

FUTSAL DEVELOPMENT AND TRAINING PROJECT



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1. GENERAL PROJECT PRIORITIES:

- A. Development of men's and women's futsal through organizing training, matches, and tournaments, as well as providing training for players and coaches in tactics, techniques, and sports psychology.
- B. Exchange of coaching knowledge in men's and women's futsal between the coaching staff of the AZS UEK club and the Spanish Les Corts Ubae club, in order to exchange best practices and raise the level of training in both clubs.
- C. Encouraging participation in sports and physical activity through organizing informative and promotional campaigns, as well as popularizing futsal as an alternative and attractive sport for youth.
- D. Implementing EU documents related to health promotion and physical activity, such as the European Sports Card or European Sports Week, to increase public awareness of the benefits of regular physical activity.



2. PROJECT RESULTS:

- A. Visit of the coaching staff of AZS UEK Kraków to Barcelona (4-5 participants for a period of 4-5 days)
- B. Visit of the coaching staff of Les Corts Ubae to Poland (4-5 participants for a period of 4-5 days)
- C. Online thematic webinars, at least 8 meetings
- D. Presentation in pdf format summarizing cooperation in three languages: Polish, Spanish, and English