



ERASMUS + project JOY in SPORTS

Strengthening inclusion and joy in sports clubs in Europe

JOY in Sport Pilot Phase Successfully Completed: Over 519 Young Players Participated Across Europe

WP 3 leader: Yalova Orthopaedical Sports Club (YOSC)

Project: ERASMUS + Sport - 2023 EU-s: 101134472/JOY-21/08/2023

The partner organizations involved in the WP3 pilot phase were:

- Innovation Training and Consulting (INNOCAMP PL-Poland) – Project Coordinator
- Turku University of Applied Sciences (TUAS-Finland)
- Turun Toverit Ry (TUTO_Finland)
- Cister Sport De Alcobaça (CSA-Portugal)
- Estonian Foundation of Sports Education and Information (EFSEI-Estonia)



Project Overview

The JOY in Sport project aims to promote enjoyable and inclusive sport experiences for children and young players by introducing creative and cooperative activities that can be applied across different sport environments. Within Work Package 3 (WP3), the project partners implemented pilot activities to test the developed exercises in real training settings and to collect feedback from coaches and participants.

Pilot Implementation

The pilot activities were implemented in five partner countries: Poland, Finland, Portugal, Estonia, and Türkiye. Project partners organised pilot sessions in collaboration with local sport clubs and training groups. The activities were applied in a variety of sport disciplines including football, basketball, handball, ice hockey, rugby, volleyball, karate, dance, and other youth sport activities.

Overall, the pilot phase reached 519 children and young players, exceeding the project target of **450 participants**. The sessions involved children from different age groups and were delivered by coaches working in various youth sport environments.

Feedback from Coaches

Feedback collected from coaches indicated that the JOY in Sport exercises were engaging, adaptable, and supportive of teamwork. Coaches reported that the activities helped improve communication among players, encouraged cooperation, and contributed to a positive training atmosphere. In many cases, the exercises also increased motivation and active participation during training sessions.

Some partners suggested that minor adjustments to instructions and age adaptations could further improve the implementation of certain activities in future applications.

Key Outcomes

The pilot phase demonstrated that the JOY in Sport activities can be successfully implemented across different sports, countries, and training contexts. The results confirm that the methodology supports inclusive participation, enjoyable learning environments, and stronger social interaction among young athletes.

Next Steps

The insights gathered from the pilot implementation and evaluation will contribute to the further development of the JOY in Sport methodology and support its wider dissemination across sport organisations, coaches, and youth sport communities.