

Best Practice Sharing of Innovative and Disruptive Field Hockey Skills

Attendance and “buy-in” sheet April 2019 Seminar HC Den Bosch



Co-funded by the
Erasmus+ Programme
of the European Union

Hereby I confirm that I understand and support the Erasmus program objectives as outlined below and my attendance at the HC Den Bosch program from 12-14th of April

Participants	Name	Position	Date	Signature
Austria	Sabine Blemenschütz	coaches development coordinator Austrian Hockey Federation		
Austria	Gerhard Kubassa	school hockey coordinator/hockey teacher		
Poland	Łukasz Kosmaczewski	assistant coach Polish National boys U21 team		
Poland	Alicja Koperska	assistant coach Polish National girls U18 team		
Czech	Karolina Paterson	trainer/coordinator youth development Czech Hockey Federation		
Czech	Vojta Kolar	Talent Center trainer Czech Hockey Federation		
Czech	Martin Hoffman	Video/TV crew		
Czech	Michal Dimitrov	Video/TV crew		
Czech	Gino Schilders	Organizer and coordinator		

E.2. Innovative aspects

Focus will be on the following skill sets & trends in the areas of :

- **Technical and tactical skills**
- **Physical preparation of athletes**
- **Mental coaching**
- **Video analysis**

Additionally, the program will aim to gain insights into new innovative Hockey Formats/Concepts which are in place (or being piloted). Examples are Funkey hockey, Urban hockey and others (more examples further in the document)

- **How will the project promote education ?**

We would like to achieve the above mentioned objective by exchanging **hands-on hockey know-how** by having motivated experienced trainers from the Czech Republic, Poland and Austria meeting up with hockey professionals from HC Den Bosch in the Netherlands + other experts (see list further in the document). As Netherlands is a leading hockey nation, the know-how absorbed by the trainer/coaches will be of high value for the visiting trainers/coaches. Main focus in this project will be :

- a) Setting up a quality and **intensive 3 day program** in the Netherlands involving some of the best **sports experts** in Europe.
- b) Ensure **inspiring and effective know-how dissemination** among the partner countries (via Czech Republic/Poland/Austria Hockey Federations) as well as within other european countries (via the European Hockey Federation)

Especially the latter objective will get extra attention due to the experience that this is

predominantly the weakest link in exchange programs like this. By ensuring a top program for these 3 days we will ensure a "WOW" moment which will help to ensure that know-how transfer back to the home nation will have the effect which is needed.

A group of **6 trainer/coaches + 1 coordinator/guide will go to the Netherlands for 3 days in Spring 2019 and 3 days Spring 2020 to join a custom made hockey seminar.** In between the 2 sessions the gained know-how will be shared via different ways with the local hockey communities in Czech Republic, Poland and Austria. A diversified group of trainers/coaches will be selected to secure **inclusivity/diversity** :

- **Women** trainers to be part of the group
- 1 or 2 **young talented trainers** (<27 years) to be part of the group

Topics which will be covered in the project, which to a large scale are non-existing or are lacking in knowledge in the receiving countries :

- Trends in **technical and tactical skills** both for youth and top-hockey
- Trends in **mental coaching**
- **Physical preparations of athletes** during different stages of development
- Developments in **video analytics** combined with fitness of players during games
- New developments in **hockey formats/concepts** like Urban Hockey, Funkey hockey, Hockey Sevens, Para Hockey and others

- **the genuine and adequate needs analyses,**

Both Czech, Polish and Austrian hockey are eager to learn and from time to time meet the top European teams in European and World League championships. Though the level of hockey is improving, fast developing trends in the top European countries keep those countries ahead of the curve. To keep up with the speed of new hockey developments it's not enough to watch and analyze a number of top games. Having a chance to **meet in person** with the top trainers/coaches, and to go into a **dialogue** with them, is essential :

- a) to get a **deeper understanding which is necessary to change the mindset and way of working.** There is a strong need to create a burning-platform which will inspire the trainers/coaches to take a different view on the development of themselves, their colleagues, their teams and their clubs.
- b) To **gain know how which is a prerequisite for the further development** of the sport on national level in Czech Republic, Poland and Austria
- c) **Learn about new hockey formats/concepts** to grow the base and promote inclusion and diversity

E.3. EU added value

Please describe the project's added value at EU level through results that would not be attained by activities carried out solely at national level.

- 1) European competitiveness** :The added value of this program will be sharing of know-how from a best-practise country to the Czech Republic, Austria and Poland resulting in **creating a more competitive environment in the field of hockey in Europe.** As "established" European countries will get more challengers it will push up the overall level of European hockey, making them more competitive on an international level.

2) Shared European values : Besides learning new hockey-skills the advantage of having the seminar in another country will support the exchange of country cultures and values. A better understanding of different cultures will result in more **shared European values**.

The objectives mentioned can not be developed to the full extend in the receiving countries as know-how in these areas is missing or not has not yet reached it's full potential.

H.2. Dissemination

Please describe:

- the dissemination plan and measures aimed at sharing the outcomes of project within and outside the participating organisations,
- the plans for ensuring the sustainability of project showing its capacity to continue having an impact and producing results after the EU grant has been used up,
- if relevant, the extent to which materials, documents and media produced will be made freely available and promoted through open licences.

- **the dissemination plan and measures aimed at sharing the outcomes of project within and outside the participating organisations,**

After each of the visits in to the Netherlands the following materials will be created :

1. Methodological material to be used by trainer/coaches for transferring know-how (Aim : improve the skill level of trainers/coaches/video analysts in europe)
2. Documenting on video of the trip/visit (Aaim : create excitement about know-how sharing among different European countries inspiring more people to do so from different backgrounds and age groups)

The materials will be actively shared by the different partners :

- a) Czech/Polish/Austrian federation : with their trainers via **seminars and sharing via mail/Facebook/web** (Twitter and Instagram where in place)
- b) European Hockey Federation : with their national associations via their **website, twitter and Facebook pages**

Channels which will be used for sharing know-how gained : Training seminars / Web pages / Facebook / Instagram / Twitter / TV magazines (e.g. "Hokej na Zem" in the Czech Republic) / EHF congress (European Hockey Federation event which regularly promotes sharing of best practises from different countries)

- **the plans for ensuring the sustainability of project showing its capacity to continue having an impact and producing results after the EU grant has been used up,**

Sustainability will be ensured in 3 ways :

- a) Direct impact : Participating trainer/coaches will be **more qualified** which will result in improvement of clubs/trainers and players on club and national level. Via this cooperation we **better understanding and cultural values** will be improved among countries
- b) Direct impact : **Methodological materials** will become parts of the "methodological libraries and programs" which each of the federation has. They will both be **actively shared** as passively made public.
- c) Indirect impact : The planned spin-off of this project is a **closer long-term cooperation** between the trainers/coaches from HC Den Bosch, Poland, Czech and Austria. This cooperation will result in different activities between the different countries. The scope of these activities will be discussed after the second seminar in 2020.

This long-term cooperation and aspiration will be a prerequisite for the participants who will join and it will be Gino Schilders from the Czech Hockey Federation who will foster and sponsor this.

- **if relevant, the extent to which materials, documents and media produced will be made freely available and promoted through open licences.**

All materials will be actively shared with all european nations via the respective hockey federations. They will be produced in the english language and will feature information that they have been produced with financial support of the EU/Erasmus+ sports grant (incl. logo). The materials will stay available for unlimited time for those who are interested to take learnings