

Project CR - Pilot Program Analysis Report

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**



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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” !

About Project 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.

Purpose of this Analysis Report



Co-funded by
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This report aims to demonstrate how structured performance data and simple analytics can support coaching and athlete development—showing only a small example of what technology can offer.

One of the core goals of the CR Platform is to automate this process and provide coaches with intuitive tools that make data collection, score recording, and result interpretation easier and more efficient.

By quantifying progress, comparing results, and visualizing trends, the scoring system also encourages constructive competitiveness: athletes can track their improvement over time, challenge their teammates, and even compare themselves with athletes around the world. This promotes motivation, engagement, and a healthy competitive spirit within any training environment.

A big thank you to all athletes, coaches and managers who dedicated their time to executing the assessment tests and submitting their scores, questionnaires, and consent forms. Their contribution made this analysis possible and continues to support the development and improvement of the CR Project.

Disclaimers Regarding This Analysis Report



This analysis report may not be 100% accurate and may contain mistakes. Since the execution of the tests and challenges took place in different setups, with athletes of slightly different age groups and scores collected by different individuals, the accuracy and comparability of the results cannot be fully guaranteed.

Additionally, because the assessment protocols were not strictly standardized across all teams, some results—particularly in later tests—show patterns suggesting variations in how instructions were interpreted or how performance was measured. In some cases, one team's outcomes appear significantly stronger than expected, which may reflect differences in setup rather than true performance. These inconsistencies are normal in initial pilot phases and highlight the importance of unified testing guidelines and automated recording tools for future implementations.

Furthermore, parts of the data processing and statistical analysis were performed using AI-assisted tools. While these tools provide powerful support, they may also introduce errors or misinterpretations, and results should therefore be reviewed with this consideration in mind.

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

6-Week Pilot Program - Results



1. Participant Statistics

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

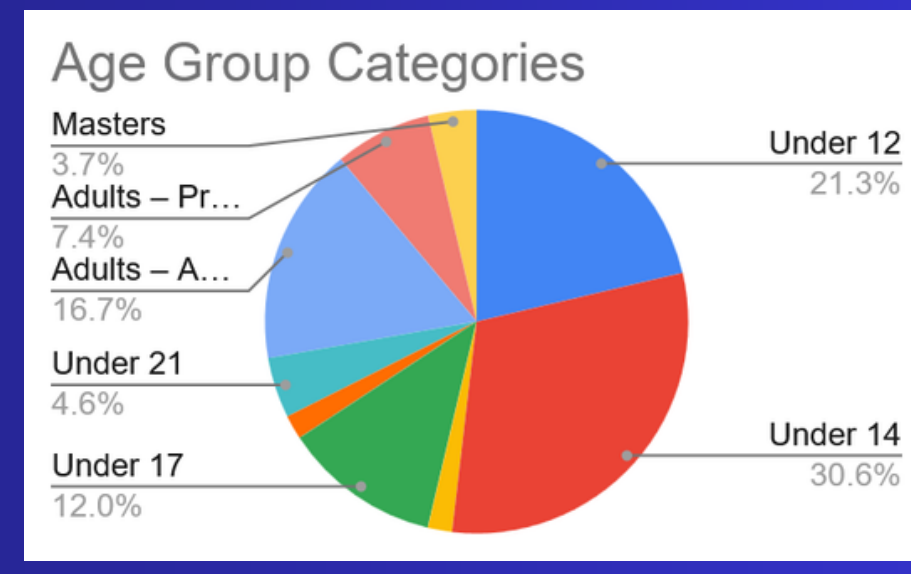
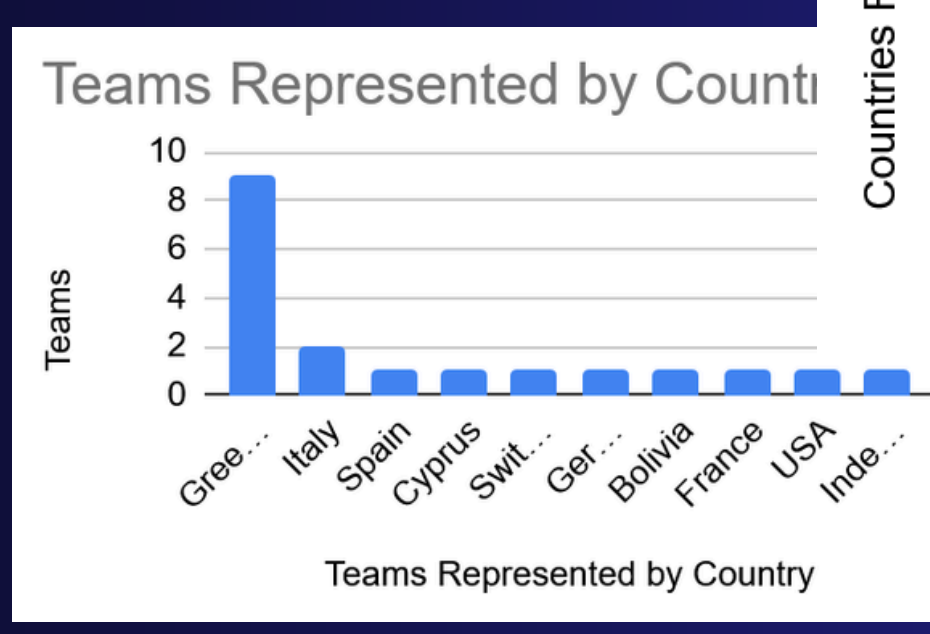
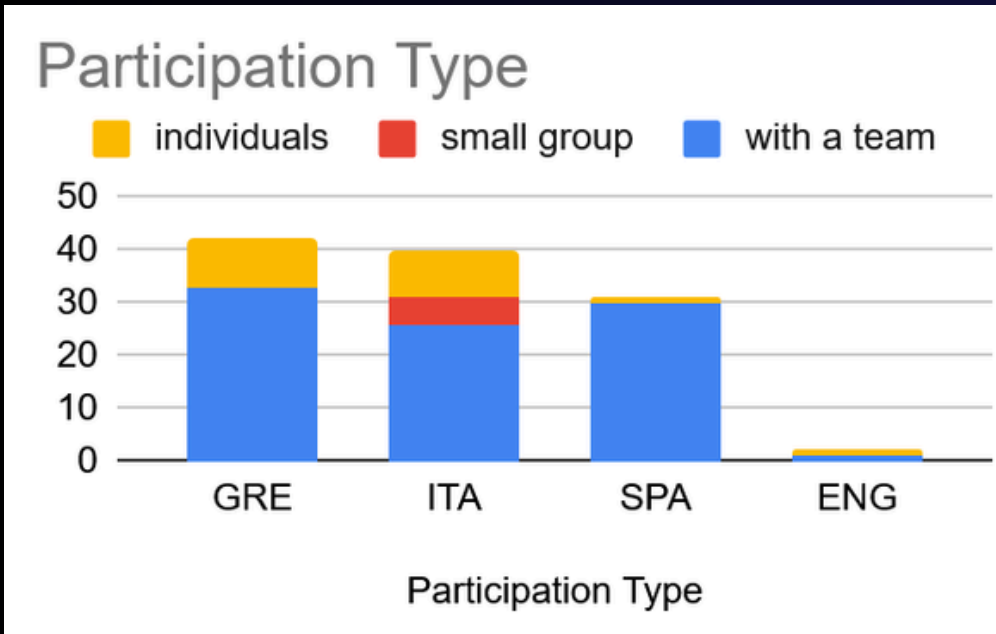
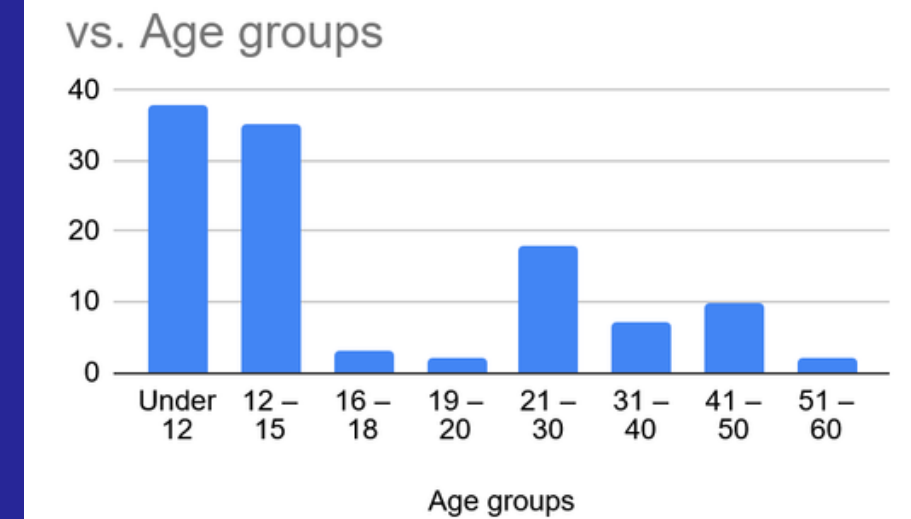
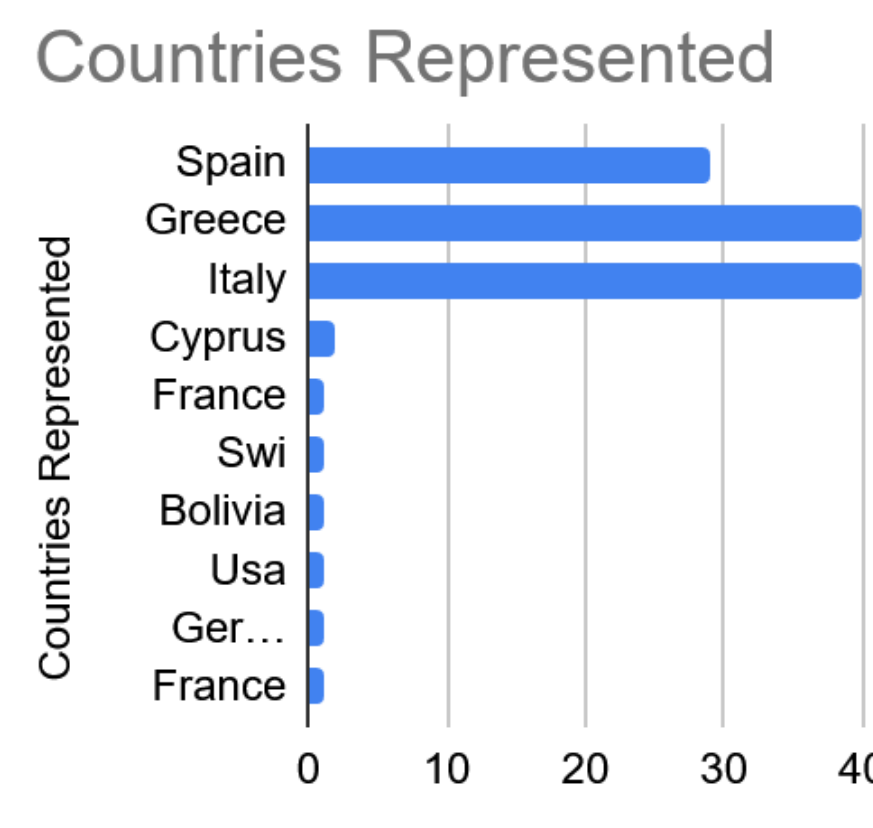
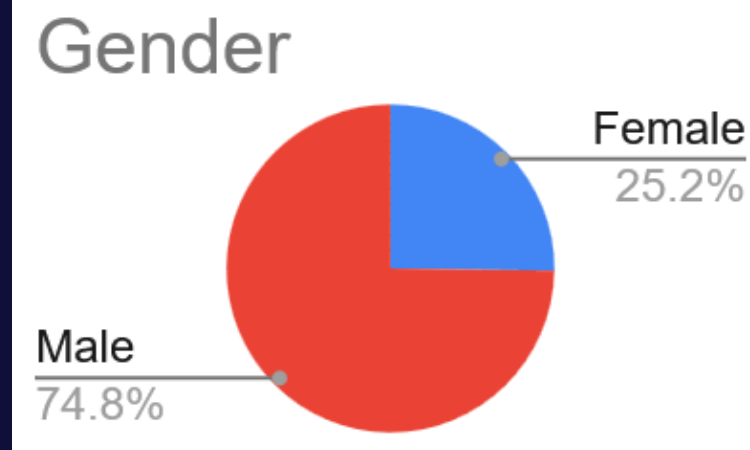
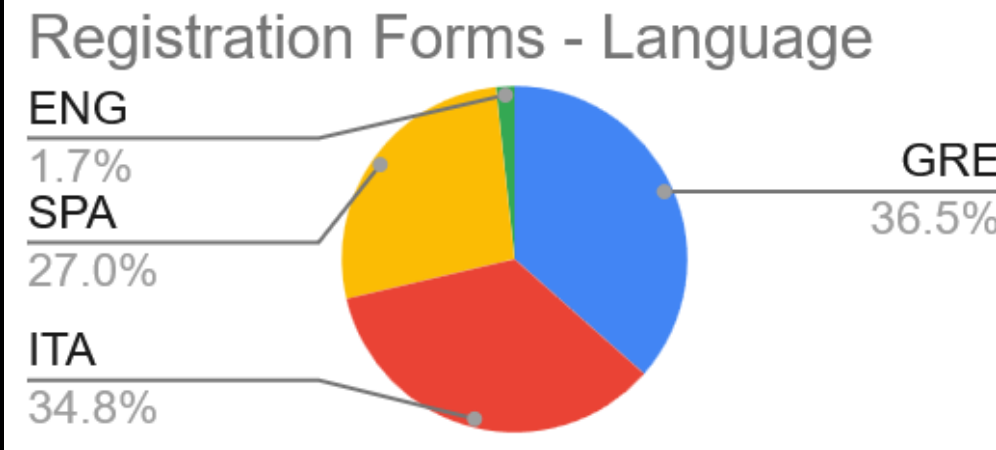
16 teams

**90 Onsite,
25 Remote**

22 coaches

86 Male, 29 Female

Age Span: 9 - 58 years old

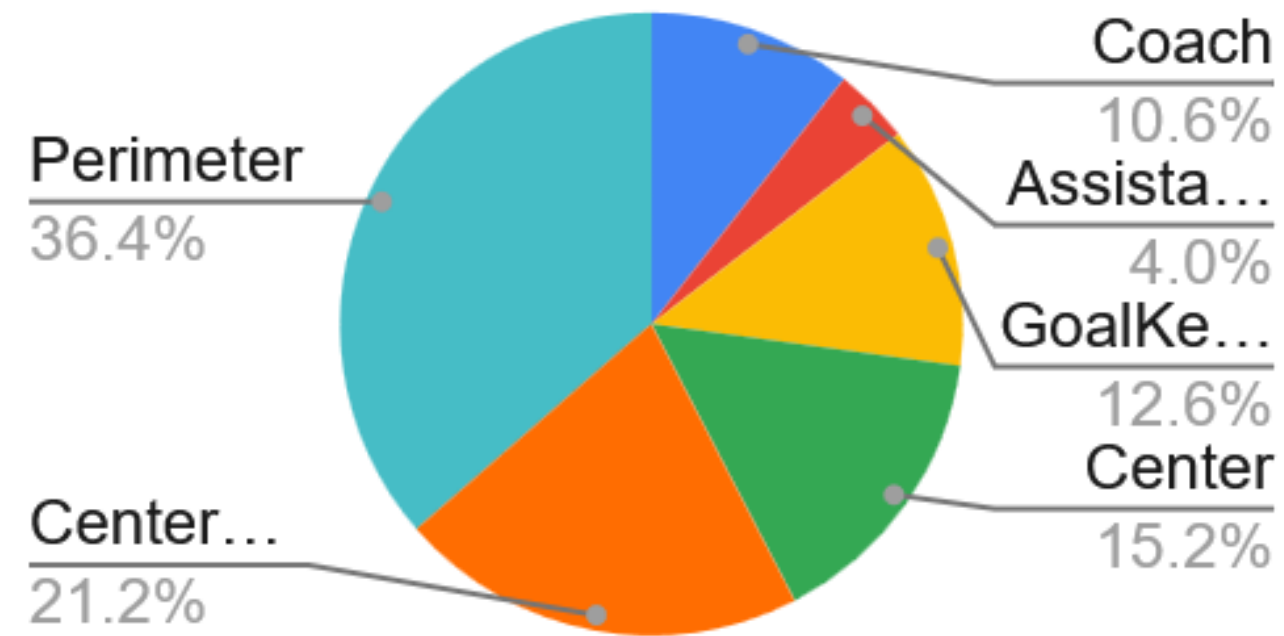


6-Week Pilot Program - Results

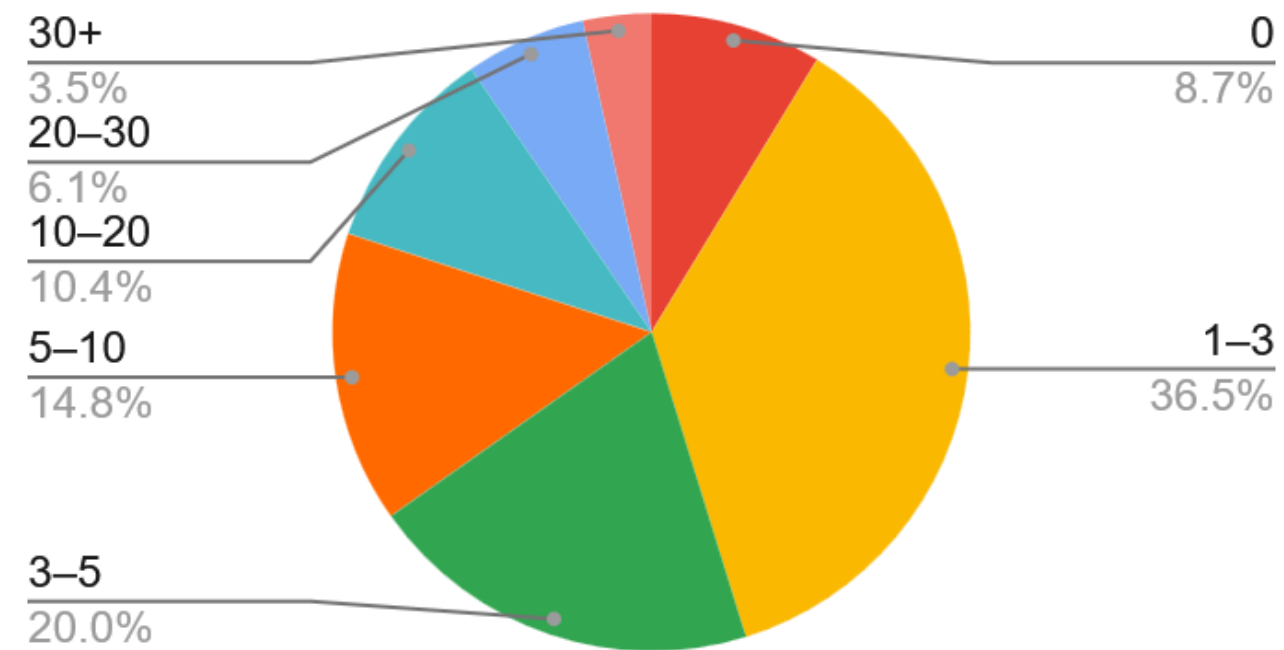


Participant Statistics

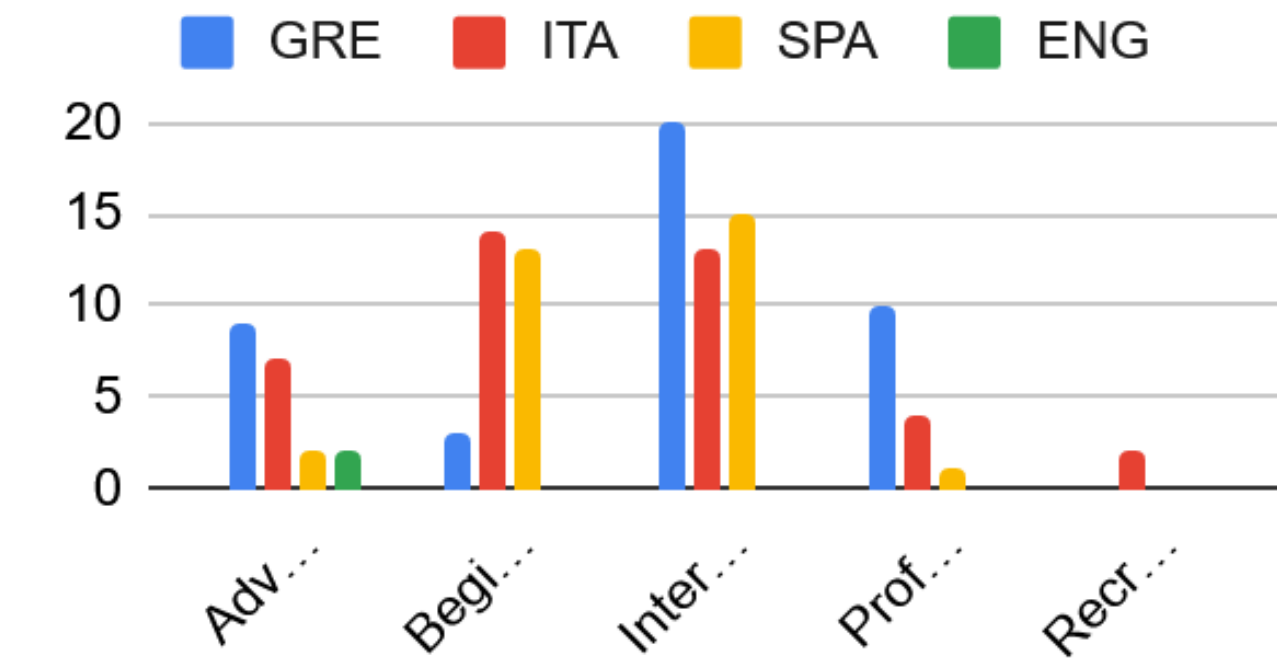
WP Preferred Positions



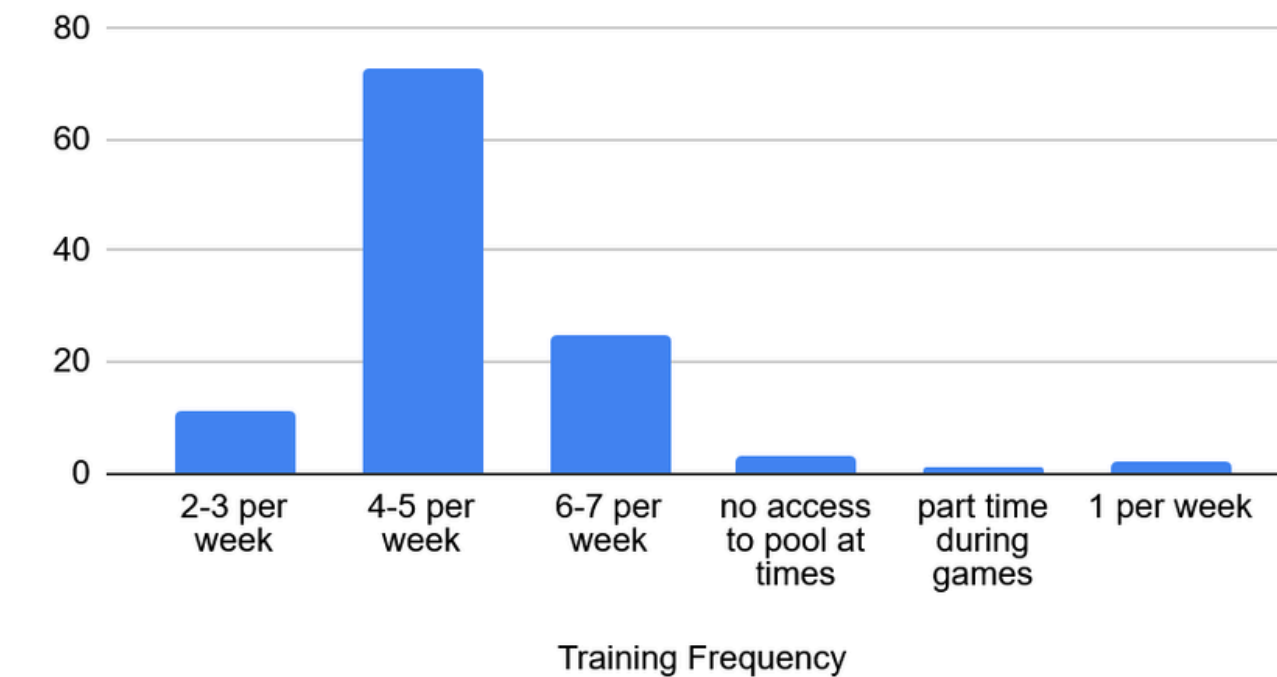
Years of WP Experience



WP Level



Training Frequency



6-Week Pilot Program - Results



2.2 Statistics from the Challenges

Comparison of all 3 teams: OFI, Universo and Echeyde

6-Week Pilot Program - Results



Challenge 1

Team	Number of Entries	AVG	MEDIAN	TOP-5 AVG	MIN	MAX	Ages	≥ AVG	< AVG	Rank Team Winner (by Avg)	Individual Winner' Team	Athlete Code
OFI	24	142.5	144	138.6	44	172	11-15	14	10	3	1	51
UNIVERSO	12	71.58	72	60.2	57	93	11-14	12	0	1	3	12
ECHEYDE	14	108.93	104	97.4	91	165	12-14	3	11	2	2	46
TOTAL	50	116.94	121.5	56.6	44	172	11-15	31	19	UNIVERSO	OFI	51

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]

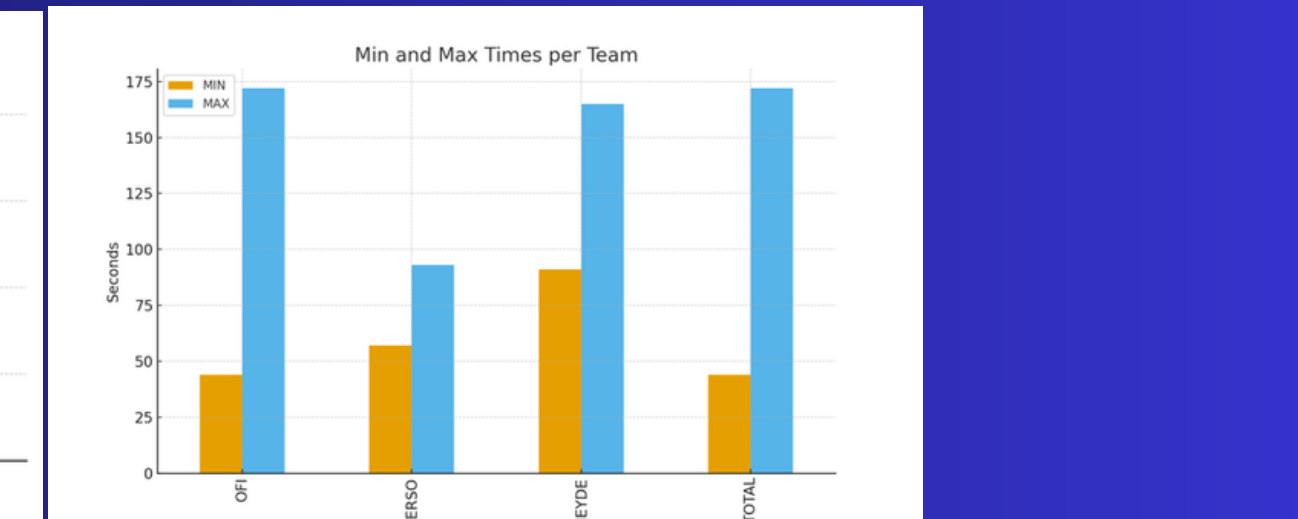
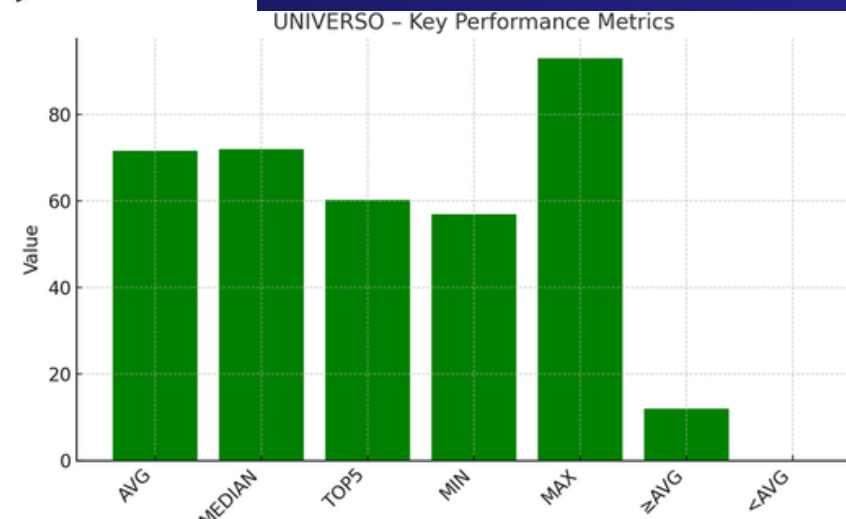
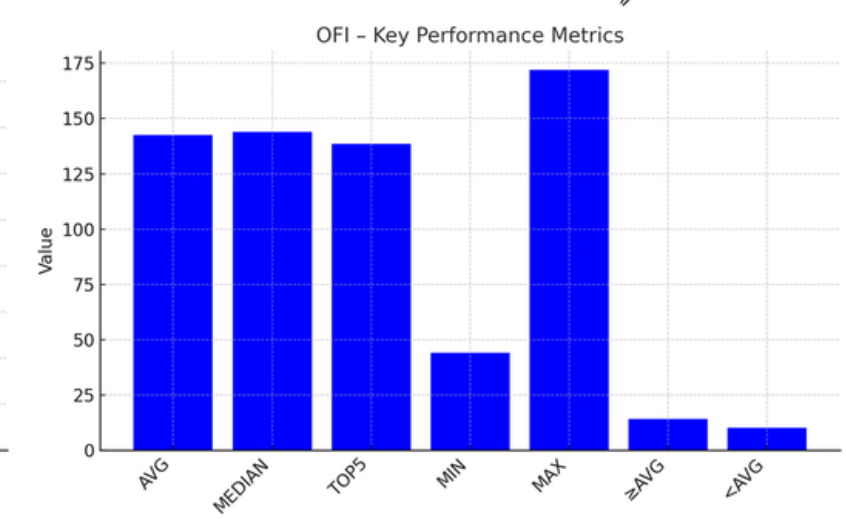
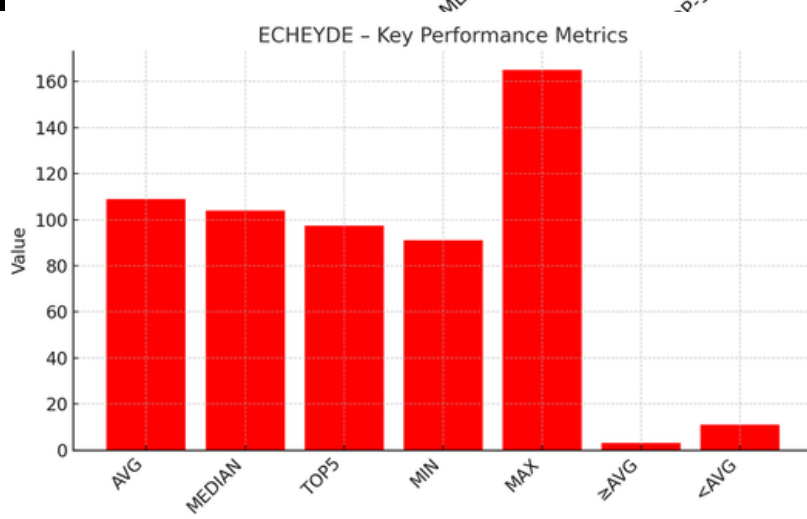
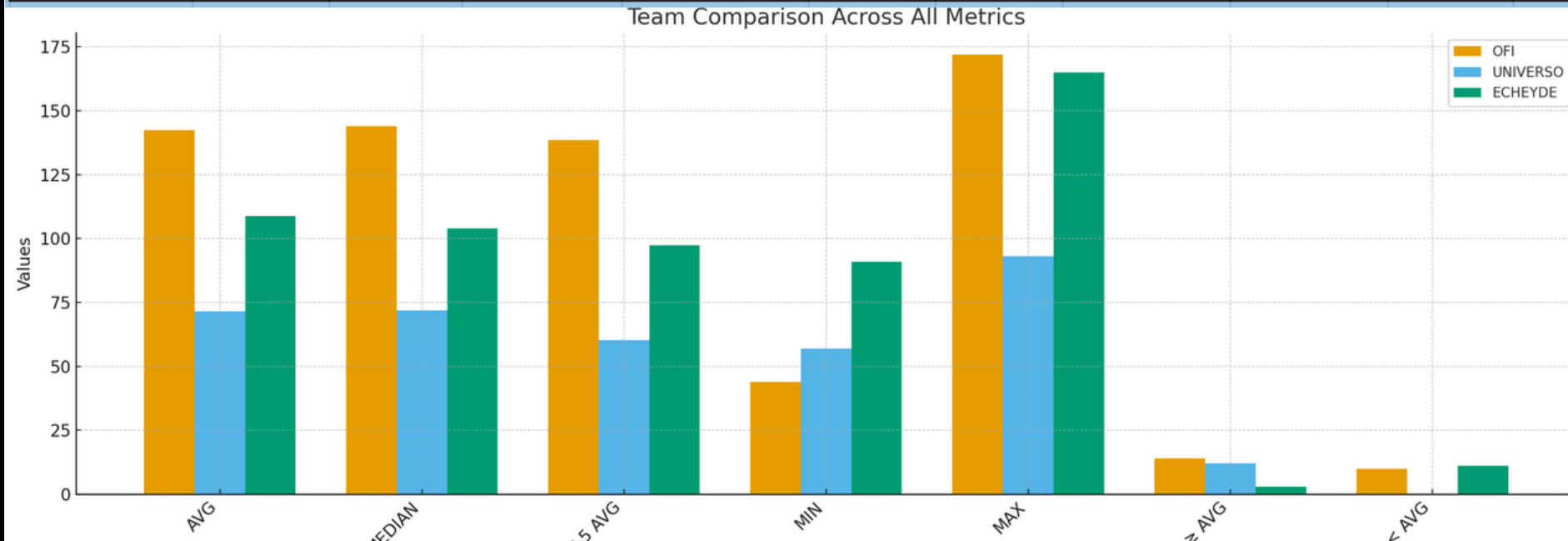
Online Form to Enter Your Score

