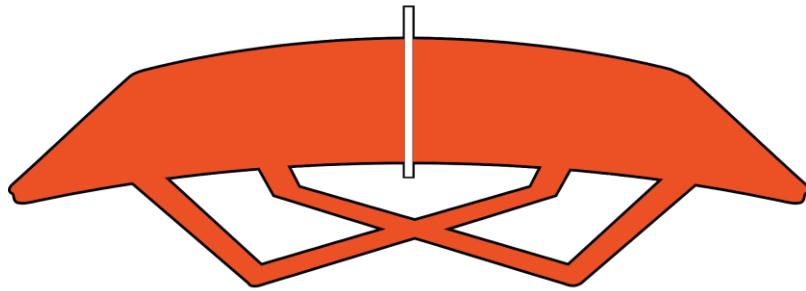




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ACT PROJECT



Erasmus+



Sport

Training Materials Package

T2.2 — Teqball Training for Youth

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Program Goals

1. Personal technical development in teqball:

- basic techniques
- tactical thinking
- game situations
- competition preparation

2. Competition Readiness

- serving consistency
- ball control
- doubles coordination
- tournament participation skills

3. Team building

- trust
- communication
- conflict management
- cooperation

4. Inclusion and equal opportunity

- acceptance of differences
- gender equality
- inclusion of people with disabilities
- cultural diversity

5. Human rights and values

- United Nations human rights principles
- fair play
- respect
- responsibility
- empathy

6. Healthy and Active Lifestyle

- regular physical activity
- lifelong sport participation habits
- physical and mental wellbeing through sport

Program duration: 20 weeks

Frequency: Twice a week

Session duration: 120 minutes/session

Participants: Young people aged 15-20





Focus: Personal technical development in teqball + team building + inclusion + human rights and value-based education

Recommended structure for one session (120 minutes)

Time	Content
0–15 min	Arrival, check-in circle, daily topic
15–30 min	Warm-up + team-building exercise
30–75 min	Teqball technical/tactical block
75–105 min	Match/game situation
105–115 min	Reflections (focus on values)
115–120 min	Closing, feedback

Methodological elements for every session

Reflection questions

- What went well today?
- Whom did you help?
- When did you feel a sense of belonging?
- How did respect manifest?

Needed tools:

- Teqball Table
- Cones
- Bibs
- Value Cards
- Flipchart
- Reflection Journal

Evaluation system

- Personal Technical Development
- Participation & Cooperation
- Empathy





- Fair Play Points
- Youth Pre-Test Survey
- Youth Post-Test Survey

Training Curriculum (40 Sessions)

I. MODULE – Getting to Know Each Other and Building Trust			
Knowledge/Topic	Game	Theme	Developed skills
1. Session – rules and basics	Name + movement game	Respect	Social integration, attention, basic motor skills
2. Session – ball sense, passing	Mirror game with ball	Everyone matters	Coordination, basic technique, cooperation
3. Session – short pass	Blind guiding + joint pass	Trust	Communication, trust, body awareness
4. Session – The basics of starting a game	Common goal, common action game	Responsibility	Precision, attention, self-control
5. Session – Ball receiving	Communication pass game	Active attention	Communication, reaction time
6. Session – Basics of doubles game	Partner swap	Communication	Attention, non-verbal skills
7. Session – mini match rules	Rotation game	Inclusion	Adaptation, Social flexibility
8. Session – adapted teqball	Role-play on court	Inclusion, patience	Empathy, inclusion skills
9. Session – fair play basics	Fair play situation game	Sportsmanship	Ethical thinking
10. Session – mini tournament	Tournament with rotation	Competition and respect	Rule-following, joint evaluation
II. MODULE – Technical Development and Inclusion			
Knowledge/Topic	Game	Theme	Developed skills
11. Session – head technique	Head control game, observing details	Patience, focused attention	fine motor skills, attention to detail
12. Session – head pass	Target points pass challenge	Perseverance	Accuracy, focus



