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## EU TeqGames

# Training session and team formation report





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# 1 - INTRODUCTION

Training for the club teams and the formation of specific divisions of Teqsport, specifically Teqball, for the most part, commenced after the open days were held in March and April 2024. Some partners however started the process earlier to gain interest and traction for the players to start playing and get more involved in the sport. This was primarily by going into schools to show case the sport and get children interested in the sport.

Subsequent to the completion of the open days, the partners started with their process of setting up training sessions and trying to form teams within their clubs. For almost all partners, they did this by joining up with existing divisions in their club such as football, or volleyball divisions, and used the table in these divisions to train and generate interest in order to properly form a team. They also partnered with certain schools and used the opportunity of having many children in one area to try and showcase the sport and get them to play and ultimately join the teams. The sport was also used as part of clubs community upliftment programmes where the tables were used at community centers. The sport was exhibited at high profile events, such as a Feyenoord football match, where the athletes played and used these opportunities as additional training sessions.

In order to obtain statistical data, the partners kept records of the number of events and the gender ratio, as well as any record of disabled athletes that were able to join. As will be shown below, some clubs had far more training sessions than others and similarly were able to attract more players to train and join their teams.



Full details of the overall official training and formulation of teams is detailed in the report below. It is also important to note that most clubs used the tables as a free opportunity for all people and children to play on whilst the game was explained to them – this was a type of informal training session and showed the interest from the public in general in the Teqtable and what Teqsports were. Whilst we do not have statistics for this informal type of training, its important to note that it has been ongoing since the tables arrived at the club and to date hereof.



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## 2 - METHODOLOGY

In order to obtain the information required for this report, each partner in the consortium was provided with a Data Collection Form where they were asked to complete how many training sessions were held per month, how many males attended the training, how many females, if any disabled athletes attended, and the range of ages within which the partners worked. An example of the form that the partners had to complete can be found at the end of this report, in the “Appendix” part.

The number of months over which the training sessions and team formations were measured was 11 months, from April 2024 to February 2025. This was done for practical purposes from the month that the open days were held to the last month where the project coordinators were able to receive the data due to the due date of this deliverable. The timing was also fortuitous as the 2<sup>nd</sup> EU Teq Games are being held in the first weekend of April 2025, and this would be a true reflection of the training sessions and other data from the time that Teqball specifically was introduced to the public at the open days until the final tournament as per the project.

To get a better understanding of the views of the coaches, athletes and project co-ordinators, regular meetings were held with the partners to see how the training and team formation was progressing. In addition, we produced a final questionnaire, where certain questions were posed to the various parties at the partner clubs that took part in this project, in order to understand to what extent, they felt the training was sufficient or good enough to prepare them for tournaments, and how coaches found the coaching of the sport. An example of the questionnaire that was circulated can be found at the end of this report, in the “Appendix” part.



# 3 - TRAINING SESSIONS STATISTICS AND ANALYSIS

## 3.1 Overview of Age Gap taken into consideration for this report

Initially, when the project started, the focus was on children younger than 18 years. For some clubs, to be more inclusive, they opened the sessions to children as young as 8 to 10 years of age. Unfortunately, due to the technical aspects and rules of the games, these children struggled to grasp the concept of the sport and the age gap was then eventually narrowed for almost all teams to be between ages of 12-18 where training could take place. For purpose of the Games though, this was set at ages between 15-18 years of age. This was done to ensure fair competition with athletes of similar ages playing in the tournaments.

## 3.2 Overview of Training Sessions

The project aimed to have each club host at least 2 training sessions per week. This however proved difficult for some clubs to achieve and based on the feedback we received, there were some large differences from one club to another as to the regularity of the training sessions. It was observed from the feedback received that for those clubs that had only a few athletes interested in the sports, not many training sessions were held, while the clubs that had a lot of players participating had far more training sessions. This makes sense as it would accurately reflect the time and availability of the athletes to train.