Online Form

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

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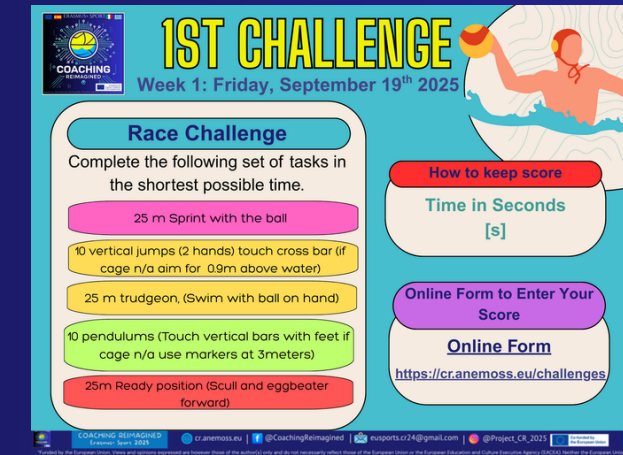


6-Week Pilot Program - Results



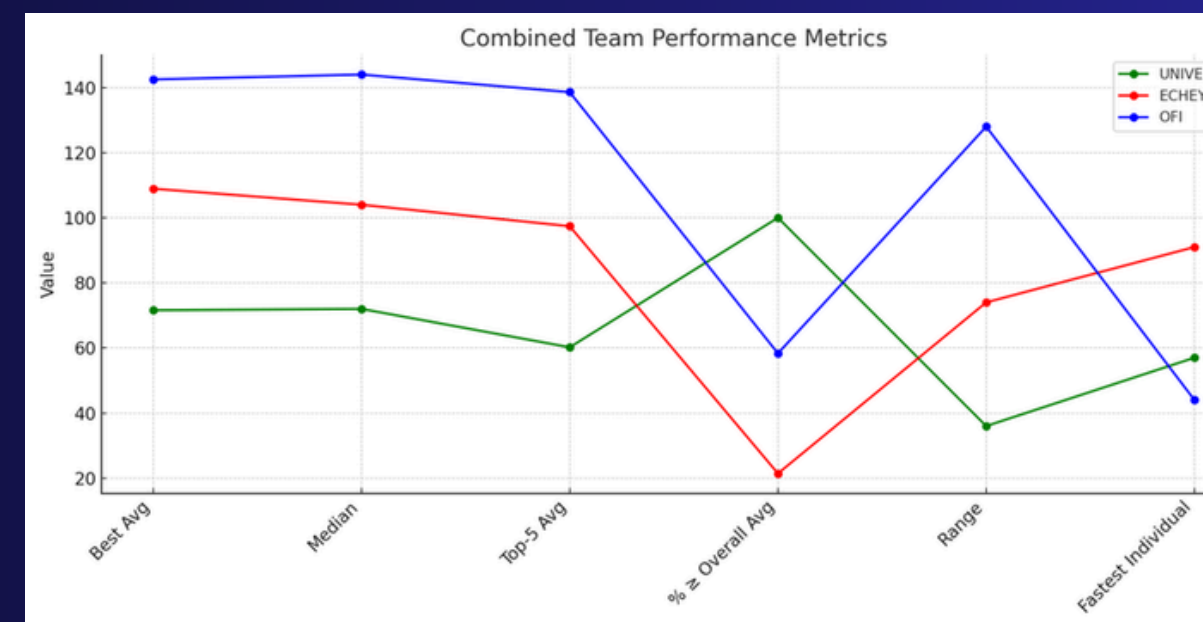
Challenge 1 - Rankings

Metric	1st Place	2nd Place	3rd Place
Best Average (Lowest Mean)	UNIVERSO (71.58)	ECHEYDE (108.93)	OFI (142.50)
Best Median (Lowest Median)	UNIVERSO (72)	ECHEYDE (104)	OFI (144)
Best Top-5 Average	UNIVERSO (60.2)	ECHEYDE (97.4)	OFI (138.6)
Most Athletes ≥ Overall Avg	UNIVERSO (12/12 = 100%)	OFI (14/24)	ECHEYDE (3/14)
Smallest Time Range (Max-Min)	UNIVERSO (93-57 = 36s)	ECHEYDE (165-91 = 74s)	OFI (172-44 = 128s)
Fastest Individual Time Team	OFI (44s)	ECHEYDE (91s)	UNIVERSO (57s)
Fastest Individual Time (Athlete Code)	51	46	12



Team Winner
UNIVERSO
Individual Winner
OFI

UNIVERSO delivered the strongest overall performance in Challenge 1, achieving the best average, best median, best Top-5 average, the smallest time range, and having 100% of its athletes score above the overall average, confirming the most consistent and efficient team result. ECHEYDE secured second place across most metrics, showing a competitive core group but also the widest performance spread, with a mix of fast and slow times that increased their range. OFI demonstrated standout individual excellence by producing the fastest single performance of the challenge (44s) and the individual winner, yet their team average and median were the highest of all three teams, reflecting greater variability and more athletes scoring below the overall average compared to the others.



6-Week Pilot Program - Results



Challenge 2

Team	Number	AVG	MEDIAN	TOP-5 AVG	MIN	MAX	Ages	≥ AVG	< AVG	Rank Team Winner (by Avg)	Individual Winner's Team	Athlete Code/ IND WINNER
OFI	22	47.85 s	46	31.36	28	74	11-15	12	10	🥇 1st	OFI	4
UNIVERSO	12	49.79 s	49.05	46.4	42	54.6	11-14	8	4	🥈 2nd	Universo	24
ECHEYDE	22	67.00 s	53.5	41.2	37	150	10-14	15	7	🥉 3rd	Echeyde	46
TOTAL	56	54.22 s	49	30.28	28	150	10-15	35	21	OFI	OFI	4

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).

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.

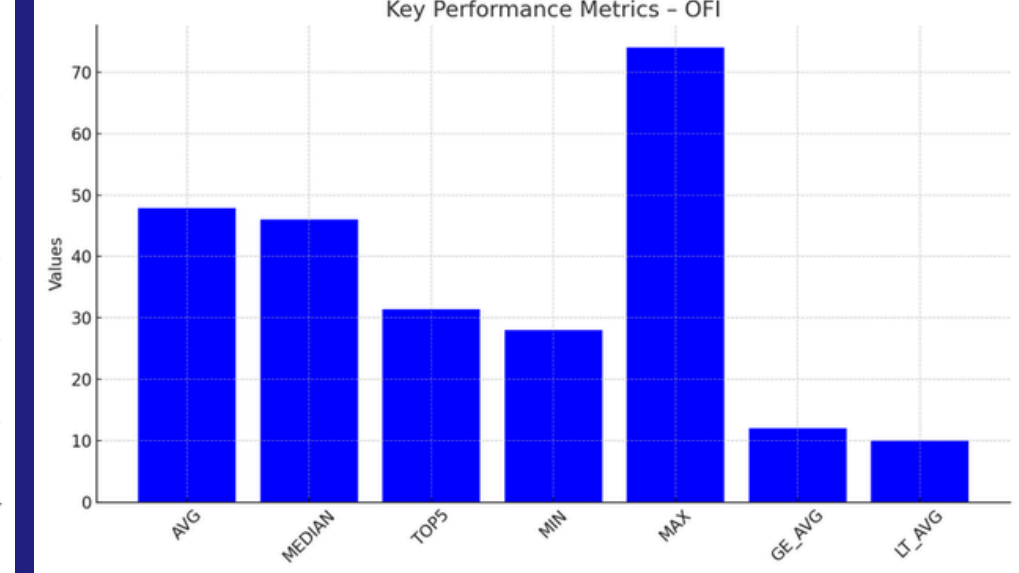
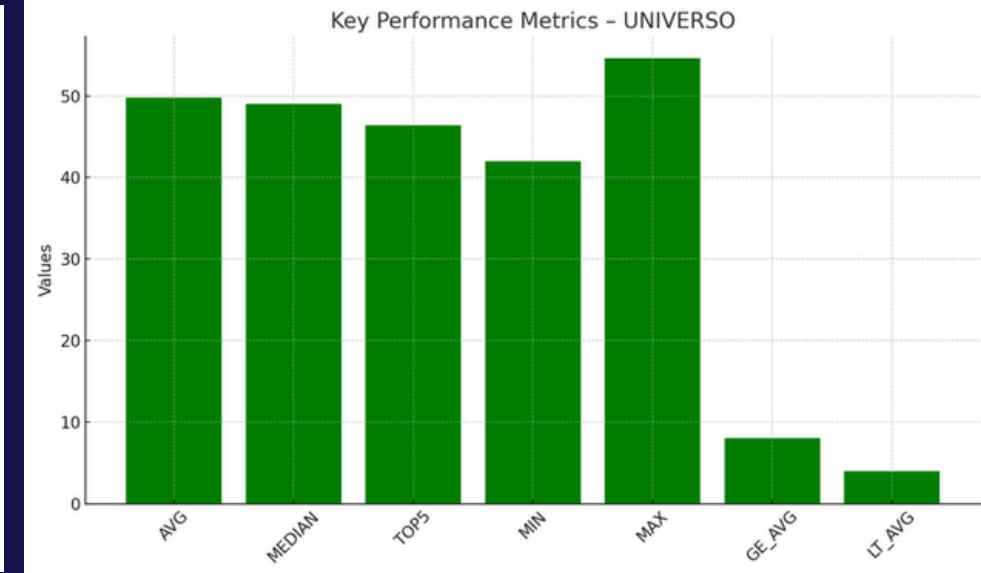
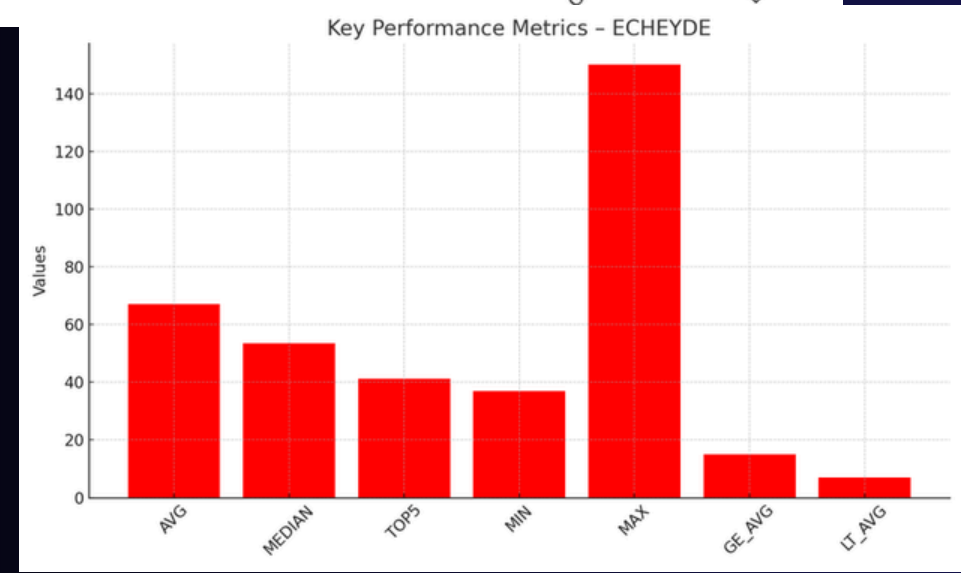
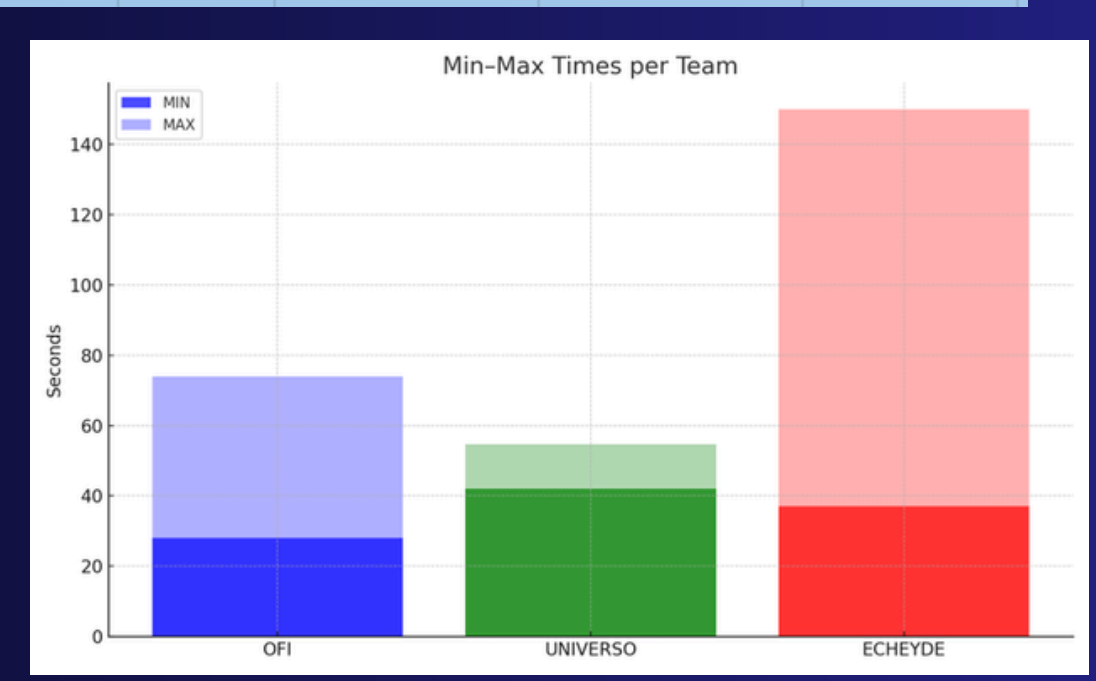
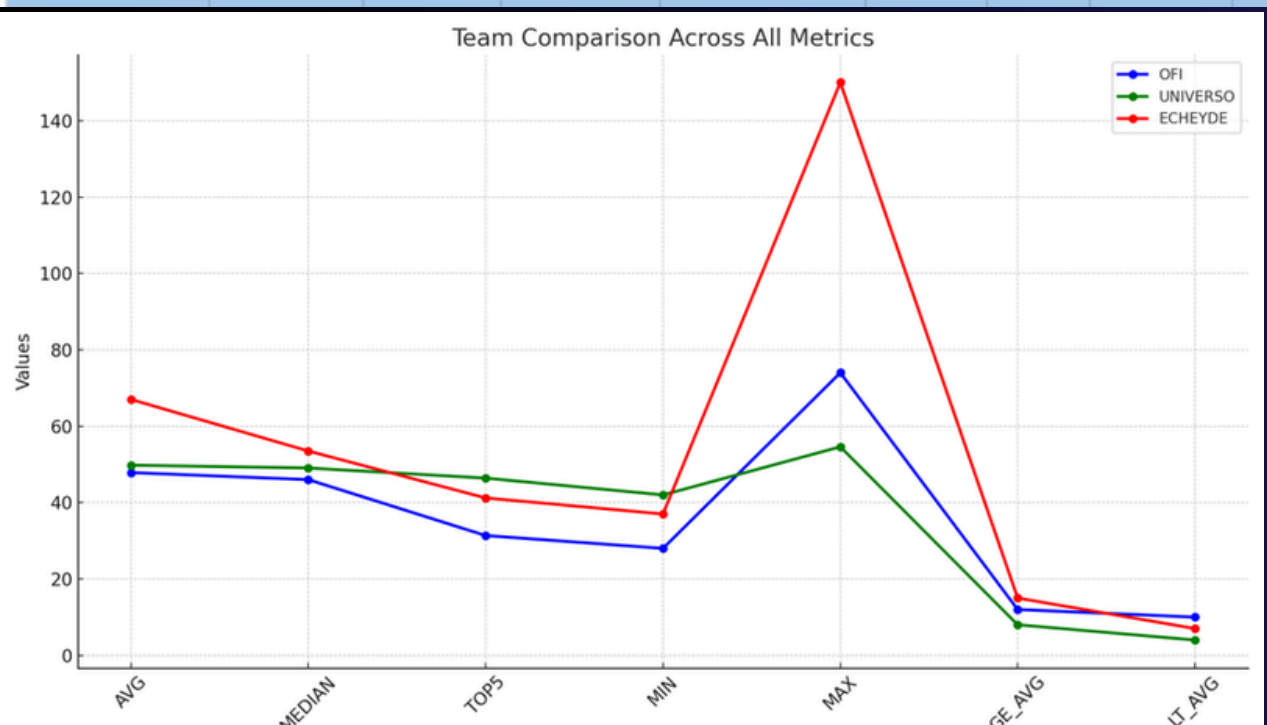
How to keep score

Time in Seconds [s]

Online Form to Submit Your Score
<https://cr.anemoss.eu/challenges>

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6-Week Pilot Program - Results



Challenge 2 - Rankings

Metric	1st Place	2nd Place	3rd Place
Best Average (Lowest Mean)	OFI – 47.85 s	UNIVERSO – 49.79 s	ECHEYDE – 67.00 s
Best Median (Lowest Median)	OFI – 46.0	UNIVERSO – 49.05	ECHEYDE – 53.5
Best Top-5 Average	OFI – 31.36	ECHEYDE – 41.2	UNIVERSO – 46.4
Most Athletes ≥ Overall Avg (overall avg = 54.22s)	ECHEYDE – 15/22	OFI – 12/22	UNIVERSO – 8/12
Smallest Time Range (Max–Min)	UNIVERSO – 54.6–42 = 12.6s	OFI – 74–28 = 46s	ECHEYDE – 150–37 = 113s
Fastest Individual Time (Team)	OFI – 28s	ECHEYDE – 37s	UNIVERSO – 42s
Fastest Individual Time (Athlete Code)	4	46	24
Fastest Individual Time	OFI – Aletras Emmanouil (28s)	ECHEYDE – Pataki Bence (37s)	UNIVERSO – Fiorillo Leonardo (42s)

Team Winner
OFI

Individual Winner
OFI

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)

How to keep score
Time in Seconds [s]

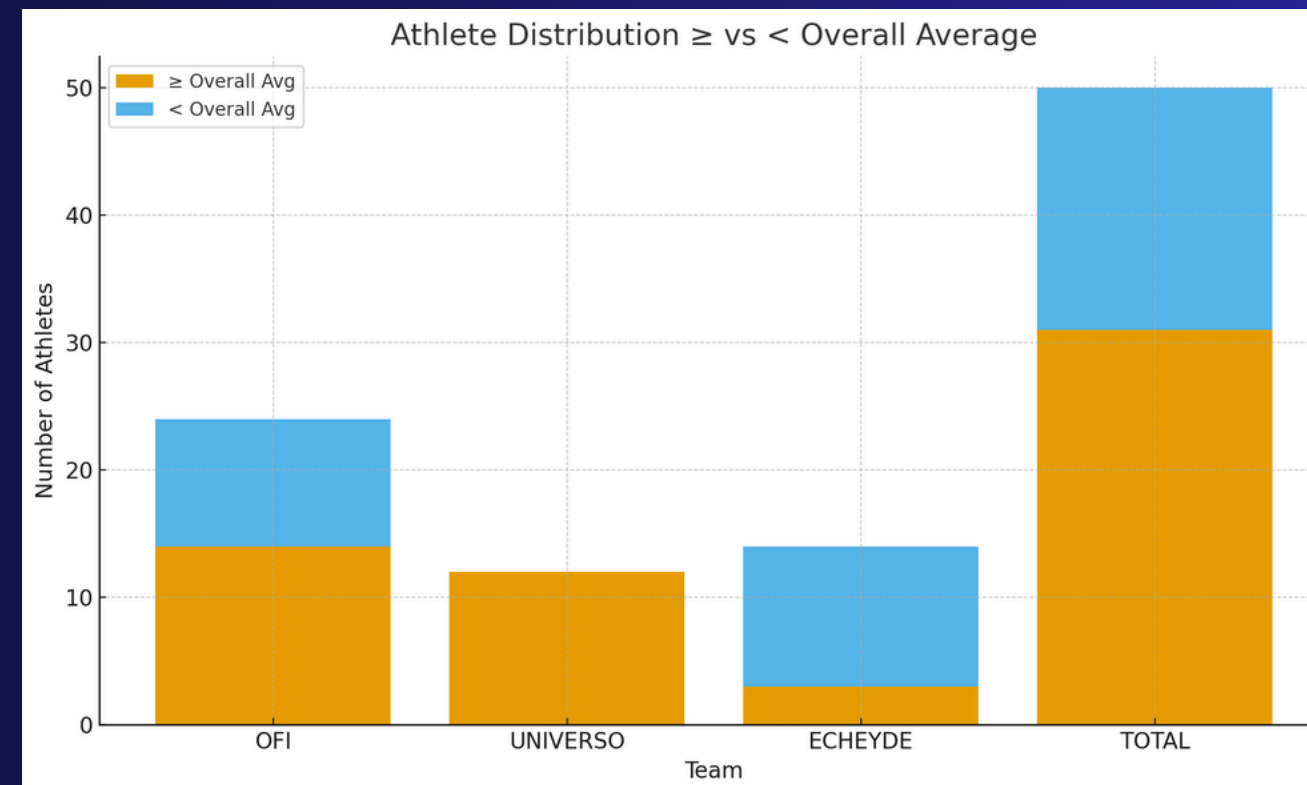
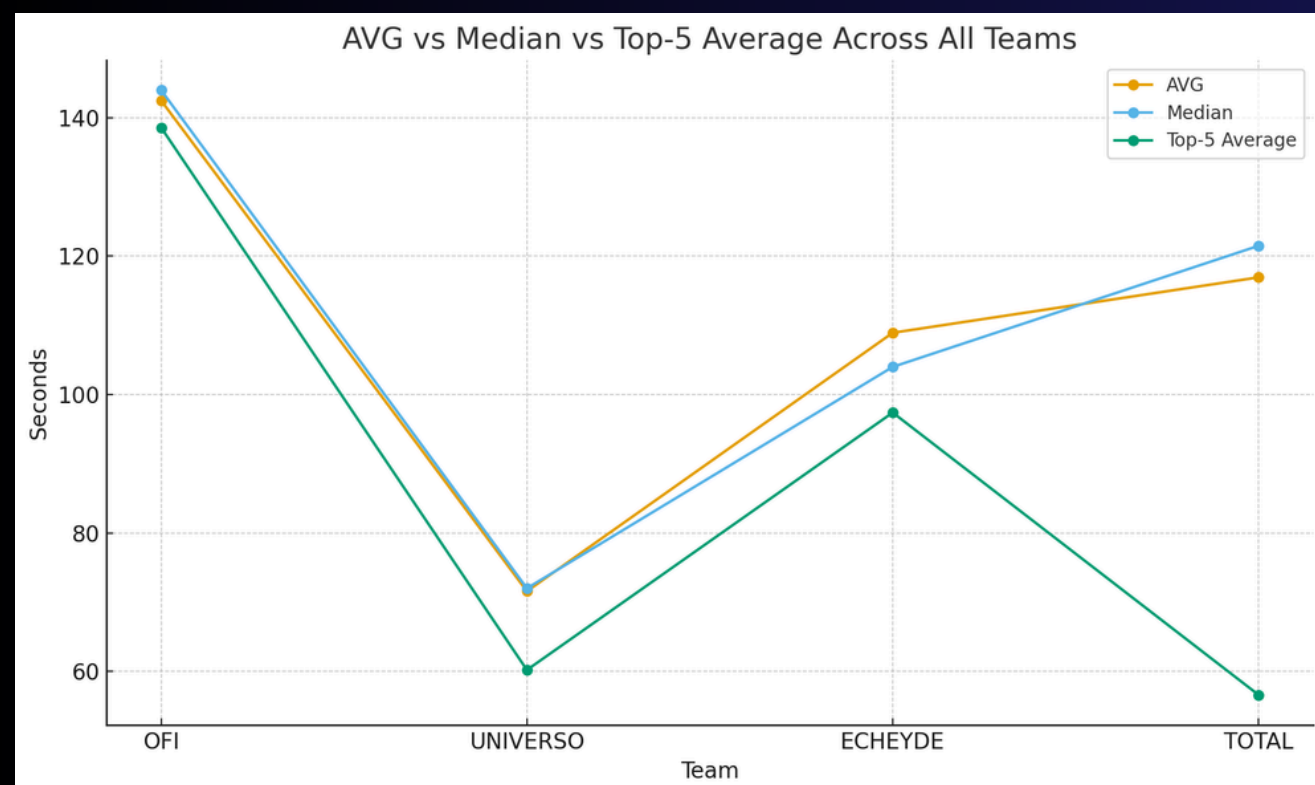
Rules: Balls must never fall in the water. Shoulders must remain out of the water during all phases. No pauses allowed.

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

Online Form to Submit Your Score
<https://cr.anemoss.eu/challenges>

Notes : Challenge 2 had OFI clearly dominating both average and consistency among top performers. UNIVERSO is the most stable team with the smallest time range.

ECHEYDE placed second in top-5, showing their best swimmers are competitive even though the full team average is lower.



