

Keep Youngsters Involved

#keepyoungstersinvolved

Swiss Olympic Forum
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Dorien Dijk

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

Overview of the project

Target group: 12 - 19 year olds

Duration Erasmus+Sport
project 2016-2019



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KYI Partners



**Institutul
Național de
Cercetare pentru
Sport**



**UNIVERSITY
of
LIMERICK**
OLLSCOIL LUIMNIGH



**INSTITUTO PORTUGUÊS
DO DESPORTO
E JUVENTUDE, I. P.**

KU LEUVEN



TAFISA
The Association For International Sport for All

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Products and Toolkit

Aim was to produce toolkit for professionals who work with youngsters at grass root level: trainers, teachers, youth committees, board of sport club, school sport club etc.



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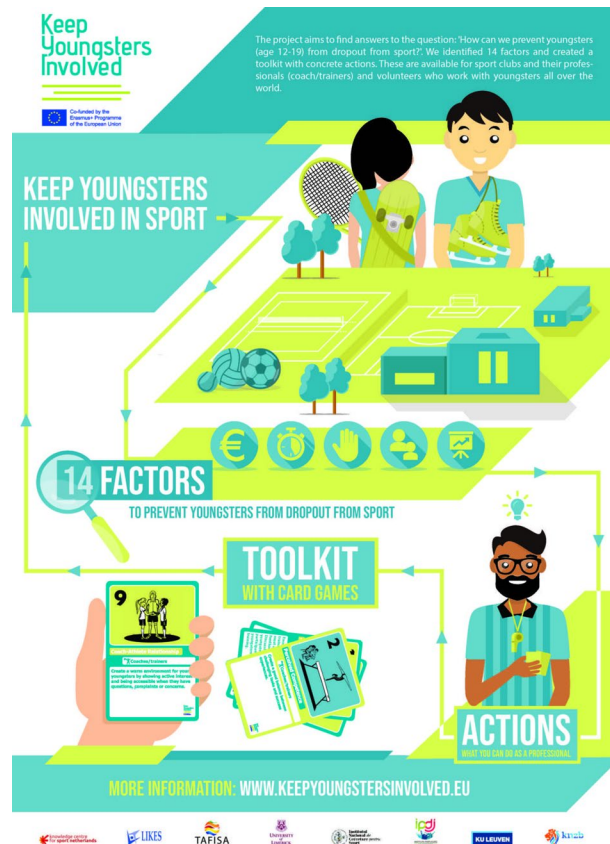


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Products:

- 14 factors
 - Methodologies
 - Toolkit (Card Games)
 - Movies
-
- Infographic ----->



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Card games

- 3 Different games to play
- Within the sport club -> action plan
- With who: sport professionals from different clubs (local/regional)
- Professionals who work with youngsters and youngsters themselves



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Cards

3



Relatedness

 Coaches/trainers

Make sure that the trainer/coach relates to the youngsters respecting their background, ethnicity and cultural values.

4



Learning climate

 Coaches/trainers

Provide positive feedback, that is process oriented and emphasizing intrapersonal development (task goal orientation).



1



Autonomy

 Coaches/trainers

Ask youngsters how his/her perfect sport season would look like and support him/her in achieving it.



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Let's play the game

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Card game:

- Combine a group of professionals with youngsters
- Put the cards on the table
- Choose three favorite cards per person
- Read your card and exchange experiences and knowledge
- Next person, next card



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Card game:

- Prioritize cards
- Make a pyramid of the cards
- Process of action plan



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[Www.Keepyoungstersinvolved.eu](http://www.Keepyoungstersinvolved.eu)

✦ > International > Keep Youngsters Involved

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Download card games



Infographic

Keep Youngsters Involved at a glance.



14 factors to prevent dropout

The project Keep Youngsters Involved



Toolkit with card games

The card games are developed and are

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Zwemclub TRB-RES Tilburg Freek

Good practice
youth committee



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Other interesting information:

- Participation ladder

<https://www.kennisbanksportenbewegen.nl/?file=10686&m=1646293572&action=file.download>

- ICoachKids,

- Belgium: website Sport Flanders: 'Give teenagers a voice'



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Information

www.keepyoungstersinvolved.eu

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Thank you!

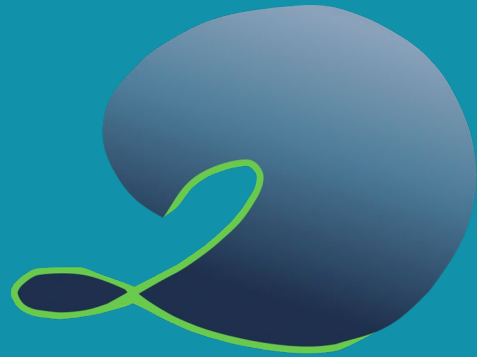
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