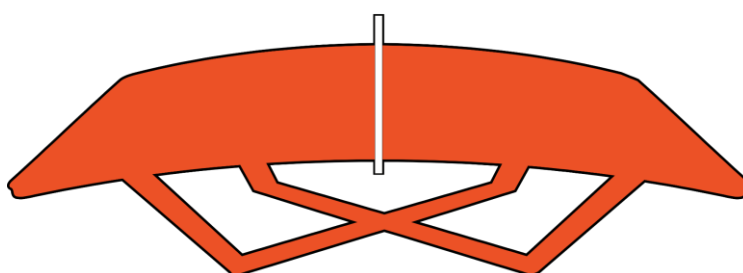




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ACT PROJECT



Erasmus+



Sport

Level 1 Teqball Coach Handbook

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1. Welcome & Introduction

Welcome to the Level 1 Teqball Coach Handbook! This comprehensive guide is designed to equip you with the foundational knowledge and practical skills needed to become an effective and confident Teqball coach.

The ACT Project (Active Community with Teqball) is an Erasmus+ Small-Scale Partnership bringing together Champions Factory from Bulgaria, KMM from Turkey, KASKF from Turkey, and MESE from Hungary. This international project runs from April 2026 to March 2027, with a mission to introduce and develop Teqball across Europe while building inclusive coaching capacity.

This handbook is structured to help you learn progressively. Each section builds on the previous one, so we recommend reading through in order. You will find practical exercises, session plans, and reference materials to support your coaching journey.

How to Use This Handbook

- Read through each section thoroughly
- Complete practical exercises and activities
- Keep the session plan template handy for planning your sessions
- Refer back to rules and techniques as needed

2. About the ACT Project

Project Partners

- Champions Factory (Bulgaria) - Coordinating Organization
- KMM (Turkey)
- KASKF (Turkey)
- MESE (Hungary)



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Project Objectives

The ACT Project aims to:

- Introduce Teqball as a modern, inclusive sport to communities across Europe
- Develop qualified coaching professionals through structured training programmes
- Promote inclusion and accessibility for underrepresented groups in sports
- Build sustainable local Teqball communities

Your Role as a Coach

As a Level 1 Coach, you will be responsible for introducing Teqball to beginners, teaching fundamental rules and basic techniques, and creating a welcoming, safe environment for all participants. You are a key ambassador for this sport!

3. Teqball: The Sport

History and Origins

Teqball is a modern sport that combines elements of football (soccer) with table tennis. It was invented in Hungary and is played on a specially designed curved table. The sport has grown rapidly across Europe and is recognized by the International Olympic Committee.

FITEQ Rules - Serving

Service Rules:

- The server must stand behind the baseline
- The ball must be tossed up and struck, bouncing once on the server's side before crossing to the opponent's side.
- The service must clear the net in a singles game or land in the opponent's court in doubles
- Two service attempts are allowed per rally



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Rally Play

During a rally, the following rules apply:

Singles: Each player may use up to 3 touches before returning the ball. No player may touch the ball with the same body part twice consecutively.

Doubles: Partners must alternate touches. Each team may use a combined maximum of 3 touches before returning. No player may touch the ball with the same body part twice consecutively.

Players may smash (strike above shoulder height), however each player/team is allowed maximum of 2 smashes per set that go out of bounds — if exceeded, the point is awarded to the opponent

The ball is in play until it goes out of bounds or another fault occurs

Scoring

Scoring in Teqball:

Matches are best-of-three sets

A set is won by the first player/team to reach 12 points. In the final deciding set, a minimum two-point margin is required.

Players alternate serves every 2 points

Faults

Ball goes out of bounds

Ball touches the net during service

Player touches the ball twice consecutively with the same body part

Ball touches the hand or arm

Player touches the table during play

Illegal smash



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Singles vs. Doubles Rules

Singles: One-on-one play with the full width of the table available. Each player serves once every 2 points.

Doubles: Two teams of two players each. Players alternate touches, and service changes every 2 points, with the sequence rotating through all four players in order.

Table Specifications

The Teqball table has distinctive curved edges (resembling a wave) with specific dimensions:

Length: 300 cm

Width: 170 cm

Playing surface Height: 76 cm

Net height: 14 cm at center

4. Level 1 Programme Overview

The Level 1 Teqball Coach Training Programme is a 15-hour intensive course running June 22–28, 2026, at Champions Factory with support from KMM. This foundation-level training covers essential rules, basic techniques, and introductory coaching skills.

Programme Schedule and Modules

Module	Title	Duration	Date(s)
M1.1	Introduction to Teqball & FITEQ Rules	2 hours	Jun 22-28
M1.2	Basic Technical Skills - Part 1	2 hours	Jun 22-28
M1.3	Basic Technical Skills - Part 2	2 hours	Jun 22-28
M1.4	Coaching Fundamentals & Session Planning	2 hours	Jun 22-28
M1.5	Inclusive Coaching & Special Populations	2 hours	Jun 22-28
M1.6	Safeguarding & Code of Conduct	1 hour	Jun 22-28



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M1.7	Assessment & Certificate of Participation	1 hour	Jun 22-28
M1.8	Final Practical Coaching Demo	3 hours	Jun 22-28

Total: 15 hours over 7 days

5. Technical Skills Guide

Essential Teqball Techniques

Pass

The pass is a controlled touch using the inside of the foot to direct the ball to a teammate or strategic position on the table.