6-Week Pilot Program - Results



Challenge 3

Team	Number	AVG	MEDIAN	TOP-5 AVG	MIN	MAX	Ages	≥ AVG*	< AVG*	Rank (by Avg)	Individual Winner's Team	Athlete Code
OFI	22	122.90 s	123.5	100.74	87.7	152	11-15	11	11	2nd	OFI	30
UNIVERSO	12	141.67 s	140.5	116.2	65	196	11-14	3	9	3rd	UNIVERSO	24
ECHEYDE	25	62.90 s	66	46.6	41.6	81	10-14	12	13	1st	ECHEYDE	31
TOTAL	59	109.16 s	112	46.6	41.6	196	10-15	26	33	Winner: ECHE	ECHEYDE	31

3RD CHALLENGE

Week 3: Friday, October 3rd 2025



Spins, Fakes and Slides

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

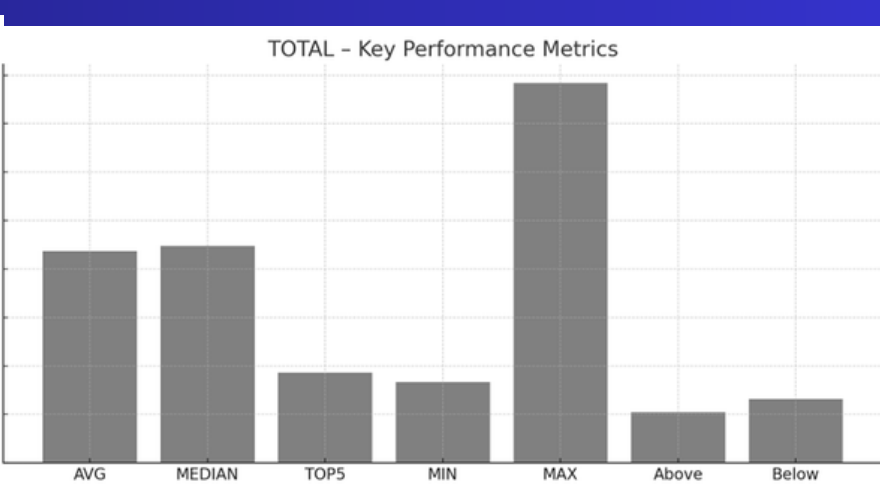
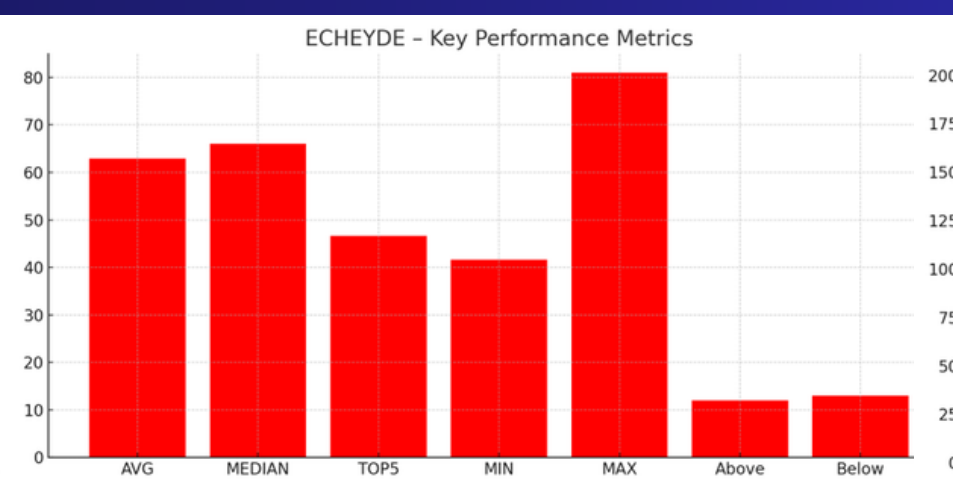
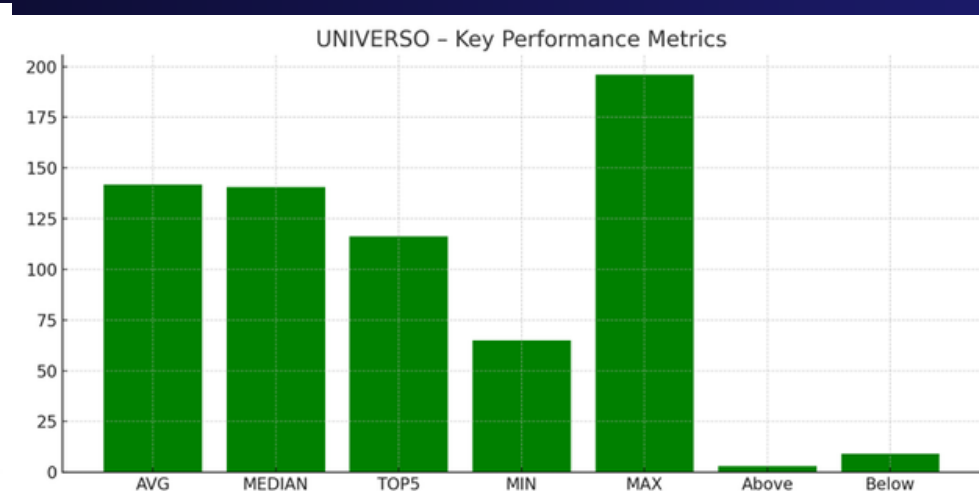
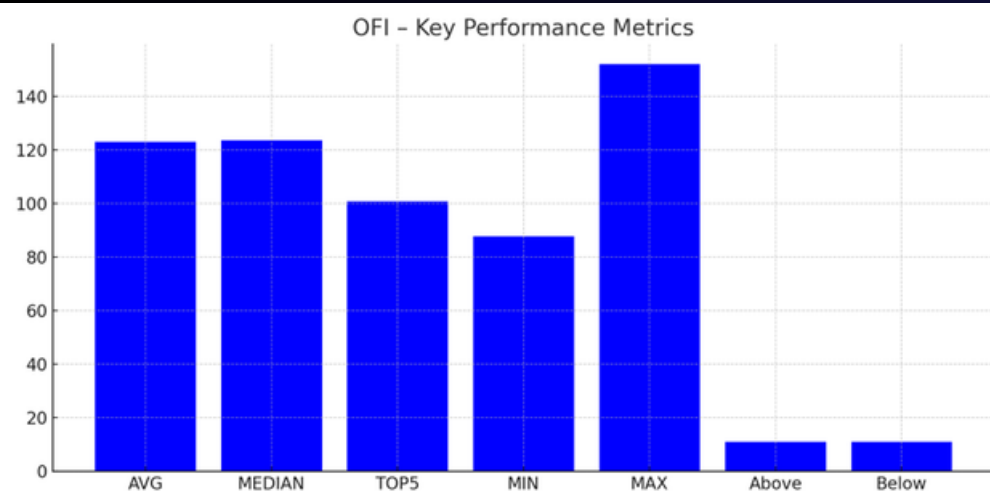
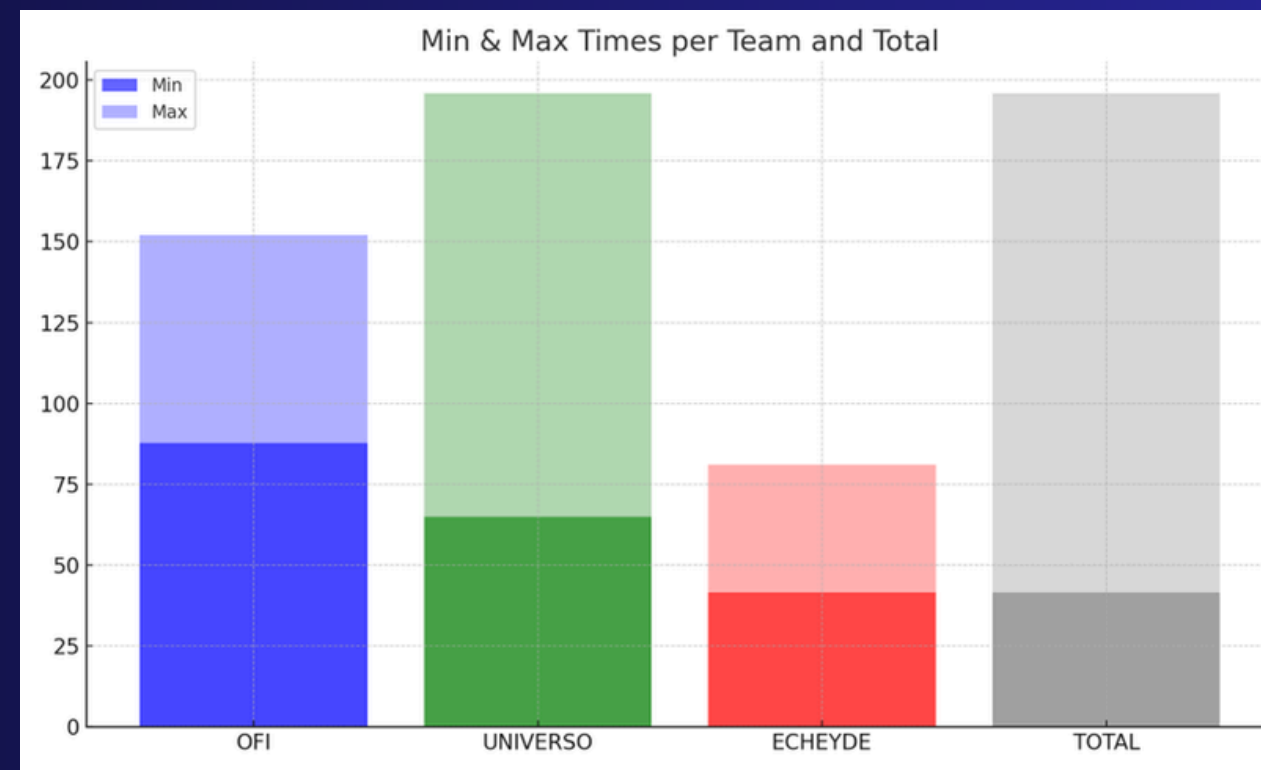
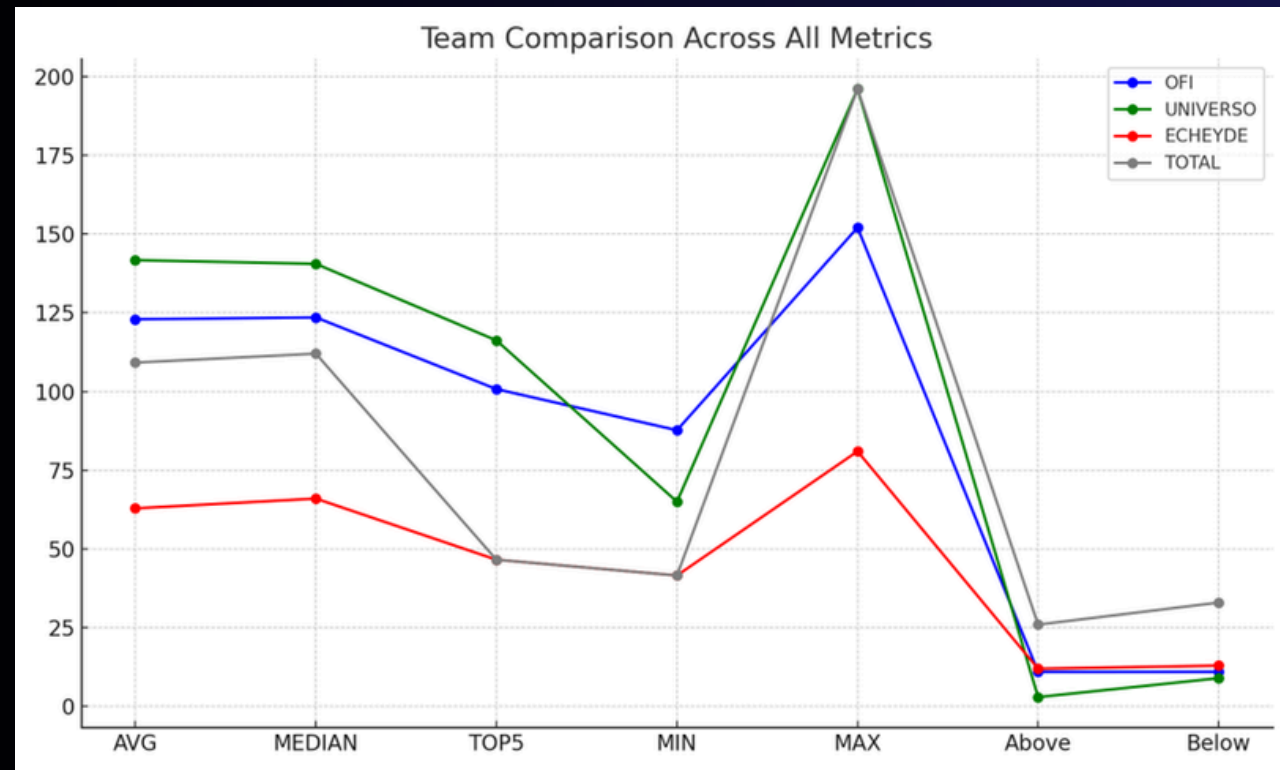
Complete the following set of tasks in the shortest possible time.

- 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)



6-Week Pilot Program - Results



Challenge 3 - Rankings

Metric	1st Place	2nd Place	3rd Place
Best Average (Lowest Mean)	ECHEYDE (62.90 s)	OFI (122.90 s)	UNIVERSO (141.67 s)
Best Median (Lowest Median)	ECHEYDE (66)	OFI (123.5)	UNIVERSO (140.5)
Best Top-5 Average	ECHEYDE (46.60 s)	OFI (100.74 s)	UNIVERSO (116.20 s)
Most Athletes ≥ Overall Avg (overall avg = 109.16 s)	ECHEYDE (12/25)	OFI (11/22)	UNIVERSO (3/12)
Smallest Time Range (Max-Min)	ECHEYDE (81 – 41.6 = 39.4 s)	OFI (152 – 87.7 = 64.3 s)	UNIVERSO (196 – 65 = 131 s)
Fastest Individual Time (Team)	ECHEYDE (41.6 s)	UNIVERSO (65 s)	OFI (87.7 s)
Fastest Individual Time (Athlete Code)	31	24	30
Fastest Individual Time	eredia Pablo – 41.6 s (ECHEYDE)	orillo Leonardo – 65 s (UNIVERSO)	Galyfianakis Alexandros – 87.7 s (OFI)

Team Winner
ECHEYDE

Individual Winner
ECHEYDE

3RD CHALLENGE
 Week 3: Friday, October 3rd 2025

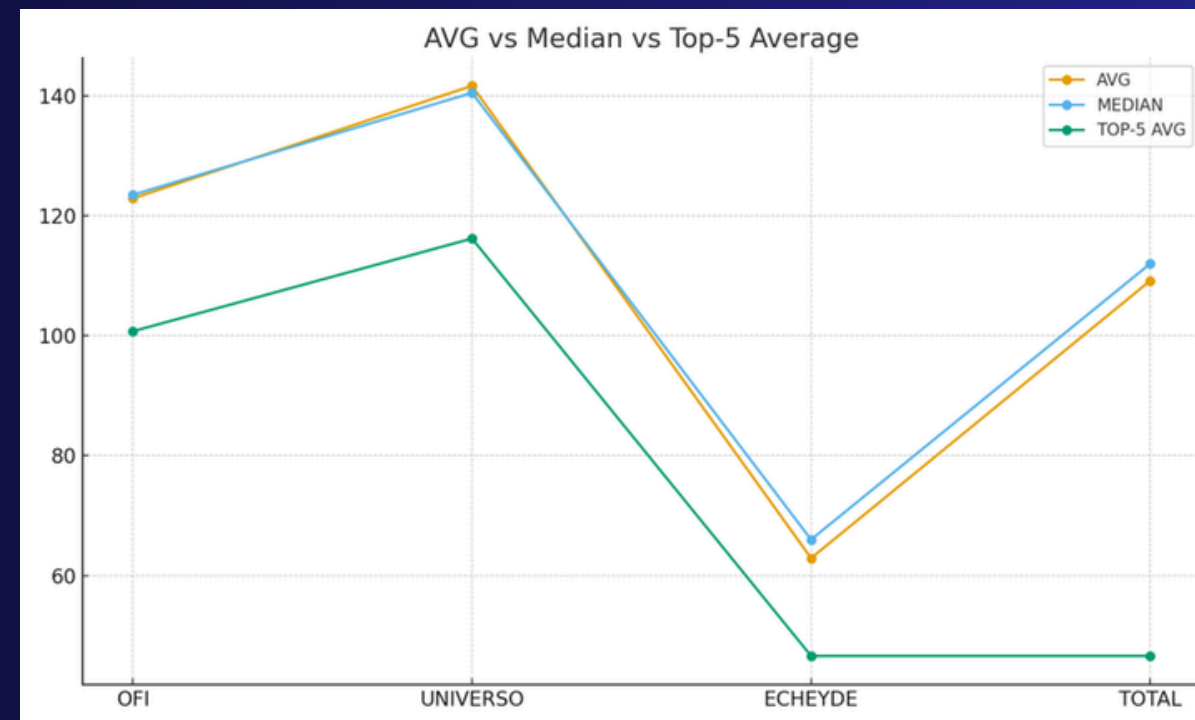
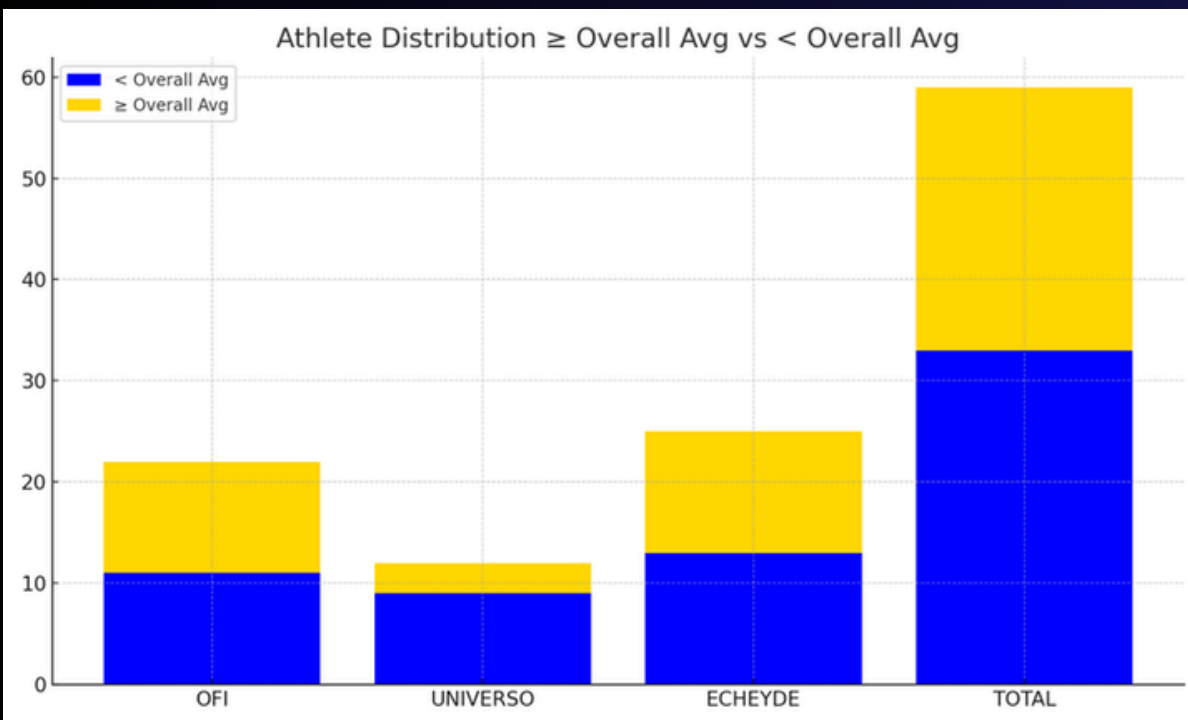
Spins, Fakes and Slides
[Click Here to Watch an Example Video](#)
 Complete the following set of tasks in the shortest possible time.

How to keep score
 Time in Seconds [s]

Online Form to Submit Your Score
<https://cranemoss.eu/challenges>

“The significant performance gap observed between Echeyde and the other two clubs may indicate that this challenge was executed differently across teams, which could have influenced the results.”

OFI showed consistent mid-pack performance with several strong athletes but could not match the top speeds of Echeyde.



Universo had solid performers but overall slower team averages and a wider performance gap.

Echeyde dominated Challenge 3 with the fastest individual time and the strongest team averages by a clear margin.

6-Week Pilot Program - Results



Challenge 4

Team	Number	AVG	MEDIAN	TOP-5 AVG	MIN	MAX	Ages	≤ AVG*	> AVG*	Rank (by Avg)	Individual Winner's Team	Athlete Code
OFI	21	96.43 s	96	84.6	81	109	11-15	0	21	3rd	OFI	41
UNIVERSO	11	78.18 s	73	64	58	127	11-14	2	9	2nd	Universo	24
ECHEYDE	28	59.93 s	68	36	34	86	10-14	23	5	1st	Echeyde	14
TOTAL	60	76.05 s	71	36	34	127	10-15	25	35	Team Winner: ECHEYDE	Echeyde	14

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)

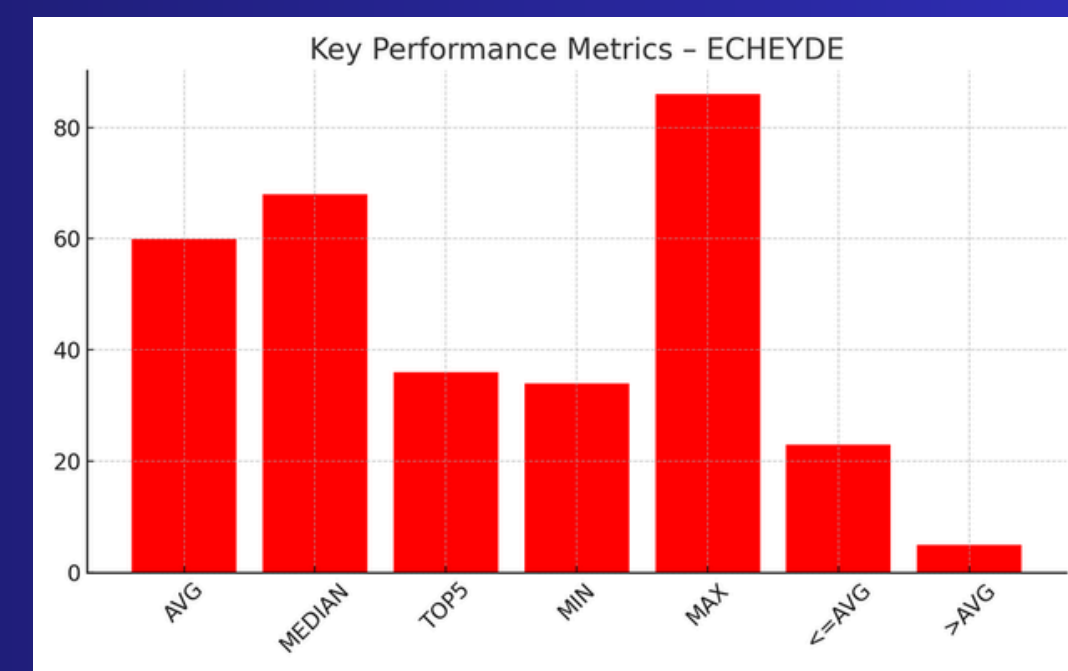
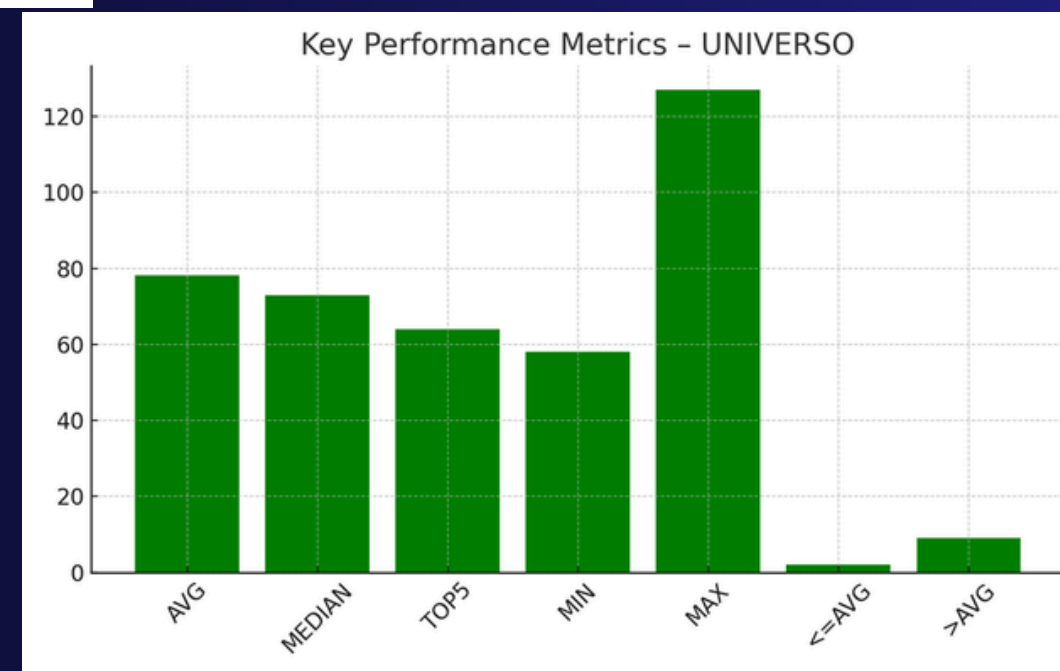
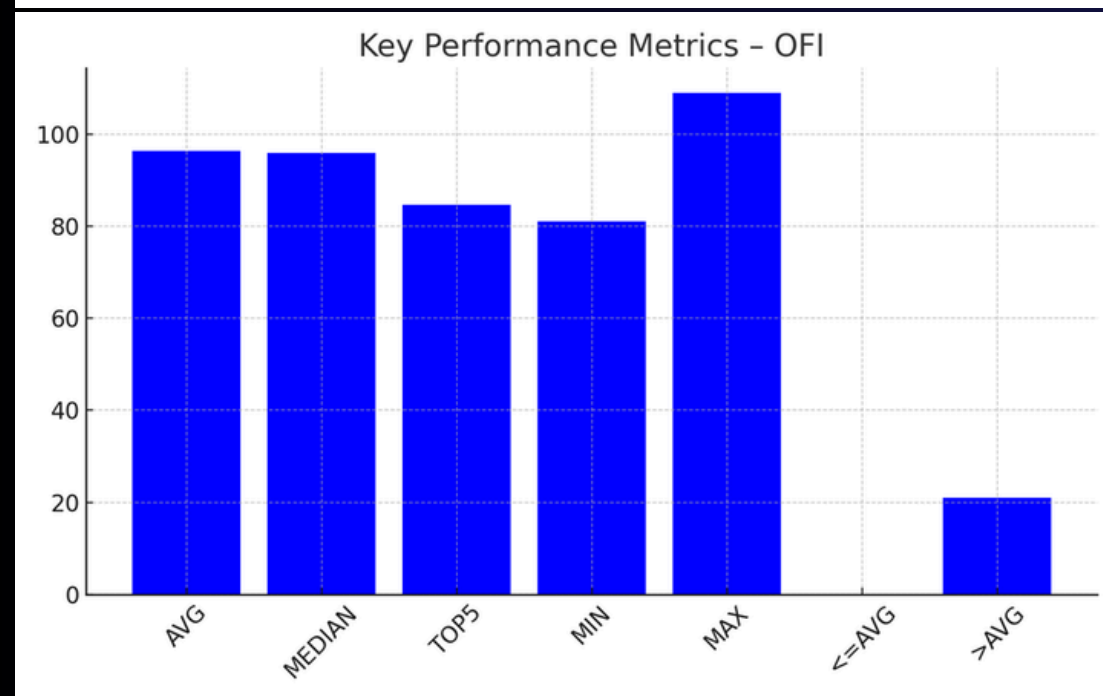
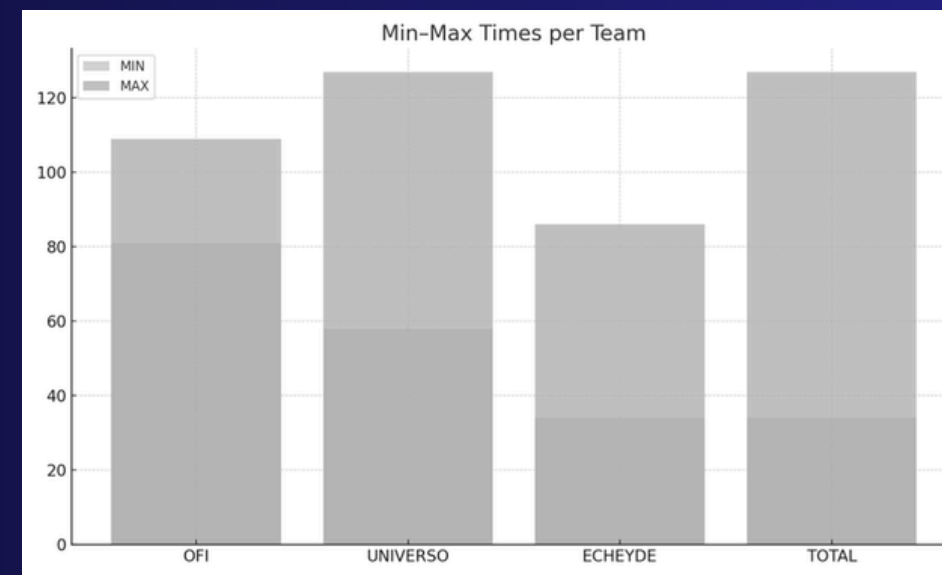
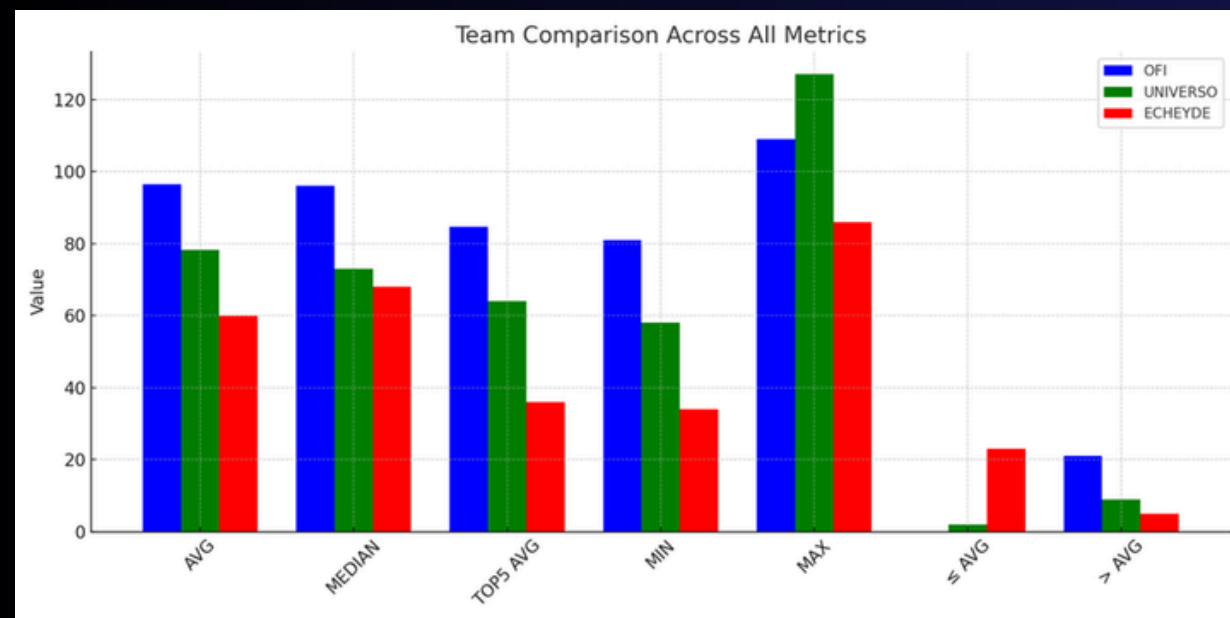
25m Sprint to half (12.5m) and back, head up swim, max speed

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 25m → 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>



6-Week Pilot Program - Results



Challenge 4 - Rankings

Metric	🥇 1st Place	🥈 2nd Place	🥉 3rd Place
Best Average (Lowest Mean)	ECHEYDE (59.93 s)	UNIVERSO (78.18 s)	OFI (96.43 s)
Best Median (Lowest Median)	UNIVERSO (73 s)	ECHEYDE (68 s)	OFI (96 s)
Best Top-5 Average	ECHEYDE (36.00 s)	UNIVERSO (64.00 s)	OFI (84.60 s)
Most Athletes ≤ Overall Avg (76.05 s)	ECHEYDE (23/28)	UNIVERSO (2/11)	OFI (0/21)
Smallest Time Range (Max-Min)	ECHEYDE (86 - 34 = 52 s)	OFI (109 - 81 = 28 s)	UNIVERSO (127 - 58 = 69 s)
Fastest Individual Time (Team)	ECHEYDE (34 s)	UNIVERSO (58 s)	OFI (81 s)
Fastest Individual Time (Athlete Code)	14	24	41

Team Winner

ECHEYDE

Individual Winner

ECHEYDE

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

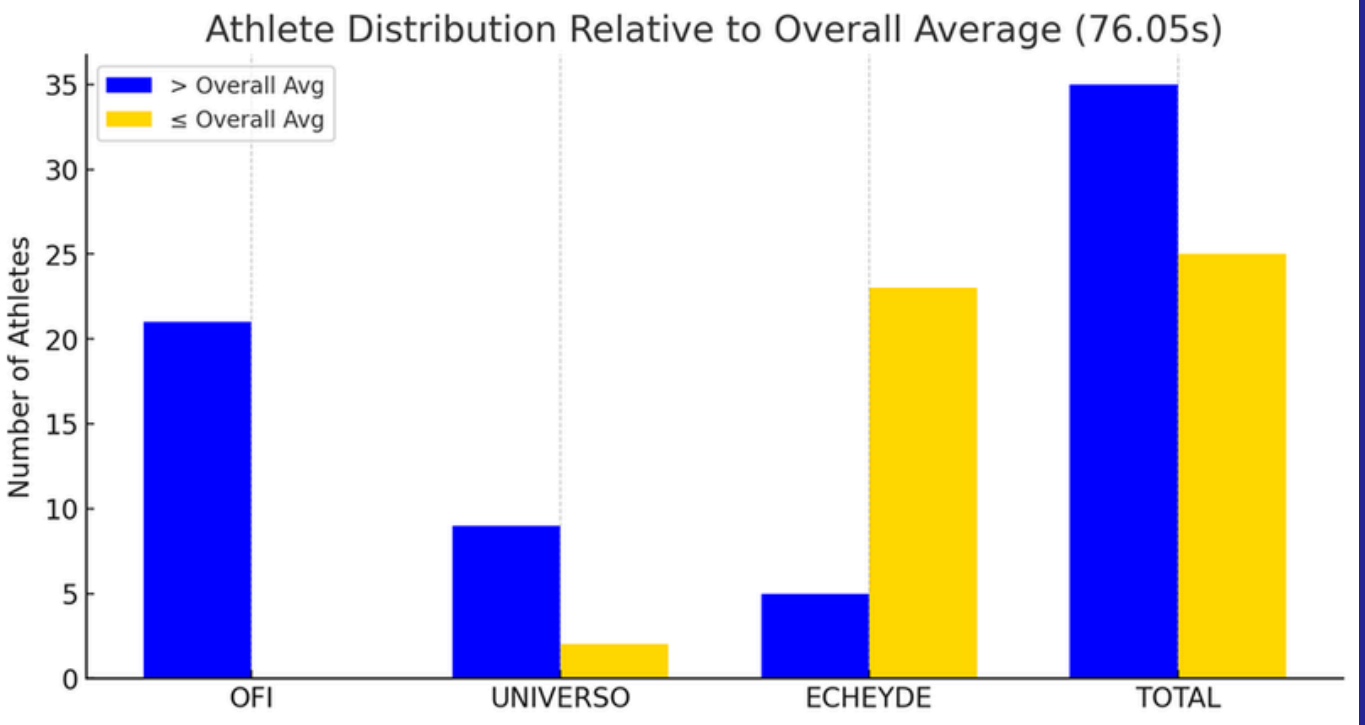
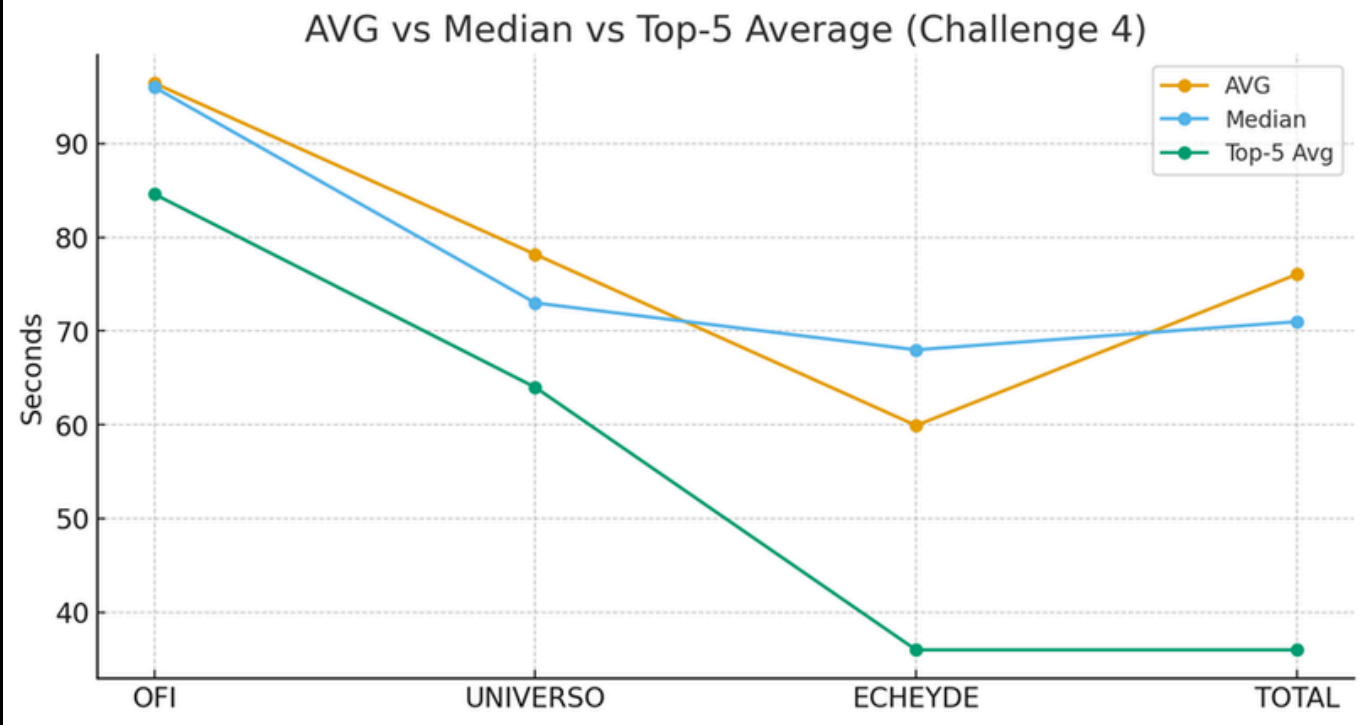
Extra Man Blocking Line - 6 Times: Push the wall with 2 hands → Over the hips to face opposite wall into blocking position → Switch Blocking arms to square to the wall → Move forward until 4m mark → Slide backwards to initial position (keep eyes out - use only breaststroke kicks to get to the wall - 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 25m → 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)
<https://cr.anemoss.eu/challenges>

“The significant performance gap observed between Echeyde and the other two clubs may indicate that this challenge was executed differently across teams, which could have influenced the results.”



