

Project CR

AN ERASMUS+ SPORTS INITIATIVE: A COLLABORATION BETWEEN GREECE, ITALY AND SPAIN



Coaching Reimagined is an Erasmus+ initiative transforming team sports education through an innovative digital platform. Starting with water polo, it empowers coaches to digitize and share curricula, create personalized courses, introduce new learning models, and foster inclusive, dynamic athlete development.



**Co-funded by
the European Union**



Agenda



4:30 – 4:40 PM → Welcome & Introductions

4:40 – 5:10 PM → Project Presentation: Overview of the Coaching Reimagined project, implementation process, digital platform demonstration, 6-week pilot summary, and next steps

5:10 – 5:50 PM → Partner Reports: Short presentations by partner representatives – project overview and overall experience

5:50 – 6:00 PM → Future Collaborations & Development: Discussion of expansion, sustainability, and next project phase

6:00 – 6:30PM → Innovation in Sports Education & Open Discussion: Open mic session for questions, feedback, and shared ideas

Welcome and Introductions

Our Partners



**Anemos
Cultural and
Nautical Club,
Chania, Greece**



**Club Natación
Echeyde Acidalio
Lorenzo,
Tenerife, Spain**



**SSD Universo
Sport Center
ARL, Silvi Marina,
Italy**



**ΠΟΛΥΤΕΧΝΕΙΟ
ΚΡΗΤΗΣ**

**Technical
University of Crete,
Sense Lab Space
Informatics,
Chania, Greece**



**WATER POLO
OFI Water Polo
Club, Heraklion,
Crete, Greece**

A big thank you as well to all coaches, athletes, managers, and the IT and development team, who worked tirelessly to bring this vision to life

Thank you all for being part of the Project "Coaching Reimagined" !

Our Consortium



Anemos, Greece



Echeyde CN



Universo SSD



Technical University of Crete



OFI Water Polo Club, Heraklion, Crete, Greece

CHANIA, GREECE



TECHNICAL UNIVERSITY OF CRETE

TENERIFE, SPAIN



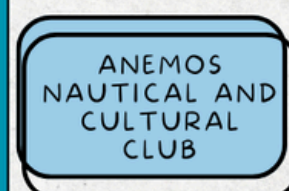
CN ECHEYDE ACIDALIO LORENZO

PESCARA, ITALY



UNIVERSO SOCIETA SPORTIVA DILETTANTISTICA A

CHANIA, GREECE



ANEMOS NAUTICAL AND CULTURAL CLUB

MEET THE CR TEAM

DR PARTSINEVELOU PANAGIOTIS

Partner Coordinator - Lead

Dr. Partsinevelou is an esteemed Professor specializing in Space Informatics at the Technical University of Crete. With a PhD in Spatial Information Science & Engineering from the University of Maine and extensive experience in GIS, Satellite Remote Sensing, and UAVs, he has made significant contributions to the field. Dr. Partsinevelou has held various academic and research positions, including serving as a postdoctoral researcher in Greece and the USA. He is the director of the Space Informatics Research Team, SenseLab, and has led numerous innovative projects in collaboration with national and international partners. His research interests span a wide range of areas, including unmanned aerial vehicles, navigation in GNSS-denied environments, AI-deep learning algorithms, and space technology.

ACHILLEAS TRIPOLITSIOTIS

Partner Coordinator

Mr. Tripolitsiotis is a Mineral Resources Engineer and holds an MSc degree from the Technical University of Crete. He has extensive experience as senior engineer in multi-disciplinary (Engineering constructions, road designs, etc.) public works in the engineering construction industry. Mr. Tripolitsiotis is the head of the company's RTD Department. Mr. Tripolitsiotis has been working in the Gavdos Cal/Val facility as responsible for instrument installations, operations, maintenance, and execution of field surveys for a decade. Mr. Tripolitsiotis is involved in the administrative and financial management of EC funded projects for more than 15 years.

CHRISTINA BREMPOU

Project Manager

Christina Brem pou is an Environmental Engineer, MSc, with experience in managing European and national projects. She is skilled in project management, coordinating teams and resources to meet deadlines and objectives. Her expertise also extends to financial management, where she has budgeted, tracked expenses, and secured funding to support various initiatives. Through her diverse skills and proactive approach, she consistently delivers quality outcomes in dynamic and challenging environments.

ALBERT ESPAGNOL

Partner Coordinator-Lead / Head Coach

Albert is the manager of the sports club who will be responsible for the project: he holds a Bachelor's degree in Engineering and is a two-time Olympian with the Spanish National Team: London 2012 and Rio 2016. He won a silver medal in the World Championships in Rome 2009. Currently, he is the general manager of the club, as well as the head coach of the men's senior team and in charge of organizing the club's international sports events. During his sports career, he has played professionally in Spain, Greece, France, Italy, and China.

JORGE MARTIN REYES

Media coordinator

Jorge Martín is the community manager of Waterpolo Tenerife Echeyde, with experience in sports media, communication, and branding. He is responsible for the club's digital presence, producing high-impact content for national and international audiences. In the project, he plays a key role in outreach and public engagement through social media.

LORENZO MAMBELLA

Partner Coordinator-Lead / Project Manager

Lorenzo Mambella is the Sport project manager, Physical education teacher in Zoli Sport school of Atri, with strong experience in the past Erasmus projects, as Youth Exchange, Erasmus student mobility, Placement and Comenius. Football coach and Personal trainer, his background is part of his experience working and studying in Spain, France, Uti, Eritrea, Ethiopia. Erasmus coordinator accredited in the Zoli school, actually working in the network as Sport staff with FIGC Abruzzo, CONI Abruzzo, Sport e Salute Projects as sport trainer. Master's Degree in Sport Science and Master in Communication and Policy of sport. He was one of the three managers that participated in the previous CR Project and he is already familiar with the initiative.

TOMASCH CALORE

Media Coordinator / Project Manager

Former professional footballer with solid experience in the sports sector. Holds a Bachelor's degree in Sports Science (L-22) and a Master's in Sports Management (LM-47) managing administrative and operational tasks of the club. Experienced in document management, ensuring accurate record-keeping of client data, and bookings in compliance with privacy regulations. Provides administrative support by preparing reports, information sheets, and essential documents for daily operations. Passionate about sports and eager to contribute to the success of the organization. He worked on the previous Erasmus project and managing the club sport project with school, universities and other sport local club.

DR STAVROULA PSOUNI

Partner Lead and Sports Psychology Consultant

Dr. Stavroula Psouni has an expertise in sports psychology and coaching. She holds a PhD in Sports Psychology, one MSc in Coaching and the second in Cultural & Organizational Management. She is the Manager of Anemos and the Head Manager of the Municipality Sports Office, bringing over 20 years of experience in organizing sports events. As a sports psychologist, specializes in exercise motivation and the development of educational materials related to exercise, health, and psychology. She teaches Sports Psychology and Coaching Principles at the The BSc (Hons) Sports Coaching and Physical Education. In addition, she has an extensive background as both a coach and athlete. She has successfully coached a variety of sports, including water polo, swimming, triathlon, and beach volleyball. Her athletic career is highlighted by a remarkable achievement: winning a World Championship with the Junior Women's National Water Polo Team of Greece.

PSOUNI ILEKTRA MARIA

Project Coordinator

Ilektra Psouni holds a Bachelor's in Computer Science and an MSc in Applied Informatics. With over 25 years of experience in sports, she has been actively involved in club administration, management, coaching, and professional athletics. She has also worked in government governance and has extensive experience in Erasmus projects, focusing on sports education, digital transformation, and international collaboration. As a coach, club manager, and program director, she has led water polo training programs and sports education initiatives across the U.S. and Europe. A former member of the Greek national water polo team for 10 years, she won gold at the 2011 World Championship. She brings together expertise in management, sports, and IT, bridging technology with coaching and athlete development.

ZISIS CHAROCOPOS

Lead Full Stack Software Engineer

Zisis Charokopoulos is an Electrical and Computer Engineer who graduated from the Technical University of Crete and is currently a Researcher at SenseLab. His research focuses on programming microcontrollers and embedded systems. He has worked on projects involving the setup and programming of embedded systems such as the NVIDIA Jetson Series and Raspberry Pi. He is also the Lead Developer of the Coaching Reimagined project, where he has played a central role in building the platform — from backend architecture and database design to frontend implementation and integration of advanced features. His broad skill set and dedication make him the driving force behind the technical development of the project.

DIMITRIS FARANTOURIS

Front-end Developer

Gerasimos Dimitrios Farantouris is a student of Mineral Resources Engineering at the Technical University of Crete and a member of the IT & App Development team in the Coaching Re-imagined program. During his Erasmus studies in Energy and Petroleum Engineering, he developed a deeper appreciation for interdisciplinary collaboration and the importance of effective guidance in academic growth. With a strong background in IT support, systems administration, and digital tool development, he now focuses on building practical, user-centered solutions to support coaching and mentoring processes.

GIORGOS STAVGIANNOUDAKIS

Back-end Developer

Giorgos Stavgiannoudakis is an undergraduate student in Electrical and Computer Engineering at the Technical University of Crete, with a strong focus on software development and backend systems. He has experience in programming, server management, and data infrastructure, and contributes to the Coaching Reimagined project as a backend developer. His current work includes developing database architectures and ensuring the secure, efficient performance of the project's web application.

MARC SALVADOR MAGAÑA

Curriculum Contributor

Marc Salvador is a professional water polo player in Spain's top division and the head coach of the club's second team, which competes in the Spanish First Division. He is completing his degree in Sports Science and has experience coaching youth and senior teams. His background includes international competition with the Spanish junior national team and a silver medal in the 2016 European Championships. He is skilled in player development, video analysis, and high-level coaching.

NACHO GUTIERREZ

CR Pilot Program Team Coach

Nacho is a professional player for CN Echeyde and coach of the club's U14 team. Passionate about working, learning, and constantly improving, he also leads his team in the 6-Week Pilot Program of Coaching Reimagined.

MARIA RAMOS FERNANDEZ

CR Pilot Program Team Coach

Lola is the U12 water polo coach and a professional player at CN Echeyde. With a lifelong passion for the sport, she loves helping young athletes enjoy water polo while growing as both athletes and teammates. Lola values every opportunity to continue learning and improving as a coach, and she is also leading her team in the 6-Week Pilot Program of Coaching Reimagined.

MAURIZIO GOBBI

Curriculum Contributor / Head Coach

Water polo coach with decades of experience, active since 1977. He has led youth and senior teams across several divisions, from Serie C to Serie A1, both male and female, achieving significant promotions. He held coaching and managerial roles at prominent Pescara-based clubs such as Gis, Sisley, Rari Nantes, Pescara Sport, and Waterpoli. Since 2021, he has served as pool supervisor at the Universo Center Swimming Pool in Sili Marina, coordinating both athletic and organizational activities.

FEDERICA TRAVAGLINI

Curriculum Contributor/CR Pilot Program Coach

Swimming and water polo instructor with competitive experience as a player for the Pescara team, participating in the Serie C Championship (2006/2007) and earning promotion to Serie B (2007/2008). She has worked in both the hospitality and sports sectors, collaborating with ASD Club Aquatico Pescara and, since 2021, Universo Amateur Sports Club. She holds a high school diploma in science, is a law student.

FACUNDO POLYCARPO

Curriculum Coordinator and Contributor

Facundo Polycarpo is an experienced water polo coach, lecturer, and sports scientist, with a Physical Education & Sports Science degree, and a Master's in High-Performance Sports. He has coached national teams of Argentina, Chile, and New Zealand in eight World Championships, achieving notable results, including Argentina's best-ever finish (Top 10, 2021) and New Zealand's Top 8 (2024). He has coached at CN Posillipo (Italy), Kings Elite (USA), Atlantis City (New Zealand), and Hellenic Academy (Zimbabwe) and worked with New Zealand's High Performance Centre. A Level 4 coach certified by the Italian Federation and a five-time FINA Water Polo School attendee, he has won multiple national titles and is a frequent speaker at international coaching clinics.

GIAKOUMAKIS NIKOS

CR Pilot Program Team Coach

Giakoumakis Nikos is the head coach of the U16 and U14 age groups at OFI Water Polo Club in Heraklion, Greece. He has also coached youth teams at Panionios Water Polo Club in Athens and NC Rethymno in Crete, further broadening his experience across different levels of the sport. A former player himself and a graduate of TEDAA (School of Physical Education and Sport Science), he brings both academic knowledge and personal experience to his coaching, guiding young athletes in their development.

We are proud of the diverse and talented team that came together for this project.

Our consortium brings together elite coaches, including two Olympians, two World Champions, a National Team Coach, and a University Professor—alongside a highly skilled IT team from the Technical University of Crete, specializing in spatial informatics, engineering, and software development.

Our team also includes accomplished coaches and their athletes, who helped digitize the water polo coaching curriculum, experienced coaches who implemented and tested the pilot program with their teams, programmers and project managers who coordinated the initiative, and a sports psychologist who guided us in building a model that encourages motivation and meaningful learning.

About CR



“Coaching Reimagined” is an Erasmus+ Sport initiative that explores a new learning model for team sports education through an innovative digital platform.

Starting with water polo, the project aspires to help coaches to digitize and share their curricula, design personalized courses, and apply modern teaching and learning methodologies that promote inclusive, interactive, and dynamic athlete development.

CR Main Objectives

This project aims to explore a novel learning model within team sports coaching.

1. Digital Platform

Create an interactive tool and database for coaches to design and share training curriculum.

3. Pilot Program

Develop a structured, easy-to-follow 6-week coaching program and implement it in real time with partners's respective teams and remote participants

2. Digitized Curriculum

Create a complete digitized curriculum combining knowhow by three experienced high level coaches and their teams

4. Explore Learning and Coaching Models

Promote inclusive coaching practices and accessible remote participation while building a community

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COACHING REIMAGINED

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01 Digital Platform
An innovative web platform transforming team sports coaching, making education accessible and inclusive.

02 Digitized Sport Curriculum
Shared Sports Curriculum: Free access to comprehensive coaching materials and lessons for athletes and young coaches, available online.

03 6-Week Pilot Course
A comprehensive program featuring challenges, assessments, and remote participation for personalized athlete development.

04 Final Event in Greece
Final Event: A closing event in Greece to review project outcomes, foster discussions, and explore future opportunities. Partners will gather to evaluate results, discuss the project's impact, share insights, and collaborate on future initiatives.

cr.anemoss.eu | @CoachingReimagined | eusports.cr24@gmail.com

*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 the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Background



The Idea

The idea was born out of a shared need we all recognized — that coaching education and athlete development should become more **interactive**, **accessible**, and **trackable**, using technology not as a replacement for coaches, but as a tool to empower them.

The Concept

This project marked the first step in bringing together **sports science**, **pedagogy**, and **technology** into one integrated learning platform designed to support coaches and athletes in both **onsite** and **remote** environments, with a focus on team sports

Implementation Phases



1 - Preparation Phase

Initial planning and coordination setup

Digital platform framework and database established

Coaches began drafting curriculum structure and planning instructional videos, Each Club had to work on 10 Skill Cards, 20 Skill Cards, Videos and Photos

2 - Development and Digitization Phase

Ongoing development of the digital platform

App entered testing and feedback cycles

Coaches uploaded and refined skill and drill cards on beta app

Filming and integration of training videos

Preparation of pilot and dissemination materials

3 - Implementation Phase (6-Week Pilot)

Ongoing development, technical support, and bug fixes of the digital platform

Data collection and feedback gathered

Launch of the 6-week pilot program (onsite + remote)

Coaches tested the full digital curriculum

Athletes completed daily workouts, challenges and assessments tests

4 - Evaluation and Dissemination Phase (Ongoing)

Implementation Phases



4 - Evaluation and Dissemination Phase (Ongoing)

Analysis of pilot results and user feedback

Final improvements to the platform and content

Final Hybrid Event in Greece – official presentation

Public dissemination of results and materials

All analysis results, final reports, and dissemination material will be published on our website and social media pages.



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The Digital Platform



The “Coaching Reimagined” Digital Platform is designed to help coaches digitize their training curricula, organize educational content, track athlete progress, and share learning materials in a structured and collaborative way.

Current Features

Digital card system for skills, drills, and weekly workouts (supporting video, photos)

Functional database and curriculum dashboards

User registration for coaches and athletes

Upcoming Features (Before End of Project)

Translation capability for multilingual use

Interface refinements and improved user experience

Next Development Phase

Challenge cards for weekly and skill-based activities

Performance tracking on all cards

Feedback tools for coaches and athletes

Support for additional media and file types



The Digital Platform



The “Coaching Reimagined” Digital Platform is designed to help coaches digitize their training curricula, organize educational content, track athlete progress, and share learning materials in a structured and collaborative way.

Future Vision

Additional Cards: Report Cards, Play (tactics) cards and game statistics integration

Expanded user roles — including sport professionals, managers, club administrators, and technical advisors

Athlete performance tracking: Athletes can collect and review cards based on their progress.

Coach assignment system: Coaches can assign cards to athletes or teams and track individual and group performance over time.

New sport disciplines integrated into the platform, to include sports psychology, physical therapy, and performance science

AI-assisted tools and video-processing modules to support coaches and analysts


Automated performance reports and advanced team analytics



The Digital Platform



Skill Cards



Category: Water Balance

Created for (club): Arsenos

Test: Technical assessment 1 to 5

Metrics: Technical code (points)

Title: Ready Position

Description: Basic water polo position

Goal: Ability to move into the next require skill/movement as fast as possible and be ready for a quick execution

Instructions: Sculling with the hands in front, hips up on the surface, eggbeater kick, head up

| Spine |
|---|
| Extend |
| Fully extended with the lower back/hips (motion cone) compact |
| Part |

| Hips |
|--|
| Up |
| Hips as high as possible in a straight line, keeping them close to the surface |
| Part |

| Legs |
|---|
| Eggbeater |
| Eggbeater kick movement from the outside towards the inside |
| Part |

| Arms |
|--|
| Sculling |
| Sculling movement with the hands, elbows bent and aligned with the knees |
| Part |

| Shoulders |
|---|
| Out |
| Shoulders out of the water as a result of the power of legs and arms being ready and faster |
| Part |

| Similar Drills |
|--|
| 1. Ready position for lateral ready position 2. Ready position moving backwards 3. Diagonal ready position |
| Drill |

| Common Mistakes |
|---|
| Hips are down, hands are low or doing breast arms, knees are visible, eggbeating tech |
| Common Mistakes |

Dashboard - Structure of Curriculum

| Conditioning | Water Balance | Vertical Form | Contact 1 | Contact 2 | Goalie |
|--|--|--|--|---|---|
| EGGBEATER (s) HIGH INTENSITY EGGBEATER INTERVALS (d) SUSTAINED EGGBEATER ENDURANCE (d) | Jumps (s) 8 x 6 Vertical Jumps (d) Alternate top corners jumps (Lunges) (d) | BLOCKING FORM (s) 4x25 MTS: BLOCKING FORM (1 IN EACH DIRECTION) (d) 4x40: BLOCKING THE BALL FROM A TEAMMATE (d) | Control opponent while having the ball (s) 1 vs 1 Controlling Pushing all the way against a defender (d) Control Opponent: Piggy in the middle holding the pressure for 5" Before passing (d) | CENTER DEFENDER (s) 4x25 MTS: CENTER DEFENDER + 2 BREASTSTROKE KICKS (d) CENTER DEFENDER: 4x25 MTS: HALF SPIDER WITH A STROKE (d) | GOALIE Ready Position (s) GOALIE READY POS: Enhancing Hand Readiness & Sculling Leg Strength (d) GOALIE READY POSITION: Ready Hands - Out Position (d) |
| KICKING (s) EXPLOSIVE KICK INTERVALS (d) VERTICAL KICK HOLD (d) | Over Hips (Reverse sculling/cycling) (s) Over Hips - Reverse sculling into a square vertical position (5m) (d) Over Hips 8 x 25-m Reverse sculling flipping on every block (2m) (d) | FAKING (s) 4x25 MTS: EVERY SMTS. STOP AND FAKE 3 TIMES (d) FAKING: SHOOT WHENEVER YOU WANT (d) | Pressing (s) Pressing: 1 vs 1 with a passer on a hard press (d) Pressing: Passing collection drill (d) | CENTER FORWARD (s) CENTER FORWARD ATTACKING THE BALL 8x 20" (d) CENTER FORWARD: 4x25 MTS: MAINTAIN CENTER POSITION WITH ROTATIONAL MOVEMENTS (d) | GOALIE TRANSITIONS (s) GOALIE TRANSITIONS: SLIDE (d) GOALIE TRANSITIONS: STEP (d) |
| SCULLING (s) DYNAMIC SCULLING ENDURANCE (d) STATIC SCULLING ENDURANCE (d) | Pendulums / Change Body Position (s) Pendulums - Shuttles on 5, 10, 15 and 20 m back and forth (d) Pendulums Circuit: Zig-zag, square, lateral and hook-out (d) | PASSING FORM (s) 5' PASSES TO THE WATER IN PAIRS (d) PASSING OUTSIDE THE POOL (d) | Releases (s) 5 Releases on each side and pass back (ball live) (d) Release and off the hand entry against heavy press (d) | DRIVING / POSTING UP (s) 4x25 MTS: POSTING UP WITHOUT A DEFENDER EVERY 5 METERS (d) FINISHING POSTING UP FROM THE WINGS (d) | GOALIE: BLOCKING (s) GOALIE: BLOCKING 2 HAND - 1 HAND (d) GOALIE: THE NEAR / FAR BLOCK (d) |
| SWIMMING (s) SWIMMING: BODY LINE GLIDE - STREAMLINE (d) SWIMMING: CATCH UP & PULL FOCUS (d) | Ready Position (s) Ready position walks (d) Ready position with slides (d) | SHOOTING (s) 4x25 MTS: EVERY SMTS. STOP AND SHOOT AIMED AT THE WATER (d) SHOOT OVER THE NOODLE (d) | Swim With Contact (s) Race keeping the chaser behind w/ball (d) Swim for the advantage (d) | FINISH WITH DEFENDER ON YOUR BACK (s) FINISH COUNTER ATTACKS IN PAIRS (d) FINISH WITH DEFENDER ON BACK: 4x25 MTS: EVERY SMTS. PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION (d) | GOALIE: JUMPS (s) GOALIE JUMPS: VERTICAL JUMP (d) GOALIE: LUNGES (d) |
| SWIMMING HEAD UP WITH BALL (s) HEAD UP FREESTYLE (NO BALL) (d) HEAD UP SWIM WITH BALL (d) | Trudgeon (s) 8 x 25m Trudgeon (d) Freestyle into Trudgeon 6 x 2 (d) | TRIPLE THREAT POSITION (BASE POSITION) (s) 4x25 MTS: EVERY SMTS. STOP AND DO A TURN PLUS A TRIPLE THREAT POSITION (d) 4x25 MTS: EVERY SMTS. STOP AND TRIPLE THREAT POSITION (d) | Turn a player - 1 vs 1 (s) Helicopter Drill (d) Turns - Alternate inside/outside turn movements (d) | Turns (s) 4x25 MTS: HALF SOLO TURNS (d) 4x25 MTS: TURNS IN PAIRS (d) | GOALIE: SPECIALITY (s) GOALIE: THE CROSS CAGE (d) GOALIE: THE LOB BLOCK (d) |

Drill Cards



Category: Contact

Created by (coach): MARCO SALVADOR

Created for (club): Echeyde

Test: Technical Assessment

Metrics: 10-5-0

Title: CENTER DEFENDER 4x25 MTS HALF SPIDER WITH A STROKE

Description: It is an exercise that allows us to move forward while adjusting our body position.

