

YOU SHOULD
STAY!

**EXAMPLES OF
SPORTS
TRAINING
PROGRAMMES
WITH DIGITAL
INTEGRATION:**



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THE WHEEL:

1

The trainer or the youth worker using Wordwall.net or another website creates a wheel of fortune and writes on each spot of the wheel the title of a game/exercise/activity/play.

Then the wheel is spun, either by the youth worker or trainer, or the students and randomly selects another game/activity/activity/play.

Outcome: the training session will be more interactive and break down the routine and monotony of a training session.



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TREASURE HUNTING QR CODE EDITION

2

It's a treasure hunt with each team having to find the QR code with the next clue. The QR code contains a challenge to overcome, and each team has to record with a device their task. Tasks can involve collaboration or communication activity, or sport skills. For example: make three basketball shots in a row to get to the next stage.

Recorded material can be stored using social media clouds or uploaded on a different server. A jury at the end of the race will count all the points for the challenges and select a winner.

Outcome: this activity involves social and physical skills, dexterity, and coordination, plus it's really fun and builds connections.



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FUN WALK:

3

This activity consists in a group walk in an open space/park with different exercise stations. During this activity the participants will have Bluetooth headphones and they will listen to music and to the trainer's instructions. There will be 4 stops in which the participants will do different physical activities guided by the trainer.

Outcome: it involves technology with the aim to make the activity more fun and innovative.



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VIDEO ANALYSIS:

4 In sports, especially in professional sports, coaches, trainers, and athletes can use video analysis to correct the movement of the athletes during the training. This consists in adding technology in a way that it can help to improve the performance. You can record technical gestures and rewatch them slowly, so it becomes easier to focus on the mistake and improve it. This is a method to improve technical performance with the use of digital tools.

Outcome: integration of technology, innovation.



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THE CLICK IT:

5

With blazer pods placed on the ground, the participants should be split into 3 teams. In the beginning they have to do an agility exercise with the pods (3-5 reps), then go further to the circuit and, in the end, they have to make a three-step basketball score. Also, you can change the circuit and the order according to the number of participants or the imagination of the coach.

Outcome: agility, reaction time



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