digital Community of Practice (CoP) – which organise both the Repository and the Discussion Forum – namely Basketball Basics, Training & Skill Development, Nutrition & Healthy Lifestyle, Ethics & Values in Sport, and Psychological Support & Well-being. These categories served as a common pedagogical framework across all partners, ensuring coherence, comparability, and a uniform quality standard in implementation.

The following subsections present the outcomes of the six iterations carried out by each partner, including concise descriptions of the training content, participation data, and an overview of the impact and relevance of the activities within the national context.

## EVNIKOS SPORTS CLUB - GREECE

### 3 Iterations

#### for the Development of Clubs, Amateur Young Athletes, Parents, Coaches

Evnikos Sports Club successfully completed three cycles of Development Activities under the Basketball-KTN project, aiming to enhance the technical skills, competitive readiness, physical conditioning, and daily athletic behaviour of children and adolescents. All activities were delivered in person at the club's sports facilities and were aligned with the main thematic categories of the KTN Model, including Training Methodologies, Skill Development, Nutrition & Healthy Lifestyle, and Basketball Basics.

In total, 18 training sessions were implemented, engaging over 390 young athletes, parents, and coaches. The club's coaching staff, together with specialised experts (e.g., a nutrition specialist and professionals in sports development), provided high-quality, evidence-based content and an interactive learning experience for all participants.

### Iteration Overview

#### Iteration 1 – End-of-Season Development & Summer Skills Maintenance

FIELD	DETAILS
Dates	3–28 June 2025 (5 sessions)
Locations	Evnikos Stadium; Agiou Nikolaou Stadium
Participants	142 (101 Male / 41 Female)
Target Group	Young athletes
Training Type	In-person
Main Focus	Skill maintenance, safe summer activities, motivation & personal responsibility
KTN Categories	Training & Skill Development; Seasonal Planning; Athlete Responsibility

#### Iteration 2 – Nutrition & Healthy Lifestyle

FIELD	DETAILS
Dates	10 June – 6 October 2025 (6 sessions)
Locations	Evnikos Stadium; Agiou Nikolaou Stadium
Participants	115 (80 Male / 35Female)

<b>Target Group</b>	Young athletes & parents
<b>Training Type</b>	In-person
<b>Main Focus</b>	Pre- and post-training nutrition, hydration, daily healthy routines
<b>Delivered by</b>	Qualified nutrition specialist
<b>KTN Categories</b>	Nutrition & Healthy Lifestyle; Physical Conditioning

### Iteration 3 – Basketball Basics

FIELD	DETAILS
<b>Dates</b>	13–23 September 2025 (7 sessions)
<b>Locations</b>	Evnikos Stadium; Agiou Nikolaou Stadium
<b>Participants</b>	142 (98 Male / 44 Female )
<b>Target Group</b>	Athletes, parents, coaches
<b>Training Type</b>	In-person
<b>Main Focus</b>	Dribbling, passing, shooting, teamwork fundamentals
<b>KTN Categories</b>	Basketball Basics; Training Methodologies; Skill Development

The three Development cycles delivered rich training and pedagogical content, covering essential technical elements (dribbling, passing, shooting, cooperation drills), nutrition and hydration principles, as well as responsible athletic behaviour and appropriate preparation during transitional periods such as the summer break.

Participants showed high levels of engagement, particularly in the interactive components where they were encouraged to share personal experiences, raise questions, and discuss performance-related challenges. The activities were supported by experienced coaches and specialised professionals, ensuring scientific validity and practical relevance.

Overall, the Development cycles significantly contributed to the athletic maturity of young players, fully aligned with the core thematic areas of the KTN Model, and provided a solid foundation for the continuation of the programme at national level.

### 3 ITERATIONS

#### FOR PSYCHOLOGICAL SUPPORT OF AMATEUR ATHLETES AND THEIR PARENTS

Evnikos Sports Club implemented three complete iterations dedicated to Psychological Support of amateur athletes and their parents, focusing on mental well-being, emotional regulation, time management, ethics, safeguarding, and first-aid readiness. The activities were conducted exclusively in person at the club's facilities in the Municipality of Fyli and were fully aligned with the thematic categories of the KTN Model related to Psychological Support & Well-being, Ethics & Values in Sport, Time Management & Dual Career, and Safeguarding.

Across the three iterations, a total of more than 180 participants, including young athletes, parents, and coaches, attended structured sessions delivered by qualified psychologists, experts in sport management, and certified first-aid and safeguarding specialists. The learning process was interactive, evidence-based and closely connected to the everyday needs and challenges of amateur athletes.