OFI showed good participation depth but recorded the slowest average times, indicating this challenge was more difficult compared to others.

Universo performed moderately well with a solid median but lacked enough athletes below the overall average to compete for the top spot.

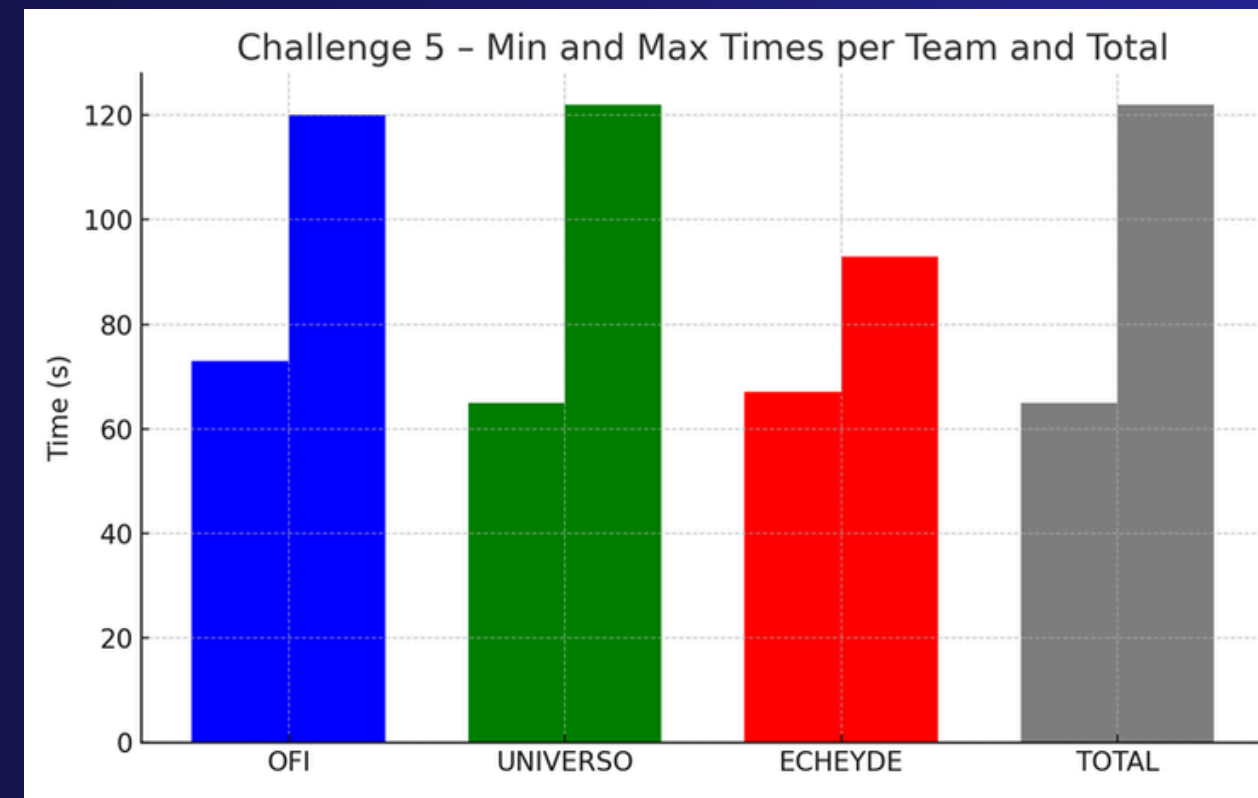
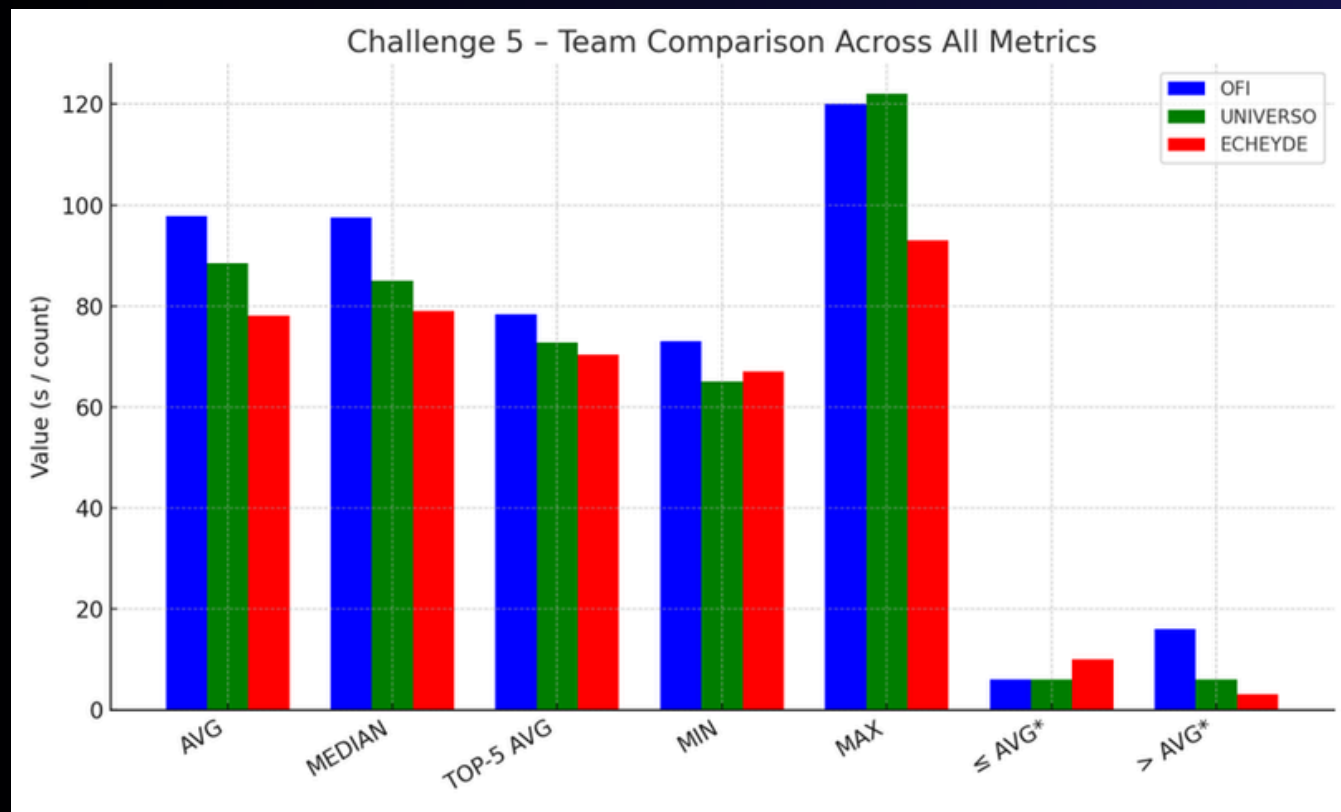
Echeyde dominated this challenge with the fastest individual performer and the strongest overall team results across all major metrics.

6-Week Pilot Program - Results



Challenge 5

Team	Number	AVG	MEDIAN	TOP-5 AVG	MIN	MAX	Ages	≤ AVG*	> AVG*	Rank (by Avg)	Individual Winner's Team	Athlete Code
OFI	22	97.77 s	97.5	78.4	73	120	11-15	6	16	3rd	OFI	4
UNIVERSO	12	88.42 s	85	72.8	65	122	11-14	6	6	2nd	Universo	1
ECHEYDE	13	78.15 s	79	70.4	67	93	10-14	10	3	1st	Echeyde	7
TOTAL	47	87.52 s	85	70.4	65	122	10-15	22	25	Winner: ECHE	Echeyde	7



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)

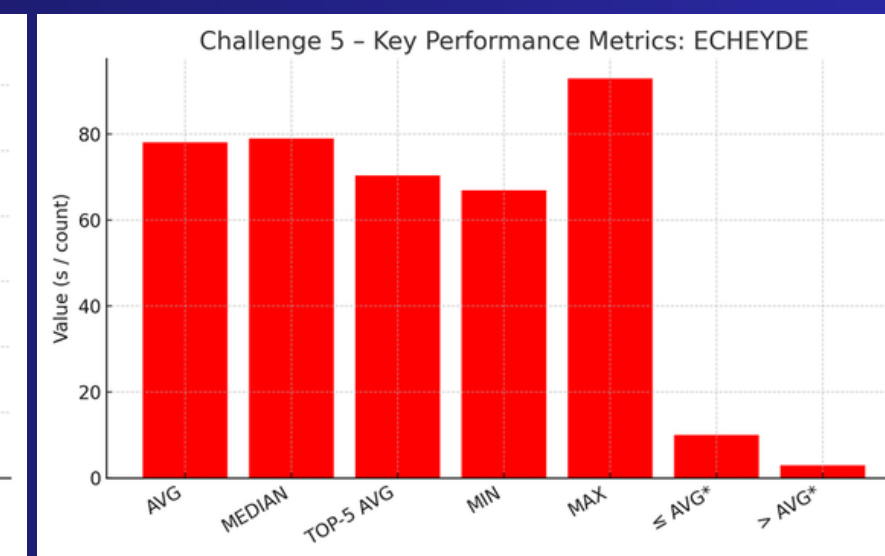
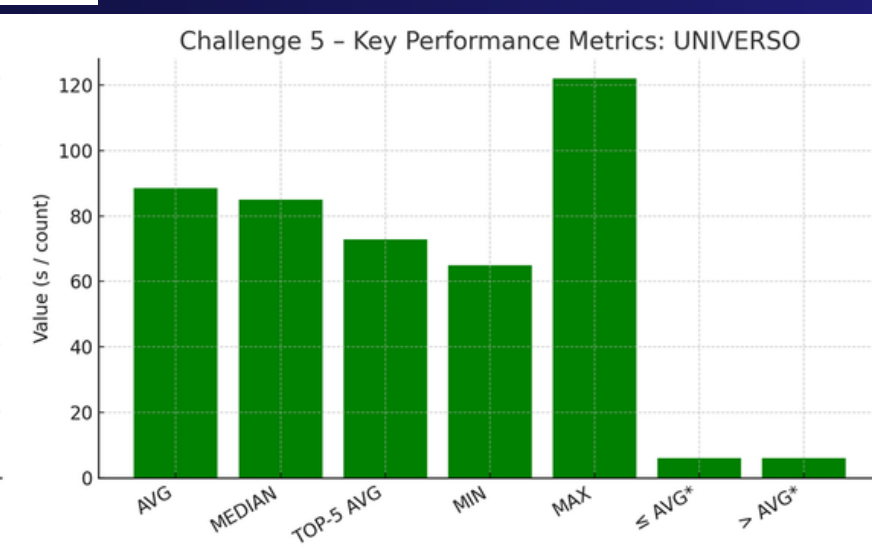
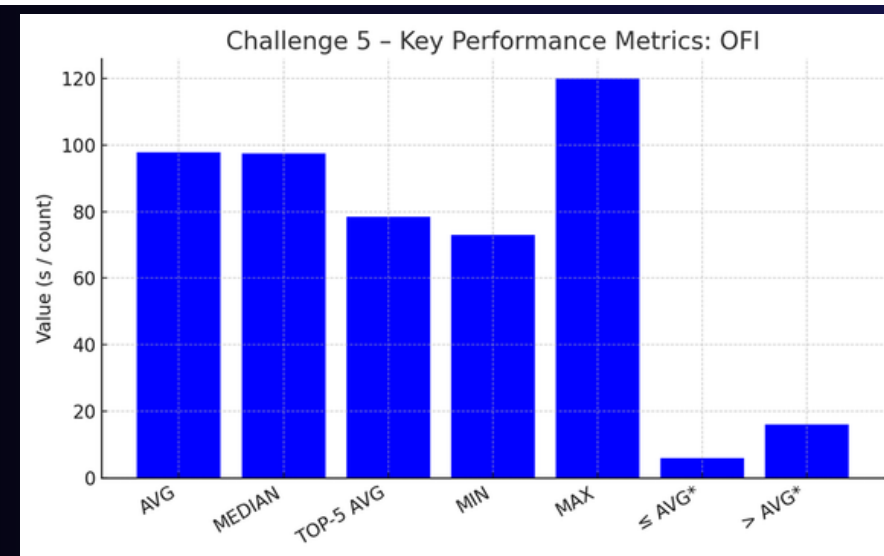
How to keep score

Time in Seconds [s]

Online Form to Submit Your Score

https://cranemoss.eu/challenges

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6-Week Pilot Program - Results



Challenge 5 - Rankings

Metric	🥇 1st Place	🥈 2nd Place	🥉 3rd Place
Best Average (Lowest Mean)	ECHEYDE (78.15 s)	UNIVERSO (88.42 s)	OFI (97.77 s)
Best Median (Lowest Median)	ECHEYDE (79 s)	UNIVERSO (85 s)	OFI (97.5 s)
Best Top-5 Average	ECHEYDE (70.4 s)	UNIVERSO (72.8 s)	OFI (78.4 s)
Most Athletes ≤ Overall Avg (87.52 s)	ECHEYDE (10/13)	UNIVERSO (6/12)	OFI (6/22)
Smallest Time Range (Max-Min)	ECHEYDE (93 – 67 = 26 s)	OFI (120 – 73 = 47 s)	UNIVERSO (122 – 65 = 57 s)
Fastest Individual Time (Team)	UNIVERSO (65 s)	ECHEYDE (67 s)	OFI (73 s)
Fastest Individual Time (Athlete Code)	1	59	4

Team Winner
ECHEYDE

Individual Winner
UNIVERSO

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)

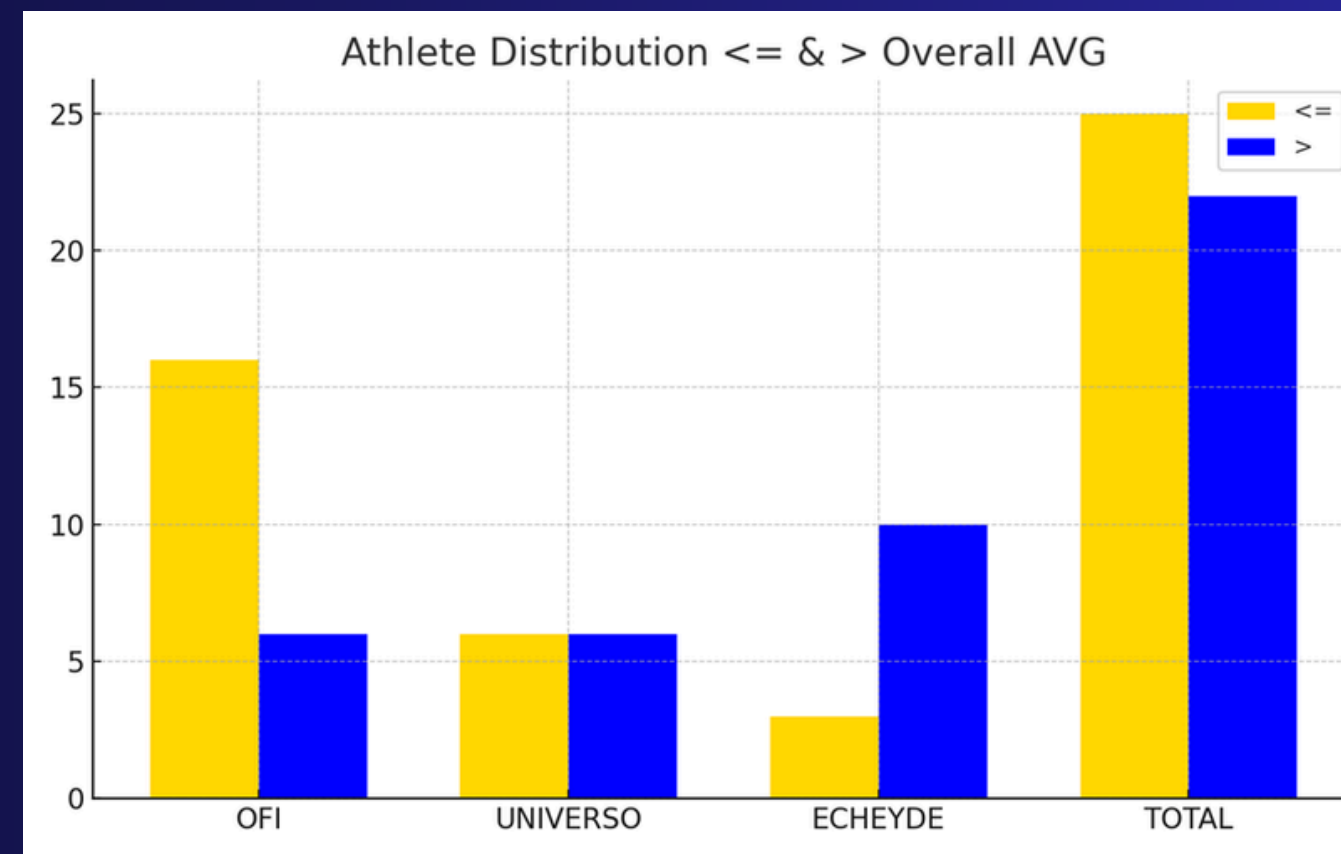
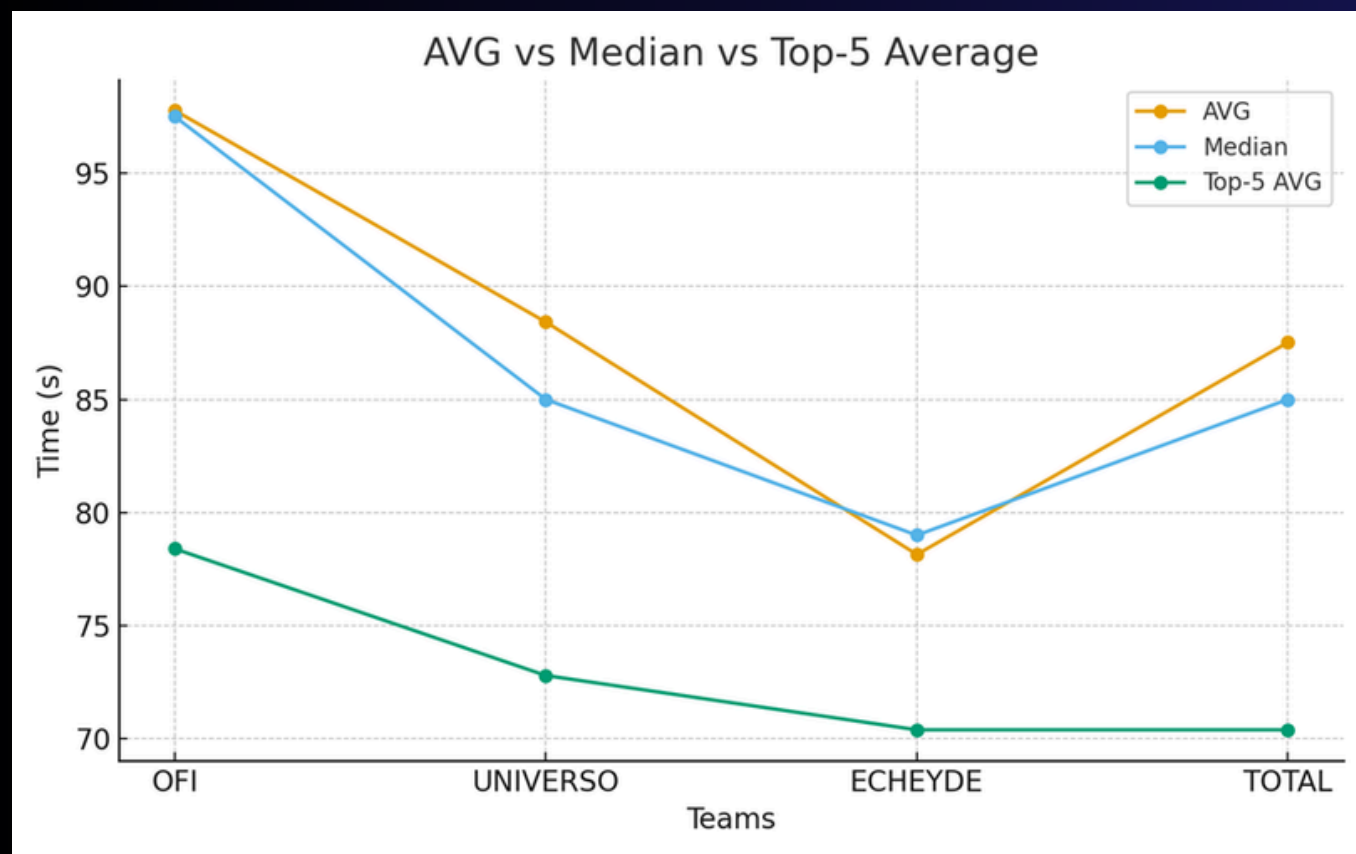
Start from the lower corner of the right vertical bar on the cage → From a close distance, perform minimum 30 volleyball-style wrist passes against the cage bars while moving upward along the vertical bar and sideways along the crossbar to the opposite side (skip 2nd vertical bar), then return to the 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://cranemoss.eu/challenges>



OFI showed solid participation depth but their average times placed them behind the other two teams in Challenge 5.

Universo delivered strong top performers, including one of the fastest individual times, but overall consistency was weaker than Echeyde.

Echeyde dominated Challenge 5 with the best averages, best median, strongest top-5, and the highest proportion of athletes below the overall average.

6-Week Pilot Program - Results



Challenge 6

Team	Number	AVG	MEDIAN	TOP-5 AVG	MIN	MAX	Ages	≥ AVG*	< AVG*	Rank (by Avg)	Individual Winner's Team	Athlete Code
OFI	22	-1.86	1	8.2	-11	9	11-15	0	22	🥉 3rd	OFI	4
UNIVERSO	-	-	-	-	-	-	-	-	-	-	-	-
ECHEYDE	17	36.29	36	42.8	6	45	10-13	17	0	🥇 1st	ECHEYDE	44
TOTAL	39	19.89	21	25.5	-11	45	10-15	17	22	Team Winner: ECHEYDE	ECHEYDE	44

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 3-Second Triple Threat Hold (No Fakes)
- 5 After 2 Slides
- 5 After Swim (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]

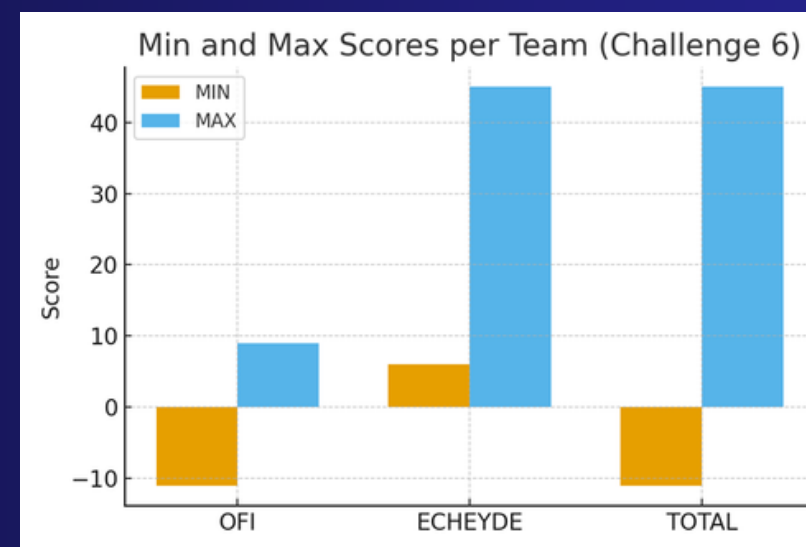
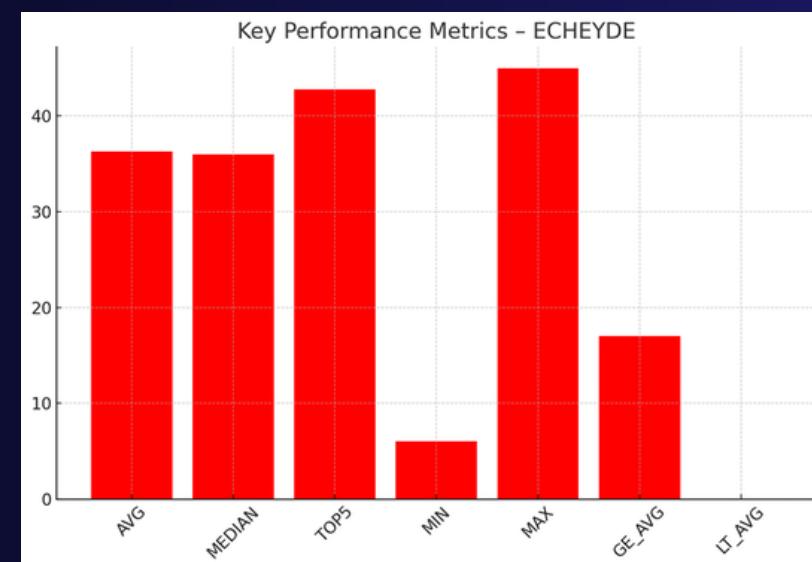
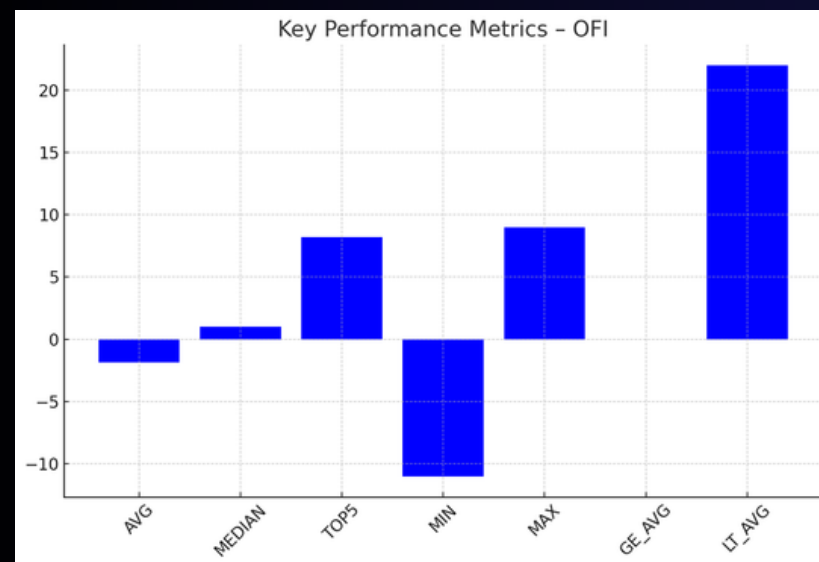
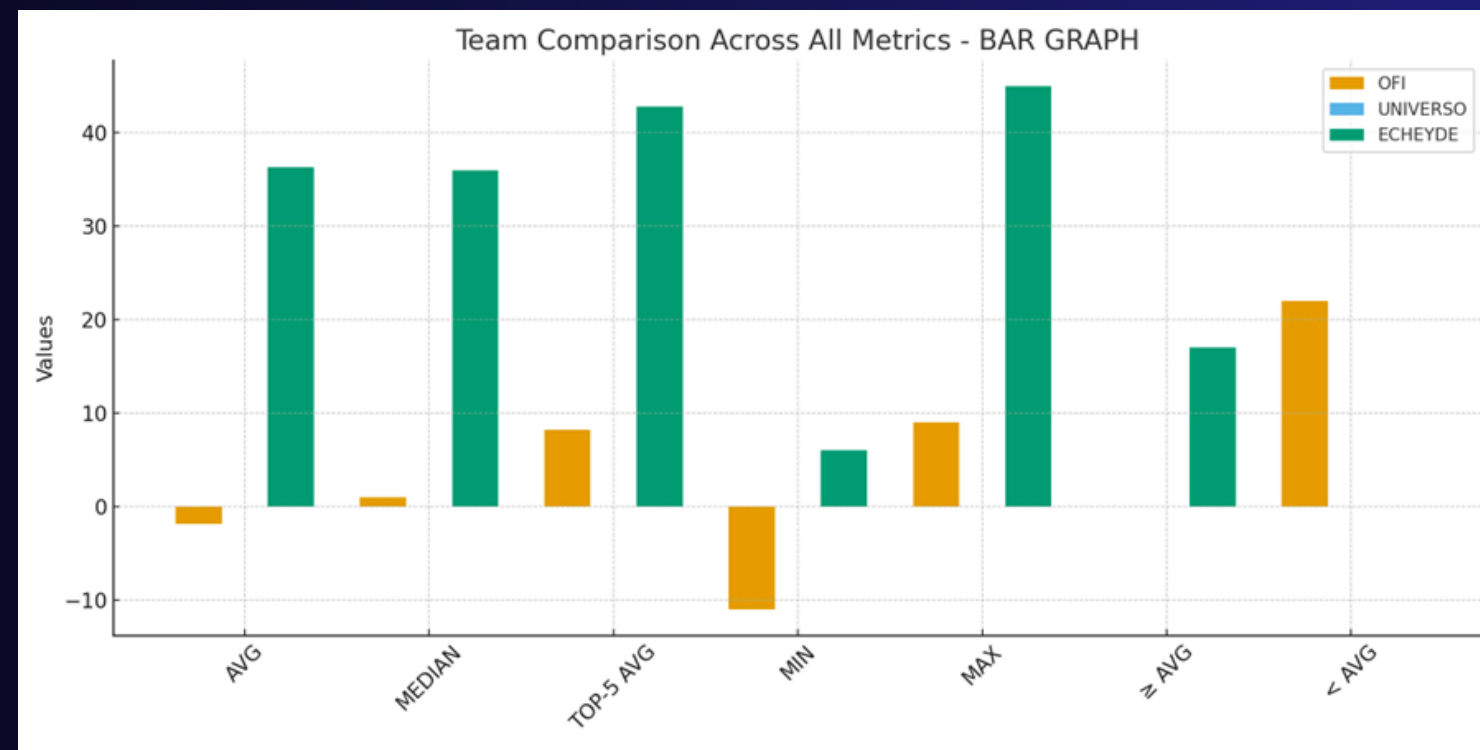
- ✔ Hit the Hanging Caps: +2 Points
- ✔ Bar In: +1 Point
- ✔ In Cage: 0 Points
- ✘ Bar Out: -1 Point
- ✘ Out: -2 Points