13. Session – leg technique	Individual challenge game	Self-confidence	Personal technical development, self-evaluation
14. Session – combined technique	Combined pass game	Flexibility	Adaptability
15. Session – mixed teams	Game of genders	Equal opportunity, gender roles	Social openness
16. Session – rotation	Rotation system game	Prejudice vs. diversity	Acceptance
17. Session – positional play	tactical game	Cooperation	Strategic thinking
18. Session – attack and defense	team match	Decision making	Quick reaction, assessment of the situation
19. Session – skill measurement	Self-analysis game	Self-awareness	Reflection, Self-evaluation
20. Session – Competition Rules	Competition	Competitive Pressure and Stress Management	Stress tolerance, self-control, conflict management
III. Module – Tactics and Social Coexistence			
Knowledge/Topic	Game	Theme	Developed skills
21. session – decision making	Quick reaction game	Responsibility	Problem solving
22. Session – playing under pressure	Game against time	Stress management	Mental stability
23. Session – doubles tactics	Communication match	Human dignity	Empathy
24. Session – empathy game	Sensitizing game	Respect	Emotional intelligence
25. Session – diversity	Mixed team game	Cultural diversity	Openness
26. Session – Problem handling	Common challenge	Cooperation	Analytical thinking
27. Session – Conflict management	Role-play	Assertive communication	Conflict resolution, communication skills
28. Session – Solution-focused play	Situational game	Respect	Communication
29. Session – Leadership skills	Captain game	Leadership, guidance	Responsibility, leadership skills
30. Session – Thinking in teams	Task distribution	Democratic decision making	Organizational skills, ability to compromise



IV. Module – Competition and Community Responsibility			
Knowledge/Topic	Game	Theme	Developed skills
31. session – Match Strategy and Planning	Point guard play	Social responsibility	Creativity, taking responsibility
32. Session – Community Action	Team harmony game	Cooperation	Planning
33. Session – adaptive sport	Para-sport simulations	Inclusion, sensitization	Empathy
34. Session – Role models	Value game	Inspiration	Openness, value recognition
35. Session – peer mentoring	Pair mentor game	Knowledge sharing	Peer support
36. Session – collaborative learning	Copycat game	equality	Role modeling, communication
37. Session – competition training	performing under pressure, stress management techniques	Mental well-being	Stress management
38. Session – Match simulation	Full match simulation	Competition Strategy	Tactical thinking, thinking as a community
39. Session – project presentation	Presentation game	Self-reflection	Self-awareness, public speaking
40. Session – closing Session	Celebration, greeting game	Team cohesion, belonging	Emotional intelligence



I. Module: Getting to Know Each Other and Building Trust (1–10. session)

1. Session – Introductions and getting started

- Knowledge: Teqball basics
- Game: Name + Action: The first player says their name and demonstrates an action (e.g., miming bouncing a ball); the group repeats together: “This is Anna!”; “I’m Peter” + action;
- Theme: Respect
- Developed skills: Social integration, attention, basic motor skills
- **Additional Activities:**
 - Completion of Youth Pre-Survey
 - Introduction to programme objectives and expectations

2. Session – Ball detection

- Knowledge: Teqball basic touches
- Game: Pair game – Mirror game with a ball: one player moves, the other imitates, then they switch roles
- Theme: Everyone matters
- Developed skills: Coordination, basic technique, cooperation

3. Session – Pass technique

- Knowledge: Short pass
- Game: Trust game – Blindfolded guidance (one Games participant is blindfolded, while their partner helps them move using voice cues and touch)
- Theme: Trust
- Developed skills: Communication, trust, body awareness

4. Session – First touch, starting the game

- Knowledge: The basics of starting a game
- Game: A challenge in collaboration – Common goal, common action game
- Theme: Responsibility
- Developed skills: Precision, attention, self-control

5. Session – Ball receiving

- Knowledge: Reaction
- Game: Communication pass game
- Theme: Active attention
- Developed skills: Communication, reaction time



6. Session – Communication on the court

- Knowledge: Basics of doubles game
- Game: Partner swap
- Theme: Communication
- Developed skills: Attention, non-verbal skills

7. Session – Rules

- Knowledge: mini match rules
- Game: rotation game – At a certain point, one member from each team swaps places with one member from the other team
- Theme: Inclusion
- Developed skills: Adaptation, Social flexibility

8. Session – Adapted teqball

- Knowledge: Flexible application of rules
- Game: Role-play on court – e.g. team captain – leads, guest player – plays against the team, silent partner – cannot speak, rookie – plays more slowly
- Theme: Inclusion, patience
- Developed skills: Empathy, inclusion skills

9. Session – Fair play basics

- Knowledge: Fairplay rules
- Game: Fairplay situation game
- Version A: Players of different skill levels or abilities face off against each other and decide among themselves what rules to use to level the playing field.
- Version B: The coach stimulates the players' sense of fairness by making deliberately unfair decisions, and the players must recognize these unfair situations.
- Theme: Sportsmanship, fairness
- Developed skills: Ethical thinking