#### Iteration 1 – Stress & Anxiety Management in Sport

FIELD	DETAILS
Dates	20 September 2025 (2 sessions)
Locations	Evnikos Stadium; Agiou Nikolaou Stadium
Participants	53 young athletes
Target Group	Young athletes
Training Type	In-person
Main Focus	Stress sources, anxiety symptoms, coping tools, support systems
Delivered by	Expert in Sports Psychology
KTN Categories	Psychological Support & Well-being; Behaviour & Emotional Regulation

#### Iteration 2 – Time Management Between School and Sports

FIELD	DETAILS
Dates	9–30 October 2025 (2 sessions)
Locations	Evnikos Stadium; Agiou Nikolaou Stadium
Participants	48 athletes
Target Group	Young athletes
Training Type	In-person

<b>Main Focus</b>	Prioritization, routines, rest/recovery, adaptable mindset
<b>Delivered by</b>	Psychology graduate & Sport Management expert
<b>KTN Categories</b>	Dual Career & Time Management; Psychological Support; Athlete Well-being

### Iteration 3 – Ethics, Safeguarding, Integrity & First Aid

FIELD	DETAILS
<b>Dates</b>	13 September – 6 October 2025 (6 sessions)
<b>Locations</b>	Evnikos Stadium; Agiou Nikolaou Stadium
<b>Participants</b>	154 athletes, parents, coaches
<b>Target Group</b>	Athletes, parents, coaches
<b>Training Type</b>	In-person
<b>Main Focus</b>	Ethics, violence prevention, safeguarding, reporting mechanisms, first-aid basics
<b>Delivered by</b>	Safeguarding specialist & certified first-aid instructor
<b>KTN Categories</b>	Ethics & Values in Sport; Safeguarding; Psychological Support; Safety & First Aid

The three Psychological Support iterations addressed critical dimensions of athlete well-being and responsible sport participation. Topics ranged from stress and anxiety management to time balancing, safeguarding and integrity, and practical first-aid skills. The sessions offered a combination of psychoeducation, hands-on demonstrations, role-playing scenarios, and open dialogue, allowing participants to connect theoretical concepts with real-life challenges.

Engagement levels were consistently high, particularly in the interactive parts where athletes and parents expressed concerns, posed questions, and reflected on personal experiences. The presence of specialized professionals ensured scientific reliability and practical applicability across all sessions.

Overall, the psychological support iterations strengthened athletes' emotional resilience, promoted a culture of safety and ethical participation, and equipped families and coaches with tools to better understand and support young athletes. These results align directly with the KTN model's focus on holistic athlete development, supporting both performance and well-being in the long term.

## UNIVERSITY OF BELGRADE

### 3 Iterations for the Development of Clubs, Amateur Young Athletes, Parents, Coaches

The University of Belgrade implemented three Development Iterations within the Basketball-KTN project, aiming to enhance coaching practices, fundamental basketball skills, decision-making abilities, and the long-term athletic and educational development of young athletes. The activities included practical workshops, structured training sessions, interactive presentations, and guided discussions. All content was fully aligned with the KTN Model thematic categories, including Training Methodologies, Skill Development, Dual Career, Behaviour & Responsibility, and Basketball Fundamentals.

A total of 6 in-person training sessions were delivered, structured into multiple complementary educational sub-units (fun games, technical fundamentals, home-based drills, 1-on-1 decision-making, dual career guidance, referee profession awareness). In total, 304 participants (athletes, coaches, and parents) took part in these activities. All sessions were conducted at the University's training facilities in Zlatibor and Gornji Milanovac, and were supported by university professors, specialised coaches, and recognised sports professionals (such as a professional referee).

The three iterations are presented below.

#### Iteration 1 – Basketball Basics, Fun Games & Home-Based Drills

FIELD	DETAILS
Dates	September–October 2025 (3 activities )
Locations	University of Belgrade Training Facilities
Participants	65 athletes & coaches
Target Group	Young athletes & coaches
Training Type	In-person
Main Focus	Fundamental skills, fun learning games, small-sided activities, home-based drills
KTN Categories	Basketball Basics; Training Methodologies; Skill Development

This iteration focused on essential technical and motor skills through fun games, small-sided competitive formats, and structured home-based drills. It provided a complete developmental environment that strengthened technical progress and independence in young athletes.



## Iteration 2 – 1-on-1 Play: Technique, Decision-Making & Competitive Drills

FIELD	DETAILS
Dates	18 August 2025
Location	Zlatibor, Serbia
Participants	150 coaches & athletes
Target Group	Coaches and athletes
Training Type	In-person
Main Focus	1-on-1 technical execution, tactical principles, decision-making, video analysis
Delivered by	University professor specialised in coaching science
KTN Categories	Training Methodologies; Individual Skill Development; Coaching Practices

This session explored the key technical and tactical elements that determine player performance in 1-on-1 situations. The training combined theoretical input with practical examples and video-supported analysis to improve coaching and athlete decision-making.

## Iteration 3 – Dual Career & Understanding the Referee Profession

FIELD	DETAILS
Dates	28 September – 1 October 2025 (2 sessions)
Location	Sports Hall “Breza”, Gornji Milanovac
Participants	89 young athletes, parents & coaches
Target Group	Mixed group (athletes–parents–coaches)
Training Type	In-person
Main Focus	Balancing sport and education; the role of the referee; communication and values in sport
Delivered by	Professional referee & university staff
KTN Categories	Dual Career; Ethics & Values; Behaviour in Sport

These sessions introduced participants to the demands of dual-career pathways and the professional role of referees within the sport ecosystem. The discussions strengthened understanding, respect for roles, and essential values that support athletes’ long-term development.