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>

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6-Week Pilot Program - Results



Challenge 6 - Rankings

Team	Number	AVG	MEDIAN	TOP-5 AVG	MIN	MAX	Ages	≥ AVG*	< AVG*	Rank (by Avg)	Individual Winner's Team	Athlete Code
OFI	22	-1.86	1	8.2	-11	9	11-15	0	22	3rd	OFI	4
UNIVERSO	-	-	-	-	-	-	-	-	-	-	-	-
ECHEYDE	17	36.29	36	42.8	6	45	10-13	17	0	1st	ECHEYDE	44
TOTAL	39	19.89	21	25.5	-11	45	10-15	17	22	Team Winner: ECHEYDE	ECHEYDE	44

Sequence (50 Total Shots)

- 5 Off Foul
- 5 After 5 Fakes
- 5 After 3-Second Triple Threat Hold (No Fakes)
- 5 After 2 Slides
- 5 After Swim (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)

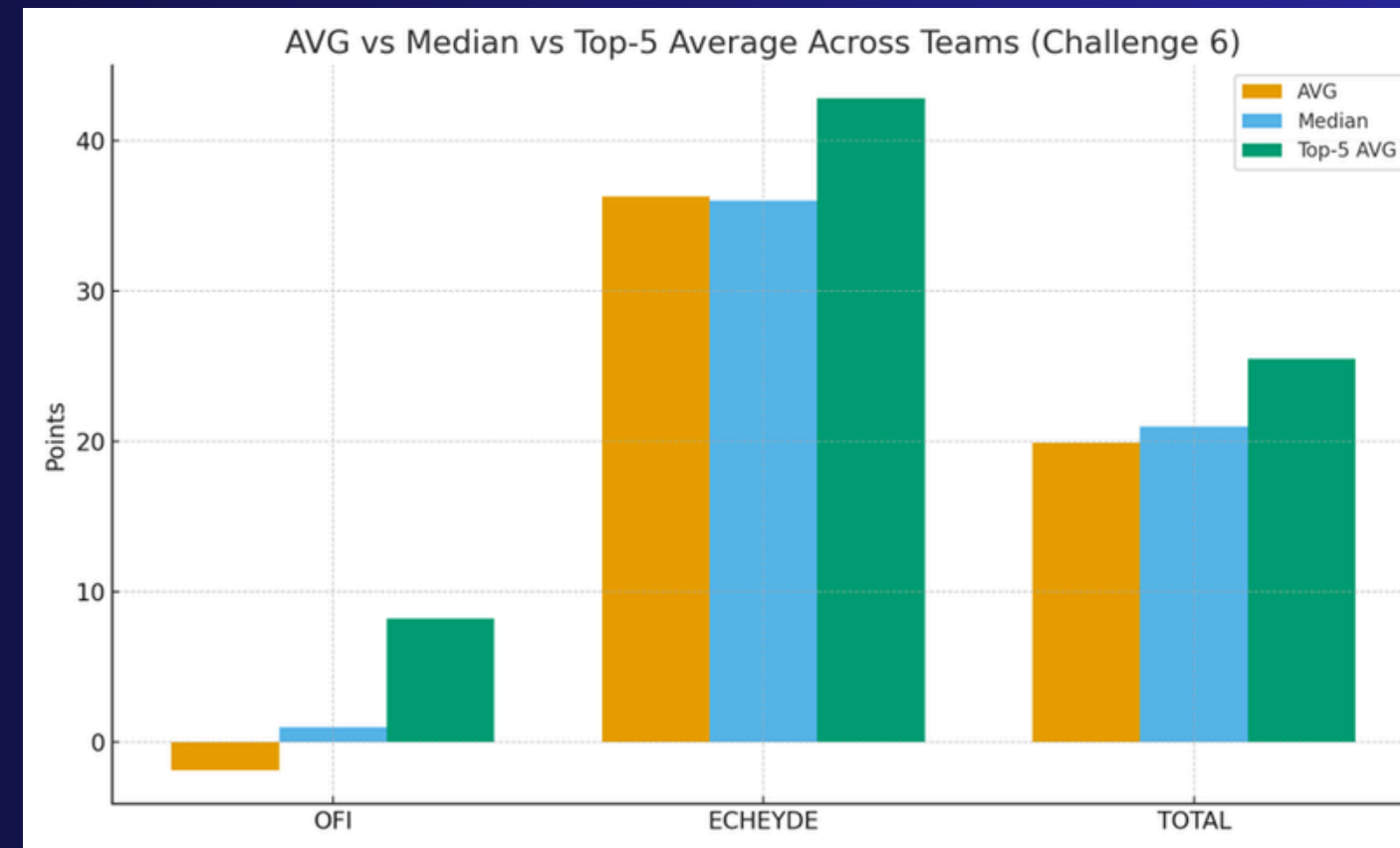
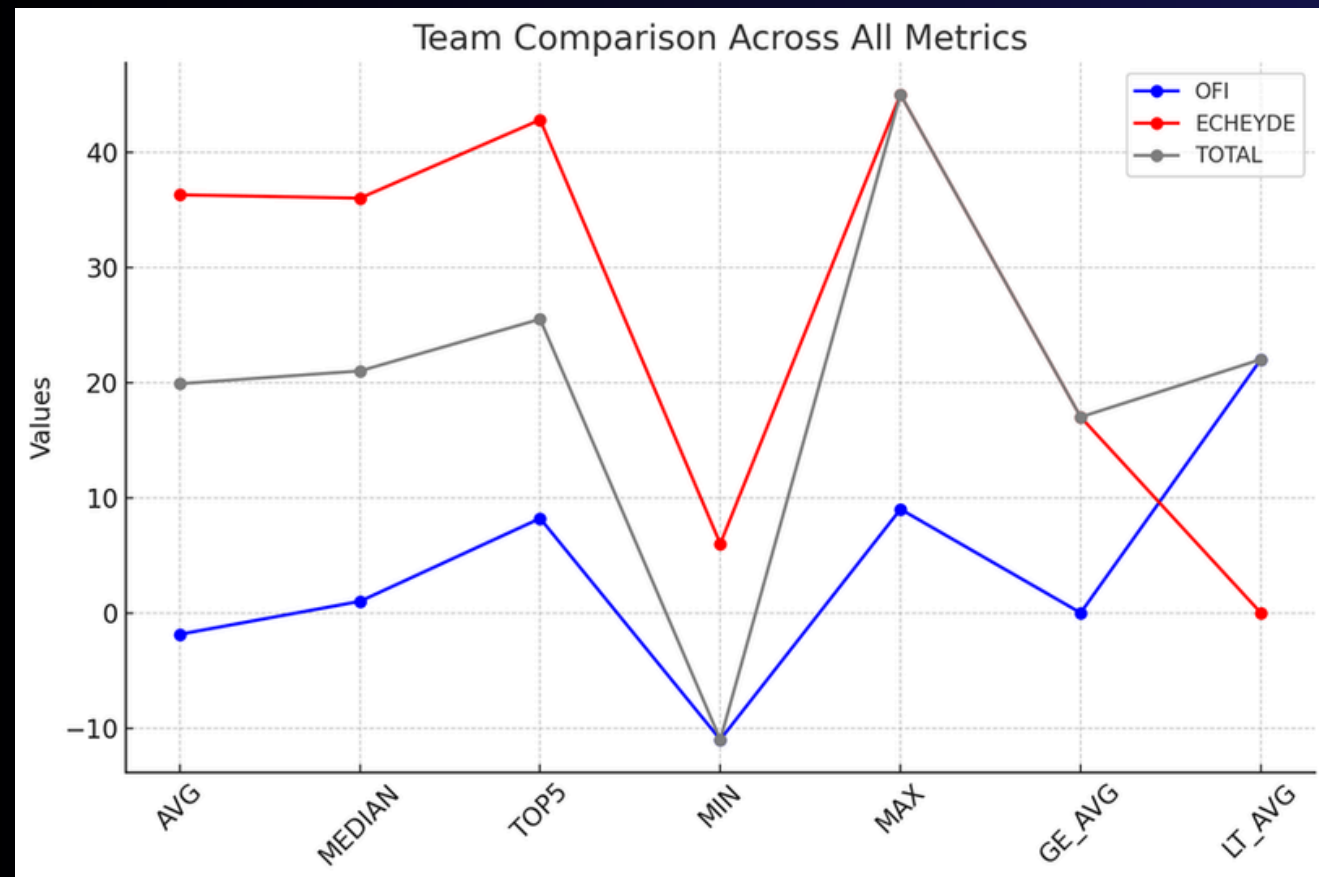
How to keep score

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>



Team Winner
ECHEYDE

Individual Winner
ECHEYDE

OFI athletes showed effort but overall performed below the challenge's average score, with only one athlete achieving a strong positive result.

Echeyde demonstrated exceptional performance across the board, with consistently high scores and all athletes performing above the overall average.

Universo submitted results using a different scoring method, making direct comparison with the other teams impossible for this challenge.

6-Week Pilot Program - Results

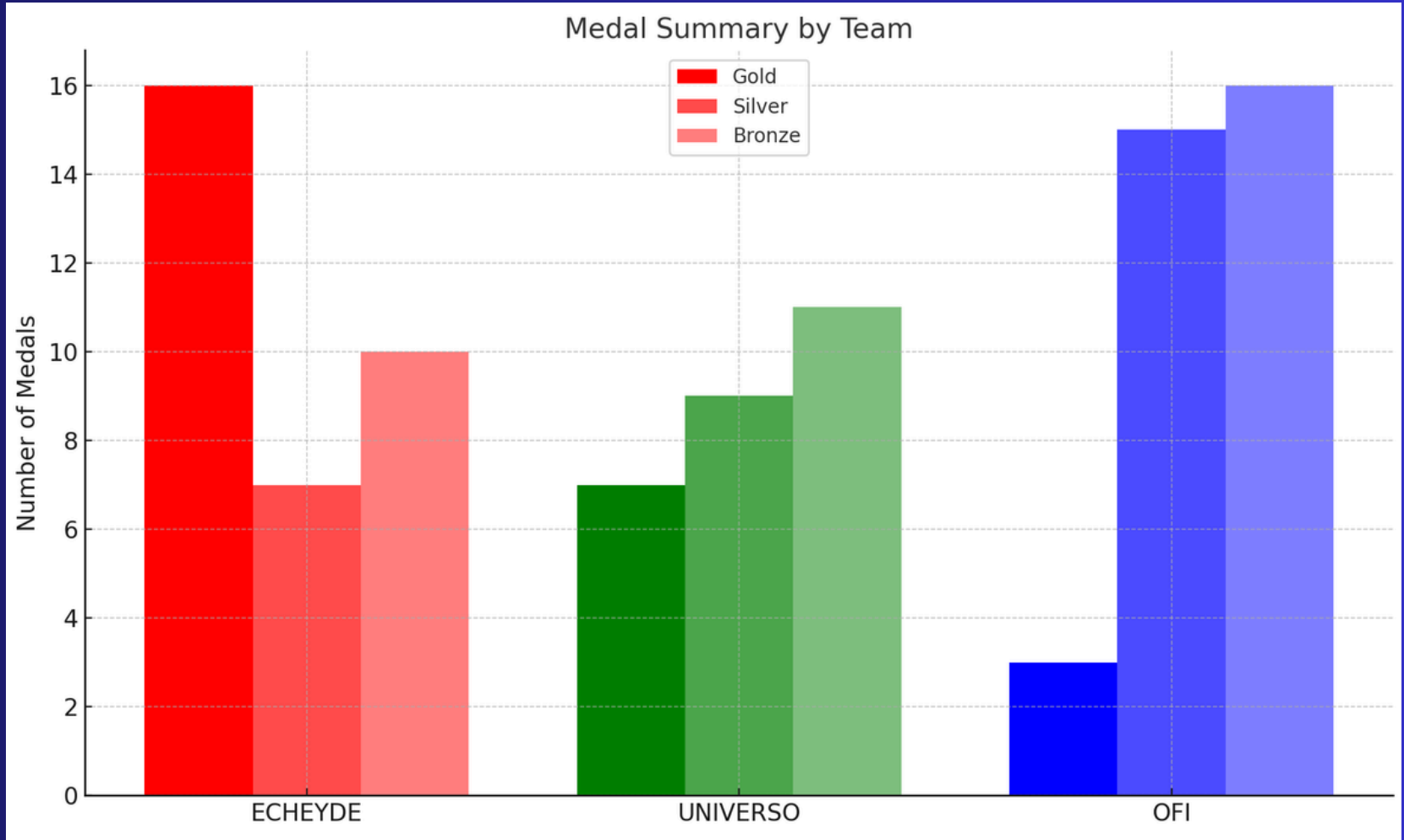
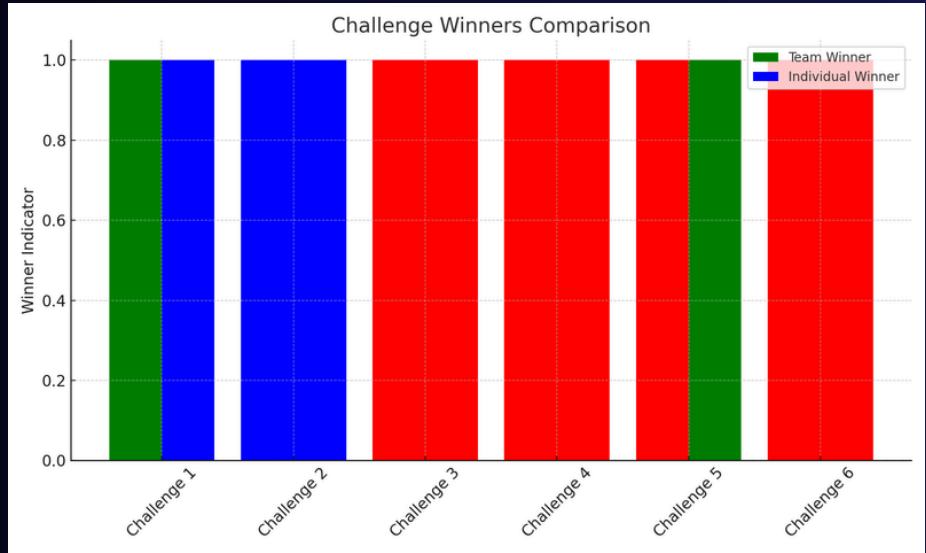


Total Rankings - All 3 Teams Included

Metric	Ch. 1 Winner	Ch. 2 Winner	Ch. 3 Winner	Ch. 4 Winner	Ch. 5 Winner	Ch. 6 Winner
Best Average	UNIVERSO	OFI	ECHEYDE	ECHEYDE	ECHEYDE	ECHEYDE
Best Median	UNIVERSO	OFI	ECHEYDE	UNIVERSO	ECHEYDE	ECHEYDE
Best Top-5 Average	UNIVERSO	OFI	ECHEYDE	ECHEYDE	ECHEYDE	ECHEYDE
Most Athletes \geq / \leq Overall Avg	UNIVERSO	ECHEYDE	ECHEYDE	ECHEYDE	ECHEYDE	ECHEYDE
Smallest Range (Max-Min)	UNIVERSO	UNIVERSO	ECHEYDE	OFI	ECHEYDE	ECHEYDE
Fastest / Highest Individual Performance	OFI	OFI	ECHEYDE	ECHEYDE	UNIVERSO	ECHEYDE

Team	🏆 Gold	🥈 Silver	🥉 Bronze	Overall Rank
ECHEYDE	16	7	10	🥇 1st
UNIVERSO	7	9	11	🥈 2nd
OFI	3	15	16	🥉 3rd

Challenge 1	Challenge 2	Challenge 3	Challenge 4	Challenge 5	Challenge 6
Team Winner	Team Winner	Team Winner	Team Winner	Team Winner	Team Winner
UNIVERSO	OFI	ECHEYDE	ECHEYDE	ECHEYDE	ECHEYDE
Individual Winner	Individual Winner	Individual Winner	Individual Winner	Individual Winner	Individual Winner
OFI	OFI	ECHEYDE	ECHEYDE	UNIVERSO	ECHEYDE



6-Week Pilot Program - Results



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2. Statistics from the Challenges

Comparison of 2 teams: OFI and Universo

6-Week Pilot Program - Results



Statistics from the Challenges (OFI and Universo Only)

Challenge	Overall Winner	Team Winner	Individual's Winner Team	Notes	Individual Winner (Athlete Code)
1	Italy	UNIVERSO	OFI (Greece)	Universo showed fastest team average; standout individual from OFI	51
2	Greece	OFI	OFI (Greece)	OFI dominated both team and individual performance	4
3	Greece	OFI	Universo (Italy)	OFI had better average; top individual came from Universo	24
4	Italy	UNIVERSO	Universo (Italy)	Universo strong technical consistency; Fiorillo repeated as top performer	24
5	Italy	UNIVERSO	Universo (Italy)	Universo maintained lead with both team & individual success	27
6	Greece	OFI	OFI (Greece)	"Universo's results were entered using a different scoring system and therefore cannot be compared"	4

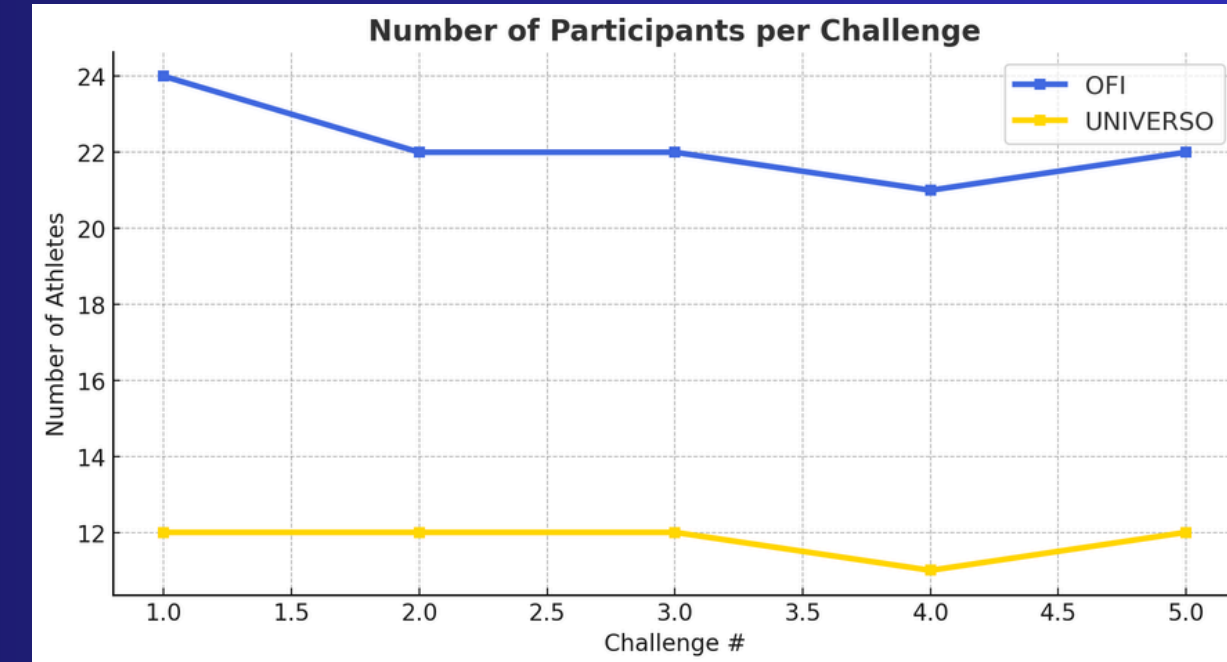
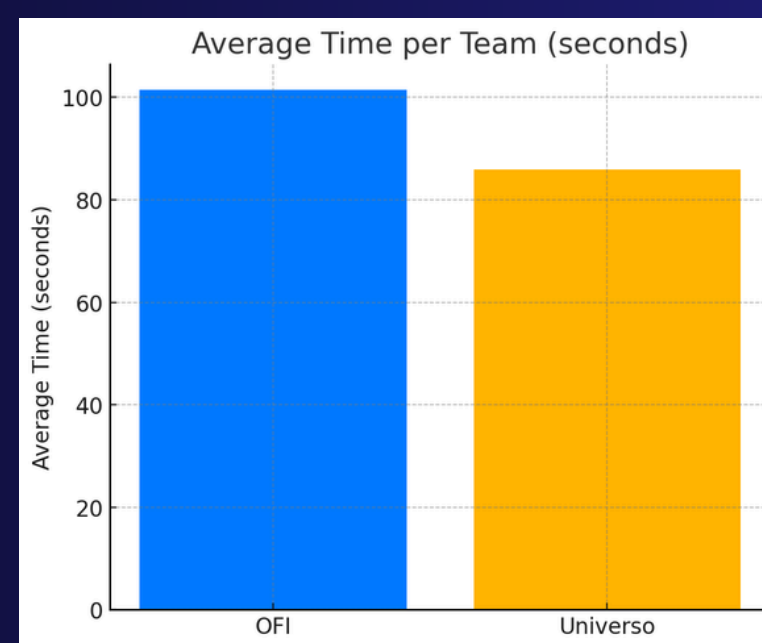
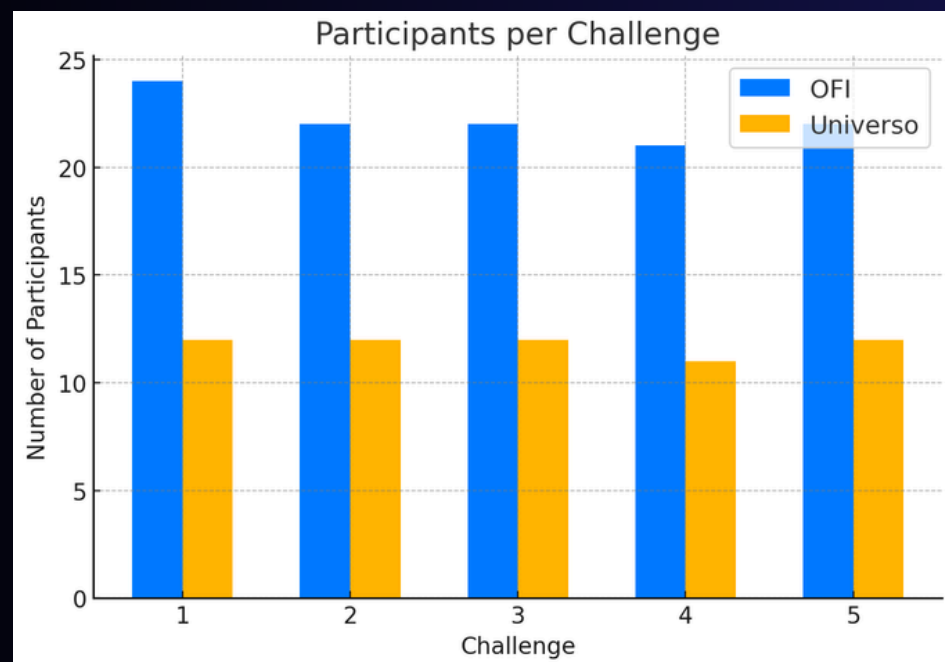
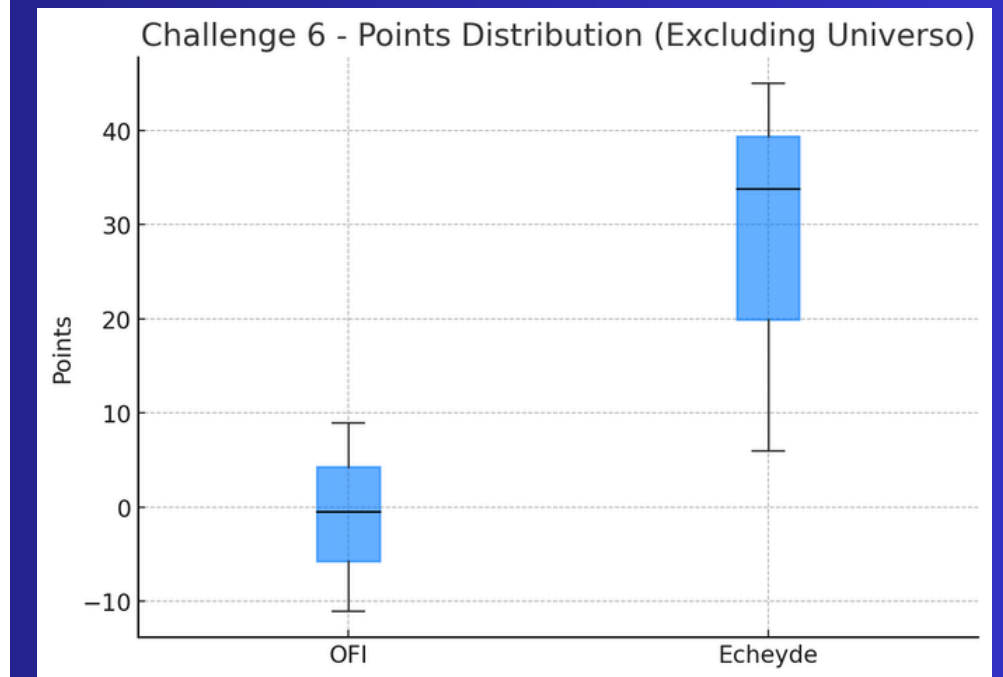
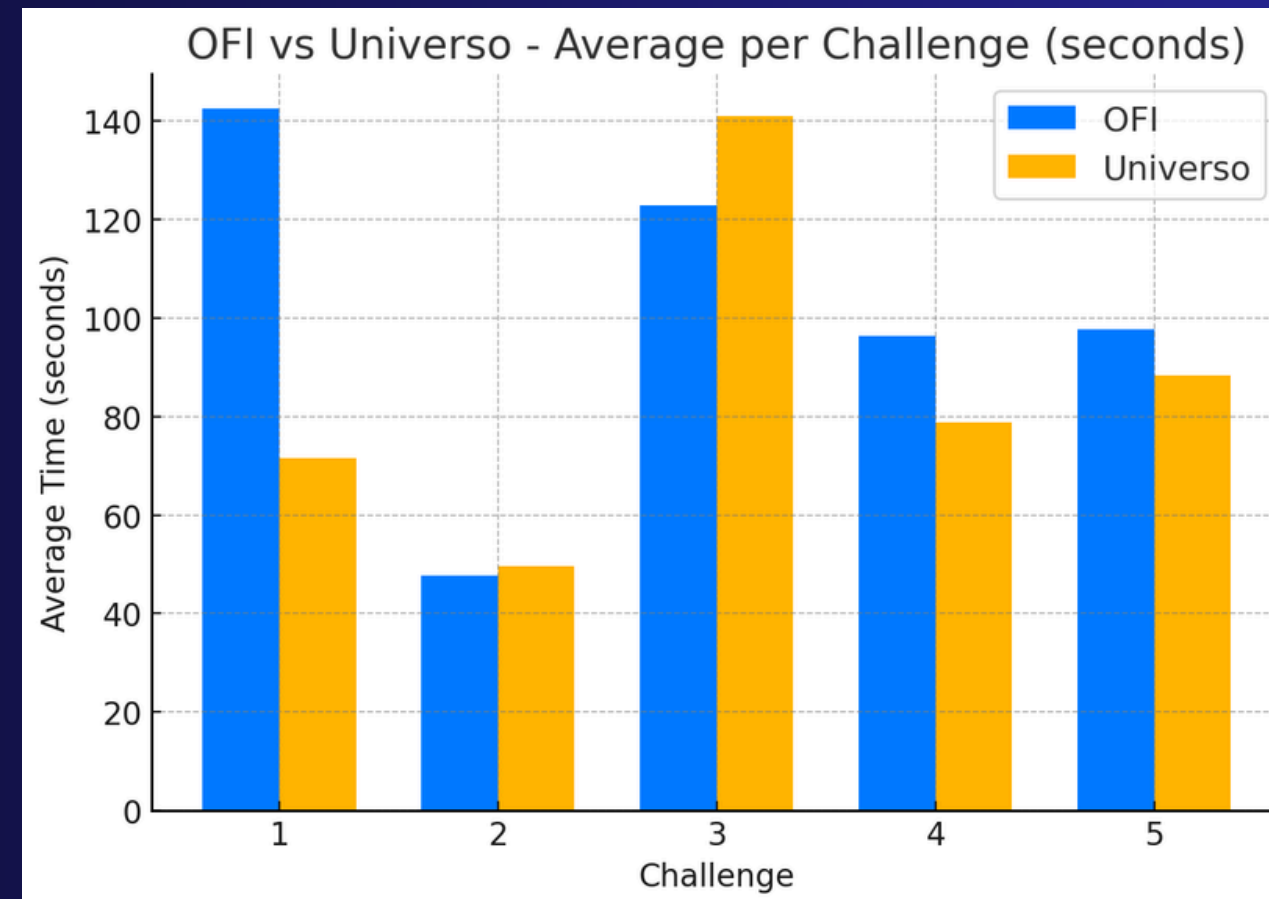
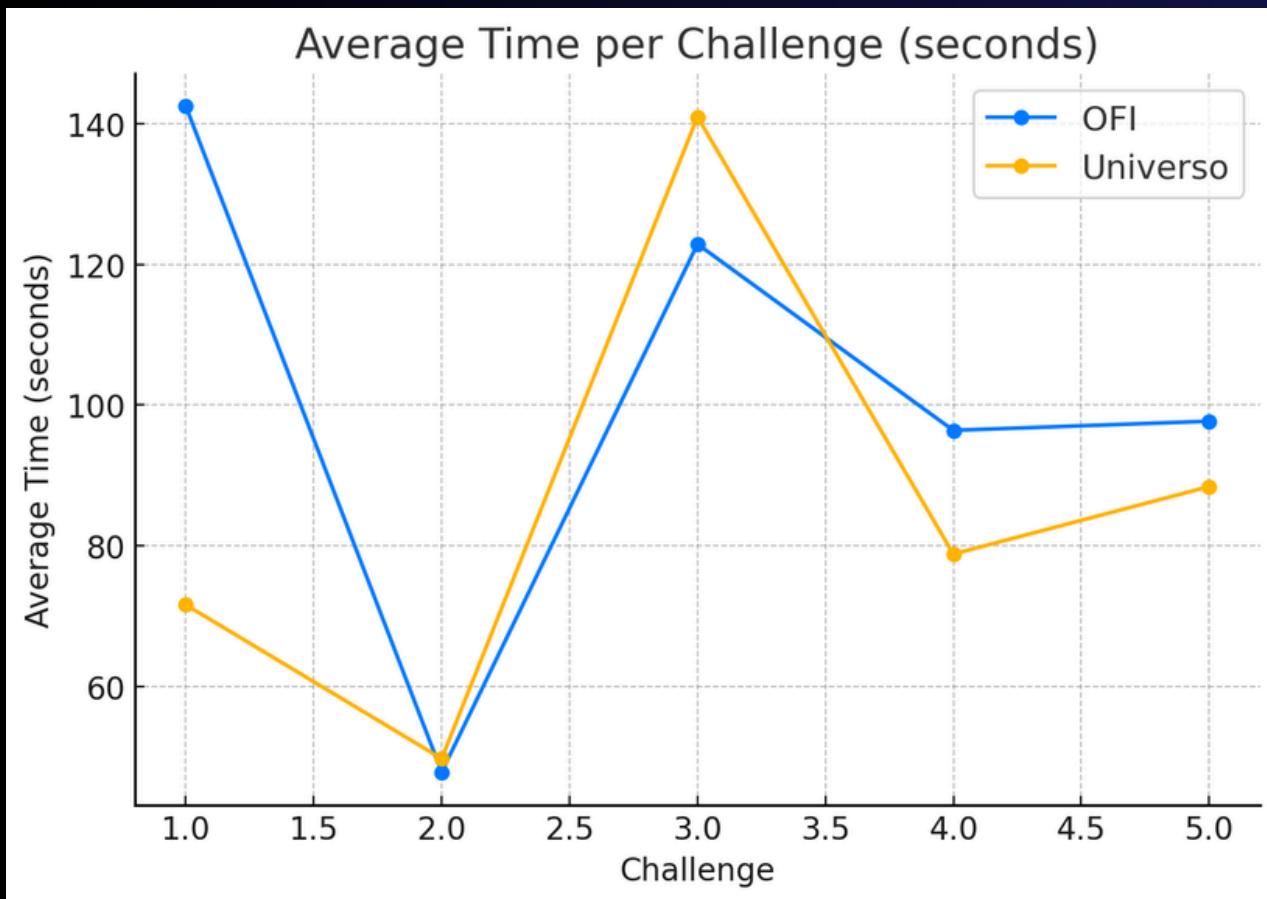
	TEAM WINNER	IND WINNER	Z-Score Wins	Weighted Wins
OFI (Greece)	3	3	3	3
Universo (Italy)	3	3	3	3