Certain clubs also took opportunities like other sporting events to showcase the sport and used this as unofficial training sessions as they would take the teams they were forming with them to show how to play the sport. Certain clubs had no training sessions or fewer training sessions over the summer holidays, due to the players taking holidays and time off.

Additionally, many clubs filmed their training sessions and shared them through the official social media channels of the project partners, using these platforms to further promote Teqball, highlight progress, and engage wider audiences with the ongoing activities.

Further video materials and coverage related to training sessions and promotional activities will be included in the Communication and dissemination continuous reporting. In this article, we have highlighted only the most relevant and representative links to showcase key moments and engagement across partner clubs.



## Highlighted social media links:

[Training in Rome](#)

[S. S. Lazio Training](#), [S. S. Lazio Training\\_\(2\)](#),

[Aalborg\\_post on Training](#)

## Project website posts:

1 - [Training begins: from Open days to first touches on the Teq table](#)

2 - [Teams are getting ready for Piraeus](#)

3 - [One month to go: ready for Rome](#)

4 - [Feyenoord's Dynamic Implementation of the Project during the UEFA Champions League Match](#)



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# THE TRAINING



## Working on averages, we obtained the following statistics:

Table 1. Average number of training sessions per month for the 6 clubs combined

Month	Average Per Month
April 2024	5,2
May 2024	6.6
June 2024	6,8
July 2024	6,6
August 2024	4
September 2024	7,2
October 2024	6,5
November 2024	6,5
December 2024	5,6
January 2025	6.3
February 2025	6,8

On average, the clubs were able to hold 6,3 training sessions per month.



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**Table 2. Number of training sessions per club based on an 11 months' average**

<b>Club</b>	<b>Average Over 11 Months</b>
Aalborg	3,2
Feyenoord	11,1
HASK Mladost	4
Lazio	9,8
Levski	8
Olympiacos	2,1

### **3.3 Participant Statistics**

Overall, Teqsports and especially Teqball, was more popular with males than females. This is believed to largely be contributed to the fact that Teqball is closely associated with football, where, traditionally, more males play than females. Based on this, every club reported back that they had more males playing Teqball and Teqsports than females. For some clubs however, the number of females partaking in the training sessions and joining the teams increased as time went on. Whilst they have no specific reason for this, it is thought that once the females tried out other Teqsports like TeqVolley and TeqPong, they realised that the table is versatile, and they can try many different sports on the Teq table, thereafter trying Teqball and joining these teams.

## Male Athletes

Below are 2 tables. One table (table 3) contains the average number of male athletes for all 6 clubs combined, per month. The other table (table 4) shows on average how many males trained per club, taken over an 11-month average.

**Table 3. Average number of Male Athletes training per month for the 6 clubs combined**

Month	Average Per Month
April 2024	13,2
May 2024	43,3
June 2024	36
July 2024	22
August 2024	16,3
September 2024	29
October 2024	44,6
November 2024	32,5
December 2024	27
January 2025	20
February 2025	18,2

On average, the clubs combined had 27,4 male athletes training per month.



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Table 4. Number of male athletes training per club based on an 11 months' average

Club	Average Over 11 Months
Aalborg	1,45
Feyenoord	59,1
HASK Mladost	32,1
Lazio	12,2
Levski	16
Olympiacos	15,5



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## Female Athletes

Below are 2 tables. One table (table 5) contains the average number of female athletes that trained for all 6 clubs combined, per month. The other table (table 6) shows on average how many females trained per club, taken over an 11-month average.

**Table 5. Average number of Female Athletes training per month for the 6 clubs combined**

Month	Average Per Month
April 2024	4,3
May 2024	17,3
June 2024	7
July 2024	5,5
August 2024	4,6
September 2024	10,2
October 2024	18,6
November 2024	11,5
December 2024	8,75
January 2025	7
February 2025	7,3

On average, the clubs combined had 9,3 female athletes training per month.