The three Development Iterations delivered by the University of Belgrade constituted a comprehensive programme that significantly contributed to the technical, tactical, and educational development of participants. Combining practical activities, theoretical content, and expert guidance, the sessions ensured high-quality learning outcomes and added substantial value to the Basketball-KTN project. The university demonstrated a consistent, research-based approach that reinforces the methodological coherence of the KTN Model across Europe.

### 3 ITERATIONS

#### FOR PSYCHOLOGICAL SUPPORT OF AMATEUR ATHLETES AND THEIR PARENTS

The University of Belgrade delivered three Psychological Support Iterations within the Basketball-KTN project, aiming to strengthen cohesion, emotional regulation, healthy behaviour, and the overall psychological well-being of young athletes. The activities were implemented in-person and hybrid across several educational and sports facilities in Serbia.

A total of 206 participants (young athletes, parents, coaches, future PE teachers, and sport-school staff) took part.

All sessions fully align with the KTN Model categories on Psychological Support & Well-being, Emotional Regulation, Behavioural Development, Dual Career & Daily Balance, and Cooperation Between Parents–Coaches–Athletes.

#### Iteration 1 – Cohesion & Self-Confidence

FIELD	DETAILS
Period of Delivery	20 October – 3 November 2025 (3 sessions)
Locations	Primary School “Branko Radicevic”; Faculty of Sport & Physical Education (Belgrade)
Participants	112 total
Target Group	School children, future PE teachers, sport-school coaches
Training Type	In-person
Main Focus	Developing cohesion and self-confidence through basketball drills; ballhandling, passing, shooting; guided discussion
KTN Categories	Psychological Support · Team Cohesion · Confidence Development

## Iteration 2 – Emotional Regulation in Sports

FIELD	DETAILS
Period of Delivery	17 – 24 September 2025 (2 sessions)
Location	First Sports Basketball High School College (Belgrade)
Participants	39 total
Target Group	Coaches, parents
Training Type	In-person
Main Focus	Emotional typology, impact of anxiety on performance, breathing exercises, PMR, imagery, self-talk, mindfulness & grounding, reframing techniques
KTN Categories	Emotional Regulation · Psychological Support · Performance Psychology

## Iteration 3 – Balancing School, Sport & Screen Time

FIELD	DETAILS
Period of Delivery	18 August – 28 September 2025 (2 sessions)
Locations	Zlatibor; Sports Hall “Breza”, Gornji Milanovac
Participants	55 total
Target Group	Parents, coaches
Training Type	Hybrid (online + in-person)
Main Focus	Role of parents/coaches, excessive screen use, practical solutions to support young athletes in organising school–sport balance
KTN Categories	Dual Career & Daily Balance · Digital Behaviour · Parent–Coach Cooperation

The University of Belgrade’s Psychological Support Iterations offered practical and expert-led guidance on key areas of youth psychological development. Through interactive exercises, discussions, and evidence-based techniques, participants:

- Strengthened team cohesion and self-confidence through structured basketball drills.

- Learned to recognize and manage emotions, understand anxiety, and apply emotion-regulation techniques.
- Discussed challenges related to academic demands, sport workload, and digital habits, identifying realistic solutions for healthier routines.
- Enhanced collaboration between parents, coaches, and young athletes, supporting well-being inside and outside the sports environment.

These activities significantly contributed to the holistic mental development of amateur athletes and fully support the KTN Model's framework for psychological support and well-being.

## FEDERACIÓN DE BALONCESTO DE CASTILLA LA MANCHA

### 3 Iterations

#### for the Development of Clubs, Amateur Young Athletes, Parents, Coaches

The Federación de Baloncesto de Castilla-La Mancha (FBCLM) implemented three full Development Iterations within the framework of the Basketball-KTN project, focusing on mini-basketball methodology, fundamental skill development, and the introduction of tactical concepts for young athletes. All activities were conducted **in person**, across multiple cities in Castilla-La Mancha, and were fully aligned with the thematic pillars of the KTN Model: *Basketball Basics*, *Training Methodologies*, and *Skill Development*.

In total, the three iterations engaged **667 participants**, including young athletes and coaches from various clubs, supported by highly experienced and certified coaches from the region.

#### Iteration 1 – Decision-Making, Perception & Mini-Basketball Fundamentals

FIELD	DETAILS
Period (Number of Sessions)	30 August – 6 September 2025 (4 sessions)
Location	Albacete (Castilla-La Mancha), KTN
Participants	312 (190 male / 122 female)
Target Group	Young athletes & coaches from different clubs
Training Type	In-person
Main Focus	Mini-basketball, decision-making, game-based learning

<b>KTN Categories</b>	Basketball Basics; Training Methodologies; Skill Development
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The first iteration focused on using mini-basketball as an effective tool to enhance decision-making and game perception. Coaches worked on:

- adapting rules and space to increase player involvement,
- promoting multiple decision options in each action,
- using guided discovery and reflective questioning,
- integrating skill execution with real-game reading.

