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E U T E Q GAMES

Collection of Best Practices on How to Best Incorporate TeqSports into Multisport Clubs





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1 - INTRODUCTION AND EXECUTIVE SUMMARY

This report explores the various ways and ultimately best practices that each multisport partner club experienced and used in trying to incorporate Teqsports into their sports club. The focus of this report was based on getting children to play Teqsports but the overall best practices detailed herein would apply to both adult and youth Teqsport division integration.

The report was compiled by obtaining information from the point of view of the club coordinators, coaches, and athletes, as well as various observations that the coordinators and external federations made during the course of this project. The findings highlight the sport's compatibility with other existing and established sports, such as the link between Teqball and football, but also shows the challenges that clubs have when trying to promote a new sport into their club. The findings also show the need for careful planning and communication, and most especially the promotion of the sport as far as possible. This is essential in order to engage athletes and ultimately boost technical development. Recommendations and feedback received include pilot programs, cross-training benefits, and long-term integration strategies. It was furthermore beneficial for this project and for all clubs that a collaboration was formed with the International Teqball Federation (FITEQ), who offered guidance and advice on the sport in general, and more specifically on Teqball, and to get the best out of the players and ultimately the respective teams.

Teqsports are technical sports played on a curved table using skills from football, volleyball, ping pong, tennis and handball. The sports technical nature proved to be one of the biggest obstacles to the incorporation of this new sport into the partner clubs. This particular project, whilst exploring all the Teqsports, focused mainly on Teqball as not only is it the fastest growing Teqsport, but it blends together elements of football, table tennis and even some martial arts sports with an overlap of skillsets from the various, more established sports. Furthermore, the 2 EU Teq Game tournaments were focused on Teqball only.

This report outlines how Teqsports can be implemented into an existing multisport club while minimizing disruption and maximizing value.



TEQBALL IN ACTION



2 - METHODOLOGY

Information was gathered in various different formats over the duration of the project. Whilst a formalised process of collecting feedback and data from the partner clubs was used, other informal methods were used by the project coordinators to obtain information as to how the partner clubs were able to, or unable, to incorporate the Teqsport into their clubs.

The various forms of collecting best practices included:

- **Data Collection from questionnaires:** Qualitative research was done by means of a questionnaire which all partner clubs completed. Specific questions were posed to the clubs about how, if at all, they were able to incorporate Teqsports into their existing multisport divisions, the challenges they faced and recommendations as to how one can incorporate a completely new sport into their multisport clubs. An example of the questionnaire used is attached hereto as Appendix 1.
- **Discussions with co-ordinators, coaches and players:** During the partner meetings, mini focus groups, one-on-one bilateral meetings and at the EU Teq Games events, the project co-ordinators had discussions with the various participants from the clubs and discussed how they were finding the implementation and integration of the sport into their clubs. During these discussions, invaluable feedback was received, more especially the practical feedback that was given.
- **Observations:** Taking into consideration the discussions held and the feedback given in the questionnaires, certain observations were noted as to the challenges most multisport clubs faced. It became apparent that each club had vastly different experiences and challenges in getting / trying to get the integration of the sport into their multisport clubs.

3 - ATHLETES TEQSPORT PARTICIPATION AND PREFERENCE

The athletes who took part in this project overall were teenagers (aged between 12-18 years). The most popular sport was Teqball, with Teqvoly and Teqis being the other Teqsports that the athletes showed interest in. As Teqball is mostly associated with football, this sport was very popular with the male athletes especially.



Female athletes were more interested in Teqvoly and Teqis, and differently abled athletes were more interested in Teqpong. A number of the potential participants were initially not interested in any of the Teqsports as they found the various sport rules too complicated and technical and were more interested in playing around the table and simply getting the ball across the net. A lot of the clubs that took part in the project suggested a temporary relaxation of the very technical part of the rules for the children as they struggled mentally and physically to grasp the concepts and rules. This resulted in a number of children not continuing with the training. However, as time went on, and they were becoming more familiar with the rules of the Teqsports, especially Teqball, more interest was shown, and eventually more female athletes joined the training and teams. This was important for the Teqball sport specifically as this was the sport to be played at the 2 tournaments held during this project.