**Table 6. Number of female athletes training per club based on an 11 months' average**

<b>Club</b>	<b>Average Over 11 Months</b>
Aalborg	1,2
Feyenoord	12,9
HASK Mladost	14,6
Lazio	4,2
Levski	5,6
Olympiacos	8,6

### **Disabled Athletes**

The clubs promoted the sports in the most inclusive manner as possible so that training activities were open to all kinds of athletes. It was deemed inappropriate for clubs to specifically look for disabled persons as we did not believe this to be the correct way to attract children and people in general to the sport. However, upon observation of the statistics received from each club, we notice that 3 clubs (HASK Mladost, Lazio and Levski) did have training sessions where disabled athletes were included. This showed the versatility of the sport and the unlimited possibilities in having mixed teams with various abilities playing together. In the table below, you will see the number of athletes and the sessions they took part in.



**Table 7: Number of disabled athletes that trained per month per club**

Club	Apr 2024	May 2024	Jun 2024	Jul 2024	Aug 2024	Sep 2024	Oct 2024	Nov 2024	Dec 2024	Jan 2025	Feb 2025
HASK Mladost	-	-	-	-	-	-	1	2	-	-	2
Lazio	2	1	1	1	1	1	1	1	1	1	1
Levski	-	-	2	2	6	4	2	6	4	2	4

## Coaches Training

It was also important that the coaches who were giving the training to the athletes actually understood the game themselves. They had all passed their online certification course but to ensure that there had been or was no misunderstanding as to the rules of the games, a workshop was arranged prior to the 1<sup>st</sup> EU Teq Games in Piraeus, Greece. This workshop was conducted by one of the official FITEQ (International Federation of Teqball) referees who held an interactive session with the coaches and gave a lot of practical advice to the coaches. This helped to better prepare the coaches when dealing with their athletes at the games and when coaching their athletes during the 2<sup>nd</sup> edition of the EU Teq Games, which will be held in Rome.

A second mandatory coaches' workshop has once again been included in the itinerary for the Rome games, where the coaches can clarify any issues. The training has also been made mandatory for the athletes so that they themselves can get additional training and clarify any confusion they may have prior to the games.





# THE WORKSHOP

Social Media:  
[Training in Rome](#)  
[Training in Greece](#)

Project websites post:  
[Workshop in Greece](#)  
[Workshop in Rome](#)



## 4 - EFFECTIVENESS AND FEEDBACK ON TRAINING SESSIONS

A questionnaire was completed by athletes, coaches and coordinators regarding their feedback on the training sessions and team formations and the response was overall positive with some constructive views as to how to improve upon a similar project in the future:

### **Athletes Feedback**

Most athletes found the communication from their respective coaches' clear and understood what was required of them. They also indicated that constructive feedback was given to them by the coaches during training wherever they made mistakes or needed correction.

### **Coaches Feedback**

The overall feedback from the coaches was that whilst the athletes were engaged and willing to learn, they believed that athletes were only sufficiently able to carry out the techniques and rules of the games. This is due to the strict rules of Teqball and also to some extent the lack of experience of the coaches who were training them as they were learning the game for the first time as well. Over time however, the athletes demonstrated an improvement in their various ball and technical skills and it is believed this will only improve in time for the Rome edition of the EU Teq Games.

### **Overall Feedback**

The partners understood and feel like the objectives of the project were achieved, namely a new sport would be learnt, Teqball could be introduced to their clubs, schools and their communities in general and that overall, the training sessions were sufficient to form teams and be match ready for the 2 editions of the EU Teq Games.



The feedback on the physical and mental impact that the training and sport had on the athletes was varied, with some clubs indicating that the training sessions were physically exhausting for some athletes and others not. Almost all did agree that the training assisted the athletes with decision making, reaction time and strategic play.

Generally, it was felt that more time was needed to train the athletes in order to improve their knowledge and skills of Teqball. What was mentioned by almost all the clubs was that due to the technicalities of the rules of the sport, it was difficult for athletes to grasp the rules of the game, and this was disheartening for them. It was one of the main reasons why the age range was significantly reduced later in the training sessions to accommodate the older age range from 15-18 years of age, as they could grasp the concepts better and make the team formations for the Games stronger.