The practical sessions were combined with an open group discussion, resulting in high engagement and strong interaction among participants.

### Iteration 2 – Fundamental Development & Technical Skill Training

FIELD	DETAILS
<b>Period (Number of Sessions)</b>	11–19 September 2025 ( <i>4 sessions</i> )
<b>Location</b>	Albacete (Castilla-La Mancha), KTN
<b>Participants</b>	199 (106 male / 93 female)
<b>Target Group</b>	Young athletes & coaches
<b>Training Type</b>	In-person
<b>Main Focus</b>	Footwork, ball handling, passing, shooting
<b>Delivered by</b>	Highly experienced coaches
<b>KTN Categories</b>	Basketball Basics; Skill Development; Training Methodologies

These four practical sessions focused on fundamental technical work, delivered through a progressive structure:

- Footwork & Movement: balance, defensive stance, changes of direction.
- Ball Handling & Passing: speed, protection, precision under pressure.
- Shooting Technique: mechanics, rhythm, repetition quality.
- Game Application: 2x2, 3x3, 4x4 small-sided games building tactical awareness.

The sessions were characterized by constant activity, detailed coaching feedback, and strong player engagement.

### Iteration 3 – Technical & Tactical Training for Young Players

FIELD	DETAILS
Period (Number of Sessions)	20–28 September 2025 (3 sessions)
Locations	Albacete, Ciudad Real & Consuegra
Participants	156 (91 male / 65 female)
Target Group	Young athletes & coaches
Training Type	In-person
Main Focus	Individual skills, offensive concepts, defensive systems
Delivered by	High-level coaching staff
KTN Categories	Tactical Training; Training Methodologies; Skill Development

This final development cycle integrated advanced individual skills with tactical concepts:

- Individual Technique: ball-handling under pressure, dynamic passing, shooting.
- Offensive Concepts: spacing, cutting, pick-and-roll variations.
- Defensive Concepts: man-to-man, zone principles, rotations.
- Game Situations: transition drills, scrimmages, scenario-based learning.

Video analysis and continuous coach feedback helped participants strengthen decision-making and tactical awareness.

Across all three Development Iterations, FBCLM delivered 11 high-quality training sessions with 667 total participants. Key outcomes include:

- substantial improvement in technical and tactical skills,
- enhanced coaching knowledge within the Castilla-La Mancha region,
- consistently high engagement from both athletes and coaches,
- strong alignment with the KTN Model's thematic categories,
- reinforcement of the local basketball community through multi-club participation.

FBCLM's implementation stands out as one of the most comprehensive and impactful contributions to the National Development Activities of the Basketball-KTN project.

### 3 ITERATIONS

#### FOR PSYCHOLOGICAL SUPPORT OF AMATEUR ATHLETES AND THEIR PARENTS

The Basketball Federation of Castilla-La Mancha (FBCLM) implemented three Psychological Support iterations aimed at strengthening young athletes' emotional regulation, self-confidence, and healthy daily behaviours. All sessions were delivered in person, involving athletes, parents and coaches from multiple clubs, under the guidance of qualified sport psychologists. A total of 294 participants took part in the activities, which are fully aligned with the KTN Model and its thematic categories.

#### Iteration 1 – Self-Confidence & Stress/Anxiety Management

FIELD	DETAILS
Period (Sessions)	2 July 2025 (2 sessions)
Location	Cuenca, Castilla-La Mancha
Participants	86 (55 Male / 31Female)
Target Group	Young athletes
Training Type	In-person
Main Focus	Self-confidence, stress and anxiety management, communication
KTN Categories	Psychological Support; Emotional Regulation

This iteration focused on emotional management, strengthening self-confidence, and improving communication between players, coaches, and families. It combined a short theoretical lecture with small-group experiential activities, where athletes engaged in age-appropriate games and reflective exercises. The format encouraged self-awareness and personal growth, with active participation and strong interaction throughout.

#### Iteration 2 – Psychology in Sport, Technology Use & Nutrition

FIELD	DETAILS
Period (Sessions)	27–29 August 2025 (3 sessions)
Location	Albacete, Castilla-La Mancha

<b>Participants</b>	121 (74 Male / 47 Female)
<b>Target Group</b>	Young athletes & parents
<b>Training Type</b>	In-person
<b>Main Focus</b>	Psychological support, responsible technology use, healthy lifestyle
<b>KTN Categories</b>	Psychological Support; Lifestyle & Digital Balance

This iteration addressed three interconnected areas: psychological skills for young athletes, responsible use of technology and social media, and the role of nutrition in daily wellbeing. Discussions covered emotional resilience, digital hygiene, self-image, and balanced dietary habits. Participants, including parents, engaged in meaningful dialogue and practical examples, contributing to a holistic understanding of performance and wellbeing.