Overall Winner	TIE	Universo (Italy)	OFI (Greece)
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6-Week Pilot Program - Results



Statistics from the Challenges (OFI and Universo Only)



6-Week Pilot Program - Results



Statistics from the Assessment Tests

Comparison: All Teams

6-Week Pilot Program - Results

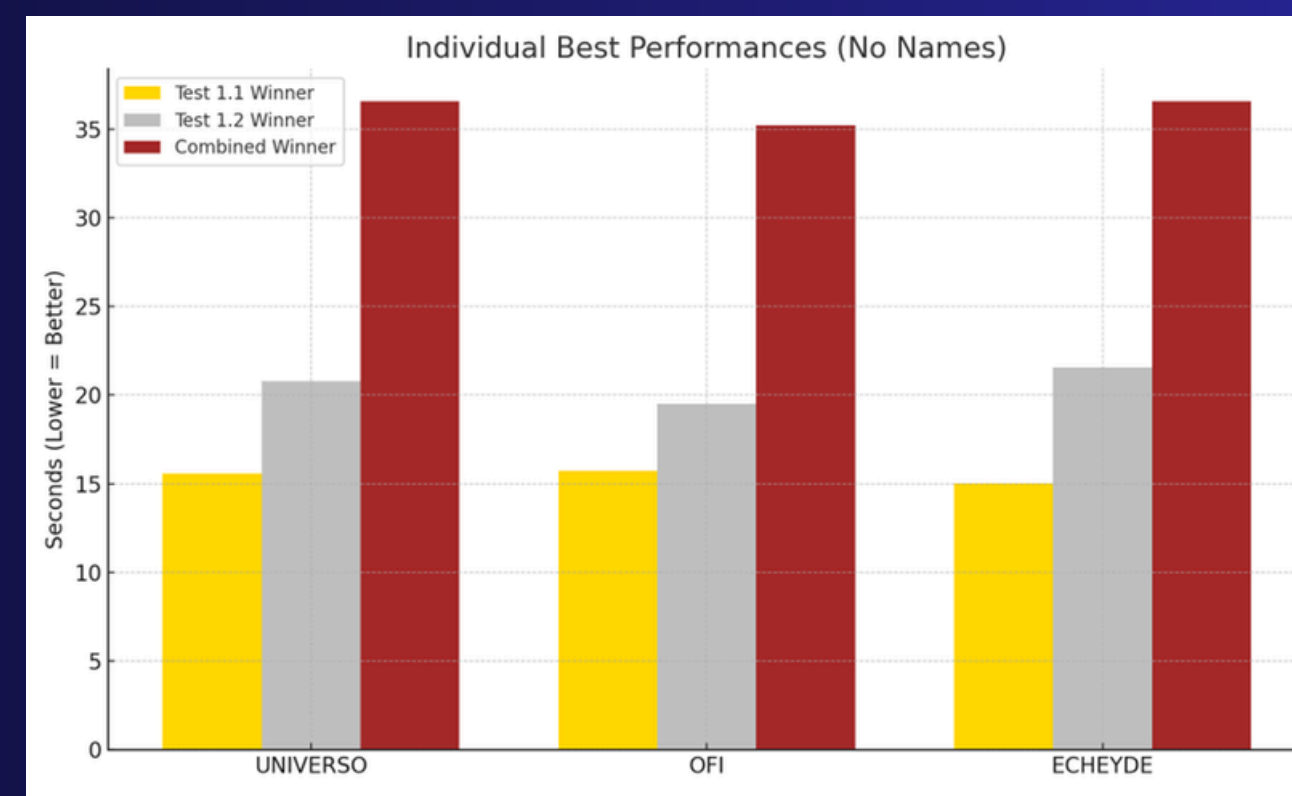
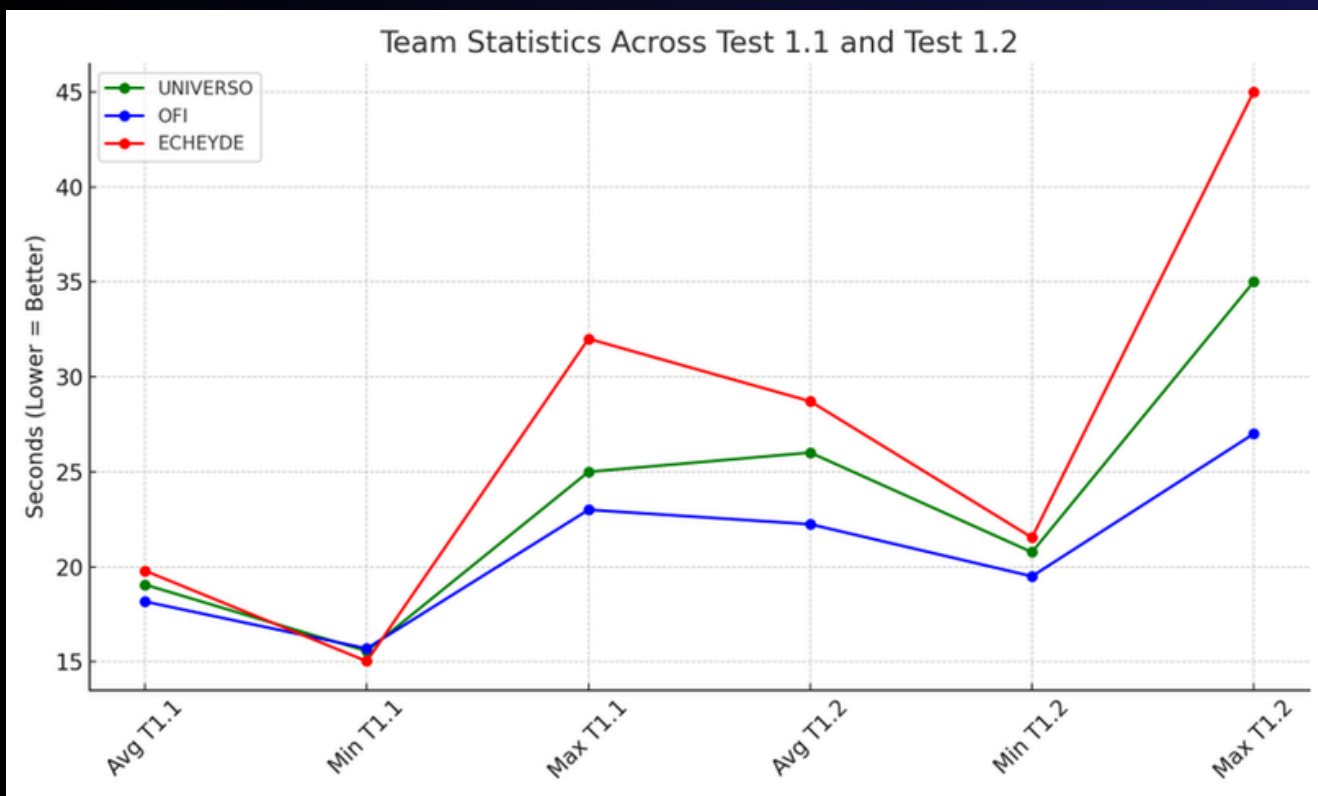


Statistics from the Assessment Tests

Tests #1.1 #1.2 - Swim With Ball - Comparison: All Teams

Team	Entries	Avg T1.1	Min T1.1	Max T1.1	Ind Winner Code T1.1	Avg T1.2	Min T1.2	Max T1.2	Ind Winner Code T1.2	T1.1 Overall Winner Team (Rank)	T1.2 Overall Winner Team (Rank)	Combined Overall Winner Team (Rank)
SSD Universo	25	19.06	15.56	25	1-6	26.01	20.77	35	2	3rd	3rd	3rd
OFI Heraklion	17	18.17	15.7	23	1-15	22.24	19.5	27	16	2nd	1st	1st
CN Echeyde	24	19.79	15.03	32	2-13	28.71	21.54	45	45	1st	2nd	2nd
TOTAL (All Teams)	66	19.02	15.03	32	2-13	25.69	19.5	45	16	ECHEYDE	OFI	OFI

Team	T1.1 Overall Winner Team (Rank)	T1.2 Overall Winner Team (Rank)	Combined Overall Winner Team (Rank)
SSD Universo	3rd	3rd	3rd
OFI Heraklion	2nd	1st	1st
CN Echeyde	1st	2nd	2nd
TOTAL (All Teams)	ECHEYDE	OFI	OFI



OFI:
 Best average in Test 1.1 and Test 1.2, Best minimum times, Most consistent performance range

Universo:
 Very close to Echeyde in Test 1.1, Test 1.2 slower than OFI but better than Echeyde

CN Echeyde:
 More variability, Some fast athletes (min values are strong), but also several slower entries (higher max values)

6-Week Pilot Program - Results



Statistics from the Assessment Tests

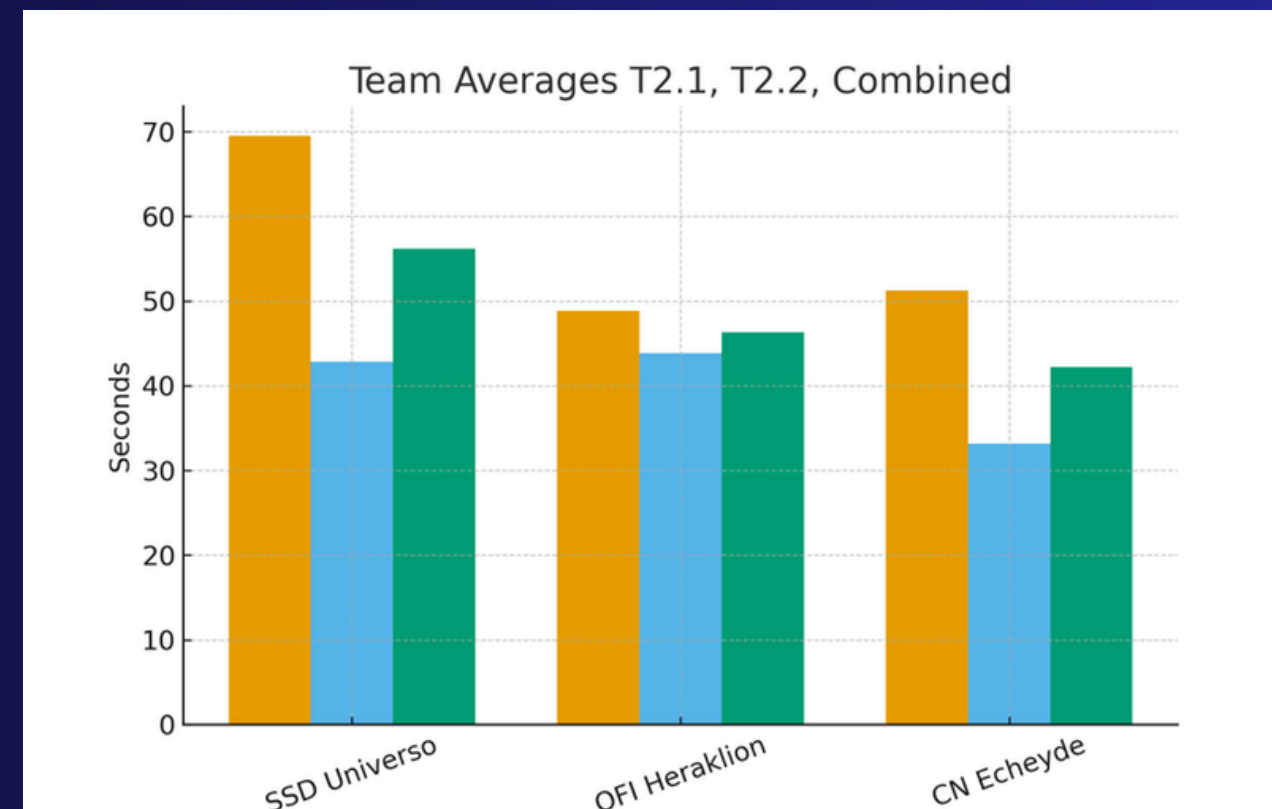
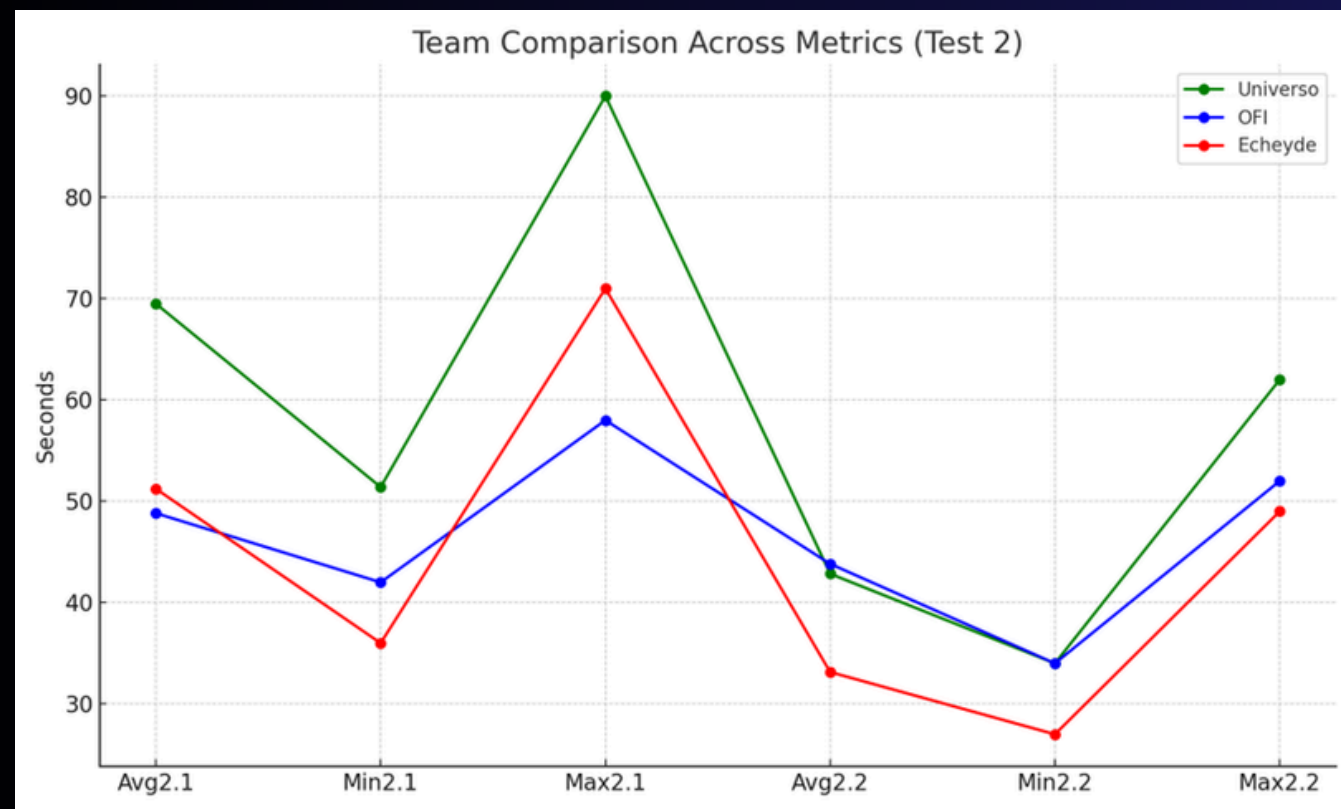
Tests #2.1 #2.2 - Eggbeater - Comparison: All Teams

Team	Entries	Avg T2.1	Min T2.1	Max T2.1	Ind Winner Code T2.1	Avg T2.2	Min T2.2	Max T2.2	Ind Winner Code T2.2	T2.1 Winner Team (Rank)	T2.2 Winner Team (Rank)	Combined Winner Team (Rank)
SSD Universo	25	69.50 s	51.4	90	6	42.84 s	34	62	1	3rd	2nd	3rd
OFI Heraklion	17	48.82 s	42	58	17	43.82 s	34	52	17	1st	3rd	2nd
CN Echeyde	14	51.23 s	36	71	36	33.14 s	27	49	35	2nd	1st	1st
TOTAL (All Teams)	56	57.74 s	36	90	36	38.10 s	27	62	35	OFI	ECHEYDE	ECHEYDE

Universo showed solid consistency across both tests but remained behind the other teams, finishing 3rd overall despite strong individual performances.

OFI delivered an excellent performance in Test 2.1 and maintained competitiveness in Test 2.2, securing 2nd place overall through balanced team results.

Echeyde dominated Test 2.2 and achieved the strongest combined score, earning 1st place overall with standout individual and team performances



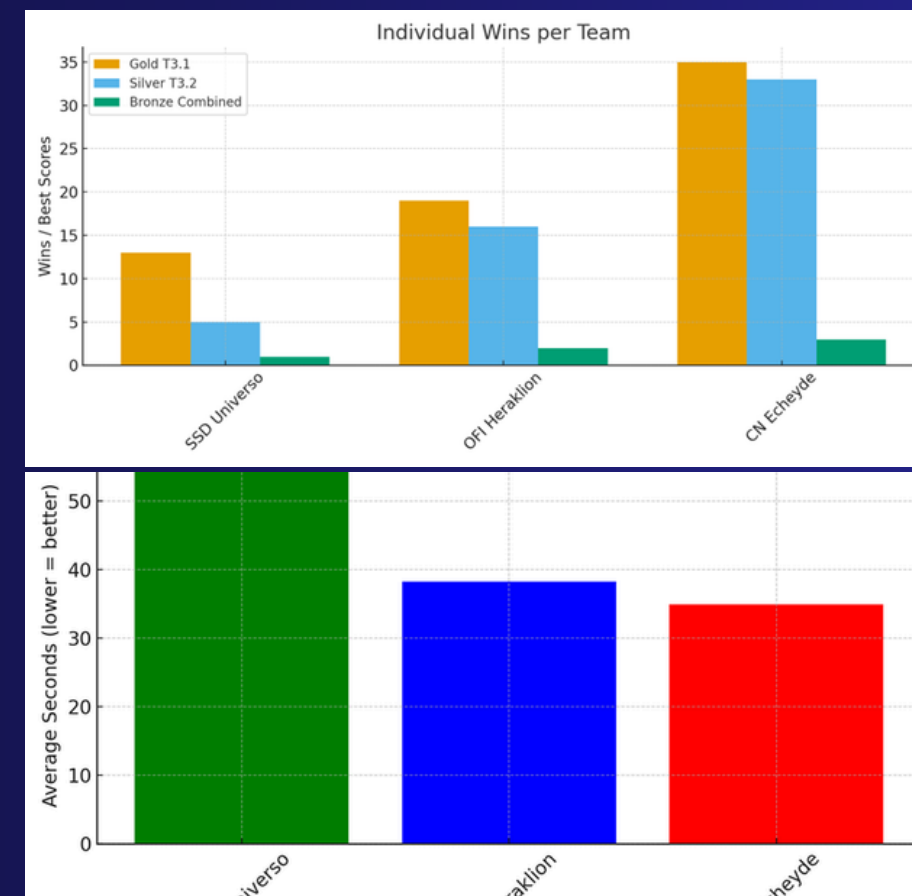
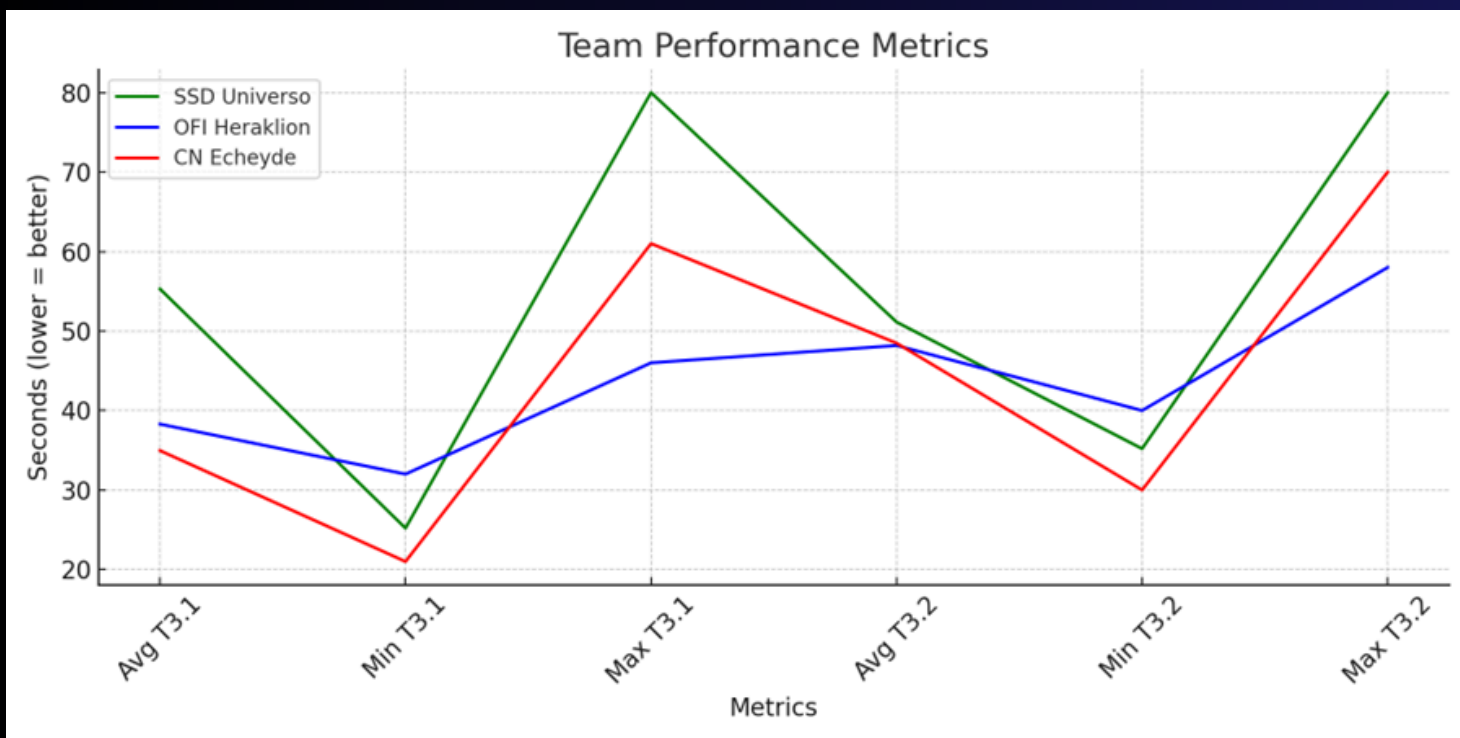
6-Week Pilot Program - Results



Statistics from the Assessment Tests

Tests #3.1 #3.2 - Sculling - Comparison: All Teams

Team	Entries	Avg T3.1	Min T3.1	Max T3.1	Ind Winner Code T3.1	Avg T3.2	Min T3.2	Max T3.2	Ind Winner Code T3.2	T3.1 Winner Team (Rank)	T3.2 Winner Team (Rank)	Combined Winner Team (Rank)
SSD Universo	25	55.29 s	25.2	80	13	51.13 s	35.2	80	5	🥇 1st	🥉 3rd	🥇 1st
OFI Heraklion	17	38.29 s	32	46	19	48.18 s	40	58	16	🥈 2nd	🥈 2nd	🥈 2nd
CN Echeyde	20	34.96 s	21	61	35	48.48 s	30	70	33	🥉 3rd	🥇 1st	🥉 3rd
TOTAL	62	42.85 s	21	80	35	49.26 s	30	80	33	Universo	Echeyde	Universo



SSD Universo: Demonstrated strong overall consistency with the best combined performance across tests.

OFI Heraklion: Showed balanced and solid results, maintaining second place across all competitive categories.

CN Echeyde: Delivered explosive peak performances, securing top placements in Test 3.2 and individual wins.

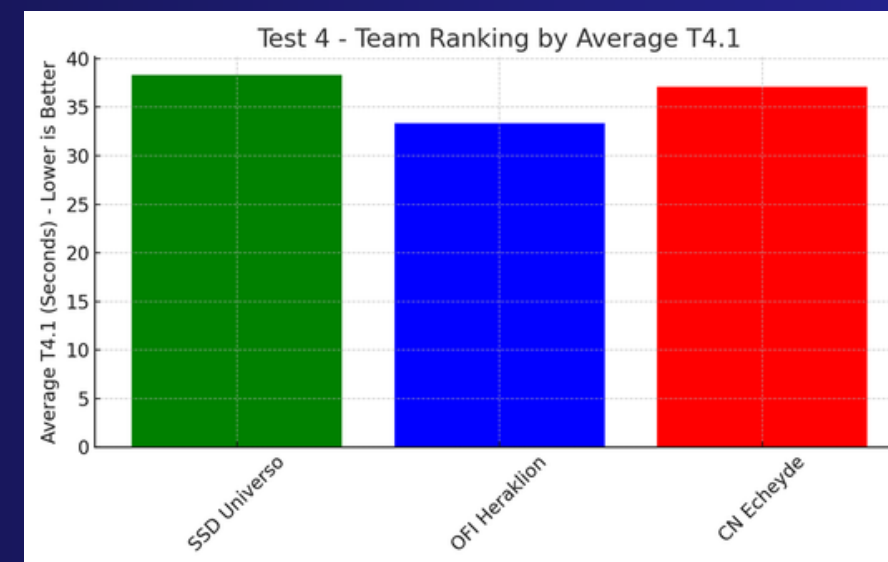
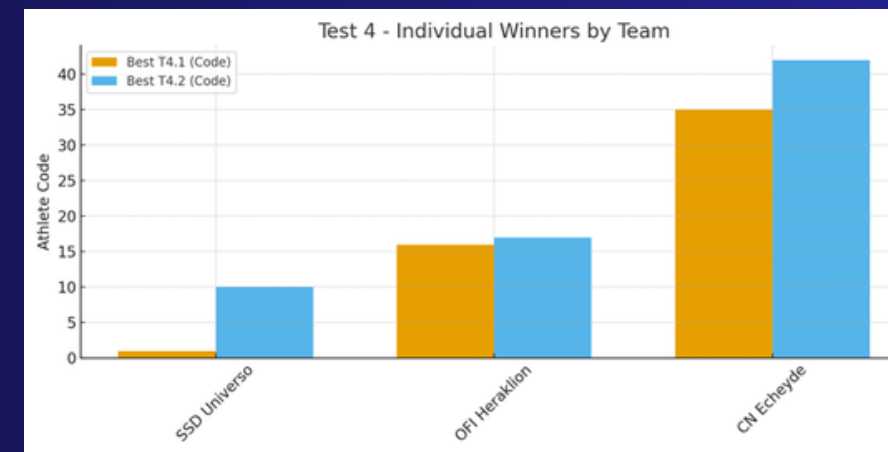
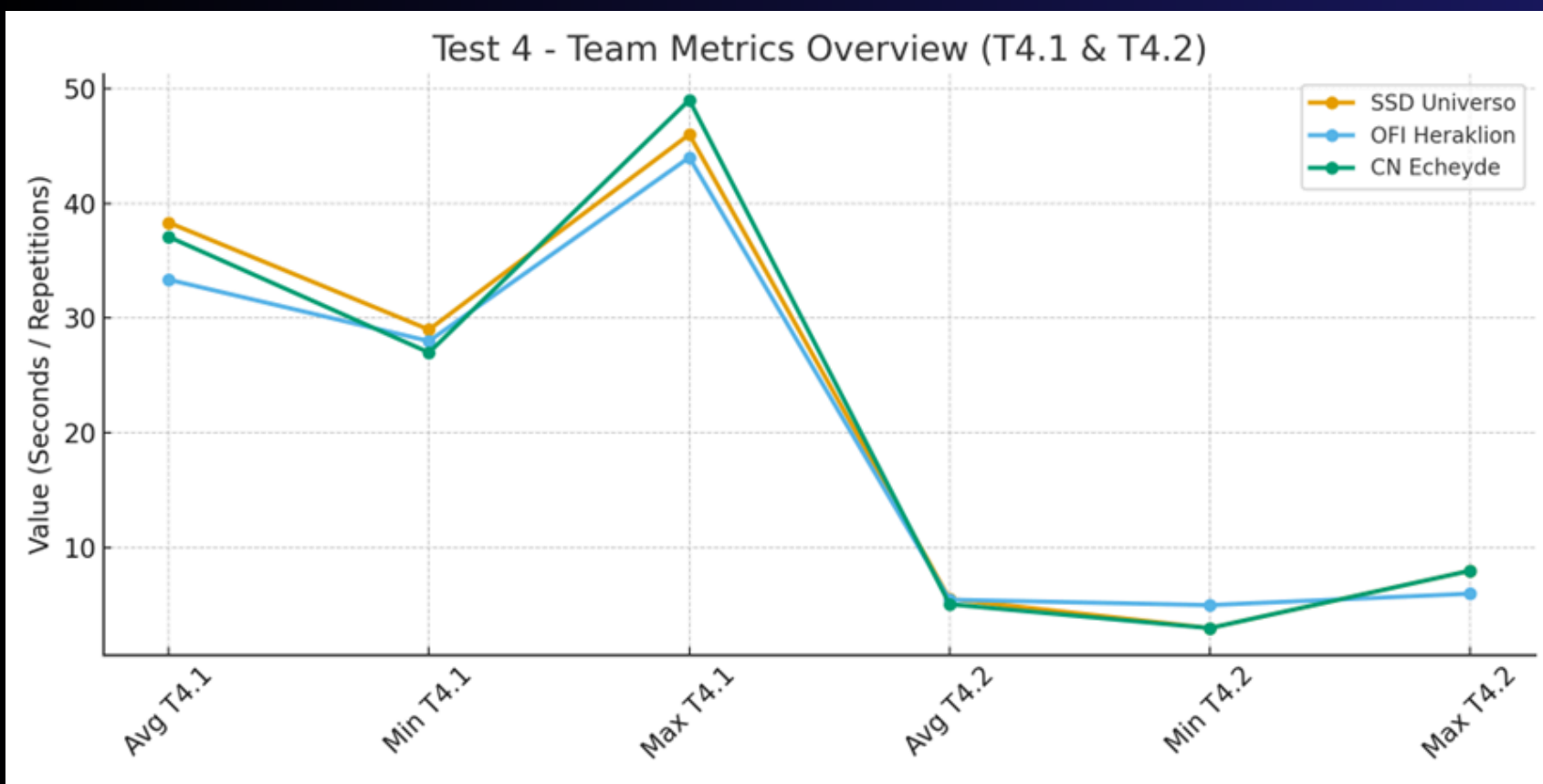
6-Week Pilot Program - Results



Statistics from the Assessment Tests

Tests #4.1 #4.2 - Ready Position & Jumps - Comparison: All Teams

Team	Entries	Avg T4.1	Min T4.1	Max T4.1	Ind Winner Code T4.1	Avg T4.2	Min T4.2	Max T4.2	Ind Winner Code T4.2	T4.1 Winner Team (Rank)	T4.2 Winner Team (Rank)	Combined Winner Team (Rank)
SSD Universo	13	38.32 s	29	46	1	5.54	3	8	10	3rd	1st (tie)	2nd
OFI Heraklion	17	33.35 s	28	44	16	5.47	5	6	17	1st	2nd	3rd
CN Echeyde	24	37.08 s	27	49	35	5.08	3	8	42	2nd	1st (tie)	1st
TOTAL	54	36.77 s	27	49	35	5.33	3	8	42	CN Echeyde	Universo & Eche	CN Echeyde



SSD Universo: Showed solid overall performance with strong repetition scores in T4.2, highlighted by Pallaro's 8 repetitions and a stable mid-range average in T4.1.