Instructions: It's important that the hips follow the stroke. Do not let the hips drop during the movement

| Step 1 |
|---|
| Start in the center defender's position, moving forward |
| Step |

| Step 2 |
|--|
| Perform a lateral freestyle stroke with your right arm while positioning yourself in the lateral center defender's position. |
| Step |

| Step 3 |
|---|
| Move forward a few meters while maintaining the lateral position. |
| Step |

| Step 4 |
|--|
| Perform a lateral freestyle stroke with your left arm while positioning yourself in the starting position. |
| Step |

| Step 5 |
|---|
| Repeat steps 2 to 4 with the other arm and on the opposite side. Continue doing this until you complete the 25 meters |
| Step |

| Similar Drills |
|--|
| 1. SPIDER 2. CENTER DEFENDER + 2 BREASTSTROKE KICKS 3. HALF SPIDER |
| Drill |

| Common Mistakes |
|---|
| A common mistake is not fully rotating the hips and turning only partially instead of 90° |
| Common Mistakes |

Weekly Workouts

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------------|---------------|---------------|---------------|
| Conditioning | Conditioning | Conditioning | Conditioning | Conditioning |
| Water Balance | Water Balance | Water Balance | Water Balance | Water Balance |
| Vertical Form | Vertical Form | Vertical Form | Vertical Form | Vertical Form |
| Contact 1 | Contact 1 | Contact 1 | Contact 1 | Contact 1 |
| Contact 2 | Contact 2 | Contact 2 | Contact 2 | Contact 2 |
| Goalie | Goalie | Goalie | Goalie | Goalie |



Coaching Curriculum



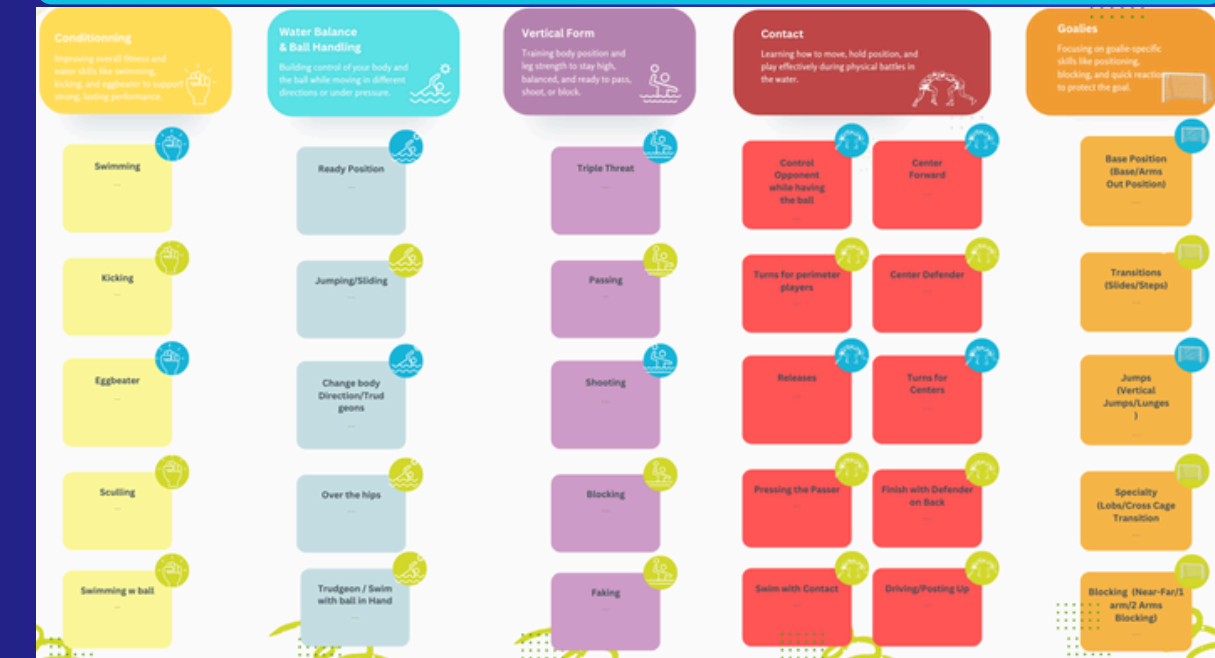
Concept

The Water Polo Coaching Curriculum was developed **collaboratively** by our three partner clubs from **Spain(CN Echeyde), Italy(Universo SSD), and Greece(Anemos CSC).**

The curriculum is built around a system of digital cards—skills, drills, workouts, tests and challenges—that allow for interactive learning, progress tracking, and easy adaptation across different levels and team needs.

It is designed to help coaches plan, organize, and share training programs that promote skill development, understanding, and engagement in both **onsite** and **remote** environments.

Structure of Skill Cards



6 Categories

30 Skill Cards

60 Drill Cards

183 Youtube Videos

30 Daily Workout Plans

8 Assessment Tests

6 Challenges

Contributors

• Club: CN Echeyde (Spain) | Contributor: Marc Salvador Magaña | Categories: Vertical Form & Contact 2

Vertical Form

Contact 2

• Club: Universo SSD (Italy) | Contributors: Maurizio Gobbi, Tommaso Calore, Federica Travaglini | Categories: Goalkeeping & Conditioning

Goalie

Conditioning

• Club: Anemos Nautical and Cultural Club (Greece) | Contributor: Facundo Policarpo | Categories: Water Balance & Contact 1

Water Balance

Contact 1

Coaching Curriculum



Skill and Drill Cards

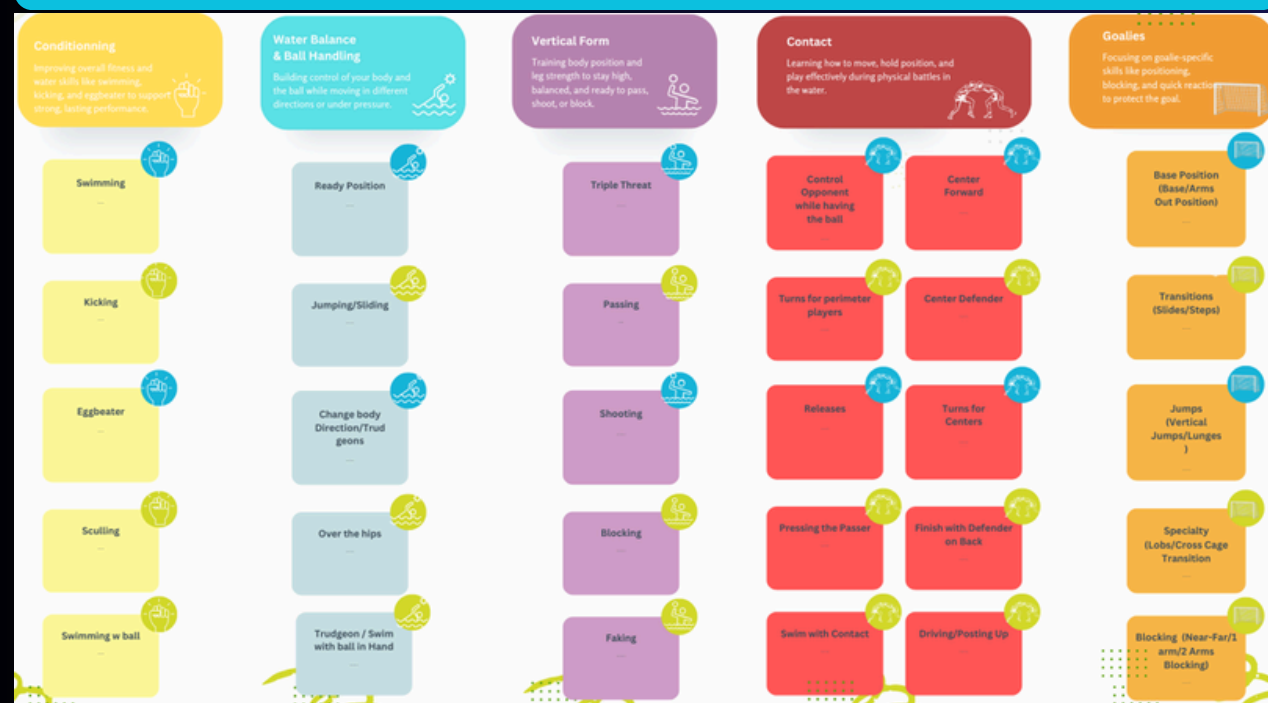
Each club was assigned two thematic categories and created content for five skill cards and ten drill cards per category.

For every card, the coaches produced instructional videos, measurable tests, photos, and descriptive texts. All cards are also interconnected, allowing coaches to adapt and modify content based on specific training objectives.

Coaches can customize the keypoint boxes on each card — for example: Steps, Parts, Common Mistakes, Related Drills, or Goals — making the content more flexible and personalized.

The platform also enables coaches to link multiple file types (such as videos, documents, or images), helping them organize their curriculum and share materials efficiently with partners and athletes.

Structure of Skill Cards



Dashboard

Skill Cards

Drill Cards

Coaching Curriculum



6-Week Workout Plan

For the 6-week pilot program, each coach developed a weekly training plan based on the two categories assigned to them.

Each plan included one drill for two to three skills per category per day, resulting in approximately 15-18 drills per day and 12-15 drills per category per week.

Every skill was revisited through different drills at least two to three times per week, ensuring consistency, repetition, and progressive learning — elements that were also evaluated through the initial and final assessment tests conducted during the pilot.

Example of Weekly Workout Plan

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | |
|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <p>Conditioning</p> <p>Head up tempo sprint set: 8x15 sprints followed by 10m relaxed recovery 5' rest</p> <p>Shoulder- Out Hold Maintain head up, shoulder elevation above sculling + only legs (30-60 seconds) - 6 cycles of 30" Max Effort - 15" Rest</p> <p>"Sculling Slide 4x25m Move laterally using sculling + vertical spine, minimal leg input, staying balanced."</p> <p>Water Balance</p> <p>10 x 20 m Shuttles: on the way up ready back moving over hips good technique</p> <p>10 x 20 m Shuttles: on the way up ready back moving over hips good technique</p> <p>10 x 10 m sprints: after 6 pendulums on different directions with 20" rest</p> | <p>Conditioning</p> <p>Breath-Control Glide Drill: Same delayed breath 2-3 seconds post-pull. Enhances calmness and breath discipline.</p> <p>"Reactive Kick + Vertical Jump Start vertical forking (shoulders out), then on signal, perform a vertical jump-developing reactive leg strength. alternate kicks style: 1. Freestyle (Flutter) 2. Breaststroke (continuous kicks-maintain elevation) 3. Eggbeater"</p> <p>Water Balance</p> <p>10 x 30"/20" Lane rope rest on multiple directions following to touch the coach 3 strokes + 3 slides twice every pendulum</p> <p>10 x 30"/20" Lane rope rest on multiple directions following to touch the coach 3 strokes + 3 slides twice every pendulum</p> | <p>Conditioning</p> <p>6x1 minute Square Box Drill: Slide 6x Vertical 12.5m and eggbeater - back. Move (5x5m) - move along laterally across the cage using sculling + body left, vertical body input, minimal leg staying balanced."</p> <p>10x25m Catch Up 4x 25m Horizontal Kicking 6 eggbeater-2 focusing on fingertips out of the water - wide shoulders and arms. Focus on fast transition. Odds: 6 focus on speed, Evens: Every 6-2 set rotate core and shoulders 90 degrees - legs stay eggbeater at the same position. (left side-normal-right side-normal) . Alt: add spin: (left side-normal-right side-left side)</p> <p>Water Balance</p> <p>3 x 4 rounds 30"/30": Jumping, Over hips movement, Pendulums</p> | <p>Conditioning</p> <p>8x25 x Swim with ball - Every 5m stop into Triple Threat Hold for 2' - restart. Alterations: Zig zag (snakes). Pick up the ball and slide forward or pick up ball and shoot on front of you.</p> <p>SCULLING SIDE REPEATS: Move 5 meters laterally (while in vertical pos - legs straight down) using only sculling, then return. Repeat 4 times 30seconds. Rest: 20 seconds between reps.</p> <p>Water Balance</p> <p>9 x 20"/20" 5m ready position: back and forth lateral ladybug + 2 x 4 x pendulums on 1' 4 x 20 m over hips cycling w/flip + 2 x 4 x pendulums on 1' 4 x 20 m over hips cycling with lunge + 2 x 4 lateral back pendulums on 1'</p> <p>Water Balance</p> <p>3 x 4 rounds 30"/30": Jumping, Over hips movement, Pendulums</p> | <p>Conditioning</p> <p>8x25 x Swim with ball - Every 5m stop into Triple Threat Hold for 2' - restart. Alterations: Zig zag (snakes). Pick up the ball and slide forward or pick up ball and shoot on front of you.</p> <p>SCULLING SIDE REPEATS: Move 5 meters laterally (while in vertical pos - legs straight down) using only sculling, then return. Repeat 4 times 30seconds. Rest: 20 seconds between reps.</p> <p>Water Balance</p> <p>9 x 20"/20" 5m ready position: back and forth lateral ladybug + 2 x 4 x pendulums on 1' 4 x 20 m over hips cycling w/flip + 2 x 4 x pendulums on 1' 4 x 20 m over hips cycling with lunge + 2 x 4 lateral back pendulums on 1'</p> <p>Water Balance</p> <p>3 x 4 rounds 30"/30": Jumping, Over hips movement, Pendulums</p> | | | | | | | | | | | | | | | |
| <p>Vertical Form</p> <p>EVERY 5 MTS. 3THREAT</p> <p>BLOCKING FORM (FORWARD)</p> <p>TURN + SHOOT AIMED AT THE WATER</p> | <p>Vertical Form</p> <p>5' PARTNER UNOPPOSED PASSING HAND - SHOT ON GOAL WITH TWO PREVIOUS FAKES</p> | <p>Water Balance</p> <p>Cross the pool only doing ready position movement or over hips trying to escape from the hunter (weapon is the ball)</p> <p>Cross the pool only doing ready position movement or over hips trying to escape from the hunter (weapon is the ball)</p> <p>Cross the pool only doing ready position movement or over hips trying to escape from the hunter (weapon is the ball)</p> | <p>Vertical Form</p> <p>3s TRIPLE THREAT POSITION+ BREASTSTROKEFAKES KICK AND PASS</p> <p>SHOOT WITH 2 PREVIOUS FAKE 3 TIMES</p> <p>EVERY SMTS. STOP AND FAKE 3 TIMES</p> | <p>Vertical Form</p> <p>3TREAT MOVING FORWARD</p> <p>BLOCKING THE BALL FROM A TEAMMATE</p> <p>SHOOT AGAINST A BLOCK</p> | | | | | | | | | | | | | | | |
| <p>Contact 1</p> <p>1 vs 1 Working on outside turn drill + swimming without spinning</p> <p>Passing collection drill + swimming with contact after 3 fakes high the other side on every steal and change of possession (start over on the other end swapping O and D)</p> | <p>Contact 1</p> <p>Release opponent and control with the ball to make an entry pass after 5 times each on both sides with a passer</p> <p>Release opponent and control with the ball to make an entry pass after 5 times each on both sides with a passer</p> <p>8 x 20 m Swimming with the ball with a chaser (right and left shoulder) cutting off passer</p> | <p>Contact 1</p> <p>hunter only allowed to touch kids with the ball by moving using the trudgeon skill</p> <p>hunter only allowed to touch kids with the ball by moving using the trudgeon skill</p> <p>hunter only allowed to touch kids with the ball by moving using the trudgeon skill</p> | <p>Contact 1</p> <p>Protect the ball for 6" + Turn the player lunging for the ball to hit + swimming with a chaser keeping him behind full pool 8 rounds alternating attack and defensive role</p> <p>Protect the ball for 6" + Turn the player lunging for the ball to hit + swimming with a chaser keeping him behind full pool 8 rounds alternating attack and defensive role</p> | <p>Contact 1</p> <p>Game Survivor keeping ball dry while trying to steal the ball from the other player until "last man standing" in a reduce space groups of 12 kids each one has a ball: when they lose it sit on the side</p> <p>"Passing collection Game bonus points for quick 1/2 and for the other player steal the ball from quick 1/2 and for the other player until "last man standing" in a reduce space groups of 12 kids each one has a ball: when they lose it sit on the side</p> <p>Regular pass: 1 point 1/2 quick: 3 points Dry pass: Double"</p> | | | | | | | | | | | | | | | |
| <p>Contact 2</p> <p>CENTER POSITION + 2 BREASTSTROKE KICKS</p> <p>HORIZONTAL POSITION FORWARD JUMPS</p> <p>LEGS- POSITION + FORWARD JUMPS</p> | <p>Contact 2</p> <p>HORIZONTAL POSITION + 2 BREASTSTROKE KICKS</p> <p>FINISH COUNTER IN PAIRS UP FROM THE WINGS</p> | <p>Vertical Form</p> <p>3TREAT MOVING FORWARD (LATERAL)</p> <p>BLOCKING FORM (LATERAL)</p> <p>TWO FAKES + SLIDE</p> | <p>Contact 2</p> <p>CENTER DEFENDER AGAINSTA CENTER SWITCHING SIDES</p> <p>PLACE YOUR LEGS IN FRONT AND PULL TO DEFENDER</p> <p>FINISHING POSTING UP FROM CENTER TO DEFENDER</p> | <p>Contact 2</p> <p>LEGS- FORWARD JUMPS</p> <p>URNS IN (JUST LEFT SIDE)</p> <p>FINISH COUNTER IN PAIRS (regression 1)</p> | | | | | | | | | | | | | | | |
| <p>Goalie</p> <p>Step + React Drill: laterally respond to a quick shot or block</p> <p>Mirror Movement: Partner mimics ball then respond to movement; specific zones (center vs.</p> <p>TARGETED REACTION DRILLS: Balls thrown to specific zones (center vs.</p> | <p>Goalie</p> <p>"Ball Tracking Ready Maintain position</p> <p>Partner tips/ 30 seconds of volleyball jumps</p> <p>JUMP + ADJUST DRILL: Goalkeeper jumps</p> | <p>Contact 1</p> <p>2 vs 2 with the ball challenge to score: Must do one turn before scoring + defenders constantly pressing</p> | <p>Goalie</p> <p>Flick Shot Drill: Partner flicks high corner shots.</p> <p>Block "Start with base position under flags facing</p> | <p>Goalie</p> <p>6x 25m: Take 2 sprint strokes and get into ready position very fast.</p> <p>10 minutes of blocks only skip shots</p> | | | | | | | | | | | | | | | |
| Enter Challenge Here | | | | | | | | | | | | | | | | | | | |

Goal

These structured workout plans served as a **reference guide** for both **onsite coaches** leading team sessions and **remote participants** training independently, allowing all athletes to follow a **unified and balanced program** throughout the pilot.

Structure of Weekly Workout Plan

| | Conditioning | Water Balance | Vertical Form | Contact 1 | Contact 2 | Goalie |
|------------------|----------------------|------------------|------------------|------------------|------------------|------------------|
| Monday | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here |
| Tuesday | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here |
| Wednesday | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here |
| Thursday | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here |
| Friday | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here | enter drill here |
| Challenge of the | Enter Challenge Here | | | | | |

Coaching Curriculum



Challenges

Our team created **six Weekly Challenges** to keep athletes active, engaged and connected throughout the pilot program. Each challenge was designed to encourage athletes to practice key skills (also referenced in the curriculum) in a creative and enjoyable way.

1ST CHALLENGE

Week 1: Friday, September 19th 2025

Race Challenge

Complete the following set of tasks in the shortest possible time.

- 25 m Sprint with the ball
- 10 vertical jumps (2 hands) touch cross bar (if cage n/a aim for 0.9m above water)
- 25 m trudgeon, (Swim with ball on hand)
- 10 pendulums (Touch vertical bars with feet if cage n/a use markers at 3meters)
- 25m Ready position (Scull and eggbeater forward)

How to keep score

Time in Seconds [s]

Online Form to Enter Your Score

[Online Form](https://cr.anemoss.eu/challenges)
<https://cr.anemoss.eu/challenges>

2ND CHALLENGE

Week 2: Friday, September 26th 2025

Vertical Catch Power Juggler

[Click Here to Watch an Example Video](#)

Complete 2 full rounds in the shortest possible time: (5 jumps → 10 catches → 5 jumps → 10 catches)

- 5 vertical jumps (2 hands) touch cross bar (if cage n/a aim for 0.9m above water) and turn around 180 degrees
- Juggling 2 light balls (tennis or juggle balls); alternating throws above the head, catching one ball per hand (like a juggler).

How to keep score

Time in Seconds [s]

Online Form to Submit Your Score

<https://cr.anemoss.eu/challenges>

Rules: Balls must never fall in the water, Shoulders must remain out of the water during all phases, No pauses allowed

Goal: Develop explosive eggbeater endurance, arm coordination, and focus under fatigue.

Goal

The main goal was to build confidence, consistency, and motivation through friendly competition, while promoting collaboration among teams and remote participants.

3RD CHALLENGE

Week 3: Friday, October 3rd 2025

Spins, Fakes and Slides

[Click Here to Watch an Example Video](#)

Complete the following set of tasks in the shortest possible time.