### Iteration 3 – Emotional Skills in Mini-Basketball

FIELD	DETAILS
<b>Period (Sessions)</b>	20–28 August 2025 (3 sessions)
<b>Location</b>	Albacete, Castilla-La Mancha
<b>Participants</b>	87 (50 Male / 37 Female)
<b>Target Group</b>	Young athletes & coaches
<b>Training Type</b>	In-person
<b>Main Focus</b>	Emotional awareness, regulation, teamwork culture
<b>KTN Categories</b>	Emotional Regulation; Team Behaviour

The third iteration focused on developing emotional awareness and practical regulation techniques for children aged 8–12. Through structured discussions and applied activities, young athletes learned to understand their emotions, manage mistakes, and communicate constructively. Coaches explored strategies for creating a supportive team climate, promoting empathy, cooperation, and healthy competitive behaviour.

Across the three psychological support cycles, FBCLM delivered a comprehensive and engaging learning experience to 294 participants. The content addressed key pillars of psychosocial development—self-confidence, emotional regulation, responsible technology use, communication skills, and healthy lifestyle habits. The activities strengthened young athletes’ well-being and enhanced the supportive role of parents and coaches in their developmental journey.



## COLLEGE BASKETBALL SSDRL

### 3 Iterations

#### for the Development of Clubs, Amateur Young Athletes, Parents, Coaches

College Basketball SSDRL implemented three Development Iterations within the Basketball-KTN project, aiming to enhance fundamental skills, technical training, game understanding, and value-based education among young athletes. All activities were delivered in person and included camps, practice sessions, clinics, tournaments, and meetings involving coaches, parents, and local community stakeholders.

A total of **231 participants** took part across different locations and clubs. The activities were aligned with the thematic categories of the KTN Model, including *Basketball Basics*, *Training Methodologies*, *Youth Development*, and *Ethics & Values in Sport*.

#### Iteration 1 – Development Basketball Basics & Main Principles

FIELD	DETAILS
Period (Number of sessions)	9 & 29 July 2025 ( <i>Camp &amp; Clinic</i> )
Locations	Calasetta (Cagliari)
Participants	66
Target Group	Young athletes from different clubs
Training Type	In-person
Main Focus	Fundamental basketball principles and basic skills
KTN Categories	Basketball Basics; Skill Development

The first intervention took place during a youth basketball camp, offering high-quality training opportunities to children in a peripheral area. The session combined a theoretical presentation on essential basketball concepts (spacing, passing, collaboration, defense) with practical on-court activities. The Basketball-KTN community was also introduced, highlighting its role as a long-term platform for networking, knowledge sharing, and capacity building among clubs and academies.

#### Iteration 2 – Basketball Basics & Integrity and Values in Sport

FIELD	DETAILS
Period (Number of sessions)	23 July, 9 & 16 October 2025 ( <i>Practice &amp; Clinic</i> )
Locations	Massenzatico (Reggio Emilia)
Participants	75

<b>Target Group</b>	Young athletes and coaches
<b>Training Type</b>	In-person
<b>Main Focus</b>	Fundamentals, values, and integrity in sport
<b>KTN Categories</b>	Basketball Basics; Ethics & Values in Sport

This iteration included a training session with an U14 team, along with meetings involving the club president and coaching staff. Activities focused on technical fundamentals as well as the importance of values, teamwork, and personal growth. The exchange of ideas between coaches, athletes, and management strengthened alignment around youth development and highlighted the broader educational mission of sport.

### Iteration 3 – Tactics, Training & Mixed-Team Tournament

FIELD	DETAILS
<b>Period (Number of sessions)</b>	28 July & 1–2 November 2025 ( <i>Tournament &amp; Meeting</i> )
<b>Locations</b>	Borgomanero (Novara)
<b>Participants</b>	90
<b>Target Group</b>	Young athletes, parents, and coaches from different clubs
<b>Training Type</b>	In-person
<b>Main Focus</b>	Tactical understanding, teamwork, and game-based learning
<b>KTN Categories</b>	Training Methodologies; Youth Development; Team Dynamics

The third iteration took place during the Bovio League, where young athletes from three clubs were mixed into blended teams, promoting collaboration, fair play, and social integration. A presentation of the Basketball-KTN project was delivered to parents, followed by open discussion and Q&A. The day concluded with a shared visit to a Serie B match, helping reinforce community connections and strengthening the project's outreach dimension.

College Basketball SSDRL's three Development Iterations strengthened technical, tactical, and social development among young athletes while promoting value-based behaviour and collaboration across clubs. With 231 participants involved, the activities supported accessibility, inclusiveness, and the practical implementation of the KTN Model in diverse Italian communities.

### 3 ITERATIONS

#### FOR PSYCHOLOGICAL SUPPORT OF AMATEUR ATHLETES AND THEIR PARENTS

College Basketball SSDRL implemented three Psychological Support Iterations focusing on strengthening self-confidence, concentration, emotional regulation, and the overall well-being of young athletes. All activities were delivered in person in Borgomanero and included work in small groups, interactive exercises, and applied psychological techniques. A total of 235 participants took part in the three cycles.