It was brought to our attention by the FITEQ officials that other “unrelated” sports are also good sports to select potential players from due to their techniques. An example with be athletes that partake in martial arts like Judo and Jujitsu, as they have the flexibility and body strength to take part in the physically demanding Teqsports. This is something that multisport clubs should take into consideration when recruiting athletes.





TEQSPORTS



4 - FEEDBACK SUMMARY

4-1 - Club Coordinators

FAVOURABLE

Complimentary to other sports divisions with their multisport clubs, such as with football and volleyball.



CONCERNS

Tables are expensive and replacing them after some wear and tear would be expensive .



NEEDS

A clear implementation plan is needed by the club in order to demonstrate the value of the sport and how to bring it into the multisport club environment.



SUGGESTIONS

A trial period is useful so as to gage the interest of the members of the club and the community in general. Making use of other sports to promote the sport would be useful.



4 - FEEDBACK SUMMARY

4-2 - Coaches

FAVOURABLE

The sport and the Teqtables are a versatile option to be used for warmups for other sports. Learning and being certified as a coach in a new sport is advantageous for their careers.



CONCERNS

The technicalities of the Teqsports makes the sports challenging and difficult to follow, both as a coach and especially for the young athletes. Finding the time to schedule training for Teqsport outside of the more regular/developed sports is a concern.



NEEDS

More emphasis and training from professionals, such as the FITEQ representatives would help the coaches and athletes understand the rules better and enable the coaches to get kids interested in the sport.



SUGGESTIONS

Teqsports can be used as a technical development tool for the sport itself and other sports. Optional training as an add-on to other sports can be done. It is a great sporting activity for team building. Relaxation, even if temporary, of the very technical rules for the children in order to encourage them to take up the sport.



4 - FEEDBACK SUMMARY

4-3 - Athletes

FAVOURABLE

The sport is fun to play.



CONCERNS

Initially when playing the sport, there is unfamiliarity with the sport and the athletes could be nervous to play. It is unclear what competitive interest there is generally in the sport and where they would compete against other multisport clubs.



NEEDS

The training and the games need to be fun, with a low-pressure introduction which includes a temporary relaxation of the very strict technical skills. There is a need to create opportunities to improve touch and control – especially regarding Teqball.



SUGGESTIONS

There should be weekly Teqball challenges, doubles and singles tournaments and integrate the sports with more warm-ups. The rules are very technical, and a temporary relaxation of the rules would be much easier for younger athletes to play the game.





FEEDBACK



5 - VARIOUS INTEGRATION METHODS USED BY CLUBS IN THIS PROJECT

Six (6) multisport clubs were partners in this project. There was and is no one specific best way that a club can use to integrate Teqsports into their club. Each club used a different approach to gain interest from children to partake in the training and ultimately be part of the team that would represent their club at the EU Teq Games. Out of the 6 clubs, 4 distinct integration methods that worked for the clubs were identified:

1. Connecting with schools or facilities
2. Working within the community and leveraging off mainstream sporting events
3. Connecting with the Teqball federation of their countries
4. Using an existing adult Teqball division to learn from and teach the children.



5 - VARIOUS INTEGRATION METHODS

INTEGRATION TYPE 1

Connect with Schools and Local Facilities

Three (3) of the multisport club partners chose to engage with local schools to arrange programs to work with the schools and get children from the schools interested in the sport, start training and become part of the team. The partner clubs who used this approach were Levski Sport for All, Olympiacos and S.S.Lazio Teqball (who used an additional integration method as detailed below).