10. Session – End of module tournament

- Knowledge: mini tournament – rules of teqball tournament
- Game: Tournament with rotation
- Theme: Competition and respect
- Developed skills: Rule-following, joint evaluation





II. Module: Technical Development and Inclusion (11–20.)

11. Session – Head technique

- Knowledge: Head technique
- Game: Head control game, observing details-
- Version A: "What is..." - round game
- e.g., the pairs look at each other for 3 minutes, then each answers a question (what color are their eyes, hair color, hair length, shoe color, etc.)
- Version B: "What is your favorite..." - round game
- Have to figure out the partner's favorite color, animal, etc., based on certain clues.
- Theme: Patience, focused attention
- Developed skills: fine motor skills, attention to detail

12. Session – Head Pass

- Knowledge: Head pass
- Game: Target points pass challenges - for the accuracy of passing drills, plus for working together with teammates
- Theme: Perseverance
- Developed skills: Accuracy, focus

13. Session - Leg technique

- Knowledge: leg technique
- Game: Individual challenge game – Each participant must complete the tasks appropriate to their level
- Theme: Self-confidence
- Developed skills: Personal technical development, self-evaluation

14. Session - Combined technique

- Knowledge: combined technique
- Game: Combined pass game, responding - Clap-snap circle: Different gestures have different meanings:
- 1 clap = pass to the right.
- 2 claps = change direction.
- Snap = skip a player.
- Stomp = pass to anyone in the circle by making eye contact.
- The group agrees in advance on what each gesture means.
- Theme: Flexibility, responding to others



- Developed skills: Adaptability

15. Session - Mixed teams

- Knowledge: Mixed pair technique
- Game: Game of genders - “If I were you” game: Let’s put ourselves in the other person’s shoes and say what we would do or what we would want to achieve if we were in their shoes. (e.g. If I were you, I’d tie my hair back with a pretty hair clip; If I were a boy, I’d wear a baseball cap)
- Theme: Equal opportunity, gender roles
- Developed skills: Social openness

16. Session - Rotation

- Knowledge: Rotation
- Game: Rotation system game in teqball, plus common "denominator" game - Step forward, anyone who... statements (e.g. step forward anyone who speaks a foreign language)
- Theme: Prejudice vs. diversity
- Developed skills: Acceptance

17. Session – Positional play

- Knowledge: Positional play
- Game: Tactical game - 2 teams are competing - Every member of the team enters the zone for 5–10 seconds, passing the ball 3–5 times; the ball may leave the zone only after the last team member has stepped out—they count the seconds aloud
- Theme: Cooperation
- Developed skills: Strategic thinking

18. Session – Attack and defense

- Knowledge: attack - defense
- Game: team match
- Theme: Decision making
- Developed skills: Quick reaction, assessment of the situation

19. Session – Skill measurement

- Knowledge: Skill measurement
- Game: Self-analysis game - recognizing one's own mistakes and decisions (what decision I made when I had the ball, what other options I might have had, etc.)
- Theme: Self-awareness



- Developed skills: Reflection, Self-evaluation

20. Session – Competition rules

- Knowledge: Competition rules
- Game: competition
- Theme: Competitive Pressure and Stress Management
- Developed skills: Stress tolerance, self-control, conflict management

III. Module: Tactics and Social Coexistence (21–30.)

21. Session – Decision making

- Knowledge: Decision making
- Game: Quick reaction game - “Stop-go” game (It's possible even with the warm-up)
- Theme: Responsibility
- Developed skills: Problem solving

22. Session – Playing under pressure

- Knowledge: Performing under pressure
- Game: Game against time
- Theme: Stress management
- Developed skills: Mental stability

23. Session – Doubles tactics

- Knowledge: Doubles tactics
- Game: Communication match - Before each round, the pairs should discuss their planned moves, and afterward, they should reflect on how well they were able to stick to their plan
- Theme: Human dignity
- Developed skills: Empathy

24. Session – Empathy game

- Knowledge: Empathy game
- Game: Sensitizing game - Each player is randomly assigned a role (in secret) and must act accordingly throughout the game (anxious, arrogant, quiet, loud, argumentative, conciliatory, etc.)—after 10 minutes, they discuss how they felt and how others reacted to their behavior.
- Theme: Respect



- Developed skills: Emotional intelligence

25. Session – Diversity

- Knowledge: Diversity
- Game: Mixed team game - Here can repeat the game from 15. session with focus the cultural diversity
- Theme: Cultural diversity
- Developed skills: Openness