#### Iteration 1 – Building Self-Confidence & Stress/Anxiety Management

FIELD	DETAILS
Period (N of sessions)	2 July 2025 (4 groups)
Location	Borgomanero (NO)
Participants	75 (70M / 5F)
Target Group	Young athletes from different clubs
Training Type	In-person
Main Focus	Self-confidence, stress & anxiety management
KTN Categories	Emotional Skills; Psychological Support

The session combined a brief theoretical presentation on emotional management and communication within the coach–athlete–family triangle with small-group practical activities. Age-adapted games and tasks helped athletes reflect on their strengths, understand the “ideal player” model, and practice simple strategies to manage stress and anxiety in sport.

#### Iteration 2 – Focus & Concentration & Emotional Regulation

FIELD	DETAILS
Period (N of sessions)	9 July 2025 (4 groups)
Location	Borgomanero (NO)
Participants	80 (70M / 10F)
Target Group	Young athletes
Training Type	In-person
Main Focus	Attention skills, mental focus, emotional regulation
KTN Categories	Emotional Regulation; Focus & Attention Skills

The sports psychologist worked with four groups throughout the day, guiding participants through attention-building tasks and techniques for emotional regulation during training and matches. The mix of concise theory and practical exercises improved athletes' ability to maintain focus, cope with pressure, and respond constructively to emotional situations.

### **Iteration 3 – “Pillole di Performance”: Emotional Regulation, Focus, Nutrition & Injury Prevention**

FIELD	DETAILS
Period (N of sessions)	30 September 2025 (3 groups)
Location	Borgomanero (NO)
Participants	80 (20M / 10F)
Target Group	Young athletes (13–18), parents, coaches
Training Type	In-person
Main Focus	Emotional regulation, concentration, nutrition, injury prevention
KTN Categories	Emotional Support; Nutrition & Healthy Lifestyle; Health & Prevention

During the first edition of “Pillole di Performance,” three experts (sports psychology, nutrition, osteopathy) provided an integrated workshop on mental well-being, healthy eating habits, and safe physical preparation. The interactive format encouraged dialogue with families and offered a holistic perspective on youth athletic development. Participants engaged actively, asking questions and reflecting on practical ways to apply these principles in daily life.

The three Psychological Support Iterations delivered by College Basketball SSDRL aligned fully with the KTN Model, fostering emotional awareness, concentration skills, resilience, and healthy lifestyle habits. With 235 total participants, the activities contributed significantly to strengthening the psychological and well-being foundations of young athletes and their families.

## YOUTH.SCIENCE. SPORTS.HEALTY MOVEMENT OF UKRAINE

### 3 Iterations

#### for the Development of Clubs, Amateur Young Athletes, Parents, Coaches

YSSUKRAINE implemented three Development Activity cycles within the framework of the Basketball-KTN project, aiming to strengthen fundamental technical skills, promote active youth participation, encourage cooperation between schools and local communities, and introduce participants to the KTN digital platform. Activities were carried out in different cities (Chernivtsi & Ternopil), with high engagement from young athletes, parents, teachers, coaches, and volunteers. All sessions combined practical basketball training, teamwork-based challenges, and short presentations of the KTN project.

In total, 204 participants attended 17 individual sessions, covering key KTN Model categories such as Basketball Basics, Skill Development, Game Understanding, Digital Literacy, and Teamwork.

#### Iteration 1 – Fundamental Skills & Team Play

FIELD	DETAILS
Period (N of sessions)	24 April 2025 & 4 May 2025 (2 sessions)
Location	Chernivtsi; Ternopil
Participants	91 (77 Male / 14 Female)
Target Group	Young athletes (basketball clubs), volunteers, university students
Training Type	In-person
Main Focus	Basketball basics, decision-making, teamwork, leadership, motivation
KTN Categories	Training Methodologies; Basketball Basics; Skill Development; Values & Inclusion

The first iteration included two major masterclasses focusing on essential basketball skills (passing, dribbling, shooting) and structured team-play activities such as relay races and game-based drills. Participants worked with experienced coaches and university volunteers, strengthening cooperation, discipline, and communication. Both events introduced participants to European values of fair play and inclusion, as well as the goals of the Basketball-KTN project.

## Iteration 2 – Basketball Activities & Introduction to the KTN Platform

FIELD	DETAILS
Period (N of sessions)	11 September 2025 & 13 October 2025 (2 sessions)
Location	Chernivtsi & Chernivtsi Region
Participants	87 (38 Male / 49 Female)
Target Group	Young athletes, teachers, parents
Training Type	In-person
Main Focus	Basketball games, warm-up & relay races, teamwork, KTN platform introduction
KTN Categories	Basketball Basics; Teamwork; Digital Literacy; Youth Engagement

The second iteration combined physical basketball activities with an introductory presentation of the KTN digital platform. Sessions included warm-up exercises, relay challenges, a friendly game, and a demonstration of the platform's tools for learning and international collaboration. Participants showed strong motivation and interest, particularly in how digital resources can support sports development and teamwork.

