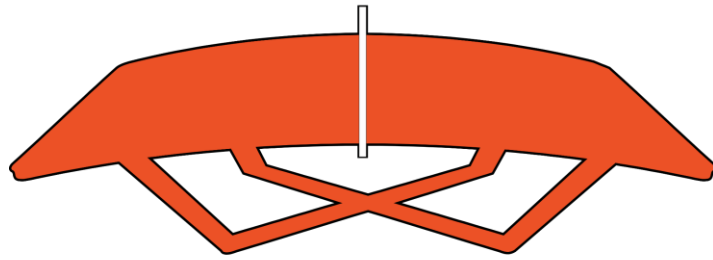




Funded by
the European Union



ACT PROJECT



Level 2 Teqball Coach Handbook

Task T2.1 | Training: July 6–10, 2026

This Training Materials Package was developed with co-funding from the Erasmus+ Programme of the European Union as part of the ACT Project (ERASMUS-SPORT-2025-SSCP). The European Commission support does not constitute an endorsement of the contents which reflects the views only of the authors.





Funded by
the European Union



1. Welcome to Level 2

Pre-Requisite Reminder

This Level 2 training is open only to participants who have completed and passed the Level 1 Teqball Session. Level 1 provides essential foundational knowledge; Level 2 builds on that with advanced coaching competencies.

What Makes Level 2 Different

Level 2 is designed for coaches who want to take on greater responsibilities. You will learn advanced technical skills, run youth programmes, organize tournaments, and mentor other coaches. This level prepares you for independent coaching and community leadership.

How to Use This Handbook

This handbook supports the five-day intensive training (July 6–10, 2026). Work through each section and complete the practical exercises. Many sections include templates and planning tools you can adapt for your own community.

2. Advanced Technical Skills

Topspin

Topspin is an advanced technique where the ball rotates forward (toward the opponent) as it travels. This spin makes the ball dive quickly and bounces low, putting pressure on your opponent.

How to Execute:

Strike the top half of the ball with an upward, forward motion

Finish with a follow-through that moves across and upward

Use wrist snap for additional spin

Maintain control and proper body positioning throughout the movement





Backspin

Backspin rotates the ball backward (away from the opponent), causing it to slow down and bounce higher. Use backspin for defensive returns or to change the rhythm of play.

How to Execute:

Strike the bottom half of the ball with a downward, backward motion

Finish with a follow-through that moves downward and backward

Use wrist action to maximize rotation

Sideways Volley

A volley struck from the side of the body, allowing you to reach wider balls without fully rotating your body. Useful for quick attacks and lateral coverage.

How to Execute:

Turn your shoulders sideways to face the sideline

Strike the ball cleanly with a quick arm motion

Maintain balance on your rear leg

Spin Shots

Mastering variations of spin - slow-building topspin, heavy backspin, and mixed spins - allows you to dictate rallies and test your opponent's adaptability.

Tactical Positioning Patterns

Singles Pattern

In singles play, optimal positioning is near the baseline, slightly off-center toward your opponent's stronger side. Use diagonal positioning to cover more court and force your opponent into wider angles.

Doubles Pattern

In doubles, partners should form a ready line roughly parallel to the net. Communicate constantly about who takes each ball. Use overlapping court coverage to minimize gaps.

Video Analysis Exercise



While you do not have access to actual videos during this handbook, here is how to conduct a video analysis session with your team:

Record or find a professional Teqball match online (FITEQ YouTube channel)

Watch a rally (30-60 seconds) at normal speed, then slow-motion

Pause and discuss: What techniques are visible? What decisions did the players make?

Identify 1-2 key performance indicators to observe

Have your coaches replicate the movement in practice

3. Designing a Youth Programme

Sample 10-Week Programme Framework

A structured 10-week programme introduces youth to Teqball progressively and builds community. The framework moves from basic skills to game play and tournament preparation.

Progression Model: Beginner → Intermediate

Weeks 1–3: Beginner Phase - Learn rules, basic techniques (pass, header, volley), and cooperative games

Weeks 4–7: Intermediate Phase - Refine techniques, introduce tactics, play competitive matches

Weeks 8–10: Tournament Preparation - Advanced drills, tournament rules, competitive conditioning

Weekly Structure

Session 1 (Technique Focus): 60 minutes

- Warm-up (10 min) → Technical drill (30 min) → Cooperative game (15 min) → Cool-down (5 min)

Session 2 (Game Focus): 60 minutes

- Warm-up (10 min) → Match play (40 min) → Reflection & cool-down (10 min)



Sample 10-Week Programme Table

Week	Focus Area	Key Activity	Materials
Week 1	Introduction & Rules	Learn basic rules, table orientation, ready stance	Rulebook, table, 4 balls
Week 2	Basic Passes	Passing accuracy drills, footwork practice	Cones, training bibs, balls
Week 3	Headers & Control	Header technique, chest/knee control, partner drills	Balls, training area
Week 4	Volleys & Service	Volley technique, service practice, serve-and-rally	Balls, baseline markers
Week 5	Tactical Basics	Court positioning, angle awareness, rally building	Balls, court diagram
Week 6	Doubles Introduction	Doubles rules, partner coordination, positioning	Balls, bibs for teams
Week 7	Match Play	Full matches, singles & doubles, score tracking	Match forms, balls
Week 8	Advanced Techniques	Spin shots, tactical variants, opponent awareness	Balls, video for analysis
Week 9	Tournament Prep	Pressure drills, endurance, tournament rules	Match balls, timer
Week 10	Tournament Event	Mini-tournament or friendly matches	All equipment

4. Tournament Organisation Guide

6-Week Tournament Planning Timeline

Week 1: Define tournament goals and format. Determine number of participants, entry fees, prizes, and sponsorship needs.