- 2 Cycles: 90° Turns with ball from Center Forward Position (let ball go after each turn) - Change direction after every cycle
- 25m: (to half (12.5m) and back); 3 Fakes moving forward → 3 Slides forward with the ball
- 6 Times: From Triple Threat Position transition ball to opposite arm → move the ball around your back → Triple Threat with opposite arm

How to keep score

Time in Seconds [s]

Online Form to Submit Your Score

<https://cr.anemoss.eu/challenges>

4TH CHALLENGE

Week 4: Friday, October 10th 2025

MAN DOWN MOVEMENTS

[Click Here to Watch an Example Video](#)

Complete the following set of tasks in the shortest possible time. You will need markers on the walls to set a box 4m x 2.5m

- Extra Man Blocking Line - 6 Times:** Push the wall with 2 hands → Over the hips to face opposite wall into blocking position → Switch Blocking arms to square to the wall. → Move forward until 4m mark → Slide backwards to initial position (keep eyes out - use only breaststroke kicks to get to the wall - no swim) → Repeat x6 (alternate sides for every turn and every slide)
- 25m: Sprint to half (12.5m) and back, head up swim, max speed
- Extra Man Blocking Triangle - 6 Times:** Push the wall with 2 hands → Side block moving sideways (laterally) until 4m mark → Switch Blocking Arms and move forward 2.5m → Slide diagonally backwards to the wall to initial position (keep eyes out - multiple kicks if needed - no swim) → repeat (3 reps each side)

How to keep score

Time in Seconds [s]

Online Form to Submit Your Score

<https://cr.anemoss.eu/challenges>

5TH CHALLENGE

Week 5: Friday, October 17th 2025

The Cage Challenge

[Click Here to Watch an Example Video](#)

Complete the following set of tasks in the shortest possible time. You will need a ball and a cage with 2 caps hanging on the high left and right corner and 3 caps in the middle of crossbar (~30cm apart)

- Start from the lower corner of the right vertical bar on the cage → From a close distance, perform minimum 30 volleyball-style wrist passes against the cage bars while moving upward along the vertical bar and sideways along the crossbar to the opposite side (skip 2nd vertical bar), then return to the starting point, passing continuously as you move. Complete min 30 total passes. For younger athletes, use only the vertical bar moving up and down
- Starting from the middle of the cage complete 6 lob block movements touching the caps on the high corners with opposite arm. Recover back to initial position with a slide (3 each side)
- From a hands-out position, perform 30 explosive hand movements to hit the 3 hanging caps on middle of the crossbar following this hit sequence: 1. Middle cap: **both hands**, 2. Left cap: **left hand**, 3. Right cap: **right hand** - (For younger athletes, hang the caps lower to reach them from the same hands-out start position)

How to keep score

Time in Seconds [s]

Online Form to Submit Your Score

<https://cr.anemoss.eu/challenges>

6TH CHALLENGE

Week 6: Friday, October 24th 2025

The Shooting Challenge

Perform 50 consecutive shots from the 6-meter line, following the sequence below. Record your accuracy using the point system provided. You will need: 1 ball and a cage with 2 caps hanging on the high left and right corners

Sequence (50 Total Shots)

- 5 Off Foul
- 5 After 5 Fakes
- 5 After 2 Slides
- 5 After 2-3 Strokes
- 5 Eyes Closed
- 5 After 3-Second Triple Threat Hold + Lateral Movement (Left & Right)
- 5 Catch and Shoot (Direct)
- 5 From the Water (Penalty Style)
- 5 After 360° Turn with the ball (Full Spin)

How to keep score

Points [p]

- Hit the Hanging Caps: +2 Points
- Bar In: +1 Point
- In Cage: 0 Points
- Bar Out: -1 Point
- Out: -2 Points

Points are additive, for example if you hit 2 bars in → +2 Points, Cap + Bar In → +3 Points, etc)

Online Form to Submit Your Score

<https://cr.anemoss.eu/challenges>

Coaching Curriculum



Learning Theories and Coaching Models

This guide was created to accompany the curriculum and support participants during the 6-week pilot program. It introduces modern learning theories and coaching models that promote active participation, intrinsic motivation, and digital integration.

The goal was to help coaches apply innovative, inclusive, and athlete-centered practices while using the Coaching Reimagined platform.



Erasmus Sport+ 2025
Project Coaching Reimagined (CR)
Revolutionizing Coaching with Digital Tools

Learning Theories and Coaching Practices: A Guide for Coaches

Traditionally, coaching in sports has relied on conventional methods such as paper-based documentation and instruction-heavy models. While mainstream sports benefit from abundant online resources, many team sports in non-mainstream disciplines face limited access to modern, inclusive, and digital tools.

This guide introduces new learning theories and coaching practices that emphasize athlete participation, intrinsic motivation, remote accessibility, and digital integration to enhance learning, create inclusive training environments, and promote long-term athlete development with water polo specific content.

1. New Learning Theories

- 1. Constructivist Learning:** Encourages athletes to build their own understanding of skills through active practice, reflection, and experimentation rather than passive listening.
 - Athletes build their own understanding through practice, reflection, and experimentation rather than passive listening.
 - *Water polo example:* Instead of simply instructing passing technique, players experiment with different passing angles under pressure and reflect on which works best in game-like situations.
- 2. Experiential Learning:** Focuses on learning through doing, where drills and exercises are followed by debriefs to reflect on successes and mistakes, promoting deeper understanding.
 - Emphasizes learning through doing, followed by reflection.

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- *Water polo example:* Small-sided scrimmages are followed by debriefs where athletes discuss positioning mistakes or successful plays.
- 3. Self-Directed Learning:** Provides athletes with resources, such as digital skill cards, so they can take ownership of their progress and train independently while receiving guided feedback from coaches.
 - Athletes take ownership of their progress using resources like skill cards.
 - *Water polo example:* Digital or printed skill and drill cards are assigned to athletes to improve upon the first 5 keynotes. That would help athletes practice skills independently during extra pool time, with feedback logged for the coach.
 - 4. Collaborative Learning:** Promotes teamwork and peer-to-peer feedback, where athletes can learn from one another's strengths and perspectives in addition to coach input.
 - Peer-to-peer feedback and shared problem-solving.
 - *Water polo example:* Attackers and defenders (or centers and center defenders or goalie and shooters) work in pairs to critique each other's positioning, fostering both perspectives.
 - 5. Growth Mindset Approach:** Reinforces the idea that effort and persistence are key to improvement, helping athletes overcome challenges and develop resilience.
 - Effort and persistence drive improvement.
 - *Water polo example:* Coaches emphasize improvement in endurance sets (e.g., eggbeater kick intervals), praising effort and consistency, not just outcome.
 - 6. Intrinsic Motivation**
 - Athletes' inner drive for enjoyment, mastery, and growth.
 - *Water polo example:* Instead of focusing only on winning, coaches highlight personal skill mastery (e.g., backhand shot accuracy) and creativity in offensive plays.

2. Innovative Coaching Models

- 1. Athlete-Centered Coaching:** Shifts the focus from purely following coach instructions to involving athletes in decision-making and goal-setting, increasing motivation and engagement.
 - Athletes set goals and take part in decision-making.
 - *Water polo example:* Team captains lead warm-ups and help design tactical plays, encouraging leadership and accountability. Or Group Work and Peer Presentations: Athletes are divided into groups to work on specific skill cards and then present what they have learned or practiced to the rest of the team. Groups are also encouraged to identify mistakes, discuss ways to improve, and help their peers refine their technique.
- 2. Remote & Blended Coaching:** Combines traditional in-person training with digital resources, online tracking, and remote communication tools to make coaching accessible from anywhere.
 - Combines in-person training with digital resources.
 - *Water polo example:* Players use video analysis apps to review matches or skill executions and log progress outside of pool sessions.



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- 3. Inclusive Coaching:** Ensures equal opportunities for athletes of all backgrounds, including individuals with disabilities, financial constraints, or geographical limitations, by adapting drills and using flexible approaches.
 - Adapts methods to all athletes regardless of ability or background.
 - *Water polo example:* Modified small-area games for beginners or athletes with different fitness levels ensure everyone participates meaningfully.
- 4. Data-Driven Coaching:** Uses assessment tests, performance metrics, and digital logs to track progress and adapt plans based on evidence rather than guesswork.
 - Uses performance metrics to guide training.
 - *Water polo example:* Tracking sprint times (swim-offs), shot accuracy, or heart-rate recovery to adjust conditioning drills.

3. Practical Coaching Techniques

- 1. Use of Skill & Drill Cards:** Provide athletes with printed or digital cards summarizing techniques and corrections that they can reference during practice.
 - *Example:* A "center forward drill card" showing positioning cues and quick-reference corrections during scrimmages.
- 2. Video Feedback:** Encourage athletes to record their performance, review it individually or with the coach, and track improvements over time.
 - *Example:* Recording goalie saves or fast breaks, then reviewing the footage in short team sessions.
- 3. Micro-Goals & Challenges:** Break down training into smaller, achievable objectives such as weekly challenges that build toward long-term performance improvement.
 - *Example: Weekly challenge — "Improve your 5-meter shot accuracy by 10%" or "Complete 40" eggbeater kick intervals without dropping intensity and maintaining height level out of the water."*
- 4. Interactive Assessments:** Use initial and final tests to evaluate progress and motivate athletes with measurable results.
 - *Example:* Pre- and post-season swim tests, shooting accuracy tests, or tactical awareness quizzes.
- 5. Athlete Reflection Logs**
 - *Example:* Players record thoughts after games: "What worked in defense when guarding the 2-meter player?"
- 6. Motivation Boosters**
 - *Example:* Recognizing creative offensive plays in practice scrimmages, not just goals scored, to celebrate problem-solving.

Sport Psychology Expert Contribution: Dr. Lina (Stavroula) Psouni | MSc, MSc, PhD

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 the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



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6-Week Pilot Program



Concept

115 Participants from 3 countries followed daily workouts, completed skill assessment tests on the first and last day, and took part in weekly challenges, while coaches provided ongoing guidance and support.

Athletes were encouraged to track their performance by entering their test and challenge scores and responding to questionnaires throughout the program.

Participants

Onsite

Three teams from Italy, Spain, and Greece: 1. **CN Echeyde** – Tenerife, Spain; 2. **Universo SSD** – Pescara, Italy; 3. **OFI** – Heraklion, Greece run the program in parallel.

Remote

Remote Participants **were also welcome to participate**. All the material was freely accessible through our website, digital platform and social media pages

Goal

The goal **was to analyze the collected data** at the conclusion of the pilot and **draw useful insights and measurable results** on how we can effectively track and evaluate performance in team sports, while also testing the platform's functionality and assessing the usability of the curriculum as it was implemented in this new digital format.

COACHING REIMAGINED, Erasmus Sport+ 2025
COACHING REIMAGINED IS AN ERASMUS+ INITIATIVE TRANSFORMING TEAM SPORTS EDUCATION THROUGH AN INNOVATIVE DIGITAL PLATFORM. STARTING WITH WATER POLO, IT EMPOWERS COACHES TO DIGITIZE AND SHARE CURRICULA, CREATE PERSONALIZED COURSES, INTRODUCE NEW LEARNING MODELS, AND FOSTER INCLUSIVE, DYNAMIC ATHLETE DEVELOPMENT.

UPCOMING 6-WEEK WATER POLO PILOT PROGRAM

September 15th - October 24th, 2025

ABOUT

All participating clubs will implement the 6-week program simultaneously at their local sites, engaging both their own athletes and remote participants. Coaches will guide and support all participants, by providing them with course materials, including daily workouts, detailed skill and drill cards, assessment reports, and weekly challenges. The program will feature pre- and post-tests to assess progress, along with weekly challenges designed to keep athletes actively involved in tracking their development. Participants will also be encouraged to connect through the platform and social media throughout the program and beyond. All resources will remain freely accessible to the public indefinitely through the new platform, partner webpages, and social media channels.

ATHLETES

The athletes will be able to:

- Access course material both online and in physical form at the pool deck including skill cards, daily and weekly workouts, assessment tests, and challenge activities.
- Comment on and contribute to the evolving curriculum through the platform.
- Track their progress and compare it with athletes from other countries.
- Use detailed guidelines for each skill or drill to self-assess their performance.
- Experience different coaching approaches based on new learning theory models.
- Join a community of participants to share experiences and exchange ideas.

SCHEDULE

- First & Last Day: Initial & Final Assessment Tests
- Weekly challenges every Thursday or Friday
- Daily Workout plans focusing on skills daily (estimated 40min -1 hour long)
- One Online activity weekly promoting self awareness and critical thinking skills
- Applied New Learning Theory Models
- Optional sharing and interaction through platform or social media
- Final Feedback & Evaluation Questionnaire

REGISTER

1. [More information about the 6-week course](#)
2. [Registration and Consent Form for all participants](#)
3. [Early Interest Form for individuals, teams, or clubs](#)

Athletes of all ages and skill levels are welcome to participate.

RESOURCES

A comprehensive program featuring skill and drill cards, assessments, and remote participation for personalized athlete development.

- [Digital Platform](#) (See interactive Skill, Drill, Workout and Assessment Cards)
- [Skill Cards \(pdf\)](#)
- [Weekly Workouts and Challenges \(pdf\)](#)
- [Assessment Tests \(pdf\)](#)

FINAL EVENT

COMING UP NEXT: FINAL EVENT IN GREECE - IN DECEMBER, 2025 (DATE TBD)

cr.anemos.eu | @CoachingReimagined | eusports.cr24@gmail.com | Project_CR_2025

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6-Week Pilot Program - Results



Participant Statistics

115 Participants from 9 countries followed daily workouts, completed skill assessment tests on the first and last day, and took part in weekly challenges, while coaches provided ongoing guidance and support.