The best manner in which connecting with schools and local facilities was done as follows:

- **ESTABLISH SCHOOL PARTNERSHIPS**

These clubs approached certain schools that they either had an affiliation with or in underprivileged communities where they offered TeqSports sessions as part of the schools' physical educational programs or after-school clubs. This was a good way to introduce the sport to younger audiences. This approach was a good way to get children who otherwise would not be affiliated with a sport club to play Teqsports. It was also a manner in which not only male athletes took part but females and differently abled children did too. For the most part the clubs left one or both tables at the schools for continuous play and training. The school children were also encouraged to attend open days that the clubs hosted for the local schools to play various Teqsports.

• USE OF SHARED SPACES

The clubs would use either their own sporting grounds or collaborated with local gyms, community centers, and sports halls to host TeqSports activities, more especially during the early stages. This would attract the interest of young athletes from all backgrounds and communities to start playing the sport and getting involved.



Out of the 3 clubs that used this approach as their best possible one to integrate TeqSports into their clubs, only S.S. Lazio is currently integrating a youth division into their existing adult club (to be discussed in more detail below).

Both Levski Sport for All and Olympiacos do not at this stage intend opening up or integrating a TeqSports division into their clubs. They will however keep the tables in place at the schools with the basic rules displayed and from there monitor the interest and if this increases and a need for such a division arises in their multisport clubs, they will then look at the option of integrating TeqSports into their clubs.

5 - VARIOUS INTEGRATION METHODS

INTEGRATION TYPE 2

Community Engagement and showcasing events

Feyenoord chose the approach of using their community engagement as a manner of recruiting young athletes to play and train on the Teqtables at their various community centers, and from this engagement they then formed teams to take part in the EU Teq Games. For this particular project, their main focus was on Teqball. Feyenoord sees sports as a powerful tool to achieve social objectives. By integrating Teqball into their programs, they aim to increase sports participation in their city, Rotterdam, and promote the healthy lifestyle of its residents. This dynamic sport stimulates exercise in a fun and innovative way and offers their participants the opportunity to stay fit. Teqball especially is seen as an additional tool that offers both beginners and advanced players the opportunity to test and improve their sporting skills.



During community activities Feyenoord used Teqball in various ways. During the social exchange surrounding the Champions League match with Celtic FC, as well as during exchanges with the Manchester City Academy, the Feyenoord Academy and the Feyenoord Street League, Teqball played a prominent role. This generated more interest about the sport. In addition, they organized weekly training sessions at Sportplaza Feyenoord and Clubhuis Feyenoord where young people could improve their Teqball skills. Teqball is also a permanent part of their Sports Days, such as those of the Street League, but also those of the schools in Rotterdam-Zuid.

Taking the above into account, the manner in which the sport was integrated was as follows:

- **HOST OPEN SESSIONS AND DEMOS**

Organize free-to-join events in public spaces and community centers to showcase the sport and encourage community involvement. They focused on the fact sport provides energy, pleasure and stimulates talent development. Coaches were on hand to show the rules and provide guidance.

- **PROMOTE INCLUSION AND ACCESSIBILITY**

Position Teqball as a sport for all, including underrepresented groups or those less active within these community engagement activities. Special attention is paid to the youth and vulnerable groups in society.

- **LEVERAGE LOCAL EVENTS**

Participate in city-wide sports days and Feyernoord football matches at stadiums to increase visibility and connect with different demographics.

- **USE OF ROLE MODELS**

The club used its role models and voice to realise its social ambition, which is to help people adopt a healthy, responsible lifestyle with plenty of exercise.



As Feyenoord have used the community-based approach, it promoted the participation in sports and a healthier lifestyle. The Teqtables are being used at various community and social projects and Feyenoord will not be actively integrating Teqsports or Teqball into their club but will continue to use it as an additional activity to the programs they already offer in their community.