## Iteration 3 – Online Basketball Development & Digital Engagement (Ternopil)

FIELD	DETAILS
Period (N of sessions)	21 & 22 October 2025 (2 sessions)
Location	Ternopil (online)
Participants	26 (14 Male / 12 Female)
Target Group	Young athletes, teachers
Training Type	Online
Main Focus	Online basketball drills, teamwork, coordination, familiarization with the KTN platform
KTN Categories	Digital Literacy; Teamwork; Skill Development; Innovative Training

The third iteration was conducted entirely online, combining physical exercises, teamwork-oriented challenges, and guided coordination drills. Sessions included warm-up, an adapted online relay race, and a virtual basketball game emphasizing decision-making and cooperation. The meetings also introduced participants to the KTN platform, highlighting digital resources that support youth development.

Teachers actively supervised the activities, ensuring smooth interaction and motivation.

The three Development Iterations successfully enhanced technical skills, teamwork, communication, and youth engagement across multiple regions of Ukraine. Through both in-person and online sessions, participants were introduced to the KTN Model, strengthened positive sporting behavior, and connected with European collaboration values. The activities created inclusive, motivating environments that supported personal and athletic growth, while promoting innovative educational approaches through the KTN digital platform.

### **3 ITERATIONS**

#### **FOR PSYCHOLOGICAL SUPPORT OF AMATEUR ATHLETES AND THEIR PARENTS**

The psychological activities implemented by YSSUKRAINE within the framework of Basketball-KTN focused on strengthening mental resilience, managing stress, and fostering positive social skills among children, young athletes, teachers, and coaches. Given the exceptional conditions currently faced in Ukraine, these interventions became even more crucial, serving as a support mechanism for groups experiencing daily stress, uncertainty, and increased mental-health needs.

The activities combined sports-based games with psychoeducation, online seminars, experiential exercises, and presentations of the KTN platform, enhancing self-confidence, emotional expression, and teamwork. The content of the sessions was aligned with the five main categories of the digital CoP (Repository & Forum): Emotional Support, Stress & Anxiety Management, Teamwork & Communication, Motivation, and Youth Empowerment, ensuring that participants received targeted and practical knowledge transferable both within and beyond sports settings.

#### **Psychological Iteration 1 – Emotional Support, Teamwork & Stress Reduction**

FIELD	DETAILS
Period (N of sessions)	23 June 2025 & 24 April 2025 (2 sessions)
Location	Chernivtsi Region; Chernivtsi
Participants	26 (21 Male / 5 Female)
Target Group	Young athletes, youth from vulnerable backgrounds
Training Type	In-person
Main Focus	Emotional awareness, stress management, teamwork, confidence-building

<b>KTN Categories</b>	Emotional Support; Teamwork & Communication; Stress & Anxiety Management
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The first psychological iteration combined sports and psychological activities aimed at strengthening emotional resilience and social skills among young athletes. The first action, held at a children's summer camp in the Chernivtsi region, included movement games, Olympic-style relays, and experiential discussions designed to reduce stress, build confidence, and enhance teamwork. In the second activity, university students and young athletes participated in a psychoeducational session focused on anxiety recognition, relaxation techniques, concentration, and positive communication within team environments. Both sessions highlighted the role of sport as a tool for emotional support and social inclusion.

### Psychological Iteration 2 – Emotional Support for Teachers & Coaches

FIELD	DETAILS
<b>Period (N of sessions)</b>	3 October 2025 & 8 October 2025 (2 sessions)
<b>Location</b>	Chernivtsi; Chernivtsi–Ternopil
<b>Participants</b>	100 (48 Male / 52 Female)
<b>Target Group</b>	PE teachers, coaches, students, young teachers
<b>Training Type</b>	Online & Hybrid
<b>Main Focus</b>	Emotional resilience, stress management, support strategies in wartime, motivation
<b>KTN Categories</b>	Emotional Support; Teaching Innovation; Psychological Well-being

The second iteration focused on supporting educators, coaches, and students who currently work under wartime conditions. The first online seminar presented methods for psychological strengthening and modern coaching approaches, while emphasising the teachers' role in maintaining youth resilience. In the second hybrid session, the presentation of the KTN platform was combined with a psychological lecture and an emotional-state assessment. Special emphasis was placed on coping with stress, enhancing motivation, and using sport as a source of stability and social cohesion during the war.



### Psychological Iteration 3 – Motivation, Emotional Well-being & KTN Engagement

FIELD	DETAILS
Period (N of sessions)	14 & 15 October 2025 (2 sessions)
Location	Chernivtsi
Participants	76 (73 Male / 3 Female)
Target Group	Young athletes
Training Type	In-person
Main Focus	Motivation, emotional stability, resilience, KTN platform familiarization
KTN Categories	Emotional Support; Motivation; Youth Empowerment

The third iteration consisted of two consecutive sessions with young athletes, during which the Basketball-KTN platform was presented, demonstrating how it can support learning and personal development. Participants attended psychological lectures on stress management, balancing training with mental health, and reinforcing internal motivation.