115 Registered Participants

9 Countries

16 teams

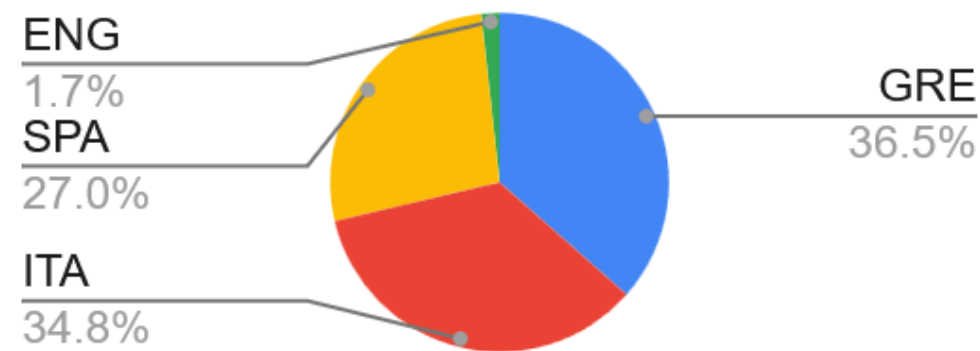
**90 Onsite,
25 Remote**

22 coaches

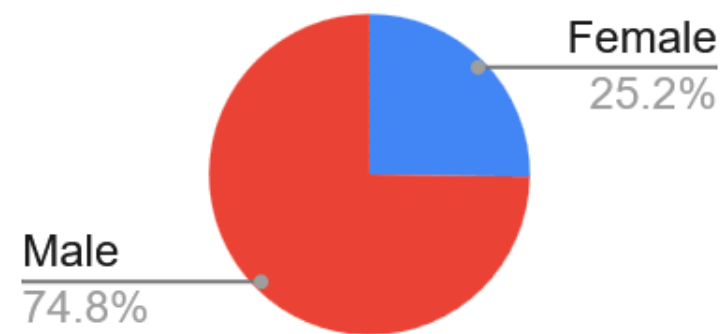
86 Male, 29 Female

Age Span: 9 - 58 years old

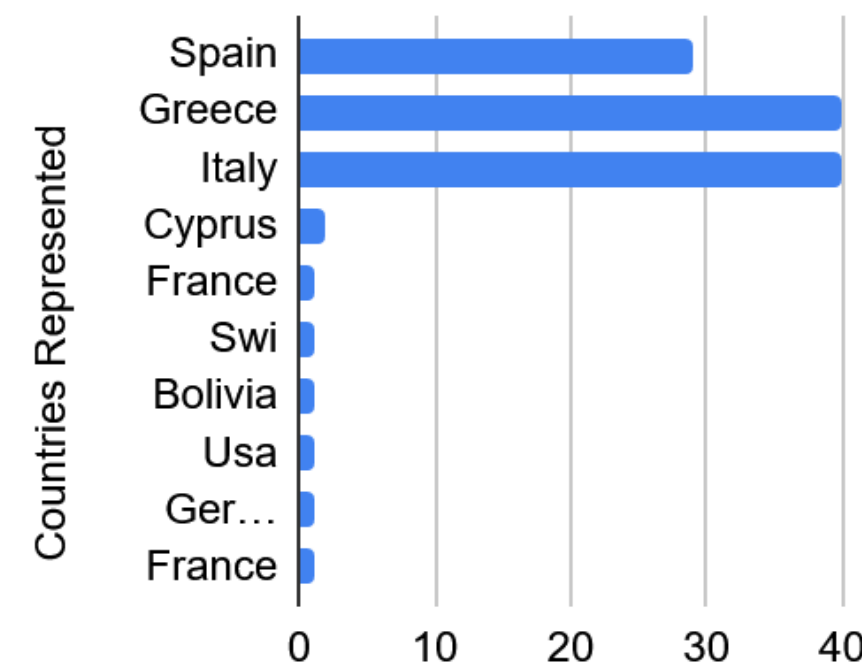
Registration Forms - Language



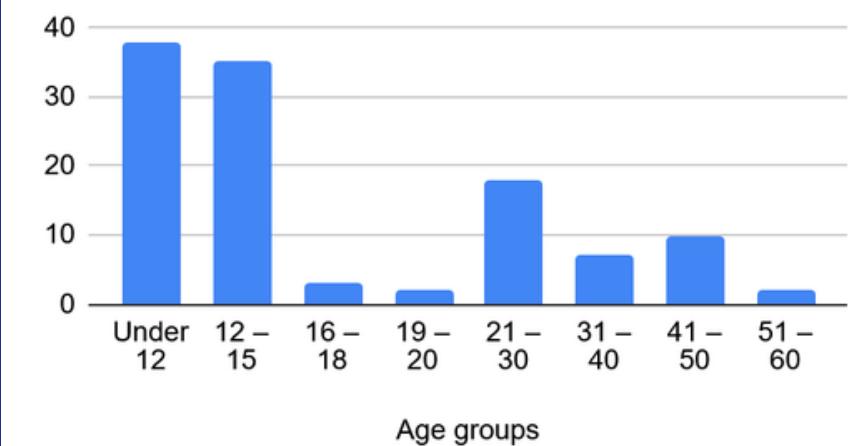
Gender



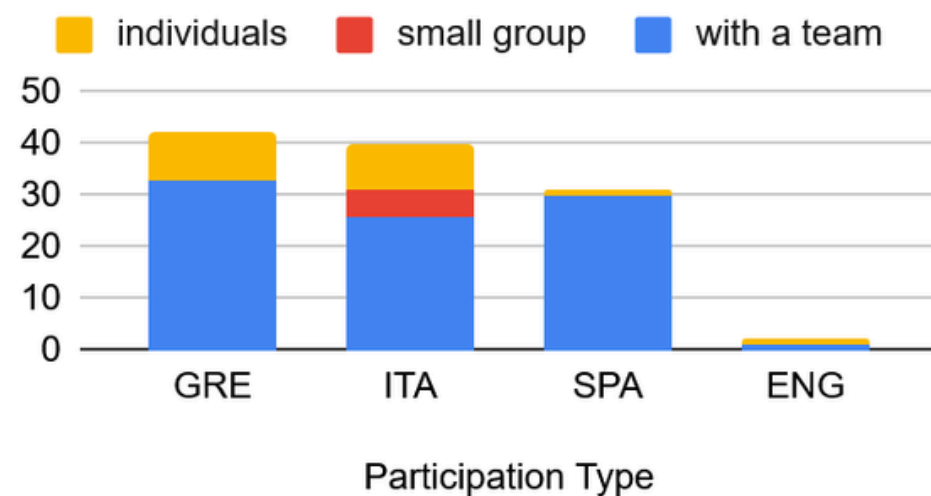
Countries Represented



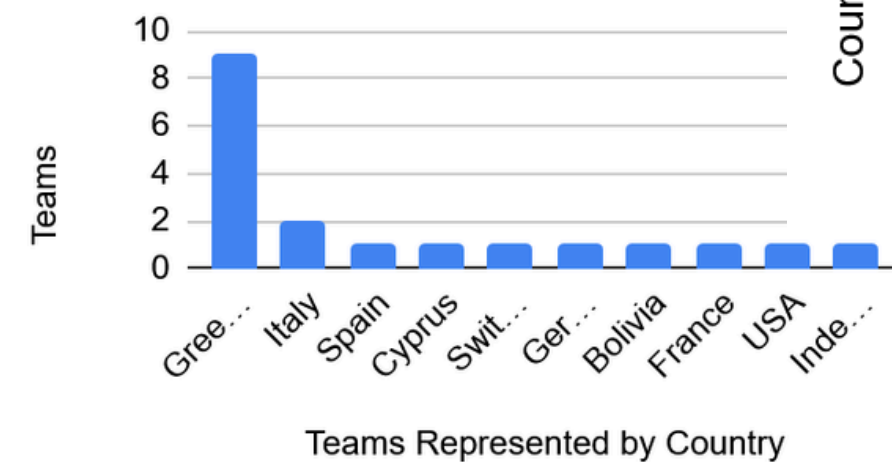
vs. Age groups



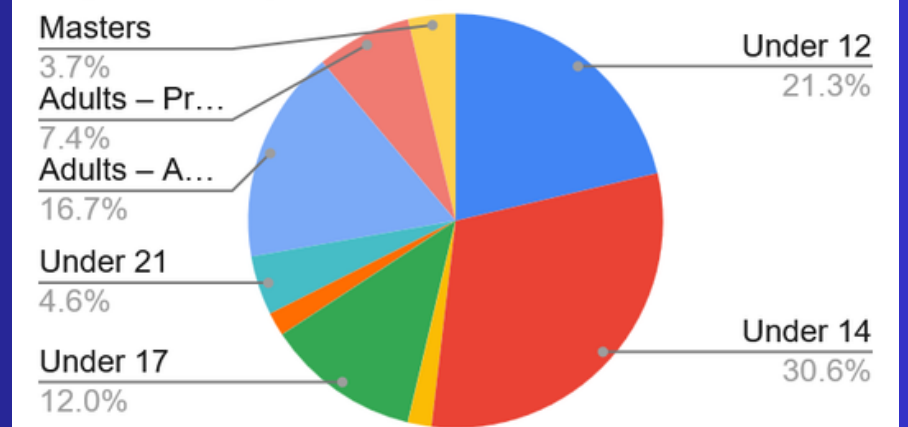
Participation Type



Teams Represented by Count



Age Group Categories

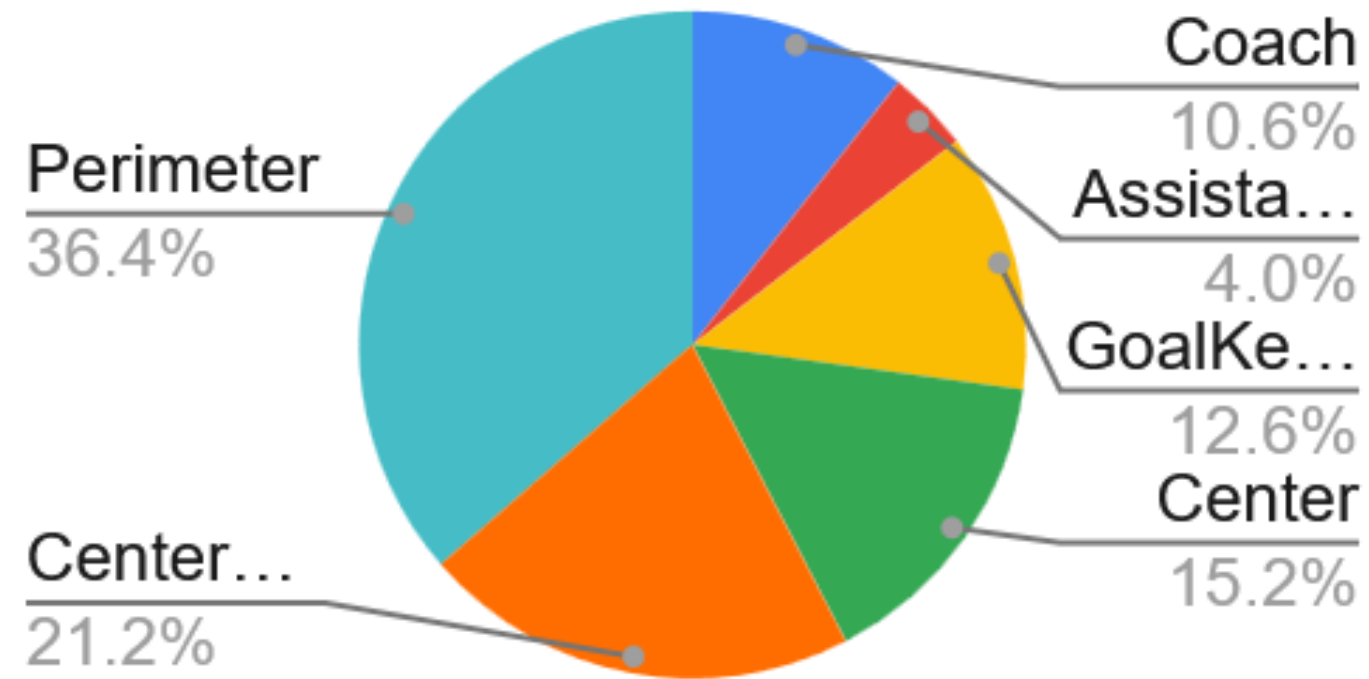


6-Week Pilot Program - Results

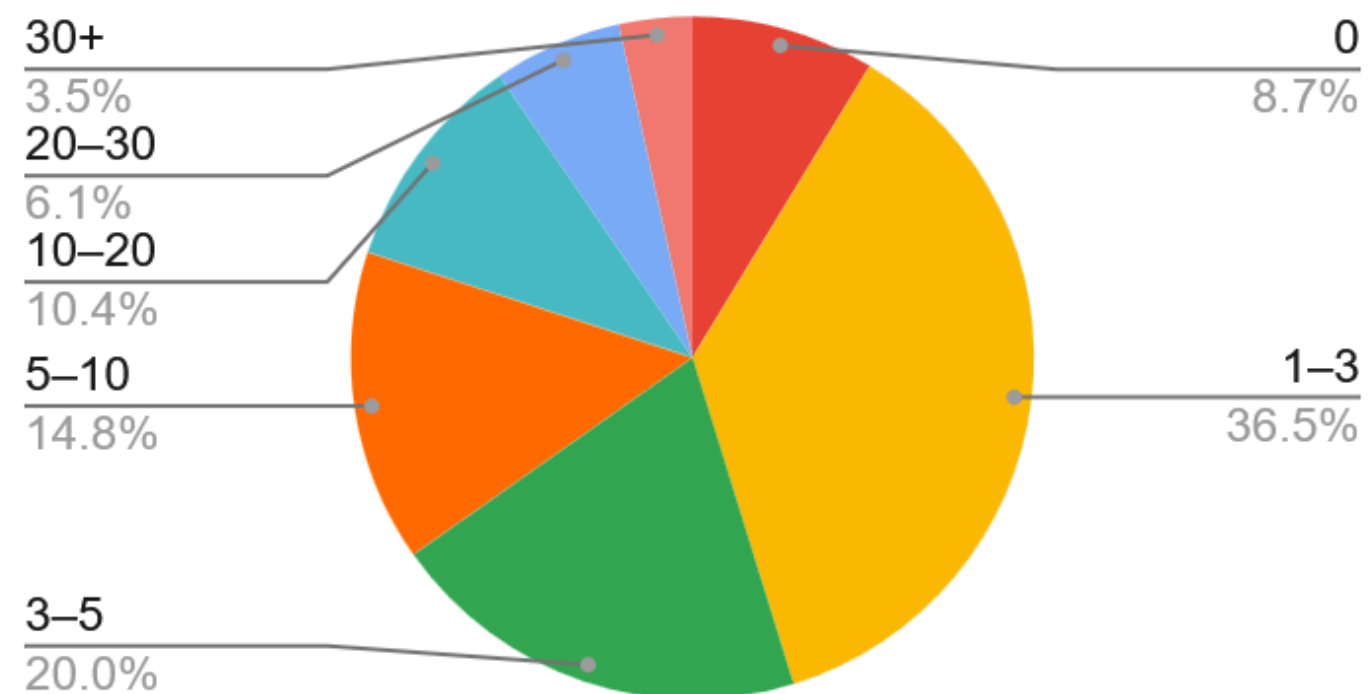


Participant Statistics

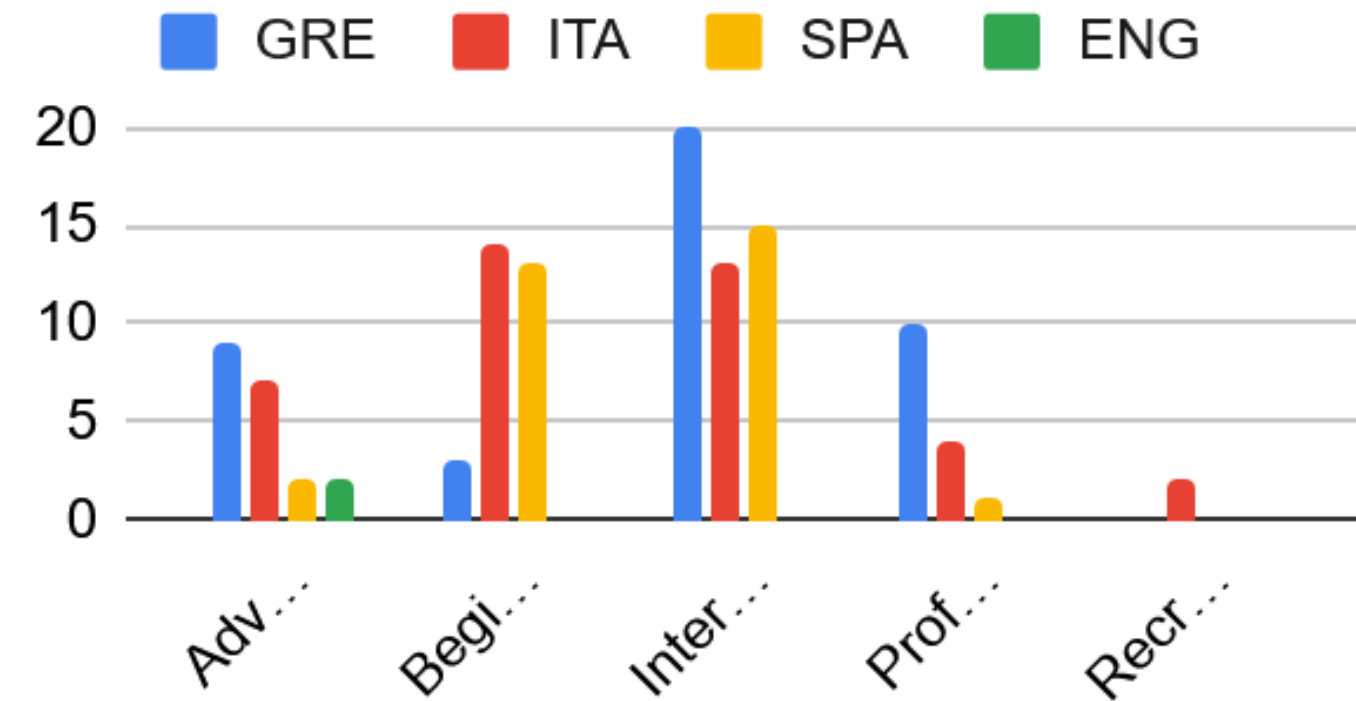
WP Preferred Positions



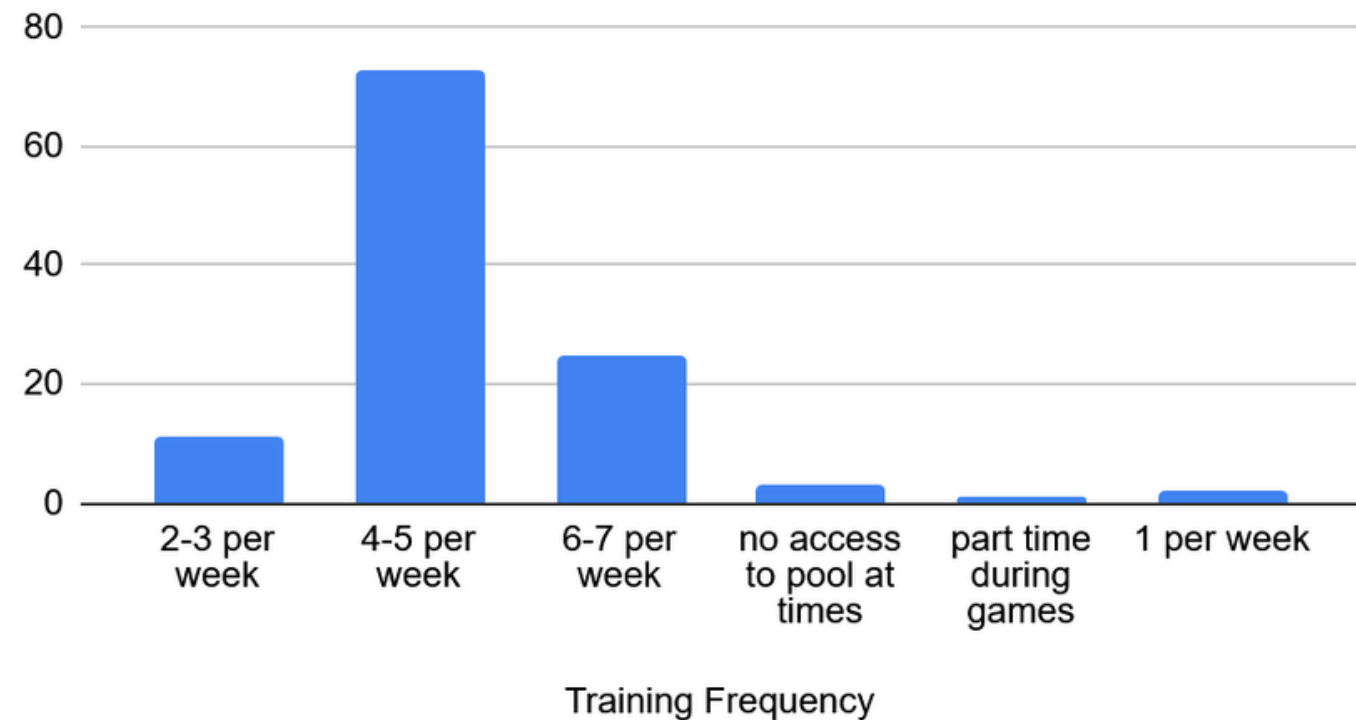
Years of WP Experience



WP Level



Training Frequency



6-Week Pilot Program - Results



Statistics from the Challenges

| Challenge | Overall Winner | Team Winner | Individual's Winner Team | Notes |
|-----------|----------------|-------------|--------------------------|---|
| 1 | Italy | UNIVERSO | OFI (Greece) | Universo showed fastest team average; standout individual from OFI |
| 2 | Greece | OFI | OFI (Greece) | OFI dominated both team and individual performance |
| 3 | Greece | OFI | Universo (Italy) | OFI had better average; top individual came from Universo |
| 4 | Italy | UNIVERSO | Universo (Italy) | Universo strong technical consistency; Fiorillo repeated as top performer |
| 5 | Italy | UNIVERSO | Universo (Italy) | Universo maintained lead with both team & individual success |
| 6 | Spain | ECHEYDE | Echeyde (Spain) | Echeyde won Challenge 6 (points-based) with strong precision results |

| | TEAM WINNER | IND WINNER | Z-Score Wins | Weighted Wins |
|------------------|-------------|------------|--------------|---------------|
| OFI (Greece) | 2 | 2 | 2 | 2 |
| Universo (Italy) | 3 | 3 | 3 | 3 |
| Echeyde (Spain) | 1 | 1 | 1 | 1 |