5 - VARIOUS INTEGRATION METHODS

INTEGRATION TYPE 3

Engage with the National Teqball / Teqsport Federation

As Teqball is the most popular of the Teqsports, it attracts the most interest. However, where clubs did not have a football club division, it was especially difficult for the club to gain interest in and promote Teqsport. This was the case for HASK Mladost and they therefore chose to collaborate with the Croatian National Teqball Federation in order to find players for the teams. There was interest from the table tennis club and the volleyball club to play Teqvolley and Tepong. However, as the EU Teq Games focused on Teqball, the focus shifted to training for this Teqsport.



This partner club found the following processes as the best way for their specific club to try and introduce the sport to their club:

- **ALIGN WITH FEDERATION PROGRAMS**

By aligning with the Croatian Teqball Federation, the players that were recruited for HASK Mladost benefitted from official coaching from coaches who were familiar with the sport, and this helped with developing the relevant pathways for the club to form a team for the tournaments.

- **PARTICIPATE IN SANCTIONED EVENTS**

The teams that were formed could then enter into regional and national tournaments to boost competitive appeal and recognition.

- **SEEK SUPPORT FOR FUNDING OR RESOURCES**

By collaborating with the national federation, they would benefit from coaches' education and promotional material to help the club launch their team for this tournament.



As HASK Mladost focused mainly on Teqball due to it being the Teqsport to be played at the tournaments, and as they do not have a supporting division within which to incorporate Teqball, they will not be forming or integrating Teqball into their club.

However, due to the interest from the Table tennis and Volleyball clubs, the tables are being donated to the Table tennis club where the hope is the coaches will become certified in Tepong so that they can form these Teqsport teams and integrate into the existing Table Tennis club. This is of great interest for the girls in the clubs as they prefer this over Teqball. They are also placing one of the tables with the basic rules in a park close to student dormitories, with the plan to attract new players.

5 - VARIOUS INTEGRATION METHODS

INTEGRATION TYPE 4

Activate an Existing Sports Section to Spark Interest

S.S Lazio Teqball is a Teqball division that has, simultaneously with its adult division, as well as partnering with 2 schools (as mentioned above), created their Teqball team for the tournament. The athletes, once recruited from the schools, were able to see the game being played by the adult Teqball division and the coaches from the adult division helped them upskill their techniques. Even though the Teqtables from this project were left at the schools where the training took place, the athletes for this project were also able to train on the tables the adult division use. Teqpong was very popular with differently abled athletes, which made up 5% of the clubs overall participation in this project.

Similarly, AaB af 1885 (Aalborg), made use of their grassroots football teams schedule to introduce the sport of Teqball. They situated the tables outside where players and visitors could make use of the table, which created awareness and curiosity, as well as assisted in recruiting the athletes to the teams that trained and took part in the EU Teq Games. As football is by far their biggest sport, their focus was on Teqball and did not gather much interest for other type of Teqsports.



Both S.S Lazio Teqball and Aalborg made use of existing sporting facilities and teams, albeit in different manners. Generally speaking, this was done by doing the following:

- **CROSS-PROMOTION WITHIN THE CLUB**

Teqsports can be introduced to football, volleyball, or table tennis sections as a fun and skill-enhancing alternative. For this project focusing on the youth, it can also be introduced as an addition to an already existing Teqsport division.

- **CREATE INTER-SECTION CHALLENGES**

Host friendly competitions among club sections to drive participation and internal buzz.

- **USE INTERNAL AMBASSADORS**

Where possible, the clubs engaged popular players or coaches from existing sections to try and promote the sport with the athletes.



S.S Lazio Teqball intends on continuing with the momentum of the interested young players and opening an extension of the adult Teqball team to integrate a youth team. They will however continue to use the schools that they already partner with to train and to form teams to be competitive. Once they reach adulthood, they will then hopefully join and assimilate into the adult Teqball division. Interestingly, S.S. Lazio Footvolley section has joined the training sessions with S.S. Lazio Teqball as the techniques used are very similar.