Week 2: Secure venue and dates. Confirm table availability and backup dates. Book any necessary facilities.

Week 3: Promote and recruit participants. Launch social media campaign, email invitations, and registration deadline (Week 4).

Week 4: Confirm entries and create draw. Collect entry fees. Design match schedule based on participant list.



Week 5: Brief volunteers and officials. Provide training on rules, match procedures, and record-keeping.

Week 6 (Event Day): Execute tournament, update live results, and award winners.

Draw Systems Explained

Round-Robin

Every player plays every other player once. Fair and thorough, but requires many matches. Best for 4–8 players.

Formula: $n(n-1)/2$ matches, where n = number of players.

Knockout (Single Elimination)

Losers are eliminated; winners advance. Fast and exciting, but some players get limited matches. Best for 8+ players. Players eliminated early may feel less engaged.

Swiss System

Hybrid approach: players are paired by record (similar win-loss results). More matches than knockout, fairer than round-robin. Requires careful pairing after each round.

Volunteer Roles and Briefing

Role	Responsibilities
Tournament Director	Oversee entire event, make final decisions, manage schedule
Match Referees	Enforce rules, call fouls, announce scores, control match timing
Scorekeepers	Record scores, update bracket/standings, handle appeals
Timekeepers	Track match duration, manage rest periods between matches
Table Monitors	Set up tables, check equipment, ensure cleanliness during play
Registration Desk	Check in players, collect fees, distribute information

Brief all volunteers at least 1 hour before the tournament begins. Provide a printed schedule and rules sheet.

Results and Record-Keeping

Use a scoreboard or digital system to track results in real time. Record:

Player names and entry numbers



Match results (set scores)

Wins and losses

Final rankings

Award recipients (1st, 2nd, 3rd places, best technique, etc.)

Publish results online or via email within 24 hours of the tournament.

5. Working with Disadvantaged Youth

Understanding Barriers

Economic Barriers

Cost of equipment, travel, or entry fees may prevent participation. Solution: offer free or subsidized sessions, provide loanable equipment, arrange group transport.

Social Barriers

Stigma, discrimination, or lack of confidence may discourage participation. Solution: build trust, celebrate small progress, foster peer support, ensure safe spaces.

Cultural Barriers

Different attitudes toward sport, gender roles, or structured activities may affect engagement. Solution: understand cultural values, involve family or community leaders, adapt activities respectfully.

Trauma-Informed Coaching Principles

Many disadvantaged youth have experienced trauma. Trauma-informed coaches create safety and trust:

Safety First - Physical and emotional safety must be non-negotiable. Use clear rules and calm environments.

Trustworthiness - Be reliable, consistent, and transparent. Do what you say you will do.

Choice & Control - Give participants choices and input into activities. Avoid rigid commands.

Collaboration - Work WITH youth, not AT them. Ask for feedback and adapt accordingly.

Empowerment - Focus on strengths and progress. Help youth see their own capacity.

Cultural Sensitivity - Respect differences in language, beliefs, and family structures.



Motivation and Engagement Strategies

Set realistic, short-term goals so youth see early progress

Offer choices in drills and game types

Use peer mentoring and team-building activities

Celebrate effort and improvement, not just skill

Maintain fun and enjoyment as the primary goal

6. Train the Trainer

Adult Learning Principles

Teaching coaches is different from coaching players. Adults learn best when:

They understand the WHY - connect to their goals and context

They apply learning immediately - theory + practice together

They reflect on experience - debrief and discuss outcomes

They have autonomy - choices and input into learning design

They interact with peers - discussion, debate, collaborative problem-solving

Running a Coaching Demo Session

When training other coaches, model best practices through a demo:

Welcome & Objectives (5 min) - Set the tone, explain what you will do

Active Demonstration (20 min) - Coach a small group; show real techniques

Pause & Narrate (5 min) - Stop and explain your decisions: Why did you do that? What did you observe?

Peer Observation (5 min) - Have coaches observe the same activity and note what worked

Reflection & Discussion (10 min) - Ask: What would you do differently? Why?

Peer Observation and Feedback Framework

Use this structured approach for coaches to observe and feedback on each other:

Observer Role: Watch one colleague's session. Focus on one or two specific things (e.g., warm-up clarity, feedback quality).



**Funded by
the European Union**



Feedback Structure: "I observed... [specific behavior]. The impact was... [effect on learning]. Next time, consider... [suggestion]."

Debrief Conversation: Coach and observer discuss observations in a private, safe setting.

Mentoring Level 1 Coaches

As a Level 2 coach, you can mentor newer Level 1 coaches. Best practices:

- Schedule regular one-on-one check-ins (monthly)
- Observe their sessions and provide constructive feedback
- Share lesson plans and resources
- Connect them with peer coaches for mutual support
- Celebrate their successes and growth

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or Erasmus+ Sport Programme. Neither the European Union nor the granting authority can be held responsible for them.