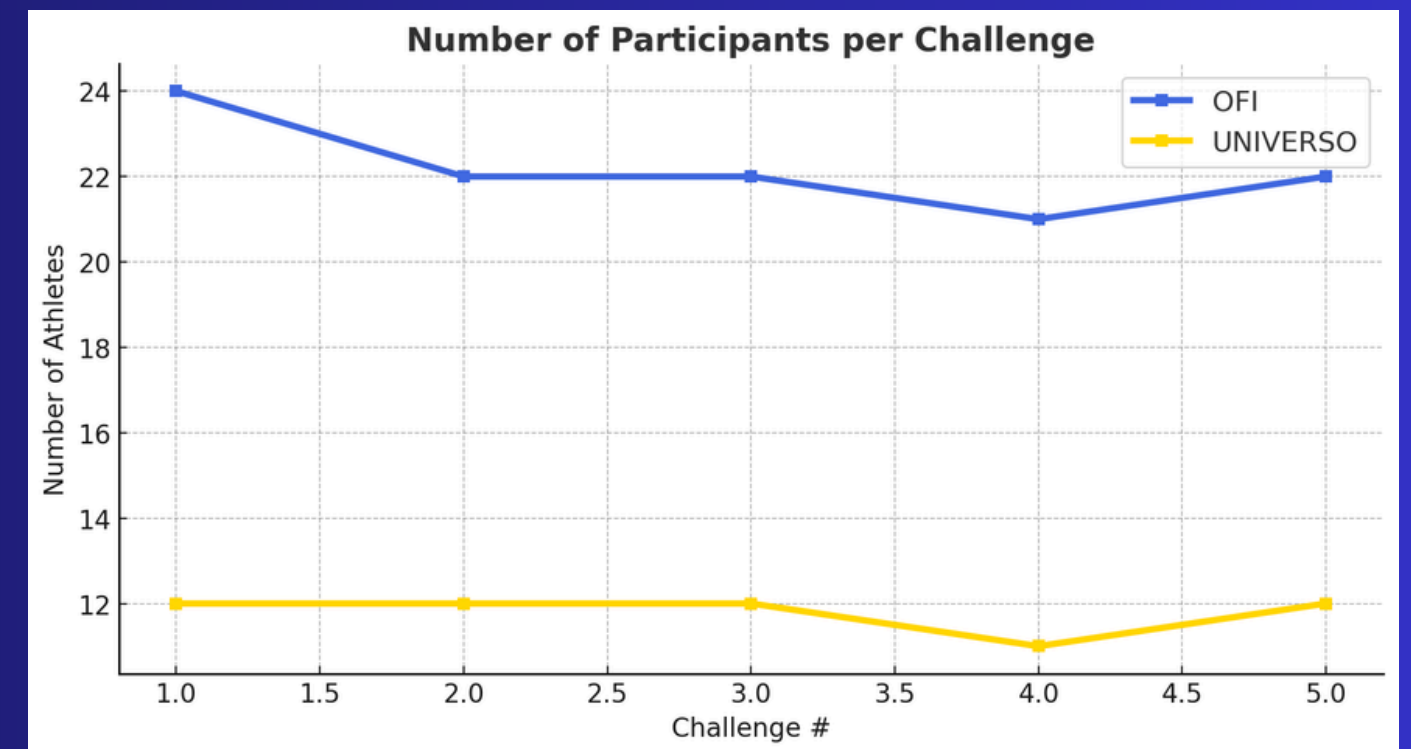
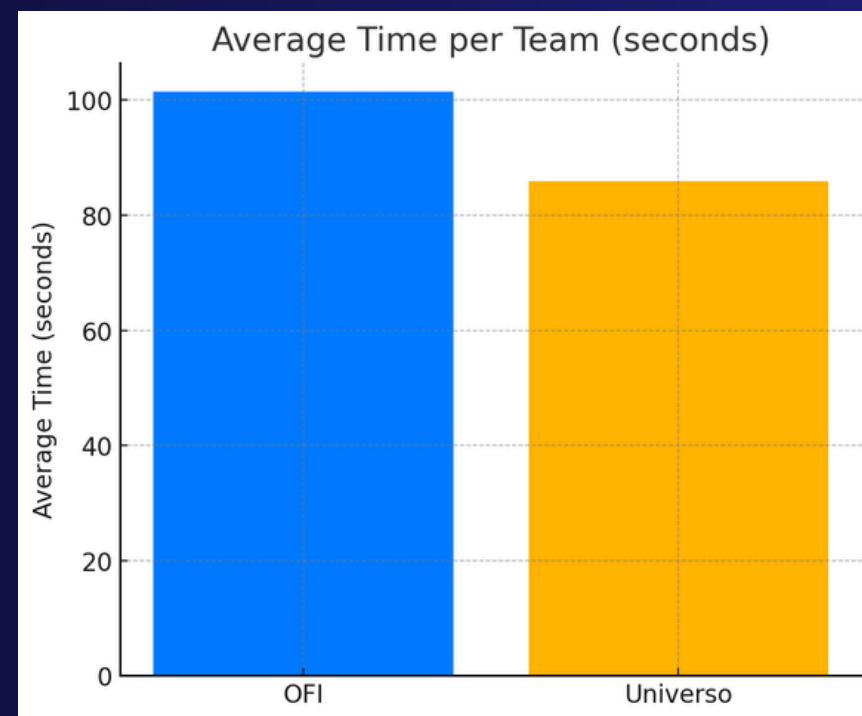
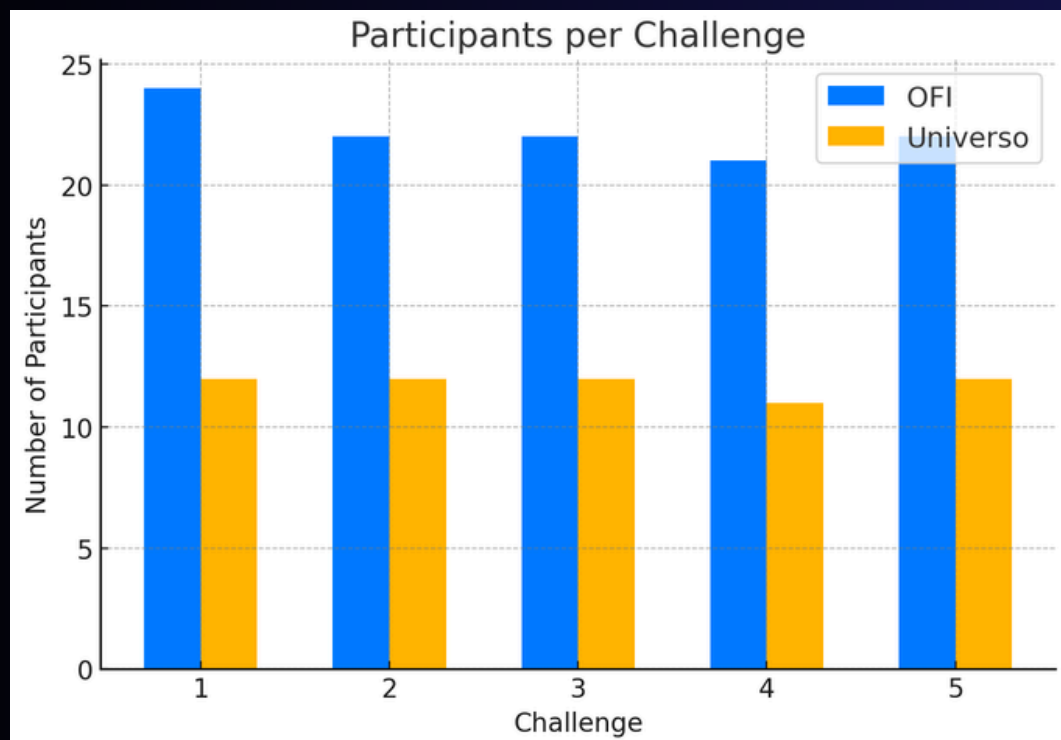
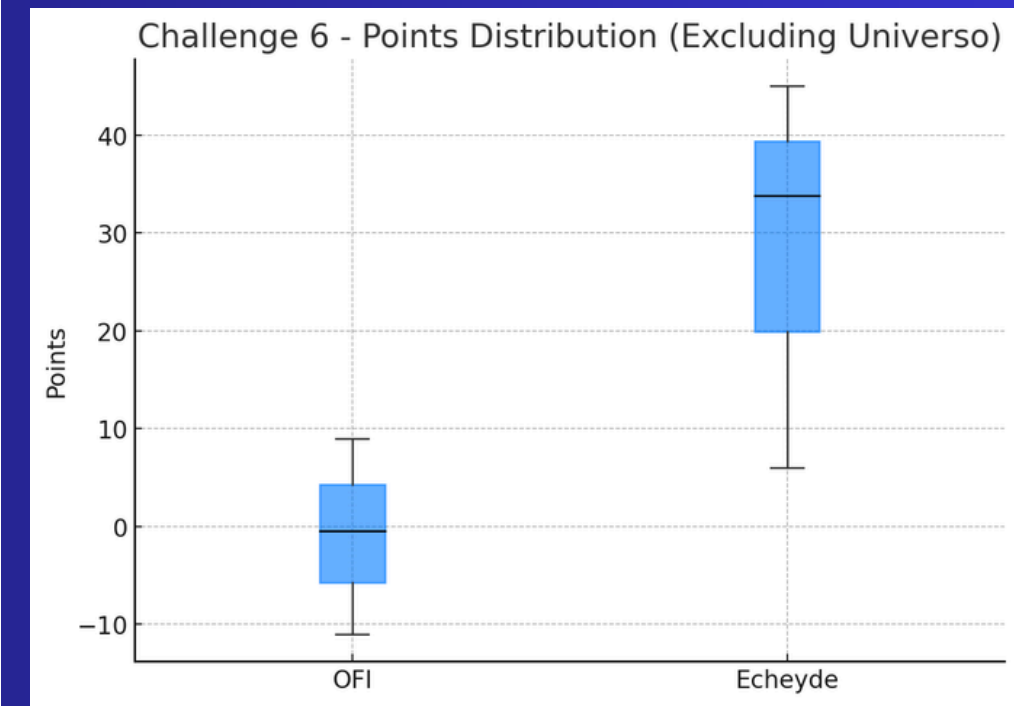
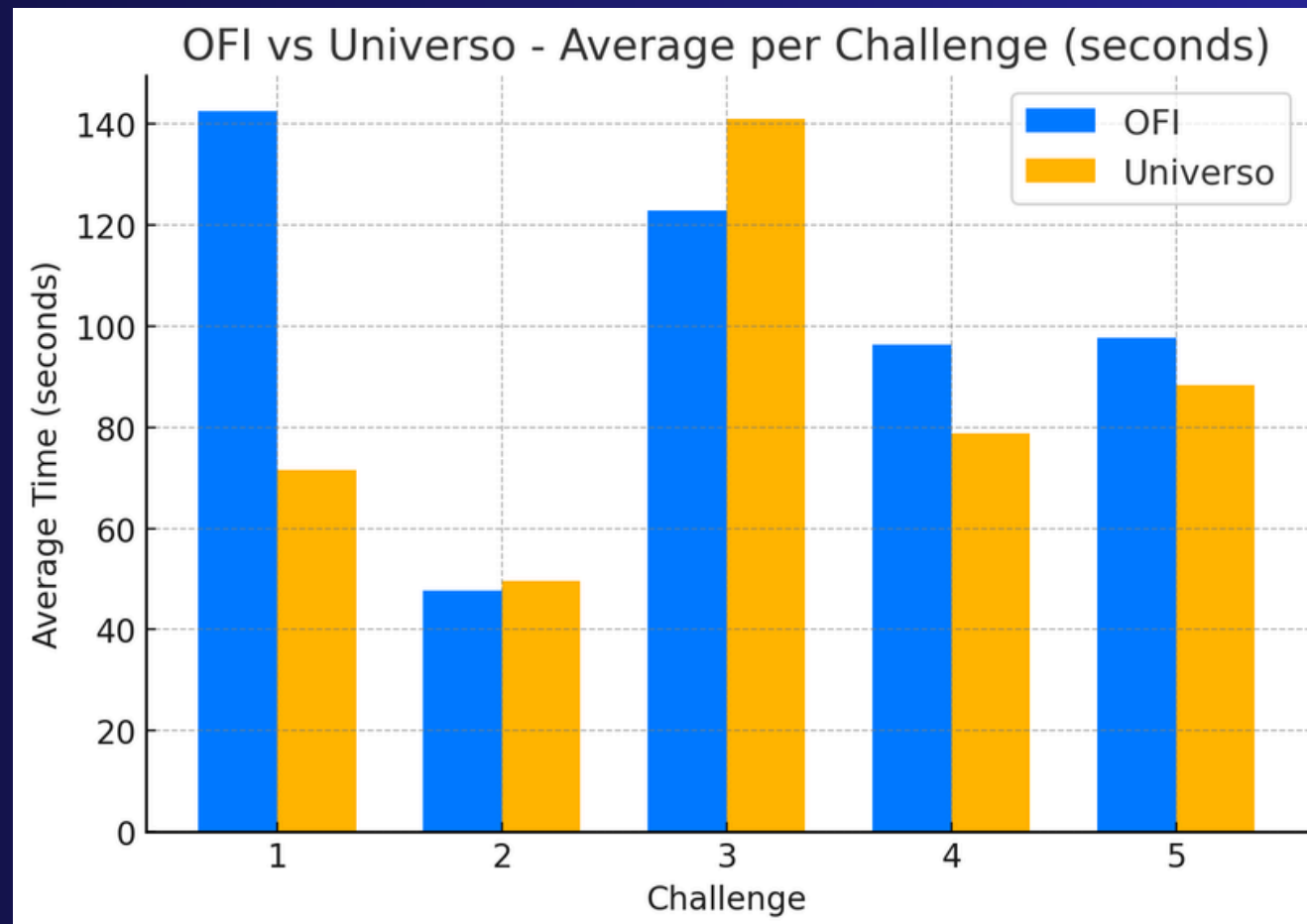
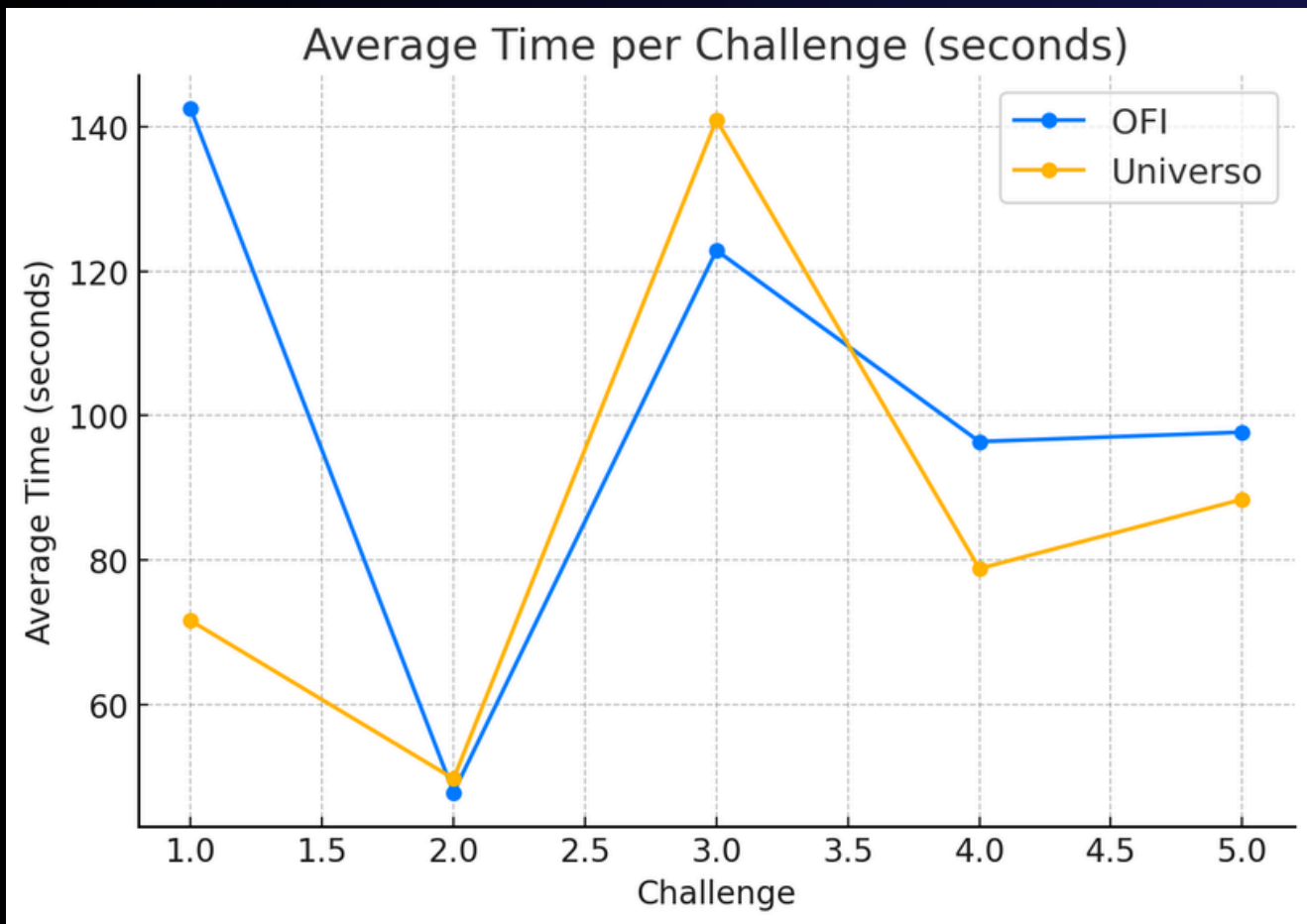
Overall Winner

Universo (Italy)

6-Week Pilot Program - Results



Statistics from the Challenges



6-Week Pilot Program - Results

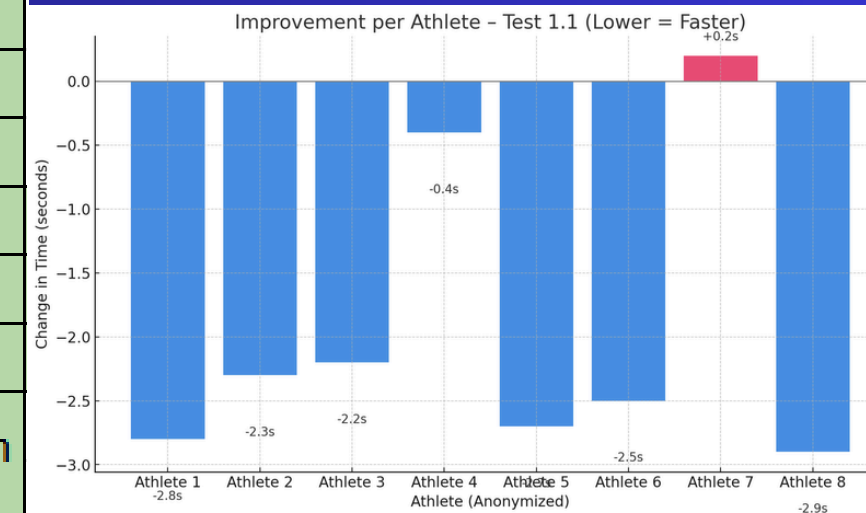


Statistics from the Assessment Tests

Universo SSD - Test #1.1 - Improvement Per Athlete

| Athlete # | Attempt 1 (s) | Attempt 2 (s) | Difference | Result |
|-----------|---------------|---------------|------------|-------------------|
| athlete 1 | 20.8 | 18 | -2.8 | Improved ✓ |
| athlete 2 | 20.1 | 17.8 | -2.3 | Improved ✓ |
| athlete 3 | 19.2 | 17 | -2.2 | Improved ✓ |
| athlete 4 | 16 | 15.6 | -0.4 | Improved ✓ |
| athlete 5 | 18.3 | 15.6 | -2.7 | Improved ✓ |
| athlete 6 | 21.5 | 19 | -2.5 | Improved ✓ |
| athlete 7 | 18.2 | 18.4 | 0.2 | Slightly slower ✗ |
| athlete 8 | 21.2 | 18.3 | -2.9 | Improved ✓ |

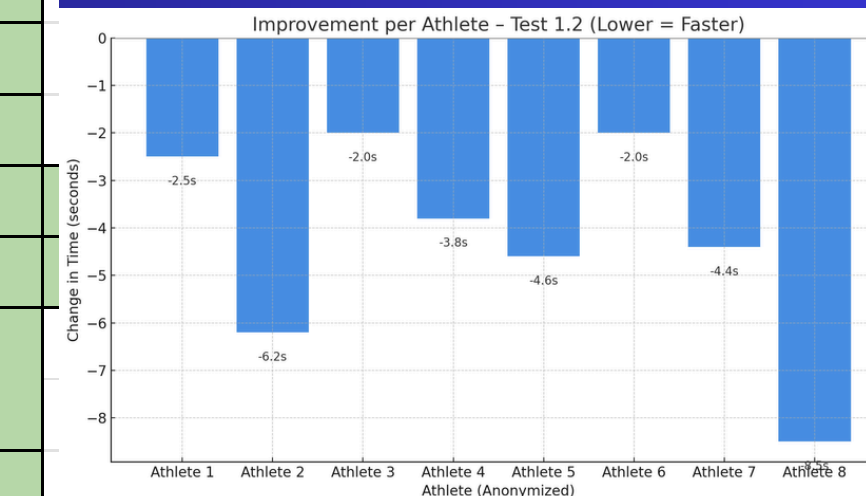
| Metric | Value | Athlete # |
|---|----------------|-----------|
| Total athletes compared | 8 | |
| Athletes who improved | 7 / 8 (88 %) | |
| Average improvement | -1.95 sec | |
| Best improvement | (-2.9 sec) | athlete 8 |
| Smallest change | (-0.4 sec) | athlete 4 |
| Only regression | (+0.2 sec) | athlete 7 |
| Nearly all athletes improved on their second trial, with an average gain of about 2 seconds faster. | | |
| The largest improvement was (-2.9 s). | | |



Universo SSD - Test #1.2 - Improvement Per Athlete

| Athlete # | Attempt 1 (s) | Attempt 2 (s) | Difference | Result |
|-----------|---------------|---------------|------------|------------|
| athlete 1 | 28.5 | 26 | -2.5 | Improved ✓ |
| athlete 2 | 27 | 20.8 | -6.2 | Improved ✓ |
| athlete 3 | 28 | 26 | -2.0 | Improved ✓ |
| athlete 4 | 24.8 | 21 | -3.8 | Improved ✓ |
| athlete 5 | 26.3 | 21.7 | -4.6 | Improved ✓ |
| athlete 6 | 27 | 25 | -2.0 | Improved ✓ |
| athlete 7 | 26.4 | 22 | -4.4 | Improved ✓ |
| athlete 8 | 29.3 | 20.8 | -8.5 | Improved ✓ |

| Metric | Value | Athlete # |
|---|--------------|-----------|
| Total athletes compared | 8 | |
| Athletes who improved | 8 / 8 (100%) | |
| Average improvement | -4.25 sec | |
| Best improvement | (-8.5 s) | athlete 8 |
| Smallest improvement | (-2.0 s) | athlete 3 |
| Every athlete improved on their second 25 m swim with the ball. | | |
| Average improvement was roughly 4.3 seconds, with Athlete 8 showing the greatest gain (-8.5 s). | | |



6-Week Pilot Program - Results

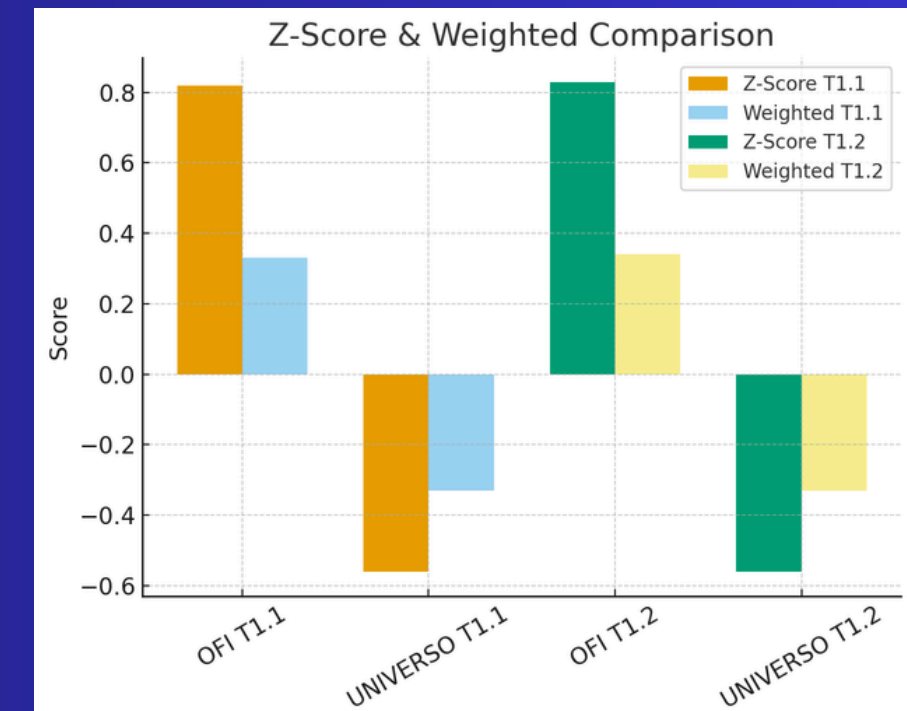
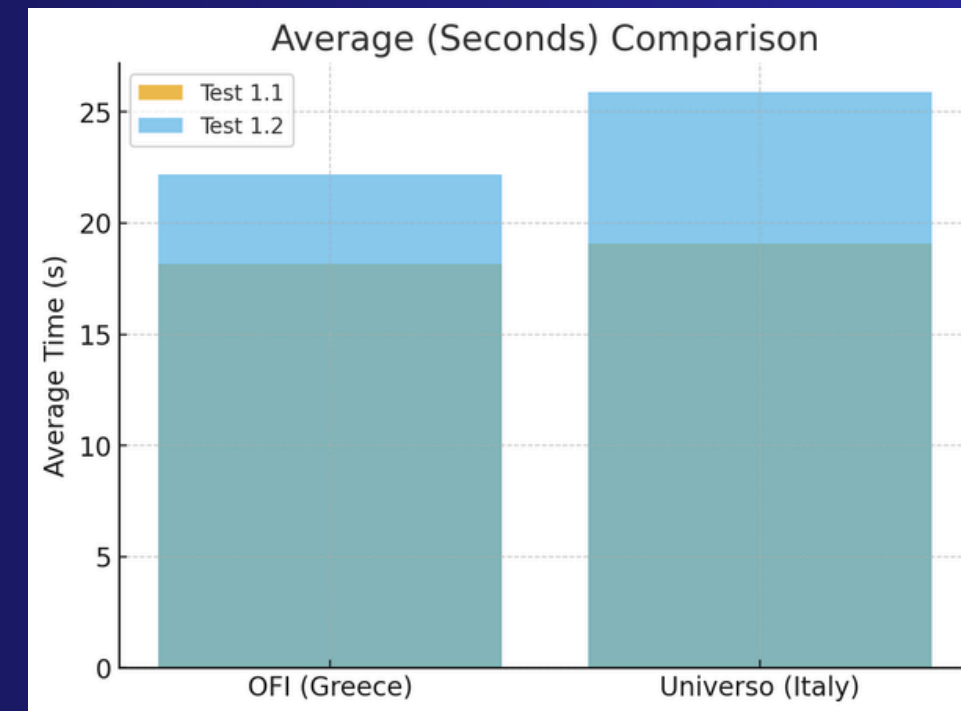
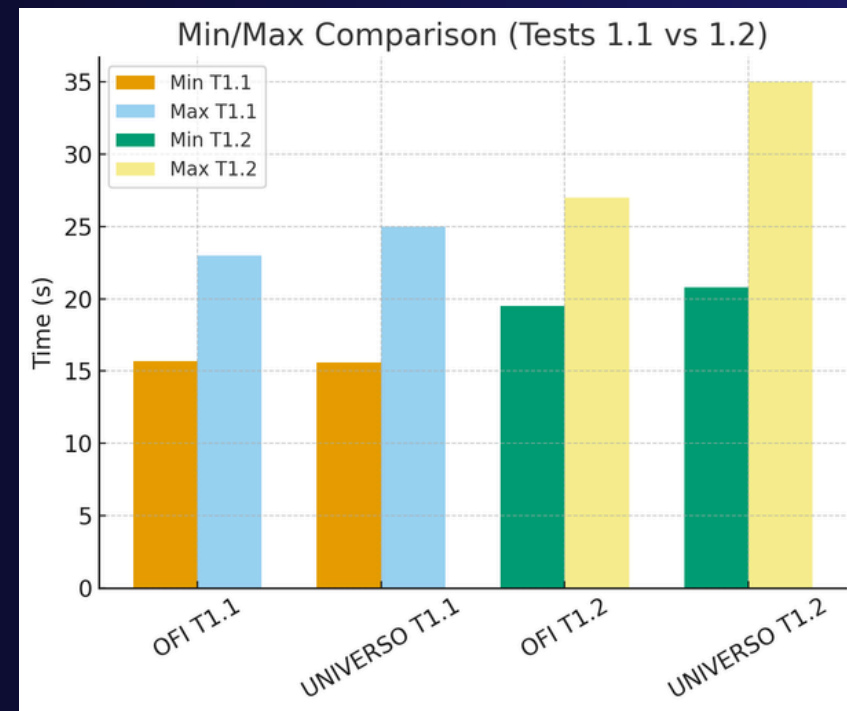
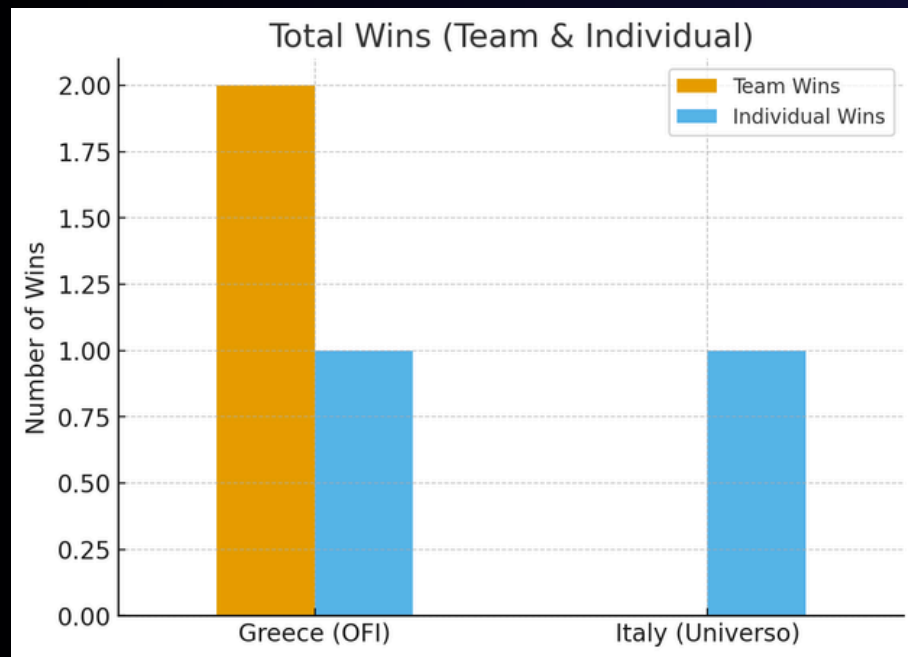