Aalborg however has not started a new division of Teqball or Teqsport but has integrated the sport by continuing to use the table and the techniques learnt as part of their grass roots football programme.



INTEGRATION



6 - BEST PRACTICES AND RECOMMENDATIONS FOR TEQSPORT AND TEQBALL INTEGRATION INTO MULTISPORT CLUBS

Taking into account the various forms and approaches in which the clubs implemented the project by introducing and integrating TeqSport and especially Teqball into their multisport clubs, and taking into consideration the challenges each club faced, the below steps and processes have been determined as the best practices and recommendations for any club or entity wanting to introduce and integrate Teqsports into their organisation / club.

POINT 1

EXAMINE THE LOCAL COMMUNITY AND CLUB SITUATION

- A critical examination of the local situation of the community and club is to be done. This would include a look at the needs and wants in the community and the club.
- By having some kind of field research and talks with various stakeholders, the staff members of the club have a better understanding of the existing situation and needs. This is also crucial when including differently abled athletes in Teqsports.

POINT 2

STRATEGIC PLANNING

- Introduce Teqsport as a skill development tool first, not a full sport offering.
- Align with multisport club's goals. Are the goals of the club technical mastery of a sport, player enjoyment, innovation, gender and differently abled person's inclusivity? Or are their goals something else, in which case, the manner in which you introduce Teqsports is to be adapted accordingly.



POINT

3

PARTICIPANT ENGAGEMENT

- Host a Teqsport demo day with a guest player. It would be preferable if the guest player is a well-recognised player or member of the multisport club as this re-enforces the extension and versatility of the games. The more popular and well known the guest player is, the more likelihood there is of getting people interested. Examples as to how to promote these days are seen in Appendix 2 below
- It is essential to gather feedback after the demo / open day as to the interest and potential challenges that people and the youth see as to why the sport will or will not be well received within a certain club.
- In terms of the youth, consider a slight temporary relaxation of the very technical aspects of the game so as to first engage with them. As they become more familiar and comfortable with the game, the full set of technical rules can be introduced.

POINT

4

INFRASTRUCTURE AND RESOURCES

- At least 1–2 Teqtables need to be purchased so that training can take place. These need to be placed in a position where there are multi-use spaces or even on the sidelines of another sports field/play area, and they must be able to withstand weather conditions. The placement of the tables must also take into consideration the use of the facilities by differently abled persons
- Seek local sponsors to cover the basic start up costs such as the equipment and coach.
- Seek national or international federation assistance, such as the International Federation of Teqball (FITEQ). Their resources and knowledge will be invaluable to a start-up club.



POINT

5

STAFF DEVELOPMENT

- Source coaches who are interested in learning a new sport and help them obtain their certification. For Teqball, online certification via FITEQ education is the first step in getting certified as a coach. There are numerous online resources and videos that the coaches can use to get familiar with the sport and therefore be able to train athletes.
- Once the coaches are certified and have a better understanding of the sport, encourage coach involvement in weekly Teqsport games. The sport which the coaches would get involved in would naturally depend on which sport is most popular for that specific club.

POINT

6

COMMUNICATION AND PROMOTION

- Teqsports can be promoted as a form of the related sport but with a “fun twist”. The Teqsport can show the fun side to learn tips and tricks with the moves allowed in the more traditional sport played, and also the variations of other sports that can be used to go with the sport, such as how martial arts sports which are complimentary to any Teqsport due to the nature of martial arts movements.
- Highlighting the benefits that the technical aspects of Teqsports provides such as improved first touch, decision-making, and teamwork.
- Children especially become interested in a sport where a well know person is seen playing the sport. It would be of great value to the sport to have these “famous’ ambassadors of the sport promoting it as it generates great interest in the sport.