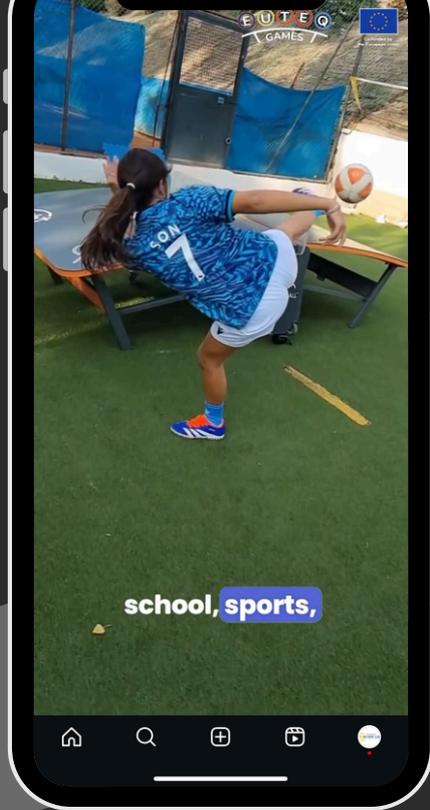
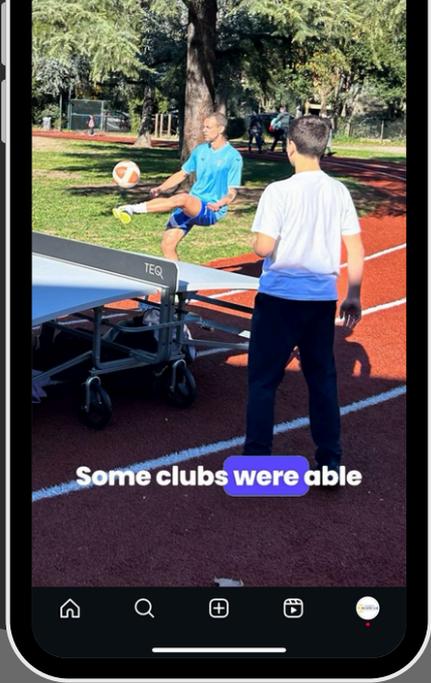