Through short psychological assessments, athletes reflected on their emotional state, while the final group discussions in each session reinforced a sense of community and highlighted the value of sport as a tool for mental resilience and personal growth.

### 3.5 Summary Table of National Activities

The national Development Iterations implemented by all Basketball-KTN partners formed the core of the project's mission to transfer knowledge and empower clubs, coaches, parents, and—above all—young athletes. Throughout the implementation period, partners delivered dozens of training sessions, camps, clinics, seminars, and practical workshops covering a wide range of competencies: fundamental basketball skills, tactical understanding, team management, confidence-building, values education, and the promotion of safe and inclusive sporting environments.

The original project target envisioned at least 1,000 participants across all national Development activities. The project not only achieved this target but significantly surpassed it, reaching a total of 1,805 participants. This high level of engagement demonstrates:

- the effectiveness of our approach within local sports ecosystems,
- the trust shown by clubs, families, and young athletes in the Basketball-KTN actions,

- and the clear need for development programmes that combine technical improvement, pedagogical value, and inclusive, participatory environments.

Moreover, the geographical spread of the activities—from Greece and Serbia to Spain, Italy, and Ukraine—highlights the genuinely European character of the project and the ability of Communities of Practice to act as sustainable bridges for collaboration, learning, and exchange.

The table below summarises the total number of participants and sessions delivered by each partner within the Development Iterations.

## DEVELOPMENT OF CLUBS, AMATEUR YOUNG ATHLETES, PARENTS, COACHES

### SUMMARY TABLE (ALL PARTNERS)

PARTNER	TOTAL PARTICIPANTS	TOTAL SESSIONS
Evnikos Sports Club (Greece)	399	18
University of Belgrade (Serbia)	304	12
FBCLM – Castilla-La Mancha (Spain)	667	11
College Basketball SSDRL (Italy)	231	8
YSSUKRAINE (Ukraine)	204	6
<b>TOTAL</b>	<b>1,805</b>	<b>55</b>

The psychological actions implemented within the Basketball-KTN project played a crucial role in strengthening mental resilience, emotional well-being, and teamwork among participants. With a total of 1,157 participants and 42 specialized sessions, the project significantly exceeded its initial expectations, demonstrating the strong need for psychological support within youth sports environments.

Project partners delivered targeted interventions addressing key themes such as stress and pressure management, emotional regulation, teamwork and communication, motivation, youth empowerment, and supportive coach–athlete relationships. Activities were delivered through a variety of formats—including in-person workshops, online and hybrid seminars, experiential exercises, sports-based games, and guided group discussions—ensuring broad accessibility and adaptation to national contexts.

In countries such as Ukraine, where challenging conditions intensify the need for emotional support, these actions served as an essential mechanism for assisting young athletes, teachers, and coaches who face daily stress and uncertainty. Overall, the project successfully promoted healthy behavioural models, reinforced the role of

sport as a tool for emotional resilience, and contributed to creating positive, safe, and empowering environments for youth development.

## PSYCHOLOGICAL SUPPORT OF AMATEUR ATHLETES AND THEIR PARENTS

### SUMMARY TABLE (ALL PARTNERS)

PARTNER	TOTAL PARTICIPANTS	TOTAL SESSIONS
Evnikos Sports Club (Greece)	220	10
University of Belgrade (Serbia)	206	7
FBCLM – Castilla -La Mancha (Spain)	294	8
College Basketball SSDRL (Italy)	235	11
YSSUKRAINE (Ukraine)	202	6
<b>TOTAL</b>	<b>1,157</b>	<b>42</b>

## 4. CONCLUSIONS

The Basketball-KTN Erasmus+ project successfully delivered a coherent set of national activities that combined sports training with psychological empowerment. Through the Training Iterations, partners strengthened technical skills, confidence, teamwork, and mental resilience among young athletes, coaches, teachers, and families.

Activities were implemented in diverse environments—clubs, schools, community settings, and online—promoting equal access to quality education. The strong engagement across all age groups demonstrates the project’s positive social impact and relevance.

**A Unified Educational Approach:** All partners worked within a shared Basketball-KTN framework, ensuring consistent methodology, comparable results, and strong transnational coherence.

**Inclusion and Access:** Participation from varied social and geographical contexts confirmed that sport can support empowerment, social cohesion, and equal opportunities, especially in underserved regions.

**Life Skills Through Sport:** Training sessions helped develop essential life skills such as communication, emotional regulation, responsibility, and teamwork—useful both in sports and in everyday life.

**European Cooperation:** The project built a transnational Community of Practice through the KTN platform, enabling continuous exchange of knowledge, methods, and innovative practices among professionals.

**Support During Crisis:** Actions in Ukraine had particular importance, offering emotional support and stability to young people and educators living under wartime stress.

Basketball-KTN proved that integrating sports education with psychological support is an effective and socially valuable model for youth development. The project leaves a lasting legacy: an active digital platform, a rich educational repository, and a strong European network that will continue beyond the project’s completion.