Statistics from the Assessment Tests

Tests #1.1 #1.1 - Comparison: Universo SSD - OFI Heraklion

| Test 1.1 | Number | AVG | MIN | MAX | AGES | <=avg | >avg | TEAM WINNER | IND WINNER | Z-Score | Weighted | Z-Rank | Weighted Rank |
|----------|--------|-------|------|-----|-------|-------|------|--------------|------------------|---------|----------|--------|---------------|
| OFI | 17 | 18.17 | 15.7 | 23 | 11-15 | 12 | 5 | | | 0.82 | 0.33 | 1 | 1 |
| UNIVERSO | 25 | 19.08 | 15.6 | 25 | 11-14 | 12 | 13 | | | -0.56 | -0.33 | 2 | 2 |
| TOTAL | 42 | 18.71 | 15.6 | 25 | 11-15 | 24 | 18 | Greece (OFI) | Italy (Universo) | | | | |

| Test 1.2 | Number | AVG | MIN | MAX | AGES | <=avg | >avg | TEAM WINNER | IND WINNER | Z-Score | Weighted | Z-Rank | Weighted Rank |
|----------|--------|------|------|-----|-------|-------|------|--------------|--------------|---------|----------|--------|---------------|
| OFI | 17 | 22.2 | 19.5 | 27 | 11-15 | 14 | 3 | | | 0.83 | 0.34 | 1 | 1 |
| UNIVERSO | 25 | 25.9 | 20.8 | 35 | 11-14 | 7 | 18 | | | -0.56 | -0.33 | 2 | 2 |
| TOTAL | 42 | 24.4 | 19.5 | 35 | 11-15 | 21 | 21 | Greece (OFI) | Greece (OFI) | | | | |



| Test | Overall Winner | Team Winner | Individual's Winner Team |
|----------|-----------------|--------------|--------------------------|
| Test 1.1 | 🇬🇷 Greece (OFI) | Greece (OFI) | Italy (Universo) |
| Test 1.2 | 🇬🇷 Greece (OFI) | Greece (OFI) | Greece (OFI) |

6-Week Pilot Program - Results

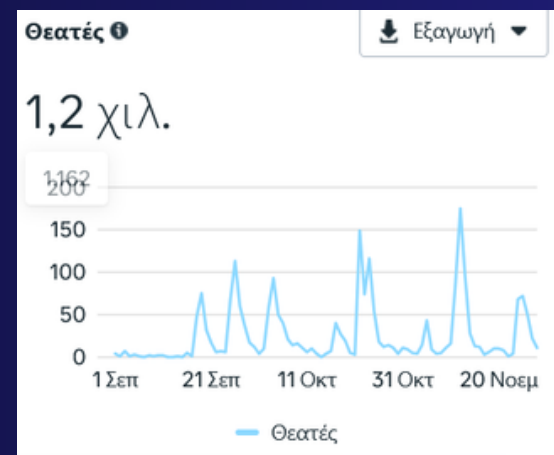
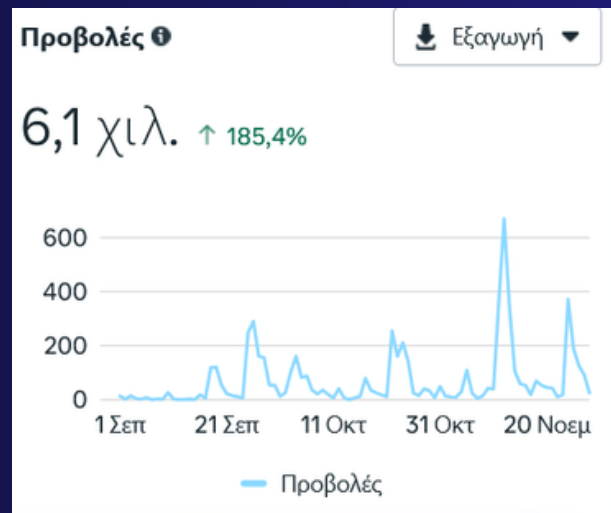
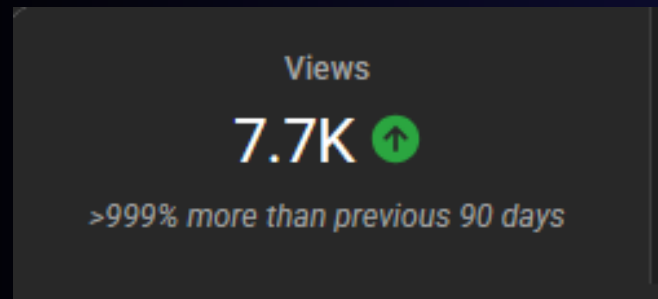
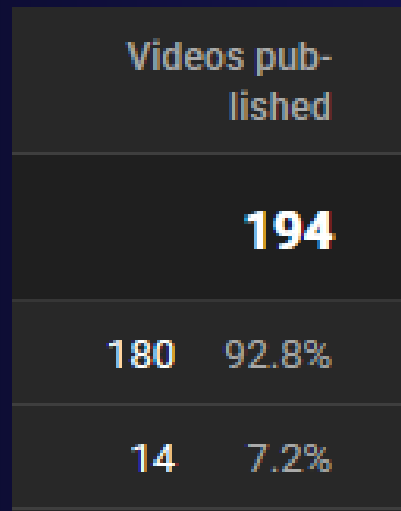


A Detailed Analysis on Pilot's Assessment Tests and Weekly Challenges Scores was also released and can be found on project's website and social media pages.

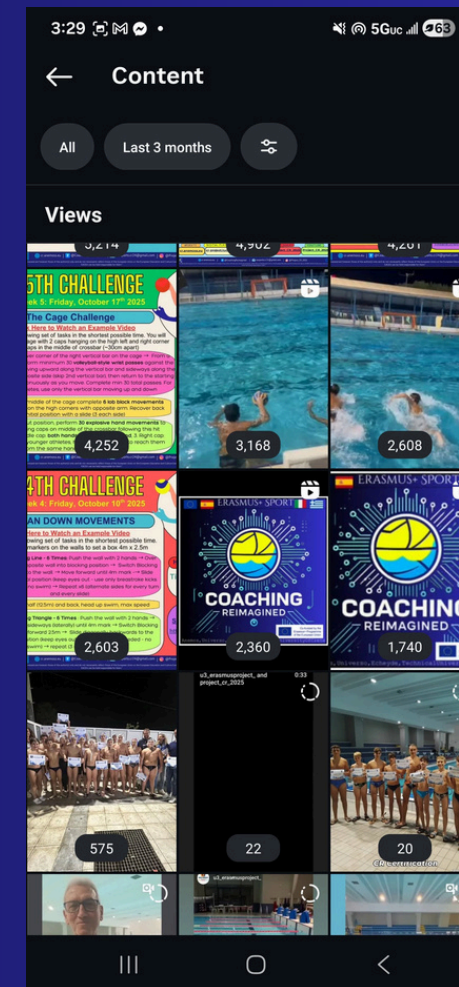
6-Week Pilot Program - Results



Project's Impact



| Content type | Views ↓ | Impressions | Videos published |
|---|--------------|---------------|------------------|
| <input checked="" type="checkbox"/> Total | 7,714 | 34,691 | 194 |
| <input type="checkbox"/> Shorts | 5,617 72.8% | 8,744 | 180 92.8% |
| <input type="checkbox"/> Videos | 2,097 27.2% | 25,947 | 14 7.2% |



Future Collaborations & Development



Future Collaborations & Development



Next Steps for this Project

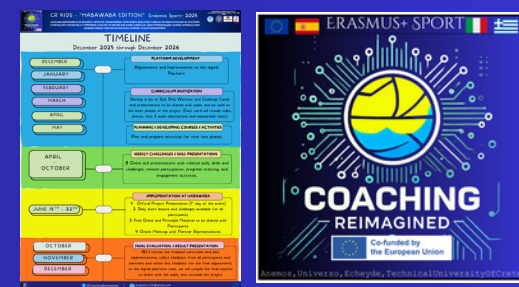
We plan to apply in February for a new Erasmus+ large-scale project to build on this initiative.
The proposal will aim to

1. Expand the platform further,

2. integrating more water sports and sport psychology.

3. It will also enhance and extend this **current water polo coaching curriculum, developed through this project by our team**

Future Collaborations & Development



Announcement of Upcoming Erasmus+ Sport Project CR KIDS - "HABAWABA SCHOOL" 2026

We are very excited to announce a new collaboration between WP Development, Club Aquatico Pescara SSD (Italy), Anemos Nautical and Cultural Club (Greece), and the Technical University of Crete (Greece). As we continue to enhance and expand the digital platform, the project will focus on three main components:

New Digitized Course

The Non-Profit "Waterpolo Development" will be using the CR digital platform to digitize a new series of coaching curricula — including skills, drills, challenges, and videos — specifically designed for athletes aged **12 and under**.

8 Online Seminars

Throughout the project year, partner clubs and expert coaches will host **eight online seminars**, where the newly developed material will be presented, demonstrated, and shared through the CR platform and partners' webpages.

HabaWaba Event (June 14th-21st, 2026)

During the HabaWaba International Festival in Italy, the project will be officially presented, with activities offered to all participants both onsite and remotely.

1. Offering daily short lessons and challenges for participants both onsite and online.
2. Printed coaching materials will be distributed to athletes and coaches
3. Official Project Presentation
Our team will present the digital platform and the new curriculum
4. Technical support will also be provided

All created materials — including seminars, lessons, and curriculum resources — will be and remain freely accessible to all

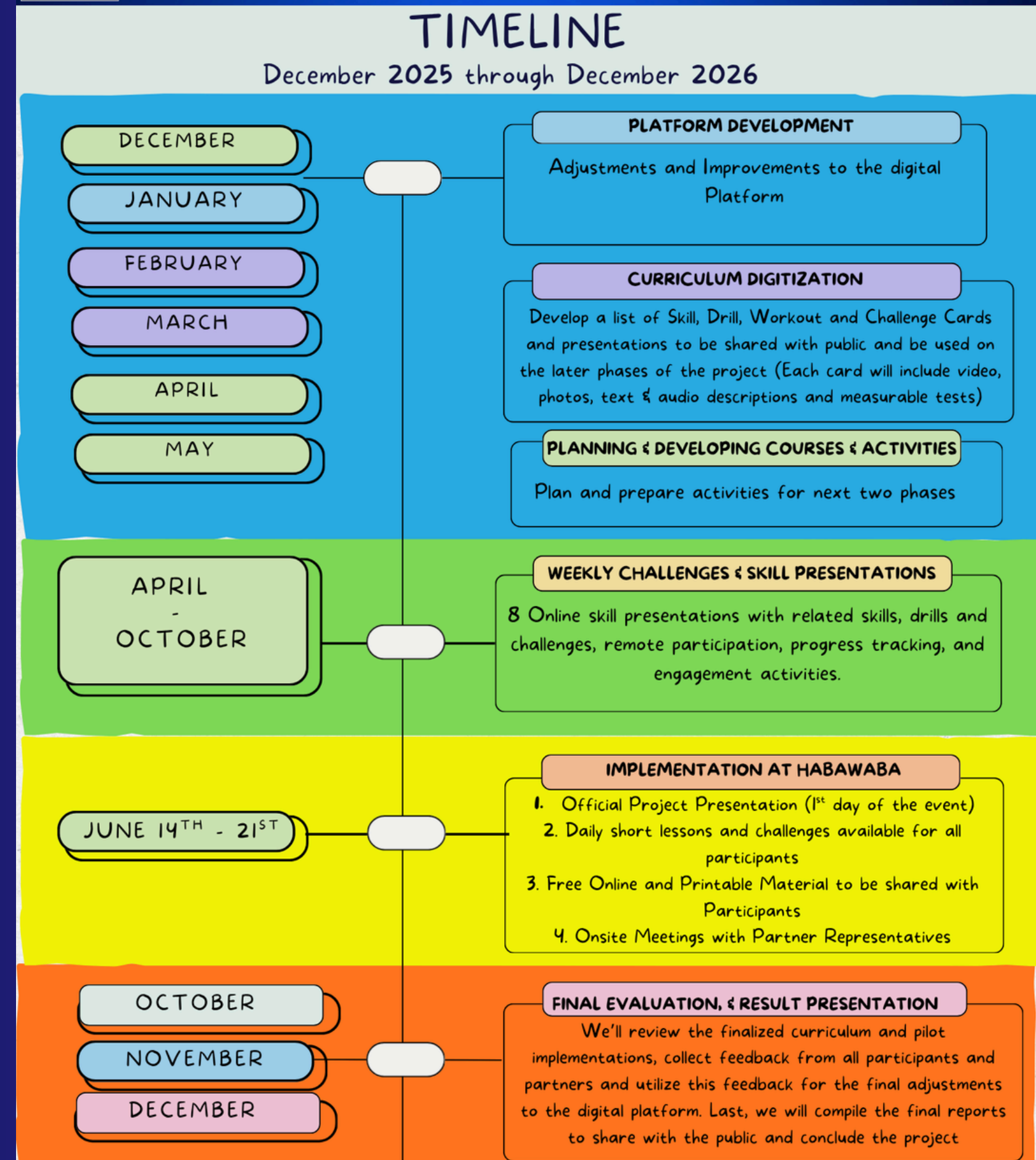
 <https://www.habawaba.com/en/international-festival/>

Future Collaborations & Development

Announcement of Upcoming Erasmus+ Sport Project CR KIDS - "HABAWABA SCHOOL" 2026

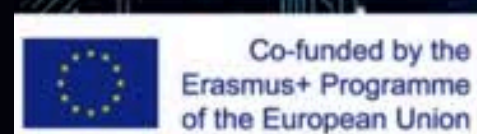
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<https://www.habawaba.com/en/international-festival/>





Coaching Reimagined is an Erasmus+ initiative transforming team sports education through an innovative digital platform. Starting with water polo, it empowers coaches to digitize and share curricula, create personalized courses, introduce new learning models, and foster inclusive, dynamic athlete development.



Digital Platform

An innovative web platform transforming team sports coaching, making education accessible and inclusive.

01

Digitized Sport Curriculum

Shared Sports Curriculum: Free access to comprehensive coaching materials and lessons for athletes and young coaches, available online.

02

6-Week Pilot Course

A comprehensive program featuring challenges, assessments, and remote participation for personalized athlete development.

03

Final Event in Greece

Final Event: A closing event in Greece to review project outcomes, foster discussions, and explore future opportunities. Partners will gather to evaluate results, discuss the project's impact, share insights, and collaborate on future initiatives.

04

@CoachingReimagined

eusports.cr24@gmail.com

Short Term Impact

- First coordinated step bringing together coaches, managers, IT specialists, athletes, and parents into one shared process.
- Helped to start a meaningful conversation about how technology can support learning, training, and collaboration in team sports.
- Enabled partners to collect real data and experiences from coaches and athletes, forming a foundation for evidence-based development.
- Established a digital and communication framework that will guide future phases of the Coaching Reimagined initiative.
- Confirmed the project's central mission: to digitize, share, and modernize coaching practices through accessible technology.

Future Vision



First step toward a broader, inclusive coaching ecosystem for water polo and other team sports and team disciplines.

Builds the base for a **trackable, personalized**, and hybrid (**remote & in-person**) training platform.

Future versions: multi-sport expansion, advanced progress tracking, adaptive plans, and performance data integration.

Serves as a proof of concept to engage athletes, coaches, managers and promote open-access sports education.

Explore new ways to integrate new technologies and learning models into coaching and athlete development.

Future Vision



This project represents the first step in a broader, more inclusive vision for the future of coaching in water polo and other team sports. While the current platform focuses on organizing and sharing core coaching content, it lays the foundation for a more advanced system where all elements of a training curriculum can be tracked, personalized, and delivered in both remote and in-person settings.

The long-term goal is to support both self-guided and assisted learning, making the platform accessible to individual athletes, full teams, and entire clubs—regardless of their location or available resources. Future versions of the platform will expand to include more sport disciplines and offer enhanced features such as progress tracking, performance assessments, adaptive training plans, and deeper integration with performance data.

This initial project also serves as a milestone and visual proof of concept to communicate our vision and engage more stakeholders. By showcasing a working model, we aim to encourage experienced coaches across Europe to contribute and share their curriculum freely, strengthening the open-access movement in sports education.

Ultimately, this project seeks to spark a shift toward collaborative, accessible, inclusive, and technology-supported coaching models, with long-term social and educational impact.

Partner Reports

Short presentations by partner
representatives

project overview and overall
experience



UNIVERSO SSD, Partner Report



SSD Universo Sport Center ARL, Silvi Marina, Italy

SSD UNIVERSO Coaching Reimagined



INTRO

The SSD Universo Sport Club is a young and ambitious team, founded by Maurizio Gobbi, a former water polo goalkeeper and now our technical director.

Our mission is to build a strong sports culture in our territory, promoting sport as a tool for education, inclusion, and personal development.

Although we are a small club with no categories above Under 16, we decided to take on the Coaching Reimagined challenge because we believed in its innovative and educational potential.

We involved the most technically prepared and motivated team, including female athletes from our developing women's group, to make the experience inclusive and formative for everyone.

This project represented for us a unique opportunity for growth, collaboration, and international exchange — a chance to learn, share, and evolve together.



SSD UNIVERSO - Reimagined Coaching

TASKS

From January to March 2025:

- Project kick-off and definition of technical and organizational objectives.
- Internal meetings and task distribution among staff.
- Study and design of Skill & Drill Cards, focused on key youth water polo skills.
- Planning and production of video content and technical sheets.
- Selection of goalkeeper-specific skills, reflecting the expertise of our technical director and former goalkeeper.



- DEVELOPMENT AND VALIDATION OF THE 6-WEEK PILOT PROGRAM, INCLUDING PROGRESSIVE TESTS, DRILLS, AND EARLY CHALLENGES.
- ACTIVE INVOLVEMENT OF COACHES AND ATHLETES IN EXPERIMENTATION AND DATA COLLECTION.
- FINAL SELECTION AND FILMING OF THE OFFICIAL CHALLENGES, SHARED WITH EUROPEAN PARTNERS AND INTEGRATED INTO THE DIGITAL PLATFORM.

Partner Report - UNIVERSO SSD



PESCARA, ITALY

UNIVERSO SOCIETA SPORTIVA
DILETTANTISTICA

Our Team



LORENZO MAMBELLA

Partner Coordinator-Lead / Project Manager

Lorenzo Mambella is the Sport project manager, Physical education teacher in Zoli Sport school of Atri, with strong experience in the past Erasmus projects, as Youth Exchange, Erasmus student mobility, Placement and Comenius. Football coach and Personal trainer, his background is part of his experience working and studying in Spain, France, UK, Eritrea, Ethiopia. Erasmus coordinator accredited in the Zoli school, actually working in the network as Sport staff with FIGC Abruzzo, CONI Abruzzo, Sport e Salute Projects as sport trainer. Master's Degree in Sport Science and Master in Communication and Policy of Sport. He was one of the three managers that participated in the previous CR Project and he is already familiar with the initiative.

MAURIZIO GOBBI

Curriculum Contributor / Head Coach

Water polo coach with decades of experience, active since 1977. He has led youth and senior teams across several divisions, from Serie C to Serie A1, both male and female, achieving significant promotions. He held coaching and managerial roles at prominent Pescara-based clubs such as Gis, Sisley, Rari Nantes, Pescara Sport, and Waterpolis. Since 2021, he has served as pool supervisor at the Universo Center Swimming Pool in Silvi Marina, coordinating both athletic and organizational activities.

TOMASCH CALORE

Media Coordinator / Project Manager

Former professional footballer with solid experience in the sports sector. Holds a Bachelor's degree in Sports Science (L-22) and a Master's in Sports Management (LM-47). Managing administrative and operational tasks of the club. Experienced in document management, ensuring accurate record-keeping of client data, and bookings in compliance with privacy regulations. Provides administrative support by preparing reports, information sheets, and essential documents for daily operations. Passionate about sports and eager to contribute to the success of the organization. He worked on the previous Erasmus project and managing the club sport project with school, universities and other sport local club.