POINT

7

PILOT PROGRAMS

- Launch a Teqsport pilot program. It is advisable to focus on one of the Teqsports as the certification of coaches needs to be done per Teqsport and the rules per each Teqsport differs. To get people interested and engaged, focus your attention on type of Teqsport, seeing which mainstream sport is popular in your club, and focusing on that sport.
- The phases of the pilot program will need to be clearly set out and defined, from coach's certification, demo / open days to training, team formations and ultimately informal tournaments and even skills challenges. An example of a flyer promoting a demo / open day is attached as appendix 2.

POINT

8

MONITORING AND EVALUATION

- Track participation numbers and engagement and look for patterns where improvements can be made, for example, promote Teqball with females more than with males due to a lack of interest from females, alternatively, shift the focus to Teqvoly if that is where the majority of interest lies.
- Collect feedback at midpoint and end of pilot program and see where you can improve upon your strategy to integrate the Teqsport into your club.

POINT

9

LONG-TERM PROGRAM

- Create a regular training module for the Teqsport to maintain momentum and continue interest. An example of such a training module is attached as Appendix 3. These training sessions would include warm ups, practising of techniques and skills and game time.
- Remain as much as possible integrated and in line with the mainstream sport that you are affiliated, such as the Volleyball club if Teqvoly is the sport you have been promoting.
- Consider club-hosted Teqsport tournaments or open invitations.
- Continuous promotion, preferably with a well know person, is essential.



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8 - CONCLUSION

Taking into consideration the clubs' feedback, as well as the observations that the project coordinators made during the project, what is apparent is that there is no right or wrong way in which to best implement and integrate Teqsport into a division. Each club and country situation is different and presents its' own set of challenges and opportunities.

The standout points to integrate Teqsport into clubs is that it cannot be done as a standalone division from the outset. Teqsports are not yet as well known as the other traditional sports, and one needs to try and introduce a particular Teqsport within an existing sport division that is similar to the Teqsport division you wish to open but must not rule out introducing it to unrelated traditional sports that have similar techniques, such martial arts. By doing this, you are creating an exciting way to enhance a player's development in technical skills, whilst at the same time boosting engagement from as many people as possible. Collaborating with schools will generate interest from children who will then want to continue playing the sport outside of the school premises and at clubs and events. When dealing with children, consideration will have to be given to the possible temporary relaxation of the rules to keep their interest.

Once you have enough players who are interested in the specific Teqsport, you will then be able to consider opening a separate Teqsport division.

Careful planning, existing multisport club input and willingness to assist, as well as flexible rollout strategies are essential to integrate Teqsport into any club.



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REPORT IN OTHER LANGUAGES



BULGARIAN



CROATIAN



DANISH



DUTCH



GREEK



ITALIAN

Check out all deliverable at the project website:

teggames.multisportclubs.eu

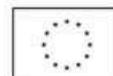
6 - APPENDIX

Below you will find 3 different appendices, which are as follows:

1. The first form is the questionnaire for the Best practices that was shared with coordinators and coaches
2. The second set of documents show some examples of a flyer for an Open / Demo Days
3. The third document is an example of an ideal training schedule for a Teqsport club