OFI Heraklion: Achieved the best average T4.1 time among all teams, indicating excellent speed and efficiency in the seconds-based component of Test 4.

CN Echeyde: Combined very competitive T4.1 times with standout individuals like Cordido Jimena and Noelia Fernanda, earning the top rank in combined performance.

6-Week Pilot Program - Results

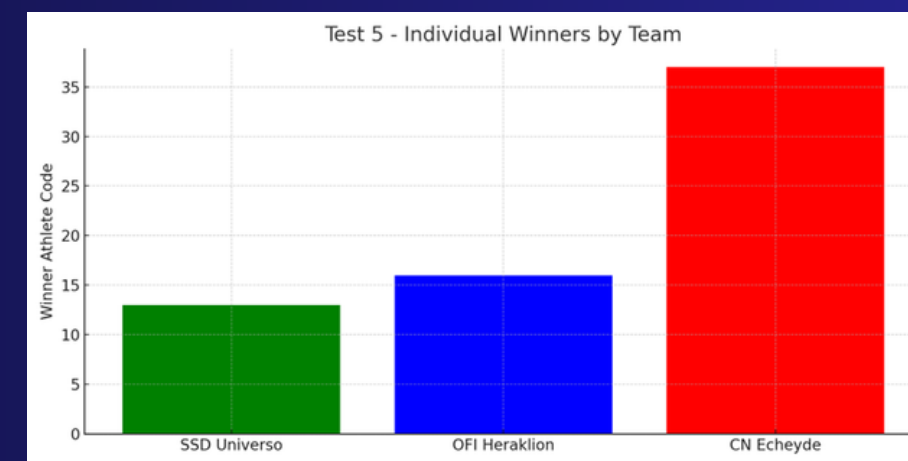
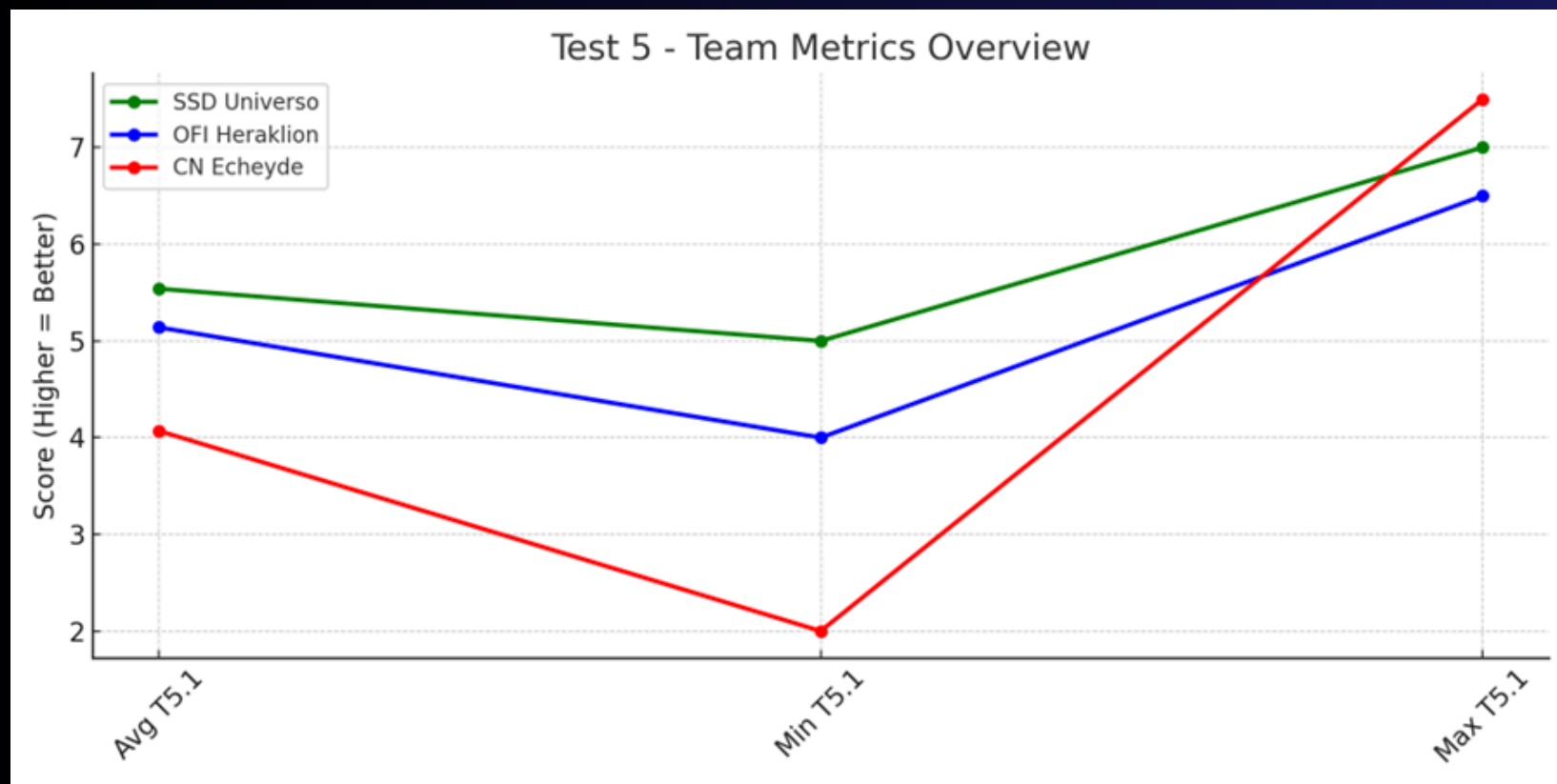


Statistics from the Assessment Tests

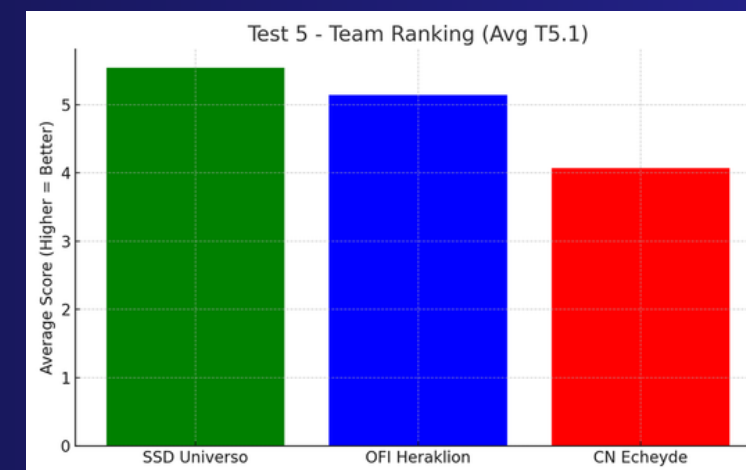
Tests #5 - "Over the Hips" - Comparison: All Teams

Team	Entries	Avg T5.1	Min T5.1	Max T5.1	Ind Winner Code T5.1	T5.1 Overall Winner Team (Rank)
SSD Universo	13	5.54	5	7	13	2nd
OFI Heraklion	18	5.14	4	6.5	16	3rd
CN Echeyde	23	4.07	2	7.5	37	1st
TOTAL	54	4.79	2	7.5	37	CN Echeyde

SSD Universo: Demonstrated strong and consistent performance, with multiple athletes scoring 6 or higher and the best performer reaching 7.



OFI Heraklion: Showed balanced results with solid mid-range scores, led by athlete 16 who achieved the top OFI score of 6.5.



CN Echeyde: Displayed both the widest range and the highest individual score of 7.5, earning first place overall in Test 5.

6-Week Pilot Program - Results



Statistics from the Assessment Tests

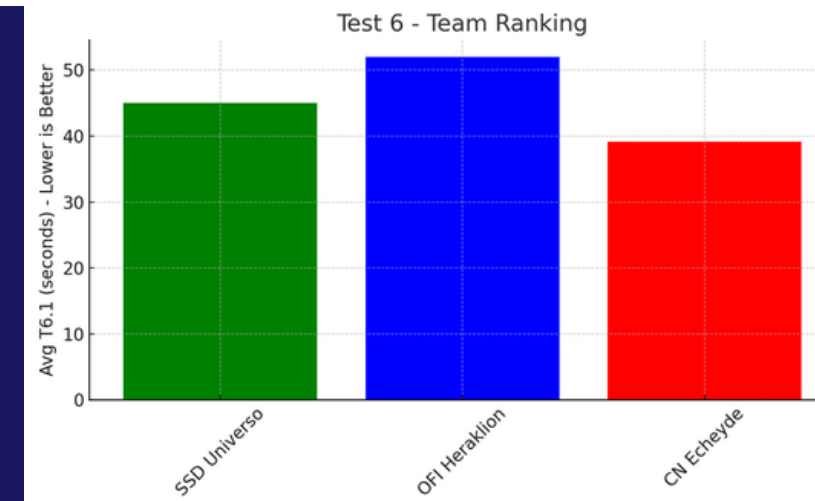
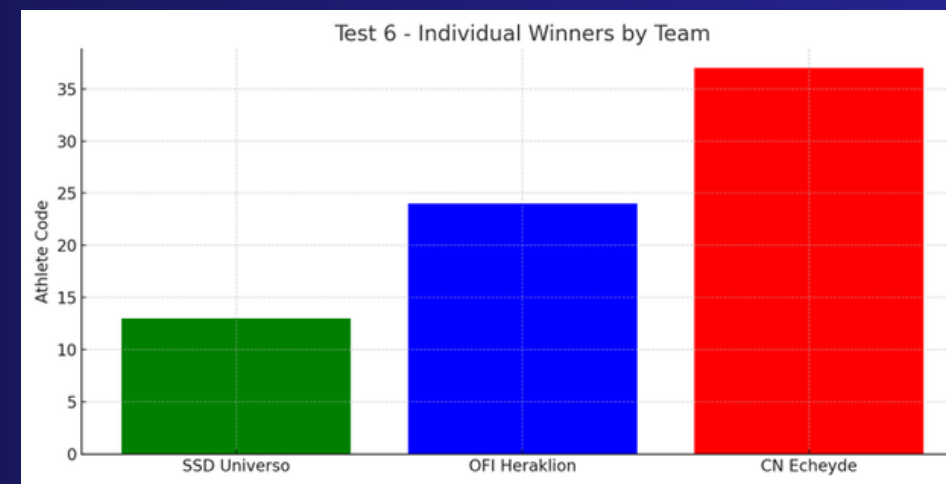
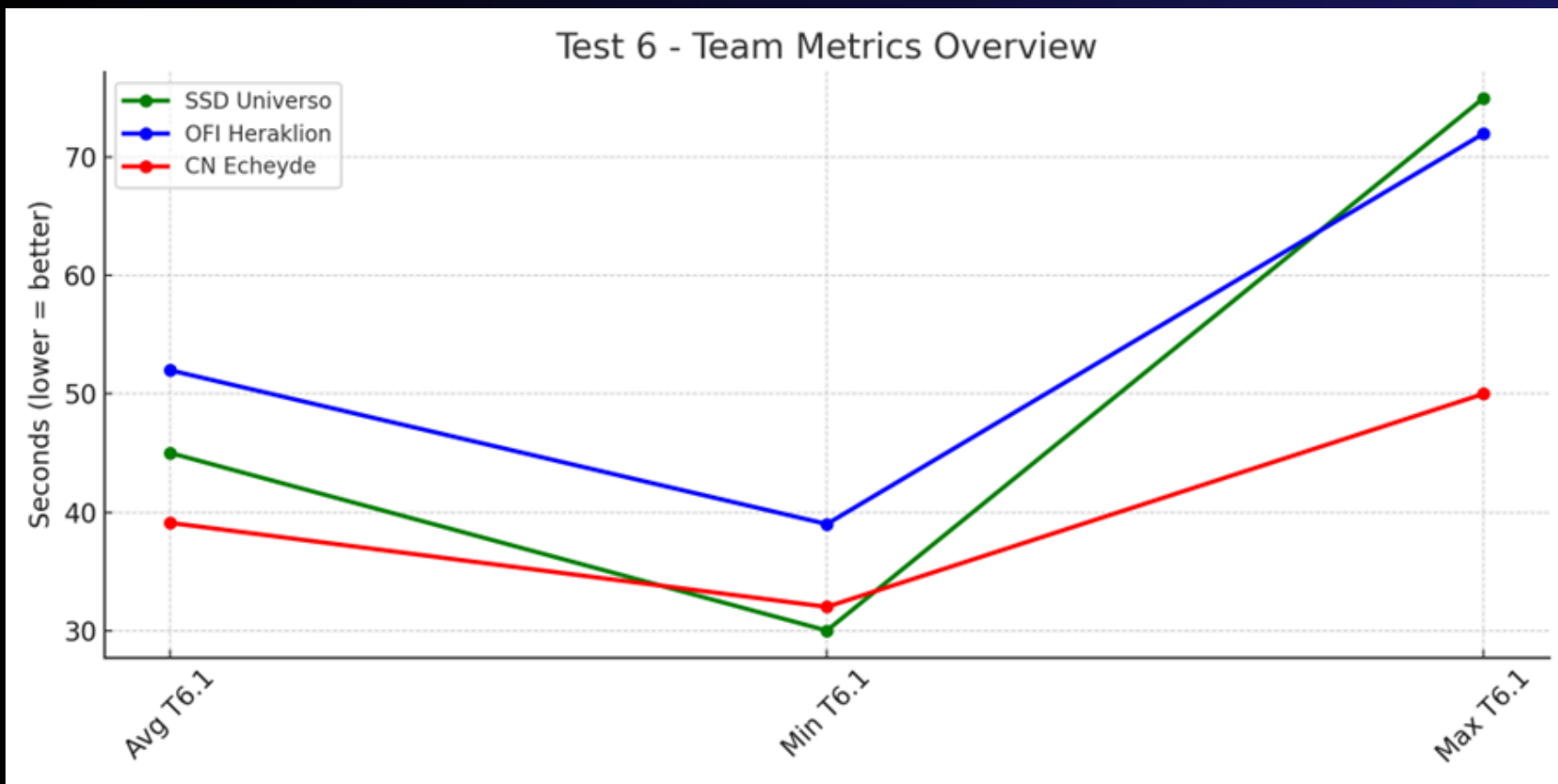
Tests #6 - Lunges - Comparison: All Teams

Team	Entries	Avg T6.1	Min T6.1	Max T6.1	Ind Winner Code T6.1	T6.1 Overall Winner Team (Rank)
SSD Universo	13	45.01 s	30	75	13	🥇 1st
OFI Heraklion	17	52.00 s	39	72	24	🥉 3rd
CN Echeyde	24	39.10 s	32	50	37	🥈 2nd
TOTAL	54	45.36 s	30	75	13	SSD Universo

SSD Universo: Delivered the fastest overall time in Test 6, led by athlete 13 with an outstanding score of 30 seconds.

OFI Heraklion: Showed consistent performance with a strong mid-range, highlighted by athlete 24 finishing at 39 seconds.

CN Echeyde: Achieved the second-best overall ranking with a low team average, and multiple athletes posting times around the 32–35 second mark.



6-Week Pilot Program - Results

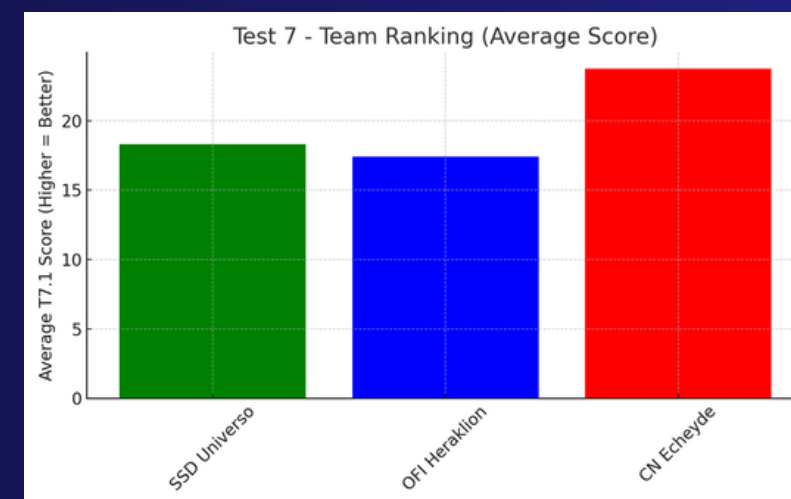
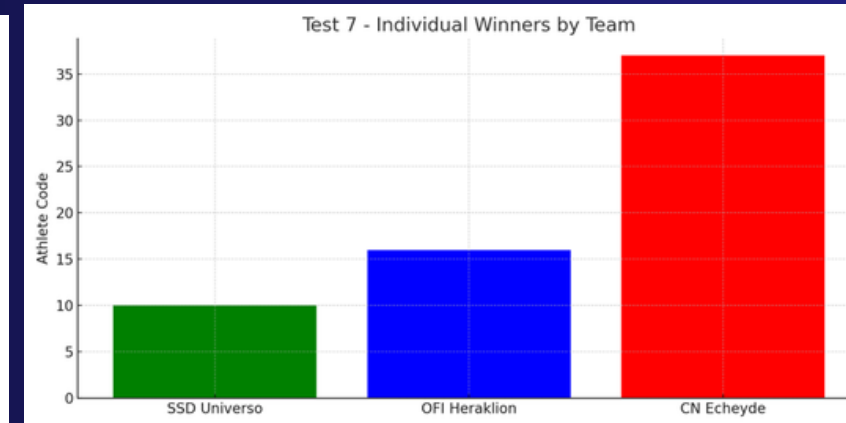
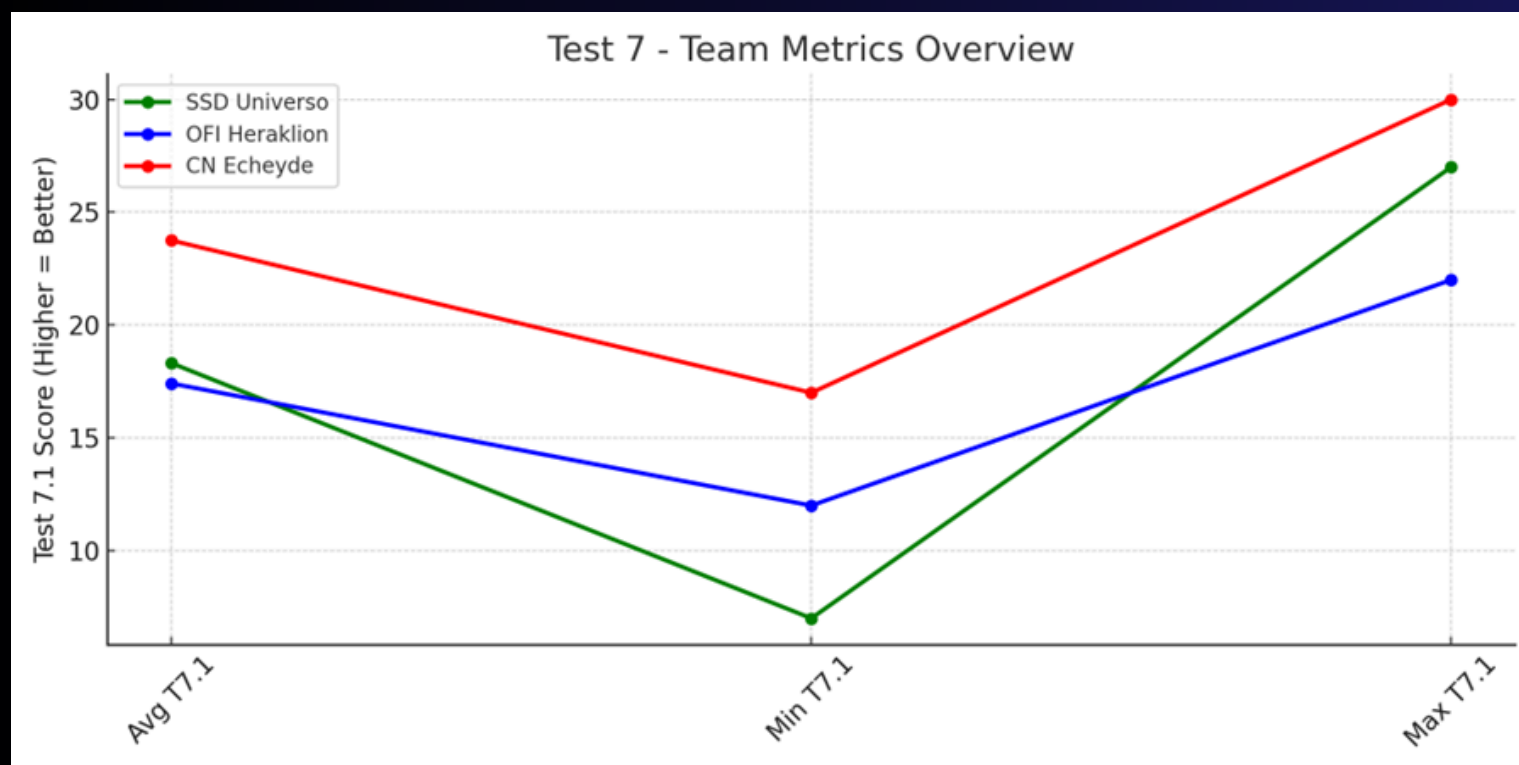


Statistics from the Assessment Tests

Tests #7.1 #7.2 - Passing - Comparison: All Teams

Team	Entries	Avg T7.1	Min T7.1	Max T7.1	Ind Winner Code T7.1	T7.1 Overall Winner Team (Rank)
SSD Universo	13	18.31	7	27	10	2nd
OFI Heraklion	17	17.41	12	22	16	3rd
CN Echeyde	24	23.75	17	30	37	1st
TOTAL	54	20.49	7	30	37	CN Echeyde

Test 7 cannot be used as a fully valid or comparative performance indicator due to missing and inaccurate Test 7.2 submissions.



SSD Universo:
Showed solid passing performance overall, with several athletes reaching strong totals and three players hitting 27 passes, keeping the team competitive.

OFI Heraklion:
Displayed consistent mid-range passing ability across the roster, though their overall passing totals trailed the higher ranges achieved by the other teams.

CN Echeyde:
Delivered the strongest passing performance, leading all teams with the highest average and the top individual result of 30 passes.

6-Week Pilot Program - Results



Statistics from the Assessment Tests

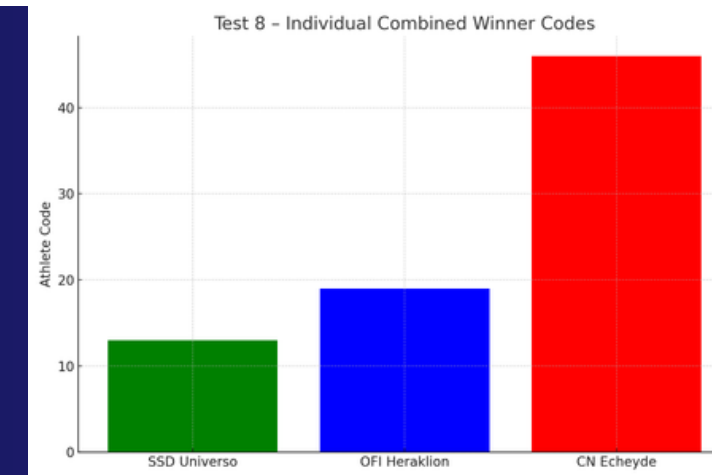
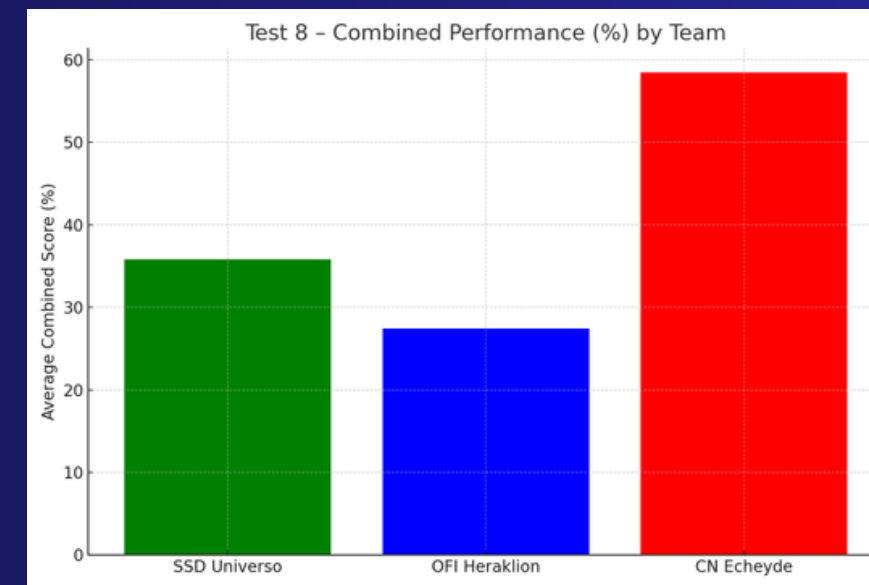
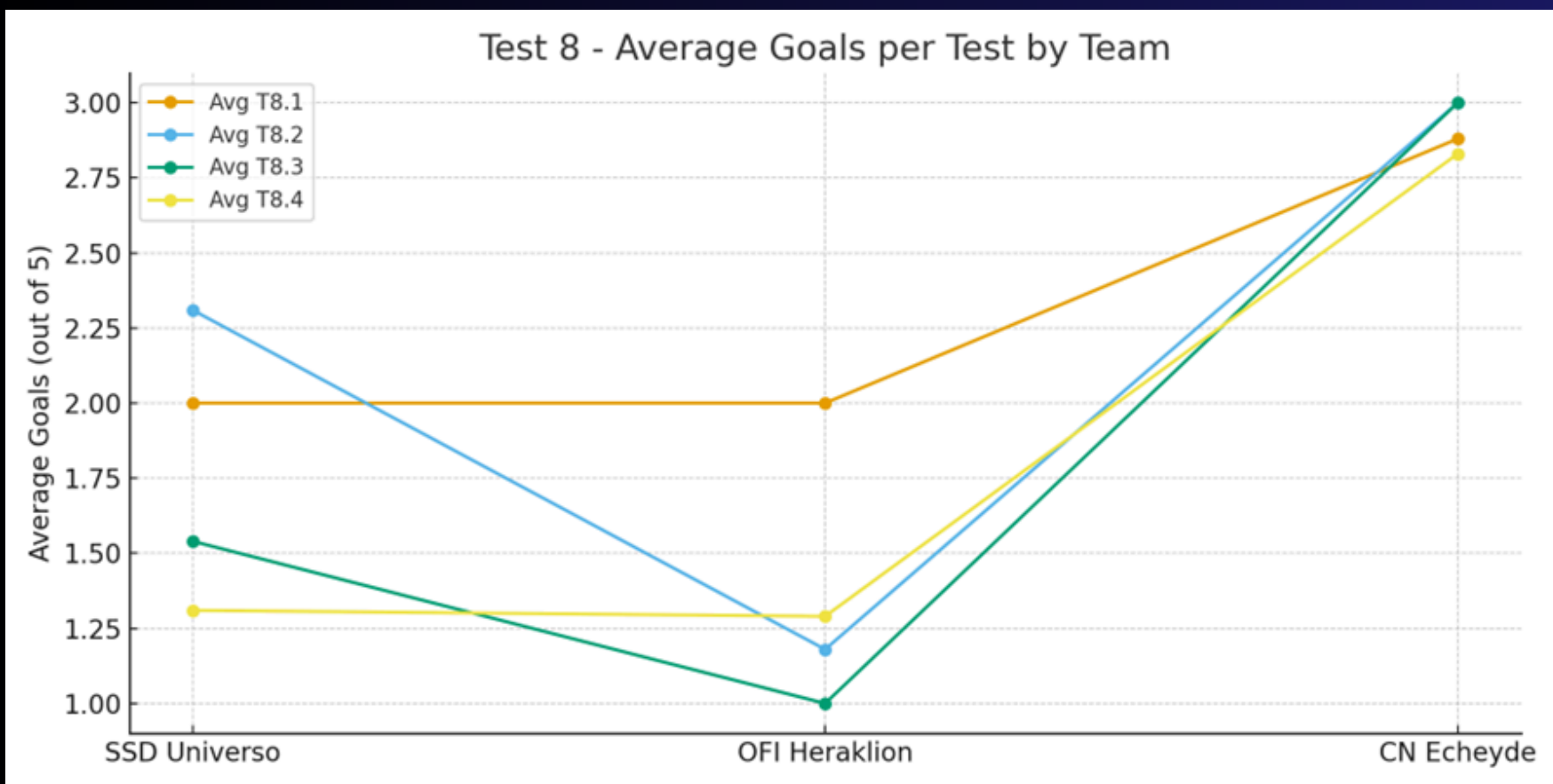
Tests #8.1 #8.2, #8.3, #8.4 - Shooting - Comparison: All Teams

Team	Entries	Avg T8.1	Avg T8.2	Avg T8.3	Avg T8.4	Avg T8.COMBINED (%)	Ind Winner T8 (Code)	T8.1 Winner Team (Rank)	T8.2 Winner Team (Rank)	T8.3 Winner Team (Rank)	T8.4 Winner Team (Rank)	T8.COMBINED Winner Team (Rank)	Combined Winner Team (Rank)
SSD Universo	13	2	2.31	1.54	1.31	35.8 %	13	2nd	2nd	2nd	2nd	2nd	2nd
OFI Heraklion	17	2	1.18	1	1.29	27.4 %	19	2nd (tie)	3rd	3rd	3rd	3rd	3rd
CN Echeyde	24	2.88	3	3	2.83	58.5 %	46	1st	1st	1st	1st	1st	1st
TOTAL (All Teams)	54	2.39	2.26	2.02	1.98	43.2 %	46	CN Echeyde	CN Echeyde	CN Echeyde	CN Echeyde	CN Echeyde	CN Echeyde

SSD Universo
 Universo showed solid mid-range shooting consistency across all four zones, with one standout performer (Code 13) reaching the highest combined accuracy within the team.