FEDERICA TRAVAGLINI

Curriculum Contributor/CR Pilot Program Coach

Swimming and water polo instructor with competitive experience as a player for the Pescara team, participating in the Serie C Championship (2006/2007) and earning promotion to Serie B (2007/2008). She has worked in both the hospitality and sports sectors, collaborating with ASD Club Aquatico Pescara and, since 2021, Universo Amateur Sports Club. She holds a high school diploma in science, is a law student



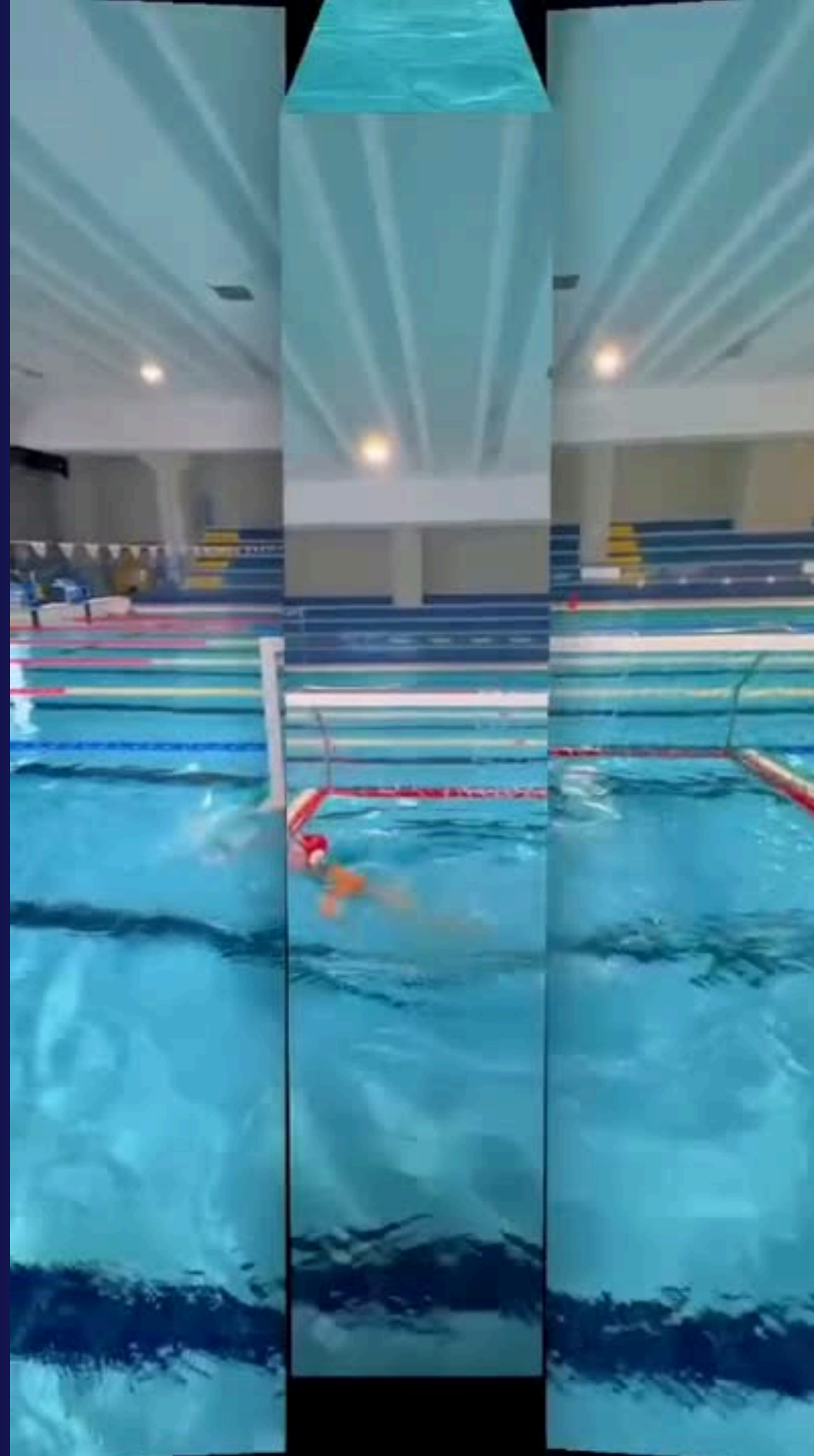
 Co-funded by the Erasmus+ Programme of the European Union

SSD UNIVERSO - Reimagined Coaching



Highlights

Challenges & Lessons Learned



SSD UNIVERSO - Reimagined Coacaching



OFI HERAKLION - Partner Report



WATER POLO

OFI Water Polo Club, Heraklion, Crete, Greece

OFI HERAKLION - Partner Report (1)

OFI WATER POLO

Our Team

GIAKOUMAKIS NIKOS

CR Pilot Program Head Coach

Giakoumakis Nikos is the head coach of the U16 and U14 age groups at OFI Water Polo Club in Heraklion, Greece. He has also coached youth teams at Panionios Water Polo Club in Athens and NC Rethymno in Crete, further broadening his experience across different levels of the sport. A former player himself and a graduate of ΤΕΦΑΑ (School of Physical Education and Sport Science), he brings both academic knowledge and personal experience to his coaching, guiding young athletes in their development.

SPAGOULAKIS GIORGOS

Team Manager

Giorgos Spagkoulakis is a former water polo player and the current team manager of OFI Water Polo (Club of Friends of Heraklion). In his role, he supports the development of young athletes, coordinates team operations, and contributes to the strategic growth of the club's water polo program.



WATER POLO

OFI Water Polo
Club, Heraklion,
Crete, Greece

OFI Heraklion - Partner Report (2)



OVERVIEW OF TASKS PERFORMED

The OFI Water Polo team successfully implemented the Coaching Reimagined pilot program with their youth athletes aged 11–15.

They carried out the 6-week workout program, ensuring structured daily sessions based on the provided curriculum.

Their coaches and athletes also executed the assessment tests and weekly challenges, collecting performance data and feedback to evaluate both individual and team progress throughout the pilot phase.

Photos, Videos, Screenshots



OFI - Partner Report (3) - Photos and Videos



CN ECHYEDE - Partner Report



Club Natación Echeyde Acidalio Lorenzo, Tenerife, Spain

Who we are

Waterpolo Tenerife Echeyde



Who we are

Waterpolo Tenerife Echeyde



- Founded in 1995, now the leading water polo club in the Canary Islands.
- Competes with both men's and women's teams in Spain's top division.
- Runs a complete youth development program, with over 100 players aged 7–18.
- Strong focus on education, equality, and international cooperation in sport.
- Organizer of international events such as the Nordic League Final 8 and the Paradise Cup.

“At Echeyde, we develop athletes and people, with a truly global mindset.”



Marc Salvador
Curriculum
contributor



Jorge Reyes
Media Coordinator



Nacho Gutiérrez & María Ramos
CR Pilot Program Team Coaches



Albert Español
Partner Coordinator-
Lead / Head Coach



Pilot Program Implementation in Tenerife



- We carried out the 6-week pilot program with our U14 athletes (ages 11–14).
- Echeyde coaches applied the project methodology: technical sessions, weekly challenges, and individual evaluations.
- Athletes actively took part in self-assessment and reflection.
- We submitted progress reports and feedback to the project partners.

“Our young players enjoyed a different, more structured and engaging experience.”



**ESTA SEMANA NUESTRA CANTERA ECHEYDE TIMBEQUE
ESTÁ PARTICIPANDO Y APLICANDO LOS EJERCICIOS DEL
PROGRAMA PILOTO EUROPEO DE COACHING REIMAGINED**

Applied Methodology



How we worked

- Structured around skill blocks
- Weekly challenges with clear and measurable goals.
- Initial and final evaluations to track individual progress.
- Weekly staff meetings to adapt and improve the sessions.

Results & Key Learnings



What we achieved

- Over 40 athletes and 3 coaches involved.
- Noticeable improvement in motivation, discipline, and engagement.
- The app proved a valuable planning and evaluation tool.
- The model is scalable and easy to adapt to other age groups.





THANK YOU!



LET'S GO ECHEYDE!

CN ECHYEDE - Partner Report (1)



TENERIFE, SPAIN

CN ECHEYDE ACIDALIO LORENZO

Our Team

ALBERT ESPAGNOL

Partner Coordinator-Lead / Head Coach

Albert is the manager of the sports club who will be responsible for the project; he holds a Bachelor's degree in Engineering and is a two-time Olympian with the Spanish National Team: London 2012 and Rio 2016. He won a silver medal in the World Championships in Rome 2009. Currently, he is the general manager of the club, as well as the head coach of the men's senior team and in charge of organizing the club's international sports events. During his sports career, he has played professionally in Spain, Greece, France, Italy, and China.

JORGE MARTÍN REYES

Media coordinator

Jorge Martín is the community manager of Waterpolo Tenerife Echeyde, with experience in sports media, communication, and branding. He is responsible for the club's digital presence, producing high-impact content for national and international audiences. In the project, he plays a key role in outreach and public engagement through social media.

MARC SALVADOR MAGAÑA

Curriculum Contributor

Marc Salvador is a professional water polo player in Spain's top division and the head coach of the club's second team, which competes in the Spanish First Division. He is completing his degree in Sports Science and has experience coaching youth and senior teams. His background includes international competition with the Spanish junior national team and a silver medal in the 2016 European Championships. He is skilled in player development, video analysis, and high-level coaching.

NACHO GUTIERREZ

CR Pilot Program Team Coach

Nacho is a professional player for CN Echeyde and coach of the club's U14 team. Passionate about working, learning, and constantly improving, he also leads his team in the 6-Week Pilot Program of Coaching Reimagined.

MARIA RAMOS FERNANDEZ

CR Pilot Program Team Coach

Lola is the U12 water polo coach and a professional player at CN Echeyde. With a lifelong passion for the sport, she loves helping young athletes enjoy water polo while growing as both athletes and teammates. Lola values every opportunity to continue learning and improving as a coach, and she is also leading her team in the 6-Week Pilot Program of Coaching Reimagined.

Technical University of Crete

Partner Report



Technical University of Crete, Sense Lab Space Informatics, Chania, Greece

Technical University of Crete - Partner Report (1)



ΠΟΛΥΤΕΧΝΕΙΟ
ΚΡΗΤΗΣ

CHANIA, GREECE



TECHNICAL UNIVERSITY OF CRETE

Our Team

DR PARTSINEVELOLOS PANAGIOTIS

Partner Coordinator - Lead

Dr. Partsinevelos is an esteemed Professor specializing in Space Informatics at the Technical University of Crete. With a PhD in Spatial Information Science & Engineering from the University of Maine and extensive experience in GIS, Satellite Remote Sensing, and UAVs, he has made significant contributions to the field. Dr. Partsinevelos has held various academic and research positions, including serving as a postdoctoral researcher in Greece and the USA. He is the director of the Space Informatics Research Team, SenseLab, and has led numerous innovative projects in collaboration with national and international partners. His research interests span a wide range of areas, including unmanned aerial vehicles, navigation in GNSS-denied environments, AI-deep learning algorithms, and space technology.

ACHILLEAS TRIPOLITSIOTIS

Partner Coordinator

Mr. Tripolitsiotis is a Mineral Resources Engineer and holds an MSc degree from the Technical University of Crete. He has extensive experience as senior engineer in multi-disciplinary (Engineering constructions, road designs, etc.) public works in the engineering construction industry. Mr. Tripolitsiotis is the head of the company's RTD Department. Mr. Tripolitsiotis has been working in the Gavdos Cal/Val facility as responsible for instrument installations, operations, maintenance, and execution of field surveys for a decade. Mr. Tripolitsiotis, is involved in the administrative and financial management of EC funded projects for more than 15 years

CHRISTINA BREMPOU

Project Manager

Christina Brem pou is an Environmental Engineer, MSc, with experience in managing European and national projects. She is skilled in project management, coordinating teams and resources to meet deadlines and objectives. Her expertise also extends to financial management, where she has budgeted, tracked expenses, and secured funding to support various initiatives. Through her diverse skills and proactive approach, she consistently delivers quality outcomes in dynamic and challenging environments.

ZISIS CHAROCOPOS

Lead Full Stack Software Engineer

Zisis Charokopos is an Electrical and Computer Engineer who graduated from the Technical University of Crete and is currently a Researcher at SenseLab. His research focuses on programming microcontrollers and embedded systems. He has worked on projects involving the setup and programming of embedded systems such as the NVIDIA Jetson Series and Raspberry Pi. He is also the Lead Developer of the Coaching Reimagined project, where he has played a central role in building the platform — from backend architecture and database design to frontend implementation and integration of advanced features. His broad skill set and dedication make him the driving force behind the technical development of the project.

DIMITRIS FARANTOURIS

Front-end Developer

Gerasimos Dimitrios Farantouris is a student of Mineral Resources Engineering at the Technical University of Crete and a member of the IT & App Development team in the Coaching Re-imagined program. During his Erasmus studies in Energy and Petroleum Engineering, he developed a deeper appreciation for interdisciplinary collaboration and the importance of effective guidance in academic growth. With a strong background in IT support, systems administration, and digital tool development, he now focuses on building practical, user-centered solutions to support coaching and mentoring processes.

GIORGOS STAVGIANNOUDAKIS

Back-end Developer

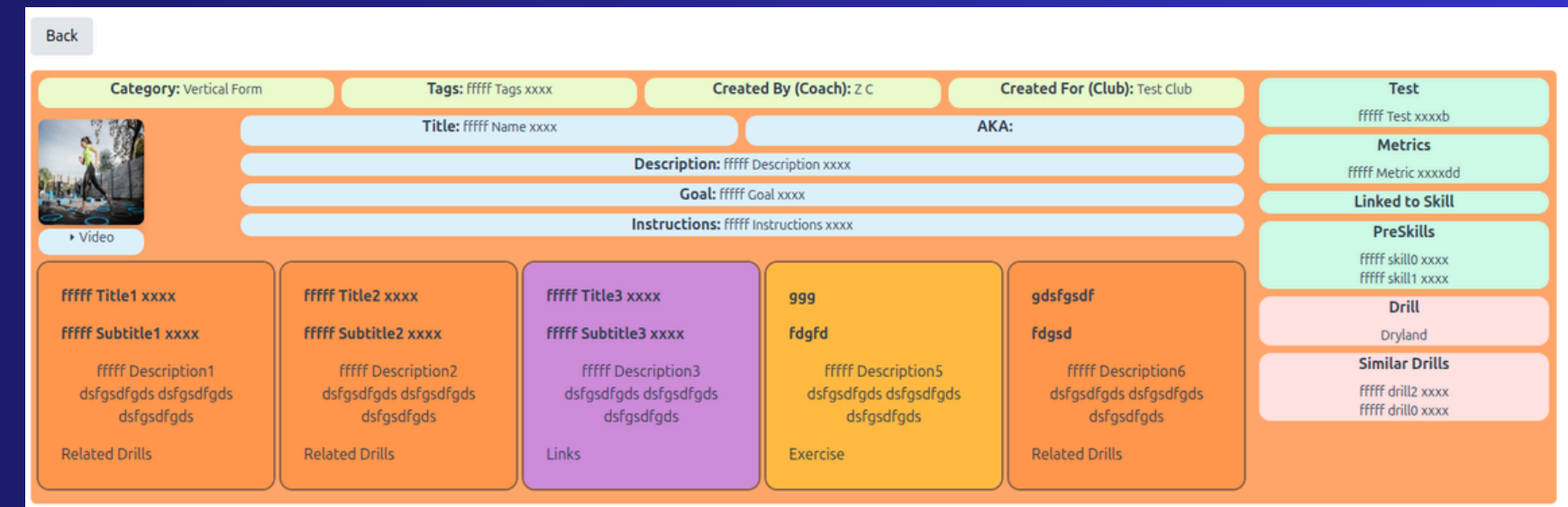
Giorgos Stavgiannoudakis is an undergraduate student in Electrical and Computer Engineering at the Technical University of Crete, with a strong focus on software development and backend systems. He has experience in programming, server management, and data infrastructure, and contributes to the Coaching Reimagined project as a backend developer. His current work includes developing database architectures and ensuring the secure, efficient performance of the project's web application.

Technical University of Crete - Partner Report (2)

OVERVIEW OF TASKS PERFORMED

- Requirements analysis
- Initial database format
- Basic functionality implementation
- Test version release
- Tested by coaches
- Added features and corrected bugs based on feedback
- Populating database
- Added improvements and functionality changes
- Final version release

Photos, Videos, Screenshots



Back

Category: Vertical Form Tags: fffff Tags xxxx Created By (Coach): Z C Created For (Club): Test Club

Title: fffff Name xxxx AKA: _____

Description: fffff Description xxxx

Goal: fffff Goal xxxx

Instructions: fffff Instructions xxxx

Video

fffff Title1 xxxx
fffff Subtitle1 xxxx
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Related Drills

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Related Drills

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Related Drills

Test
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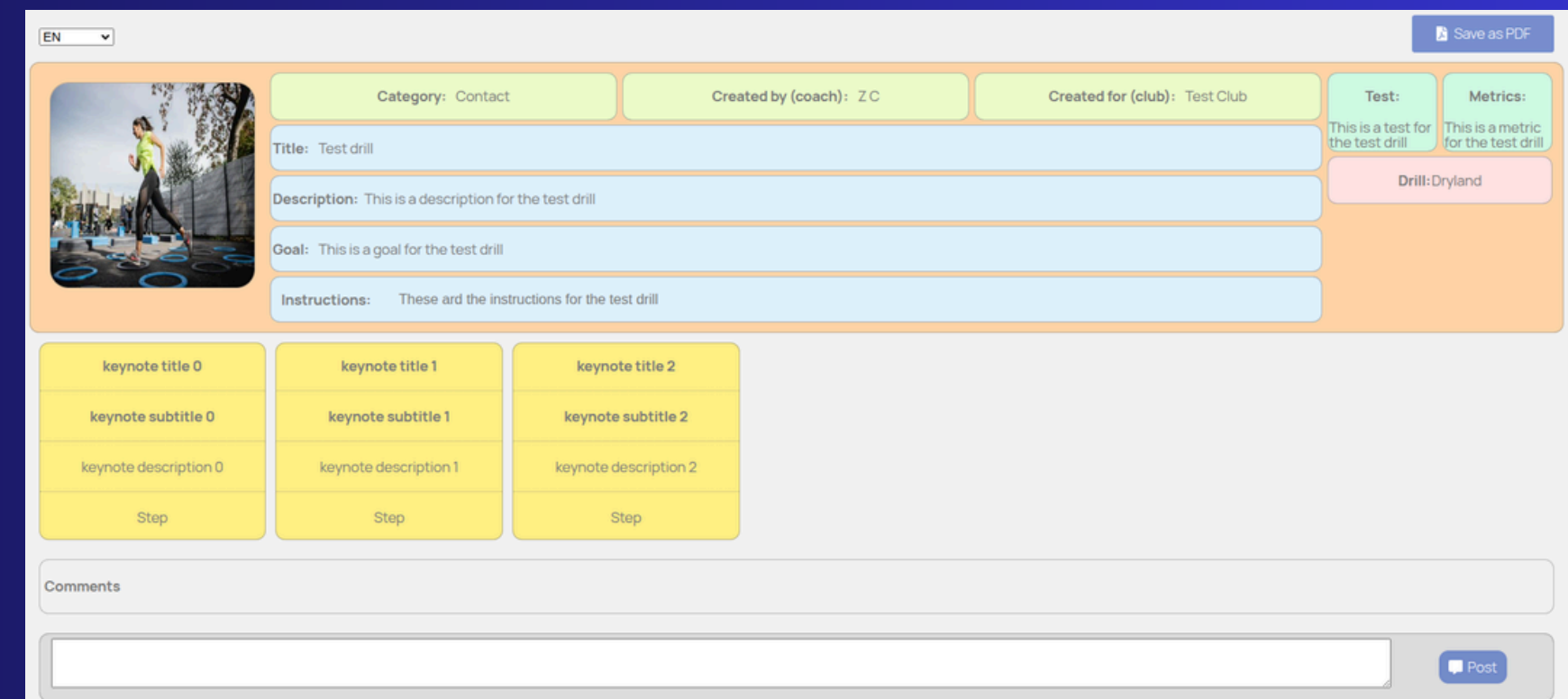
Metrics
fffff Metric xxxxd

Linked to Skill

PreSkills
fffff skill0 xxxx
fffff skill1 xxxx

Drill
Dryland

Similar Drills
fffff drill2 xxxx
fffff drill0 xxxx



EN

Save as PDF

Category: Contact Created by (coach): Z C Created for (club): Test Club

Title: Test drill

Description: This is a description for the test drill

Goal: This is a goal for the test drill

Instructions: These are the instructions for the test drill

Test: This is a test for the test drill

Metrics: This is a metric for the test drill

Drill: Dryland

keynote title 0 keynote title 1 keynote title 2

keynote subtitle 0 keynote subtitle 1 keynote subtitle 2

keynote description 0 keynote description 1 keynote description 2

Step Step Step

Comments

Post

Highlights

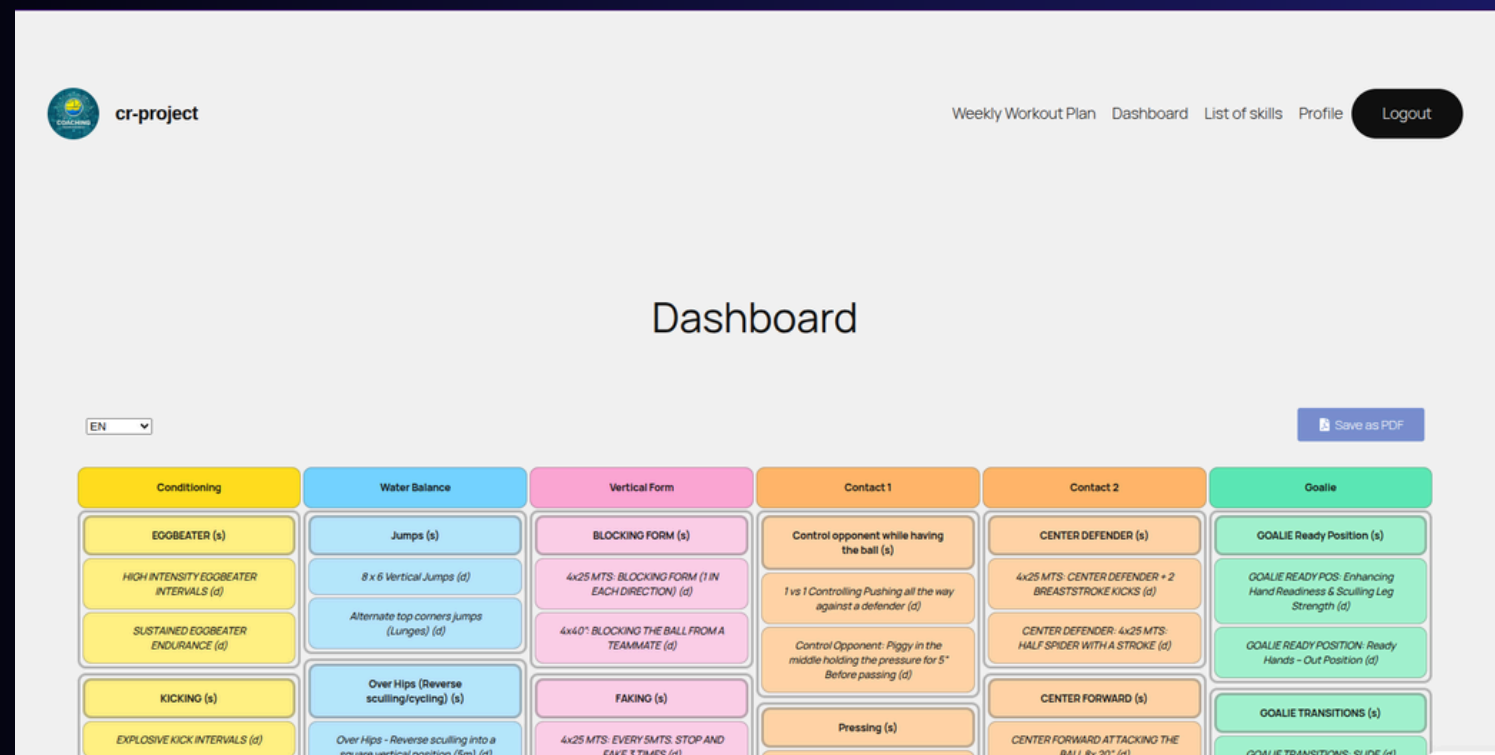
- Innovative implementation that aims at monitoring athletes to improve their performance
- User-centered design
- Strong team collaboration
- Smooth deployment of the site
- Multi-platform support
- The team gained valuable experience