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# THE TRAINING





## Video: TeqGames Training Sessions

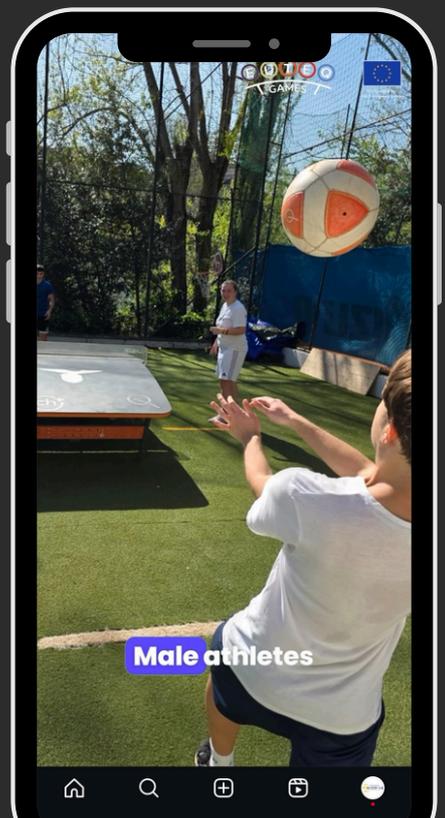
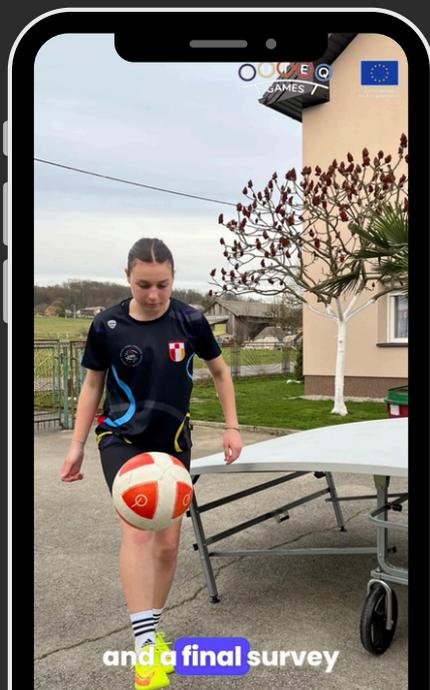
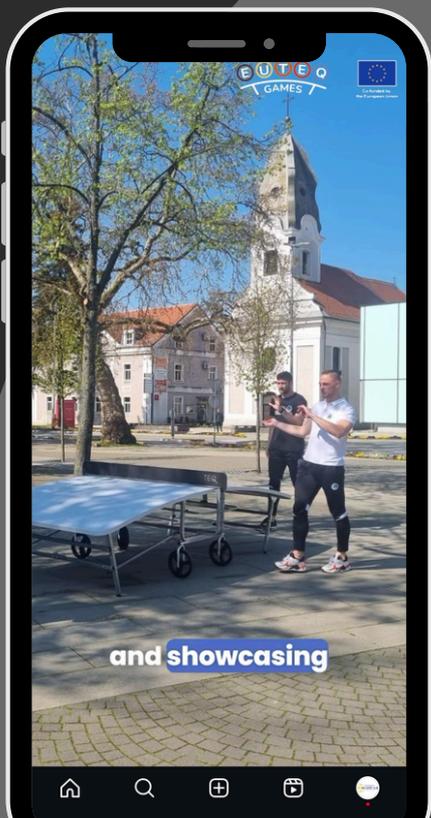
This video provides a short visual summary of the training sessions held by partner clubs throughout the EU TeqGames project.

It captures key moments from regular practices, school sessions, and inclusive training activities, showcasing how Teqball was introduced and developed across Europe. Below are selected screenshots from the video.

Full video available here:

[Instagram post](#)

[Facebook post](#)



## 5 - CONCLUSION



Based on the data and feedback received, what was clear was that some clubs had a greater response than other clubs to training and therefore the ability to form a proper team. This was due to various reasons, but the main ones being that it was difficult to engage with people to play a sport if there was no corresponding related sport such as football or volleyball, to use as a base. Those clubs that had these types of sports divisions were able to attract a lot more people to the sport and ultimately to train regularly and form teams to take part in the EU Teq Games.



Approaching and using schools as a platform for recruiting athletes was successful for a lot of the clubs and they were able to get many athletes interested in such a manner. Where clubs used this approach, they were able to hold regular training sessions at schools.



The frequency of the training also varied significantly from each club. This can be interpreted as either being due to the level of interest and hence lack of training, but on the other spectrum, it could be due to the opportunities used by clubs to train, such as in school, or such as showcasing the sport at other sporting events, like Feyenoord did at a Feyenoord football match.



Overall, the clubs did the best with the training and team formation based on what they had to work with, namely existing sporting divisions complimentary to the sport, schools willing to take part, and the size of the clubs and the ability to attract new members and form teams. With the varied club formation and tactics to do training and form teams, considering the quality of players at the tournament in Piraeus and the ability to put up full teams (except for one club due to unforeseen circumstances), the training and team formation for the EU Teq Games were considered a success.



## REPORT IN OTHER LANGUAGES



BULGARIAN



CROATIAN



DANISH



DUTCH



GREEK



ITALIAN

Check out all deliverable at the project website:

[teggames.multisportclubs.eu](http://teggames.multisportclubs.eu)

## 6 - APPENDIX

In the next few pages find about the forms and questionnaires that were done during the training sessions to get this statistical report done. This is the addition to the Methodology part of this report.