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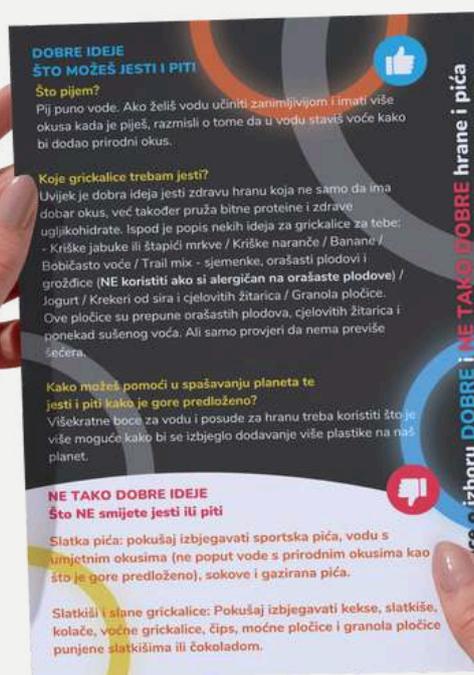
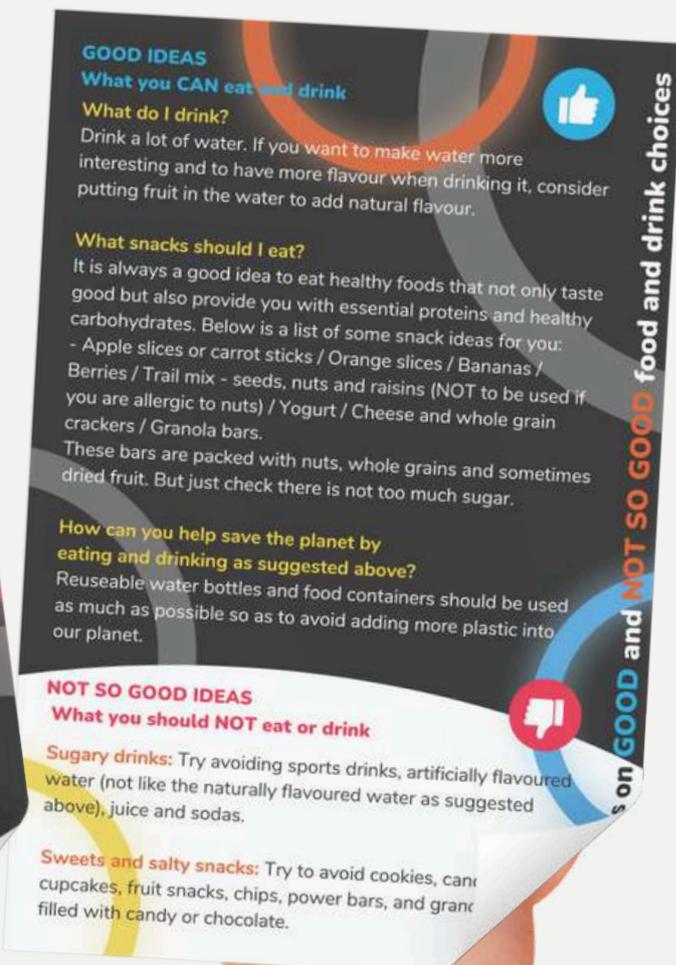
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EURO TEQ GAMES PROJECT

Collection of best practices

How have you incorporated Teqball/TeqSports in your multisport club?
Is Teqsport being played complimentary to another club sport or have you formed a new division for Teqsport only?
What challenges have you faced in setting up a new division for Teqsport; alternatively, what challenges have you faced in adding Teqsport to another existing sport at your club?
What recommendations can you give to other clubs when setting up a Teqsport division/section in a multisport club? Please be specific and give details
Please explain the demographic of members and players in your Teqsport division: boys vs girls, mixed teams as well as for disabled athletes.
What practical advice do you have to engage all people of all ages, genders and abilities to take part in Teqsports?
Which Teqsport were most participants interested? Did you notice that certain participants from the same demographic ie.age, gender, ability, were attracted to the same type of Teqsport?
Other comments or practical suggestions regarding introducing a new sport into your club?

The template and some examples of the flyer for the Open Days



EURO TEQ GAMES PROJECT

An example of a training schedule for a
Teqsport in a club

	Place	Time	People
Mon	Circolo Canottieri Lazio	2:00 PM-3.30 PM	2 coaches and professional players
Tue	Circolo Canottieri Lazio	2:00 PM-3.30 PM	2 coaches and students
Wed	Schools involved in Project	1:03 PM-3.00 PM	1 coach
Thu	Circolo Canottieri Lazio	2:00 PM-3.30 PM	2 coaches and professional players
Fri	Circolo Canottieri Lazio	2:00 PM-3.30 PM	2 coaches and students



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