Challenges & Lessons Learned

- User-friendly UI design
- Conversion to PDF
- Multi-language feature
- Balancing creative design and functionality

Technical University of Crete - Partner Report (4)

Screenshots from the digital platform

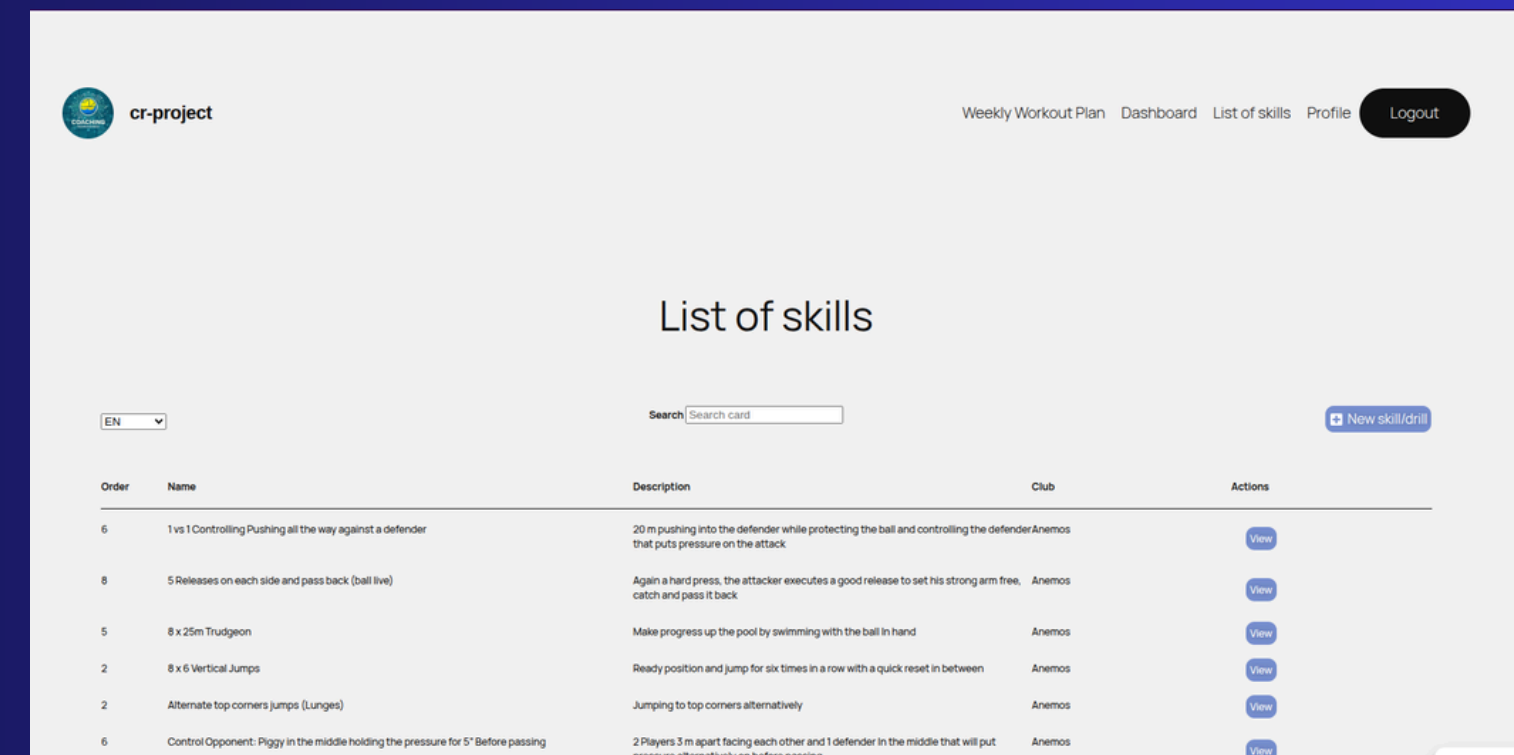


cr-project Weekly Workout Plan Dashboard List of skills Profile Logout

Dashboard

EN Save as PDF

| Conditioning | Water Balance | Vertical Form | Contact 1 | Contact 2 | Goals |
|--|---|---|--|--|--|
| EGGBEATER (s) | Jumps (s) | BLOCKING FORM (s) | Control opponent while having the ball (s) | CENTER DEFENDER (s) | GOALIE Ready Position (s) |
| HIGH INTENSITY EGGBEATER INTERVALS (d) | 8 x 6 Vertical Jumps (d) | 4x25 MTS: BLOCKING FORM (1 IN EACH DIRECTION) (d) | 1 vs 1 Controlling Pushing all the way against a defender (d) | 4x25 MTS: CENTER DEFENDER + 2 BREASTSTROKE KICKS (d) | GOALIE READY POS: Enhancing Hand Readiness & Sculling Leg Strength (s) |
| SUSTAINED EGGBEATER ENDURANCE (d) | Alternate top corners jumps (Lunges) (d) | 4x40' BLOCKING THE BALL FROM A TEAMMATE (d) | Control Opponent: Piggy in the middle holding the pressure for 5" Before passing (d) | CENTER DEFENDER: 4x25 MTS: HALF SPIDER WITH A STROKE (d) | GOALIE READY POSITION: Ready Hands - Out Position (d) |
| KICKING (s) | Over Hips (Reverse sculling/cycling) (s) | FAKING (s) | Pressing (s) | CENTER FORWARD (s) | GOALIE TRANSITIONS (s) |
| EXPLOSIVE KICK INTERVALS (d) | Over Hips - Reverse sculling into a square vertical position (5m) (d) | 4x25 MTS: EVERY SMTS. STOP AND FAKE 3 TIMES (d) | | CENTER FORWARD ATTACKING THE BALL 8x 20' (d) | GOALIE TRANSITIONS: SLIDE (d) |

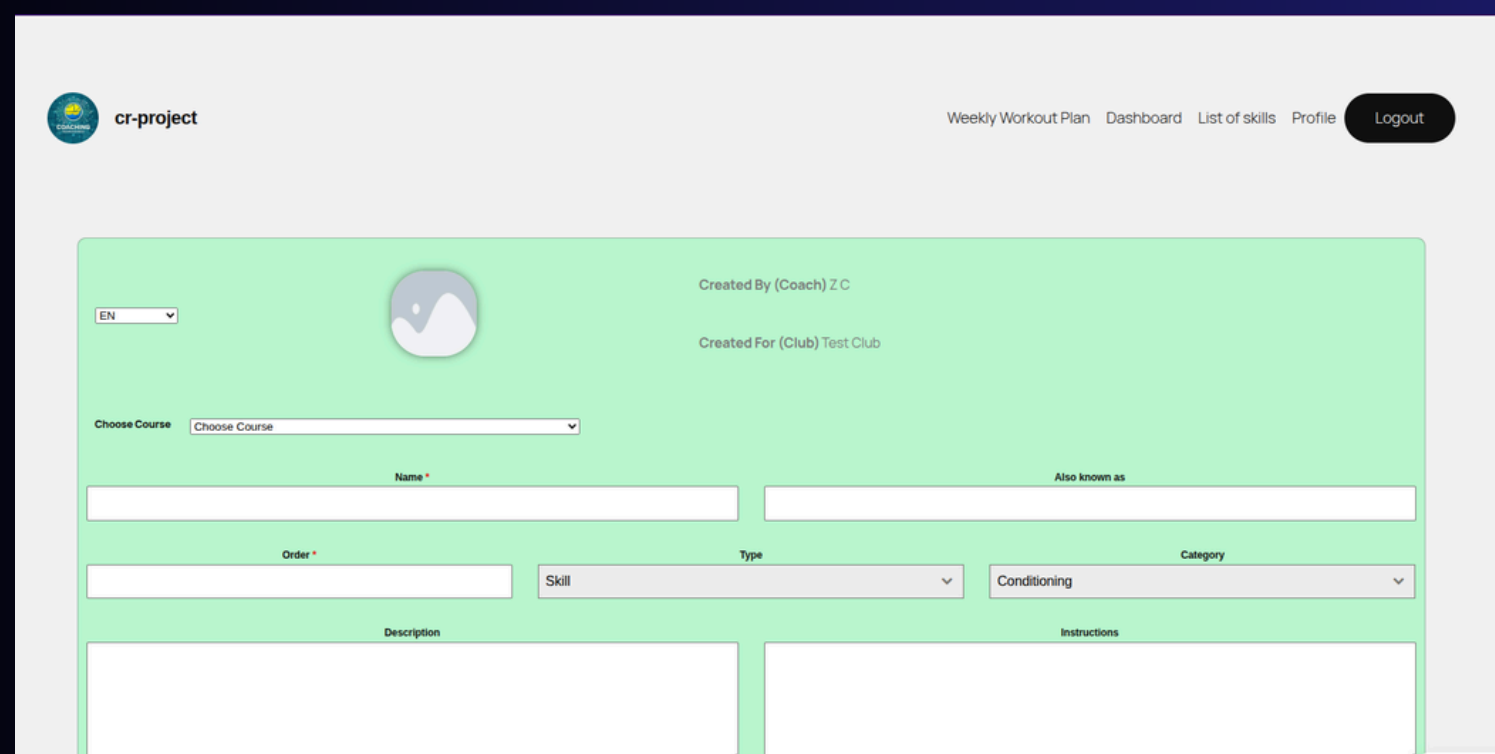


cr-project Weekly Workout Plan Dashboard List of skills Profile Logout

List of skills

EN Search [Search card] New skill/drill

| Order | Name | Description | Club | Actions |
|-------|--|---|--------|---------|
| 6 | 1 vs 1 Controlling Pushing all the way against a defender | 20 m pushing into the defender while protecting the ball and controlling the defender that puts pressure on the attack | Anemos | View |
| 8 | 5 Releases on each side and pass back (ball live) | Again a hard press, the attacker executes a good release to set his strong arm free, catch and pass it back | Anemos | View |
| 5 | 8 x 25m Trudgion | Make progress up the pool by swimming with the ball in hand | Anemos | View |
| 2 | 8 x 6 Vertical Jumps | Ready position and jump for six times in a row with a quick reset in between | Anemos | View |
| 2 | Alternate top corners jumps (Lunges) | Jumping to top corners alternatively | Anemos | View |
| 6 | Control Opponent: Piggy in the middle holding the pressure for 5" Before passing | 2 Players 3 m apart facing each other and 1 defender in the middle that will put pressure alternately on before passing | Anemos | View |



cr-project Weekly Workout Plan Dashboard List of skills Profile Logout

Skill Detail

EN

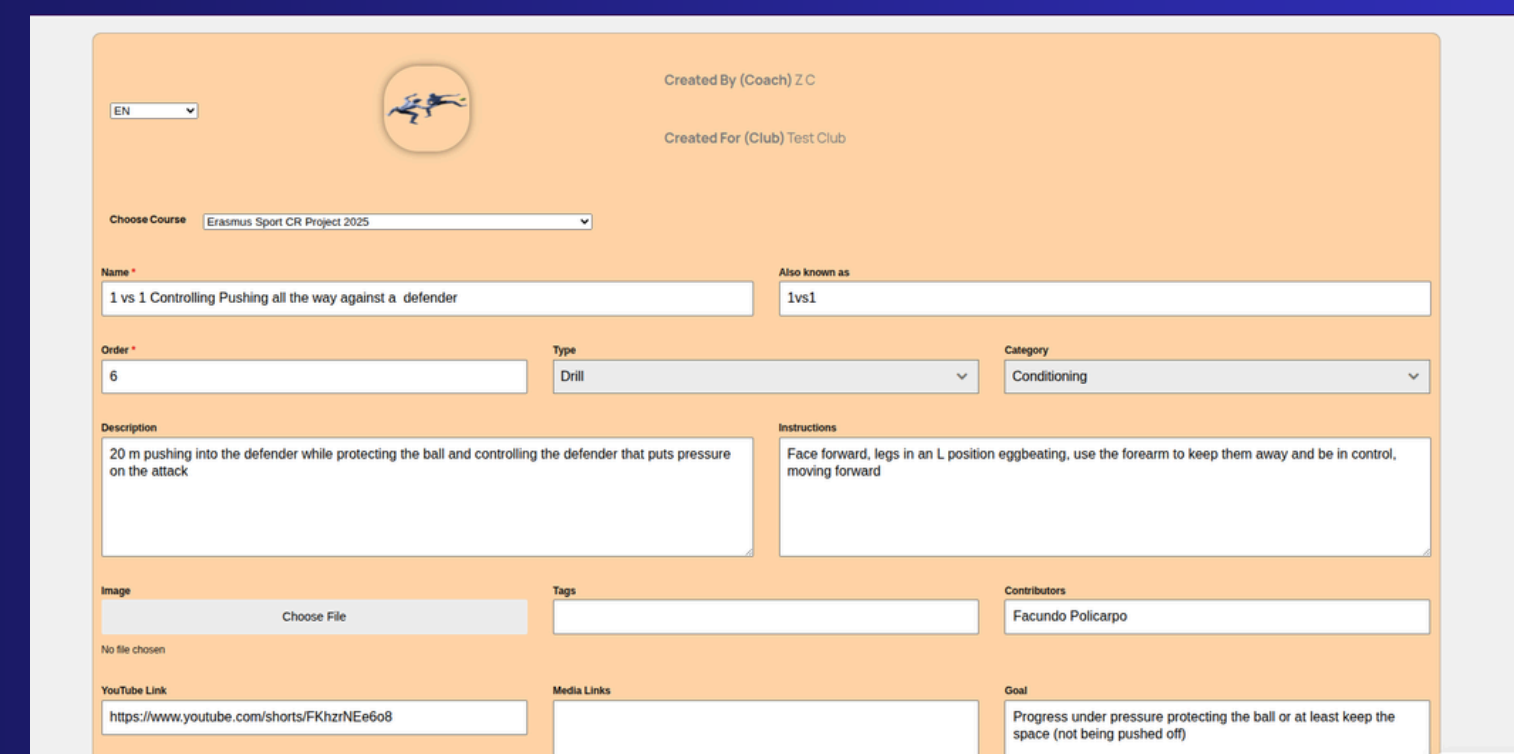
Created By (Coach) Z C
Created For (Club) Test Club

Choose Course [Choose Course]

Name * [] Also known as []

Order * [] Type [Skill] Category [Conditioning]

Description [] Instructions []



Created By (Coach) Z C
Created For (Club) Test Club

EN

Choose Course [Erasmus Sport CR Project 2025]

Name * [1 vs 1 Controlling Pushing all the way against a defender] Also known as [1vs1]

Order * [6] Type [Drill] Category [Conditioning]

Description [20 m pushing into the defender while protecting the ball and controlling the defender that puts pressure on the attack] Instructions [Face forward, legs in an L position eggbeating, use the forearm to keep them away and be in control, moving forward]

Image [Choose File] Tags [] Contributors [Facundo Policarpo]


No file chosen

YouTube Link [https://www.youtube.com/shorts/FKhzrNEe6o8] Media Links [] Goal [Progress under pressure protecting the ball or at least keep the space (not being pushed off)]

Technical University of Crete - Partner Report (5)

Screenshots from the digital platform

EN Save as PDF



Category: Contact

Created by (coach): Facundo Pollicarpo

Created for (club): Anemos

Title: 1 vs 1 Controlling Pushing all the way against a defender

Description: 20 m pushing into the defender while protecting the ball and controlling the defender that puts pressure on the attack

Goal: Progress under pressure protecting the ball or at least keep the space (not being pushed off)

Instructions: Face forward, legs in an L position eggbeating, use the forearm to keep them away and be in control, moving forward

Test: Push defender in while protecting the ball in 30

Metrics: Distance covered in meters [m]

Linked to Skill: Control opponent while having the ball

PreSkills: Control opponent while having the ball
1. Triple threat position, 2. L eggbeater

Drill: In-Water

[Video](#)

| Left Leg | Right Leg | Left Arm | Right Arm | Hips | Similar Drills | Common Mistakes |
|--|---|--|--|--|--|---|
| Fully vertical, high knee pointing fw out to be able to trade down to keep the body height | Pointing backwards doing eggbeater in an L position to avoid being pushed out by the defender | Shield on the chest underwater to keep the defender away and maintain a security distance to play safe | Holding the ball behind and high ready to pass, fake or shot, keeping the ball available and far from the defender | Vertical position leaning forwards a little bit to push into the defender contrasting and not losing the balance | 1. Idem with breast legs 2. Idem with turns and cut off 3. Idem with stepout | Use the hand out of the water pushing off instead of the forearm underwater to keep distance Left knee low Right leg low Not face forward Lack of mix kicks to push |
| NA | NA | Part | Part | Part | Drill | Common Mistakes |

Comments

Thank you!

ANEMOS - Partner Report



Anemos Cultural and Nautical Club, Chania, Greece

ANEMOS - Partner Report (1)



CHANIA, GREECE

ANEMOS NAUTICAL AND CULTURAL CLUB

Our Team

DR STAVROULA PSOUNI

Partner Lead and Sports Psychology Consultant

Dr. Stavroula Psouni has an expertise in sports psychology and coaching. She holds a PhD in Sports Psychology, one MSc in Coaching and the second in Cultural & Organizational Management. She is the Manager of Anemos and the Head Manager of the Municipality Sports Office, bringing over **20** years of experience in organizing sports events. As a sports psychologist, specializes in exercise motivation and the development of educational materials related to exercise, health, and psychology. She teaches Sports Psychology and Coaching Principles at the The BSc (Hons) Sports Coaching and Physical Education. In addition, she has an extensive background as both a coach and athlete. She has successfully coached a variety of sports, including water polo, swimming, triathlon, and beach volleyball. Her athletic career is highlighted by a remarkable achievement: winning a **World Championship** with the **Junior Women's National Water Polo Team of Greece**.

PSOUNI ILEKTRA MARIA

Project Coordinator

Ilektra Psouni holds a Bachelor's in Computer Science and an MSc in Applied Informatics. With over **25** years of experience in sports, she has been actively involved in club administration, management, coaching, and professional athletics. She has also worked in government governance and has extensive experience in Erasmus+ projects, focusing on sports education, digital transformation, and international collaboration. As a coach, club manager, and program director, she has led water polo training programs and sports education initiatives across the U.S. and Europe. A former member of the Greek national water polo team for **10** years, she won gold at the **2011 World Championship**. She brings together expertise in management, sports, and IT, bridging technology with coaching and athlete development.

FACUNDO POLYCARPO

Curriculum Coordinator and Contributor

Facundo Policarpo is an experienced water polo coach, lecturer, and sports scientist, with a Physical Education & Sports Science degree, and a Master's in High-Performance Sports. He has coached national teams of Argentina, Chile, and New Zealand in eight **World Championships**, achieving notable results, including Argentina's best-ever finish (**Top 10, 2021**) and New Zealand's **Top 8 (2024)**. He has coached at CN Posillipo (Italy), Kings Elite (USA), Atlantis City (New Zealand), and Hellenic Academy (Zimbabwe) and worked with New Zealand's High Performance Centre. A **Level 4** coach certified by the Italian Federation and a five-time FINA Water Polo School attendee, he has won multiple national titles and is a frequent speaker at international coaching clinics.

GIAKOUMAKIS NIKOS

CR Pilot Program Team Coach

Giakoumakis Nikos is the head coach of the **U16** and **U14** age groups at **OFI Water Polo Club** in Heraklion, Greece. He has also coached youth teams at **Panionios Water Polo Club** in Athens and **NC Rethymno** in Crete, further broadening his experience across different levels of the sport. A former player himself and a graduate of **TEΦAA** (School of Physical Education and Sport Science), he brings both academic knowledge and personal experience to his coaching, guiding young athletes in their development.

ANEMOS - Partner Report (2)



OVERVIEW OF TASKS PERFORMED

Anemos Nautical & Cultural Club served as the overall project coordinator, ensuring smooth collaboration and communication among all partners.

They were responsible for project management, administration, and coordination of webpages, social media, and dissemination materials.

Anemos also acted as the Coaching Curriculum Coordinator, contributing to the creation of one-third of the total curriculum and ensuring consistency across all partner contributions.

In addition, they supported the design and testing of the digital platform, coordinated the 6-week pilot implementation, and collected feedback and documentation for evaluation and reporting.

ANEMOS - Partner Report (3)



A Few Words About
the Project From:

Facundo Policarpo

Curriculum Coordinator
and Content Contributor
for the club Anemos



Open Mic

Topics for Discussion



1. Coaches

Tips and strategies to increase athlete engagement and accelerate learning

2. Tracking Progress

Challenges, creative solutions, and tools for effective performance monitoring

5. Content Digitization Experience

Insights from coaches who developed digital content — lessons learned and benefits

3. Athletes

How to improve self-learning and overcome common training challenges

4. Pilot Program Reflections

Experiences from athletes and coaches — key challenges and positive outcomes

6. Future Platform Development

Desired features and priorities for the next phase of the Coaching Reimagined platform

Project CR

AN ERASMUS+ SPORTS INITIATIVE: A COLLABORATION BETWEEN GREECE, ITALY AND SPAIN



Coaching Reimagined is an Erasmus+ initiative transforming team sports education through an innovative digital platform. Starting with water polo, it empowers coaches to digitize and share curricula, create personalized courses, introduce new learning models, and foster inclusive, dynamic athlete development.



**Co-funded by
the European Union**