Find the forms:

1. Form for data collection of Training Sessions - 1 page
2. Final questionnaire - 3 pages



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## EURO TEQ GAMES PROJECT

Data Collection of Training Sessions, Team Formations and Participants"

	Month / Year	Sport(s)	Number of events	Number of boys participated	Number of girls participated	Age group of participants	Number of disabled participants
1.	April 2024						
2.	May 2024						
3.	June 2024						
4.	July 2024						
5.	August 2024						
6.	September 2024						
7.	October 2024						
8.	November 2024						
9.	December 2024						
10.	January 2025						
11.	February 2025						



## TRAINING SESSIONS – QUESTIONNAIRE

### General Questions – **FOR ALL TO COMPLETE**

1. What were the main objectives of the Teqball / Teqsport training sessions? Answer as many as you want
  - To learn about a new sport
  - To learn how to play Teqball
  - To practise how to play Teqball
  - To practise how to play Teqball in order to be match ready
2. Were they achieved?
  - Yes
  - No
3. Were the training session well-structured and did they flow logically?
  - Yes
  - No
4. Was the duration of the training sessions appropriate for learning about TeqSports and match play for TeqBall?
  - Yes
  - No

### Participant Engagement & Performance – **FOR COACHES TO COMPLETE**

5. Did the players stay engaged and motivated throughout the sessions?
  - Yes
  - No
6. Generally, how well did participants understand and execute the Teqball techniques (e.g., first touch, passing, control, volleying)?
  - Excellent
  - Good
  - Sufficient
  - Bad
7. Was the training suitable for different skill levels (beginner, intermediate, advanced)?
  - Good
  - Sufficient
  - Bad

8. Did the players demonstrate improvement in ball control, footwork, or positioning?

- Yes
- No

### Coaching & Instruction - **FOR ATHLETES TO COMPLETE**

9. Was the coach's communication clear and effective in explaining techniques and tactics?

- Yes
- No

10. Did the coach provide useful feedback and corrections during the session?

- Always
- Usually
- Sometimes
- Never

11. Were demonstrations of techniques (e.g., chest control, head passes, flicks) clear and helpful?

- Yes
- No

### Physical & Mental Impact - **FOR ALL TO COMPLETE**

12. Did the session include a proper warm-up (e.g., dynamic stretches, coordination drills) and cool-down?

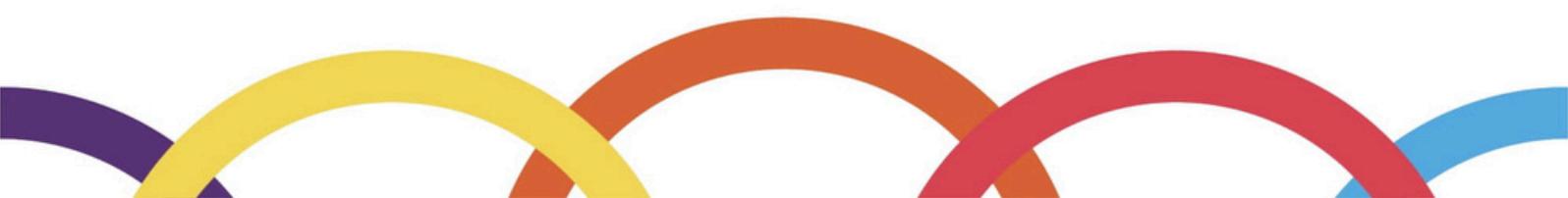
- Always
- Sometimes
- Never

13. Did participants display signs of excessive fatigue or discomfort?

- Yes
- No

14. Did the session help improve decision-making, reaction time, and strategic play?

- Yes
- No



**Safety & Equipment - FOR ALL TO COMPLETE**

15. Was the Teqball table and playing area safe and properly set up?

- Yes
- No

16. Was all necessary equipment (balls etc.) in good condition?

- Yes
- No

**Areas for Improvement - FOR ALL TO COMPLETE**

17. What aspects of the session could be improved (e.g., drill selection, pacing, variety)?

18. Were there any drills or exercises that should be adjusted or replaced?

19. How can future sessions be adapted to better suit the players' skill levels and goals?

Thank you for taking the time to complete this questionnaire. Your input is greatly appreciated.





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