Key Points:

Use the inside of your foot for accuracy

Keep your body sideways to the target

Follow through toward your target

Header

Striking the ball with your head, useful for balls coming from high angles or defensive situations.

Key Points:

Use the firm part of your forehead

Keep your eyes on the ball

Use neck and upper body muscles for power

Chest Control

Using your chest to control and slow down the ball before striking it, allowing you to set up for a better attacking shot.

Key Points:

Relax your chest muscles as the ball arrives

Turn your body slightly to angle the ball



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Quickly position yourself for the next touch

Volley

Striking the ball before it bounces on the table, useful for attacking or serving.

Key Points:

- Hit the ball cleanly with minimal backswing
- Maintain control and balance during contact
- Use proper body positioning
- Direct the ball accurately toward the target area
- Watch the ball until contact

Knee Touch

Using your knee to control or return the ball, particularly useful on high balls or for creative play.

Key Points:

- Raise your knee to meet the ball
- Angle your knee to control direction
- Keep good balance on your standing leg

Body Positioning

Good positioning is fundamental to success. Always maintain a ready stance - feet shoulder-width apart, knees slightly bent, weight on the balls of your feet. This allows quick movement in all directions.

Footwork

Quick, small steps help you stay balanced and move to the ball efficiently. Practice side-to-side movement, forward and backward movement, and diagonal transitions. Never cross your feet; instead, use shuffle steps to move laterally.



Common Errors and Corrections

Common Error	Impact	Correction
Illegal smash	Fault - loss of point	Teach players when and how smashes may be used legally during play
Poor body positioning	Weak shots; loss of balance	Drill ready stance; use cone drills for footwork
Double touching ball	Fault - loss of point	Practice one-touch drills; emphasize alternating touches
Not tracking ball with eyes	Inaccurate strikes	Use slow-motion demonstrations; track-the-ball exercises
Flat-footed stance	Slow to move; unbalanced	Practice dynamic footwork and ready position

6. Coaching Fundamentals

Session Structure

An effective Teqball coaching session follows a three-part structure:

Warm-Up (5-10 minutes)

Begin with light aerobic activity and dynamic stretching to prepare the body. Include gentle ball touches or footwork drills to focus players on the sport.

Main Activity (30-45 minutes)

This is where core coaching happens. Introduce or refine techniques, run practice drills, and organize small games or matches. Start with technique-focused drills, then transition to more game-like scenarios.

Cool-Down (5-10 minutes)

End with static stretching and reflection. Allow players to ask questions and discuss what they learned.



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Writing a Session Plan

A good session plan ensures your coaching is structured and progressive. It helps you:

- Manage time effectively
- Set clear learning objectives
- Prepare necessary materials and space
- Reflect and improve for future sessions

Managing Groups

With multiple players, clear organization is key. Use:

- Rotation systems to ensure everyone gets practice time
- Small group activities (pairs, trios) for maximum participation
- Clear signals and demonstrations to keep attention
- Positive feedback to reinforce good behavior

Communication Tips

- Speak clearly and loudly so everyone hears instructions
- Demonstrate techniques yourself when possible
- Use visual aids (cones, colored bibs) to organize activities
- Ask questions to check understanding
- Be encouraging and patient with all learners

7. Inclusive Coaching

Ear Disorders Awareness

Hearing loss or deafness affects many people. As an inclusive coach, you should be aware of this and adapt your coaching methods. Some participants may use hearing aids, cochlear implants, or use sign language.





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Adapting Teqball for Hearing Impairments

Use visual signals (hand signals, arm movements) to direct play

Make sure you face players when speaking

Write instructions on a whiteboard if needed

Consider hiring a sign language interpreter for group sessions

Demonstrate all techniques visually before verbal explanation

Inclusive Language

Use language that welcomes all participants:

Avoid assumptions about age, gender, ability, or background

Use "player" or "participant" rather than gendered language

Respect each person's identity and pronouns

Emphasize fun and participation over competition

Mixed-Ability Groups

When coaching groups with different experience or ability levels:

Design activities with multiple difficulty levels

Pair experienced players with beginners as peer mentors

Offer individual modifications to drills

Celebrate individual progress, not just winning

8. Safeguarding & Ethics

Youth Protection Basics

If you work with young people, your primary responsibility is their safety and wellbeing. This includes physical, emotional, and social safety. Create an environment where young people feel valued and protected.



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Code of Conduct - 10 Key Principles

- All young people deserve respect, dignity, and fair treatment
- Never physically harm a participant
- Never engage in sexual abuse or inappropriate contact
- Report suspected abuse immediately to authorities
- Maintain confidentiality of sensitive information
- Create a zero-tolerance policy for discrimination and bullying
- Be a role model - demonstrate positive behavior
- Never be alone with one participant - maintain transparency
- Use appropriate language - no swearing, insults, or humiliation
- Take all concerns seriously and act on them promptly

GDPR Basics

Under the General Data Protection Regulation (GDPR), you must protect personal data:

- Collect only data you actually need
- Store data securely (encrypted, password-protected)
- Delete data when no longer needed
- Do not share data without permission
- Inform participants how their data will be used



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Appendix: Session Plan Template

Use this template to plan your Teqball coaching sessions. Make a copy for each session.

Field	Details
Session Date	
Duration	
Venue	
Objectives	(What do you want participants to learn?)
Warm-Up	(5-10 min activity)
Main Activity	(30-45 min - drills, techniques, games)
Cool-Down	(5-10 min - stretching, reflection)
Materials Needed	(Balls, cones, bibs, etc.)
Notes	(What went well? What to improve next time?)



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