26. Session – Problem handling

- Knowledge: Problem solving
- Game: Common challenge - point collection during practising teqball
- Theme: Cooperation
- Developed skills: Analytical thinking

27. Session – Conflict management

- Knowledge: Conflict management
- Game: Role-play - Conflict caused by unfair team assignments
- After 10 minutes, the coach facilitates a discussion and works toward a solution, using assertive communication techniques to refine the players' statements.
- Theme: Assertive communication
- Developed skills: Conflict resolution, communication skills

28. Session – Solution focused play

- Knowledge: Solution focused play
- Game: Situation game - The coach stops play after a bad pass and initiates a discussion about the mistake. Play resumes only when there is no blame between the players, everyone has spoken at least once, and a solution is respectfully agreed upon.
- Theme: Respect
- Developed skills: Communication skills

29. Session – Leadership skills

- Knowledge: Leadership skills
- Game: Captain game - One player on the team directs the other players during the game.
- Theme: Leadership, guidance
- Developed skills: Responsibility, leadership skills



30. Session – Thinking in teams

- Knowledge: Thinking in teams
- Game: Task distribution - During practice, each player demonstrates a warm-up exercise, and they decide together what game to play
- Theme: Democratic decision making
- Developed skills: Organizational skills, ability to compromise

IV. Module: Competition and Community Responsibility (31–40.)

31. Session – Match strategy and planning

- Knowledge: Match strategy and collaborative planning
- Game: Point guard play - “puppets and puppeteers” game: The players are merely pawns who do whatever their controller tells them to do. After together discuss, what they felt, and what they expected from the controller.
- Theme: Social responsibility
- Developed skills: Creativity, taking responsibility

32. Session – Community action

- Knowledge: Community action
- Game: Team harmony game - synchronized movement (Divided into 2–3 teams, after a 5-minute rehearsal, each team performs a choreographed set of movement)
- Theme: Cooperation
- Developed skills: Planning, demonstration

33. Session – Adaptive sport

- Knowledge: Adaptive sport
- Game: Para-sport simulation - For example, playing teqball while balancing only on one hand
- Theme: Inclusion, sensitization
- Developed skills: Empathy

34. Session – Role models

- Knowledge: Teqball role models and sports values
- Game: Value game
- Participants should line up along the value scale marked out in the room according to how important the following values are to their role models. The coach lists the values: perseverance, the will to win, respect, helpfulness, discipline, creativity.



- Afterward, they can discuss the role models and the values that were not mentioned.
- Advanced version: players must move away from the teqball table if the mentioned value is less important for them (can also be marked distances here) and pass the ball from there.
- Theme: Inspiration
- Developed skills: Openness, value recognition

35. Session – Peer mentoring

- Knowledge: Peer mentoring in teqball
- Game: Pair mentor game - Guided running: pairs are connected at their hands (one is with the left, the other one is with the right). One is running blindfolded, the other one has to dictate the pace that suits his/her mate and guide through the designated track
- Theme: Knowledge sharing
- Developed skills: Peer support

36. Session – Collaborative learning

- Knowledge: Learning from each other
- Game: Copycat game - Each player performs a task they feel confident doing, and the others imitate them
- Theme: Equality
- Developed skills: Role modeling, communication

37. Session – Competition training

- Knowledge: Mental preparation
- Game: Performing under pressure, stress management techniques
- Theme: Mental well-being
- Developed skills: Stress Management Skills

38. Session – Match simulation

- Knowledge: Rules of tournament
- Game: full match simulation
- Theme: Competition Strategy
- Developed skills: Tactical thinking, thinking as a community

39. Session – Project presentation

- Knowledge: Comprehensive facts about teqball (repeat)



- Game: Presentation game - Each participant will demonstrate an important rule and movement from what they have learned
- Theme: Self-reflection
- Developed skills: Self-awareness, public speaking

40. Session – Closing session

- Knowledge: Comprehensive facts on community values
- Game: Celebration, greeting game, fun play
- Theme: Team cohesion, belonging
- Developed skills: Emotional intelligence
- **Additional Activities:**
 - Completion of Youth Post-Survey
 - Final reflection and programme evaluation

Expected Learning Outcomes

- Perform basic teqball techniques
- Participate in singles and doubles matches
- Apply fair play principles
- Demonstrate teamwork and communication skills
- Respect diversity and inclusion
- Manage competition-related stress
- Demonstrate basic serving, passing and ball control skills in teqball.