



DITEAM12



The Request for change in youth sports

Participation of youth and children in sports is seen as an integral part of human development. However, as much as sport can promote inclusivity, it can also bring exclusion, disrespect and even violence, especially in a highly competitive environment.

The birth of DITEAM12

In response to the growing demand for inclusive opportunities for children in sports, including within competitive youth sports, The **DITEAM12** partnership was established with the goal of exploring the psychological and emotional development of children under 12 in sports clubs. Through this exploration, the partnership will develop preferable methods of coaching children inspired by inclusivity and diversity values.

Who we are?

DITEAM12 “Diverse and Inclusive Teams for Children under 12” is an Erasmus+ co-funded project, spanning over 2 years. The project is a European-wide initiative, with partners from **Mi Hijo y Yo (MHYY)** in Spain, the **European Paralympic Committees (EPC)** in Austria, **Educational Research Institute (ERI)** in Slovenia, **Informa Psicología y Deporta (IDP)** in Spain, **Schola Empirica (SE)** in the Czech Republic and the **International Council of Sport Science and Physical Education** in Germany.

DITEAM12 goals

1. Raise awareness of the positive aspects of non-competitive sports for children under 12 years of age
2. Create inclusive and diverse clubs
3. Use inclusion and diversity in sports clubs as tools to prevent violence and intolerance

DITEAM12's findings will help federations, clubs, schools, parents and other sporting associations to support new and more inclusive coaching methods through a better understanding of the psychological implications on children.



DITEAM12 - A new approach to coach children

The **DITEAM12** project consists of 5 steps leading to developing a more positive approach to coaching children.

1. Analysis of scientific resources on sports for children under 12

Under the leadership of ICSSPE, academic research was assessed and analysed, specifically, diversity and inclusion in grassroots sports teams, in order to gain a comprehensive understanding of what is already known about sports for children under 12. The literature analysis revealed the need for de-emphasising competitive aspects with a simultaneous accentuation of cooperation, enjoyment and task-orientation in inclusive sports programmes. Furthermore, the review identified the importance of comprehensive competencies of coaches regarding inclusion, while establishing positive and supporting involvement of parents.

2. Questionnaires and Observations of pitch behaviours

To understand current attitudes in sports for children under 12, project partners will collect questionnaires from directors, coaches, and parents, and conduct a series of observations on the coaches' and parents' behaviour during training and the children's reactions.

3. Development of teaching material

Based on the findings from steps 1 and 2, learning material will be designed. The material will be available for directors and coaches through a Web Educational Tool and for parents through a School of Parents workshop.

4. School of Parents

The School of Parents will target parents who are involved in sports clubs for children under 12. The goal of the workshops will be to help broaden the parents' understanding of the importance of diversity in teams. Special emphasis will be put on how children develop through inclusion and in promoting tolerance rather than competition and superiority. The workshops will be implemented face-to-face, comprised of various materials such as text, videos and led by trained staff (e.g. psychologists).

5. Web Educational Tool

The Web Educational Tool will be developed as an online learning platform with interactive scenarios of potential situations that coaches and club directors might encounter. Possible reactions will be listed and accompanied with corresponding pedagogical resources, such as text and videos.



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