OFI Heraklion
 OFI delivered balanced but lower overall scoring, with steady results across zones and their top performer (Code 19) leading the team in combined accuracy.

CN Echeyde
 Echeyde dominated Test 8 with the strongest averages in every zone and the top overall individual score achieved by Code 46, securing first place across all metrics.



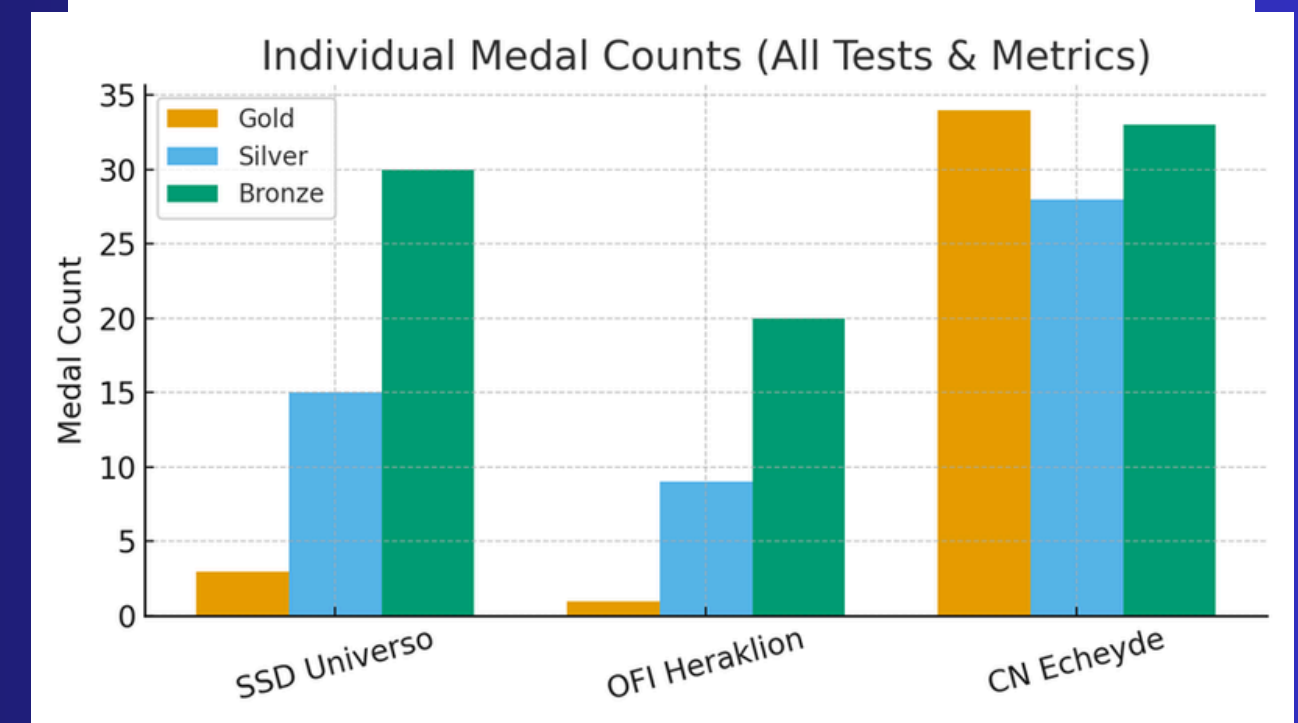
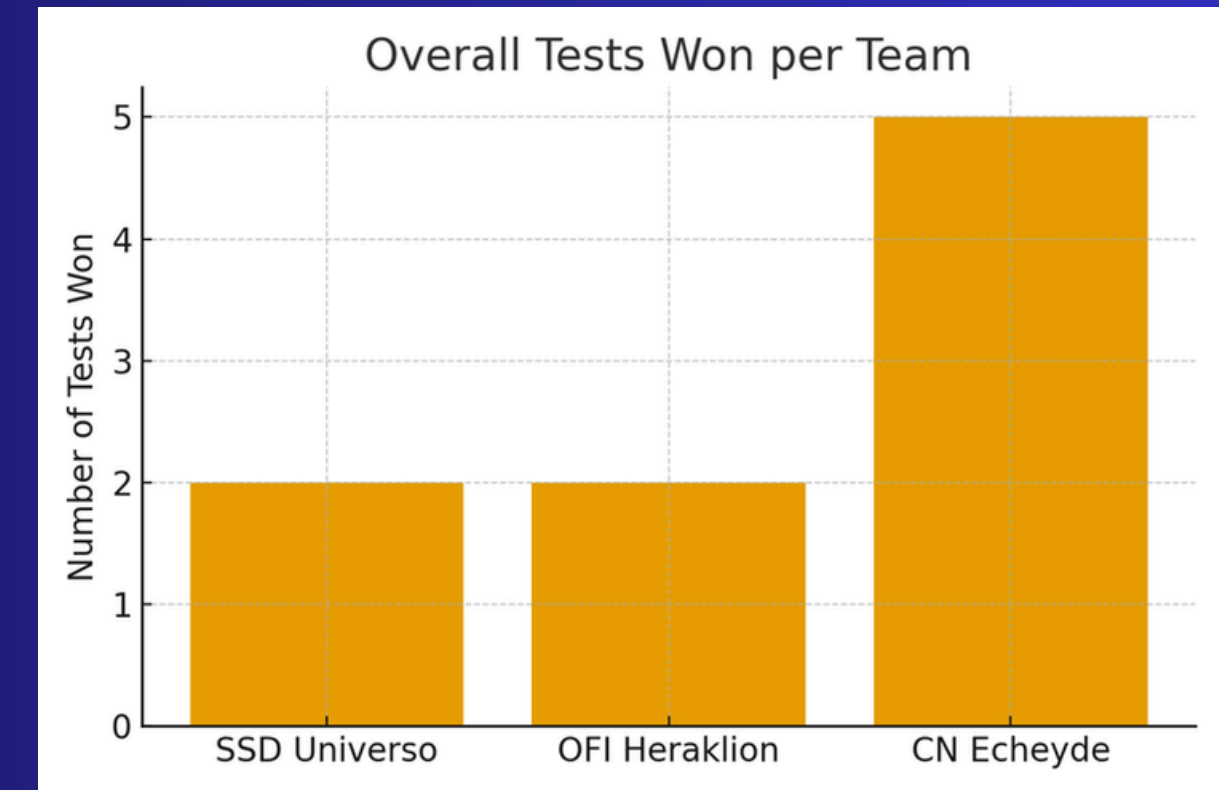
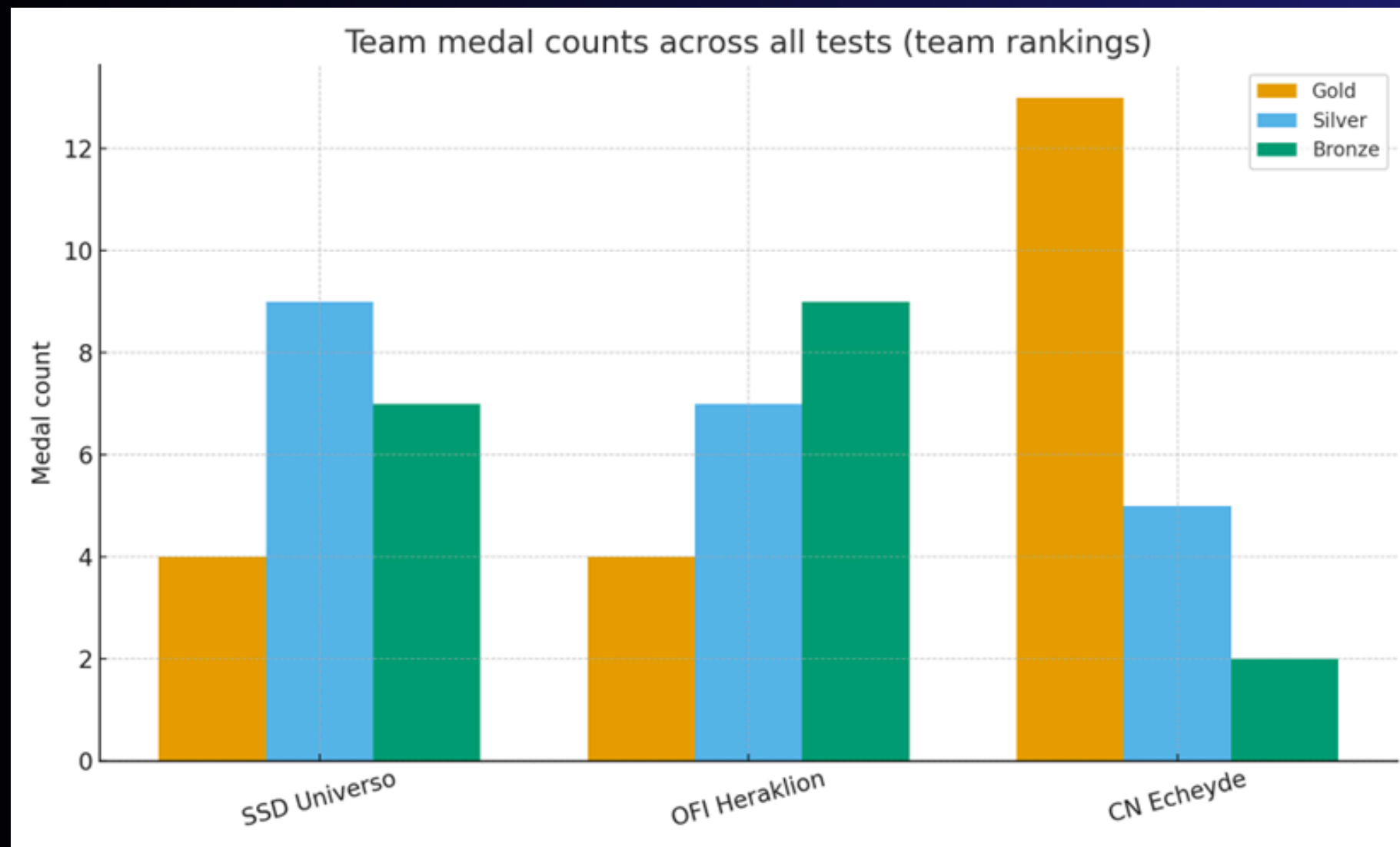
6-Week Pilot Program - Results



Statistics from the Assessment Tests

All Tests Summary - Comparison: All Teams

- Because Test 7 had inconsistent data entry for the second metric, it was deliberately excluded so that comparisons remain fair and easy to explain.

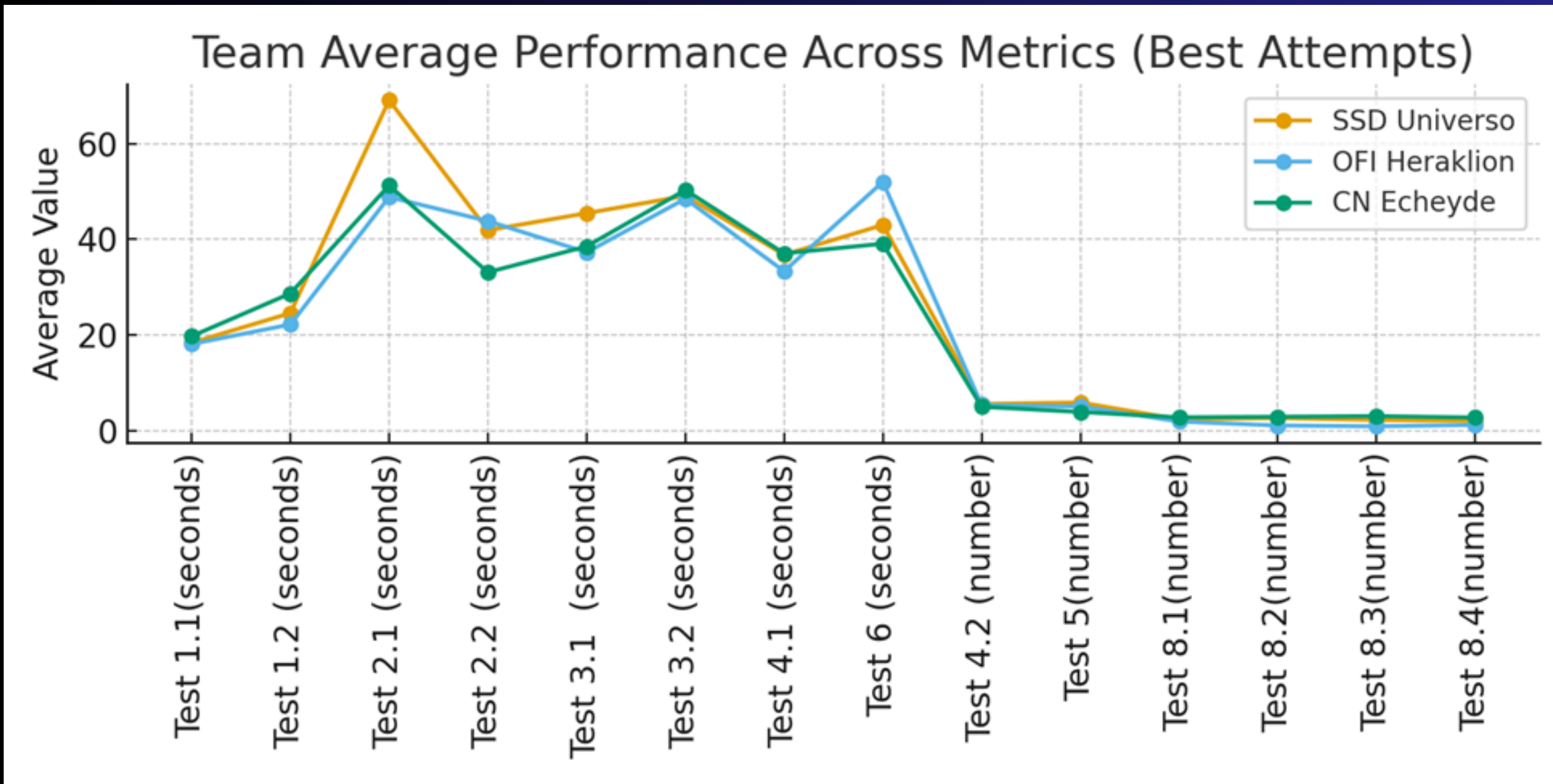


6-Week Pilot Program - Results



Statistics from the Assessment Tests

All Tests Summary - Comparison: All Teams



The average of each test metric was calculated per team based on the athletes' best attempts. Lower values are better for time-based tests, while higher values are better for repetition and scoring tests.

6-Week Pilot Program - Results



Statistics from the Assessment Tests

All Tests Summary - Comparison: All Teams

SSD Universo

- Displayed strong technical execution and clear improvements between attempts for key athletes (codes 1, 2, 3, 4, 5, 6, 7, 8, 10, 12).
- Earned fewer gold medals at team level than CN Echeyde but achieved many silver and bronze placements, indicating solid depth.
- Particularly competitive in time-based tests, where several athletes reduced their times meaningfully on the second attempt.
- The progression analysis suggests good adaptation to training and test demands.

OFI Heraklion

- Achieved stable mid-range team results across most tests, with a number of strong individual performances in endurance and repetition-based assessments.
- Secured a balanced spread of medals but fewer top-end individual golds compared with CN Echeyde.
- Large squad size contributed to consistent team averages, though peak results were concentrated in a smaller group of athlete codes.
- Overall, OFI demonstrated solid, reliable performance that can be further developed with targeted work on maximal outputs.

CN Echeyde

- Dominated the overall ranking in many tests, with the highest count of individual gold medals across almost all metrics.
- Particularly strong in scoring and shooting tests (Test 8 metrics), where multiple athlete codes consistently reached top performance levels.
- Combined team and individual results indicate both high peak performance and a wide base of athletes capable of achieving podium-level scores.
- CN Echeyde's profile suggests a very effective blend of technical quality, decision-making and finishing skills.

6-Week Pilot Program - Results



Statistics from the Assessment Tests

Universo SSD - Improvement Per Athlete

6-Week Pilot Program - Results

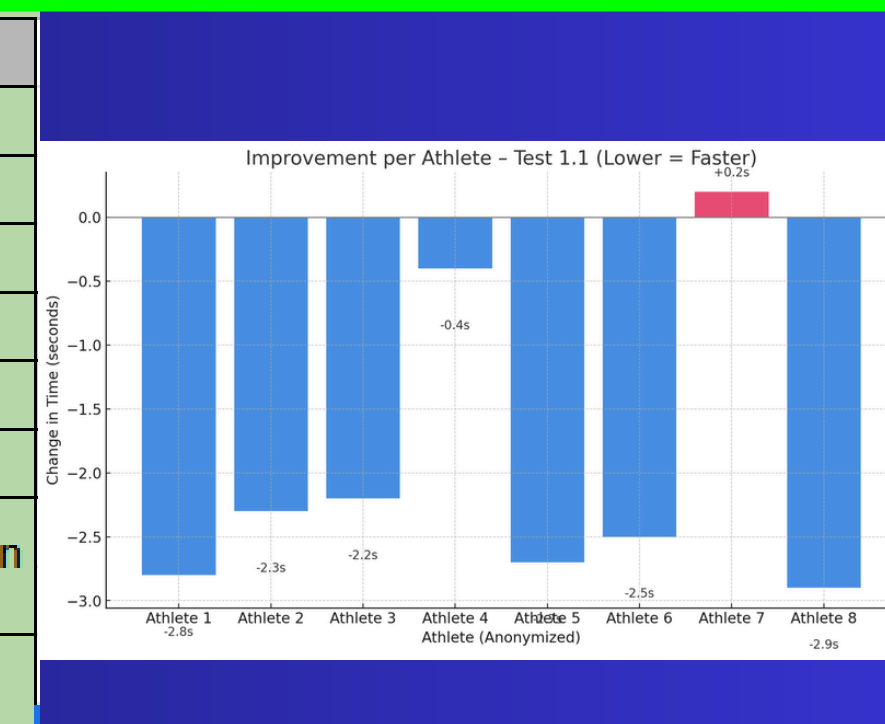


Statistics from the Assessment Tests

Universo SSD - Test #1.1 -Swim With Ball - 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 ✓

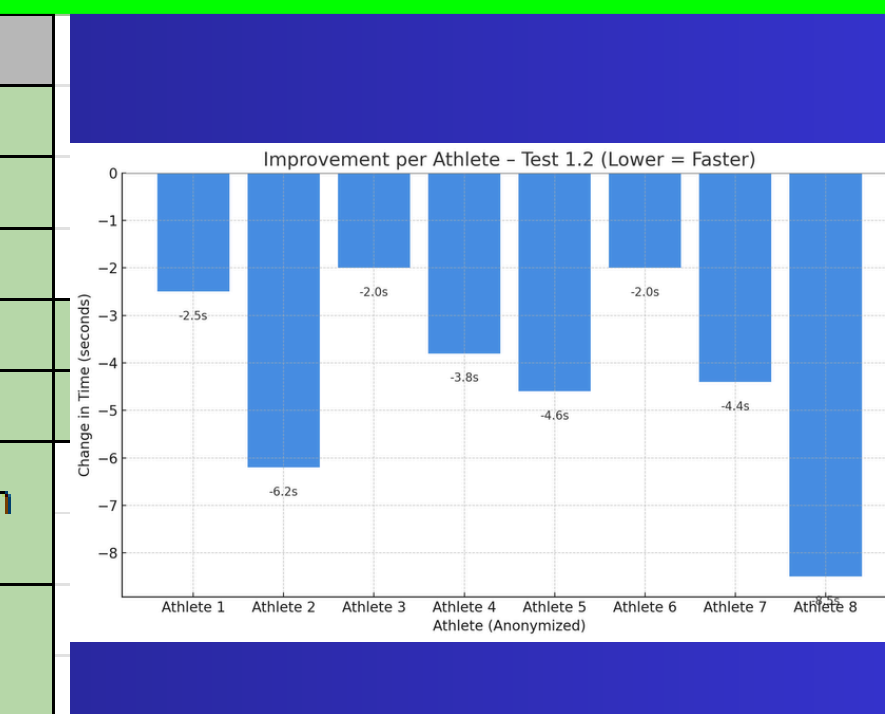
Metric	Value	Athlete #
Total athletes compared	8	
Athletes who improved	7 / 8 (88 %)	
Average improvement	-1.95 sec	
Best improvement	(-2.9 sec)	athlete 8
Smallest change	(-0.4 sec)	athlete 4
Only regression	(+0.2 sec)	athlete 7
Nearly all athletes improved on their second trial, with an average gain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



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Statistics from the Assessment Tests

Universo SSD - Test #1 - Improvement Per Athlete and Team Summary

Universo SSD - Test #3 - Improvement Per Athlete and Team Summary

Test 1 - Progress Per Athlete - Universo				
Code	Δ Test 1.1 (s)	Result T1.1	Δ Test 1.2 (s)	Result T1.2
1	-2.80	●	-2.50	●
2	-2.32	●	-6.30	●
3	-2.05	●	-3.56	●
4	-2.20	●	-2.10	●
5	-0.43	●	-3.76	●
6	-2.70	●	-2.40	●
7	-2.74	●	-4.58	●
8	-3.00	●	-7.00	●
10	0.21	●	-4.37	●
12	-1.45	●	-3.57	●

Test 1 - Universo's Athletes' Progress Summaries				
Metric	Test 1.1 Value	T1.1 Athlete #	T1.2 Value	T1.2 Athlete #
Total athletes compared	10	—	10	—
Athletes who improved	9 / 10 (90%)	—	10 / 10 (100%)	—
Average improvement	-2.10 sec	—	-3.99 sec	—
Best improvement	-3.00 sec	8	-7.00 sec	8
Smallest improvement	-0.43 sec	5	-2.10 sec	4
Only regression	#ERROR!	10	None	—
Summary Note	Nearly all athletes improved on their second trial (avg gain ~2.1 s).		All athletes improved in Test 1.2 with strong gains.	

Test 1 - Progress Per Athlete - Universo				
Code	Δ Test 3.1 (s)	Result T3.1	Δ Test 3.2 (s)	Result T3.2
1	13	●	8	●
2	5.94	●	2.7	●
3	6	●	5	●
4	10	●	9.2	●
5	7.98	●	4.84	●
6	9.6	●	5.8	●
7	8	●	13	●
8	10	●	10	●
10	5	●	2.72	●
12	5	●	3.55	●

Test 1 - Universo's Athletes' Progress Summaries				
Metric	Test 3.1 Value	Athlete #	Test 3.2 Value	Athlete #
Total athletes compared	10	—	10	—
Athletes who improved	10/10 (100%)	—	10/10 (100%)	—
Average improvement	8.35 s	—	6.93 s	—
Best improvement	13.0 s	1	13.0 s	7
Smallest improvement	5.0 s	2,10,12	2.7 s	2
Only regression	None	—	None	—
Summary Note	All Universo athletes demonstrated meaningful improvement, with several achieving over 10 seconds of gain, showing consistency and strong adaptation across both Test 3.1 and Test 3.2.			

Universo SSD - Test #2 - Improvement Per Athlete and Team Summary

Test 2 - Progress Per Athlete - Universo				
Code	Δ Test 2.1 (s)	Result T2.1	Δ Test 2.2 (s)	Result T2.2
1	23	●	18	●
2	28	●	24.76	●
3	21	●	20	●
4	22.8	●	22	●
5	22.6	●	19.46	●
6	17.5	●	13.7	●
7	24.7	●	29.7	●
8	20	●	20	●
10	32	●	29.72	●
12	48	●	46.55	●

Test 2 - Universo's Athletes' Progress Summaries				
Metric	Test 2.1 Value	T2.1 Athlete #	Test 2.2 Value	T2.2 Athlete #
Total athletes compared	10	—	10	—
Athletes who improved	10/10 (100%)	—	10/10 (100%)	—
Average improvement	25.06 s	—	23.54 s	—
Best improvement	48 s	12	46.55 s	12
Smallest improvement	17.5 s	6	13.7 s	6
Only regression	None	—	None	—
Summary Note	Universo showed exceptional progress, with all 10 athletes improving and some achieving 40–48 second gains, demonstrating strong adaptation to the test demands.			

6-Week Pilot Program - Results



Statistics from the Assessment Tests

Universo SSD - Test #4 - Improvement Per Athlete and Team Summary

Test 4 - Progress Per Athlete - Universo								
Code	Δ T4.1 (s)	Result T4.1	Δ T4.2 (reps)	Result T4.2	Ratio 1	Ratio 2	Δ Ratio	Result Ratio
1	0	●	-2	●	0.2069	0.1379	-0.069	●
2	1.61	●	1	●	0.1227	0.1613	0.0386	●
3	1.6	●	0	●	0.1488	0.1563	0.0074	●
4	1.38	●	0	●	0.1163	0.1212	0.0049	●
5	2.43	●	1	●	0.1561	0.1944	0.0383	●
6	2.41	●	0	●	0.1522	0.1622	0.01	●
7	5	●	-1	●	0.1522	0.1463	-0.0058	●
8	1	●	-1	●	0.1522	0.1333	-0.0188	●
10	2.78	●	-1	●	0.1787	0.1667	-0.012	●
12	1.46	●	-1	●	0.1381	0.119	-0.019	●

Test 4 - Universo's Athletes' Progress Summaries				
Metric	Test 4.1 Ratio	T4.1 Athlete #	Test 4.2 Ratio	T4.2 Athlete #
Total athletes compared	10	—	10	—
Athletes who improved	5	2, 3, 4, 5, 6	5	2, 3, 4, 5, 6
Average improvement (Δ Ratio)	-0.0025	—	—	—
Best improvement (Δ Ratio)	0.0386	2	0.0386	2
Smallest improvement (positive Δ Ratio)	0.0049	4	0.0049	4
Only regression (Δ Ratio < 0)	-0.0690 (worst)	1, 7, 8, 10, 12	-0.0690	1
Best overall T4.1 Ratio (Attempt 1)	0.2069	1	—	—
Best overall T4.2 Ratio (Attempt 2)	—	—	0.1944	5
Summary Note	Half the roster improved efficiency, led by Athlete #2 (+0.0386). Despite individual gains, Universo's overall Δ Ratio slightly declined (-0.0025) due to five regressions.			

Universo SSD - Test #5 - Improvement Per Athlete and Team Summary

Test 5 - Progress Per Athlete - Universo		
Code	Δ Test 5.1	Result T5.1
1	1	●
2	0.5	●
3	0.5	●
4	0.5	●
5	0.5	●
6	0.5	●
7	1.5	●
8	1	●
10	0	●
12	0	●

Test 5 - Universo's Athletes' Progress Summaries		
Metric	Test 5.1 Value	T5.1 Athlete #
Total athletes compared	10	—
Athletes who improved	8/10 (80%)	—
Average improvement	0.6	—
Best improvement	1.5	7
Smallest improvement (positive)	0.5	2,3,4,5,6
Only regression	None	—
Summary Note	Universo showed solid progression, with 8 out of 10 athletes improving and none regressing; improvements were generally modest, except for a standout performance from Athlete #7	

Universo SSD - Test #6 - Improvement Per Athlete and Team Summary

Test 6 - Progress Per Athlete - Universo		
Code	Δ Test 6 (s)	Result T6
1	0	●
2	2	●
3	10	●
4	3	●
5	2	●
6	2.15	●
7	2	●
8	3	●
10	1	●
12	2	●

Test 6 - Universo's Athletes' Progress Summaries		
Metric	Test 6 Value	T6 Athlete #
Total athletes compared	10	—
Athletes who improved	9/10 (90%)	—
Average improvement	+2.52 seconds	—
Best improvement	+10 seconds	3
Smallest improvement (positive)	+1 second	10
Only regression	None	—
Summary Note	Universo showed strong performance gains, with 90% of athletes improving and an average of 2.52 seconds faster on the second attempt; the standout was Athlete #3 with a remarkable 10-second improvement.	

6-Week Pilot Program - Results



Statistics from the Assessment Tests

Universo SSD - Test #7 - Passing - Improvement Per Athlete and Team Summary

Test 7 - Progress Per Athlete - Universo

Code	Passes A1	Passes A2	Δ Passes	Level A1	Level A2	Δ Level	Result (Passes)	Result (Level)
1	7	13	6	3	3	0	●	●
2	19	20	1	3	3	0	●	●
3	19	20	1	3	2	1	●	●
4	17	18	1	2	2	0	●	●
5	15	22	7	2	2	0	●	●
6	15	17	2	3	3	0	●	●
7	20	22	2	2	2	0	●	●
8	17	18	1	2	2	0	●	●
10	27	29	2	2	2	0	●	●
12	27	29	2	3	3	0	●	●

Test 7 - Universo's Athletes' Progress Summaries

Metric	Test 7 Value	T7 Athlete #
Total athletes compared	10	—
Athletes who improved passes	10/10 (100%)	—
Athletes who improved height level	1/10 (10%)	3
Average improvement (passes)	+2.5 passes	—
Best improvement (passes)	7	5
Smallest improvement (positive)	1	2,3,4,8
Only regression (passes or level)	None	—
Summary Note	Universo showed excellent progress in Test 7.1, with all athletes increasing their pass counts. However, almost no improvements were recorded in Test 7.2 (height level), indicating that while athletes passed more, they largely maintained the same passing height.	

Universo SSD - Test #8 - Shooting - Improvement Per Athlete and Team Summary

Test 8 - Progress Per Athlete - Universo

Code	T8 Combined 1st	%1st	T8 Combined 2nd	%2nd	Δ T8	Result
1	7	35.0%	8	40.0%	1	●
2	7	35.0%	9	45.0%	2	●
3	4	20.0%	8	40.0%	4	●
4	3	15.0%	9	45.0%	6	●
5	9	45.0%	12	60.0%	3	●
6	6	30.0%	8	40.0%	2	●
7	10	50.0%	12	60.0%	2	●
8	3	15.0%	8	40.0%	5	●
10	8	40.0%	10	50.0%	2	●
12	9	45.0%	13	65.0%	4	●

Test 8 - Universo's Athletes' Progress Summaries

Metric	Value	Athlete #
Total athletes compared	10	—
Athletes who improved	10/10 (100%)	—
Average improvement	3.1	—
Best improvement	6	4
Smallest improvement (positive)	1	1
Only regression	None	—
Summary Note	All Universo athletes improved in Test 8 combined accuracy, with an average gain of +3.1 points.	

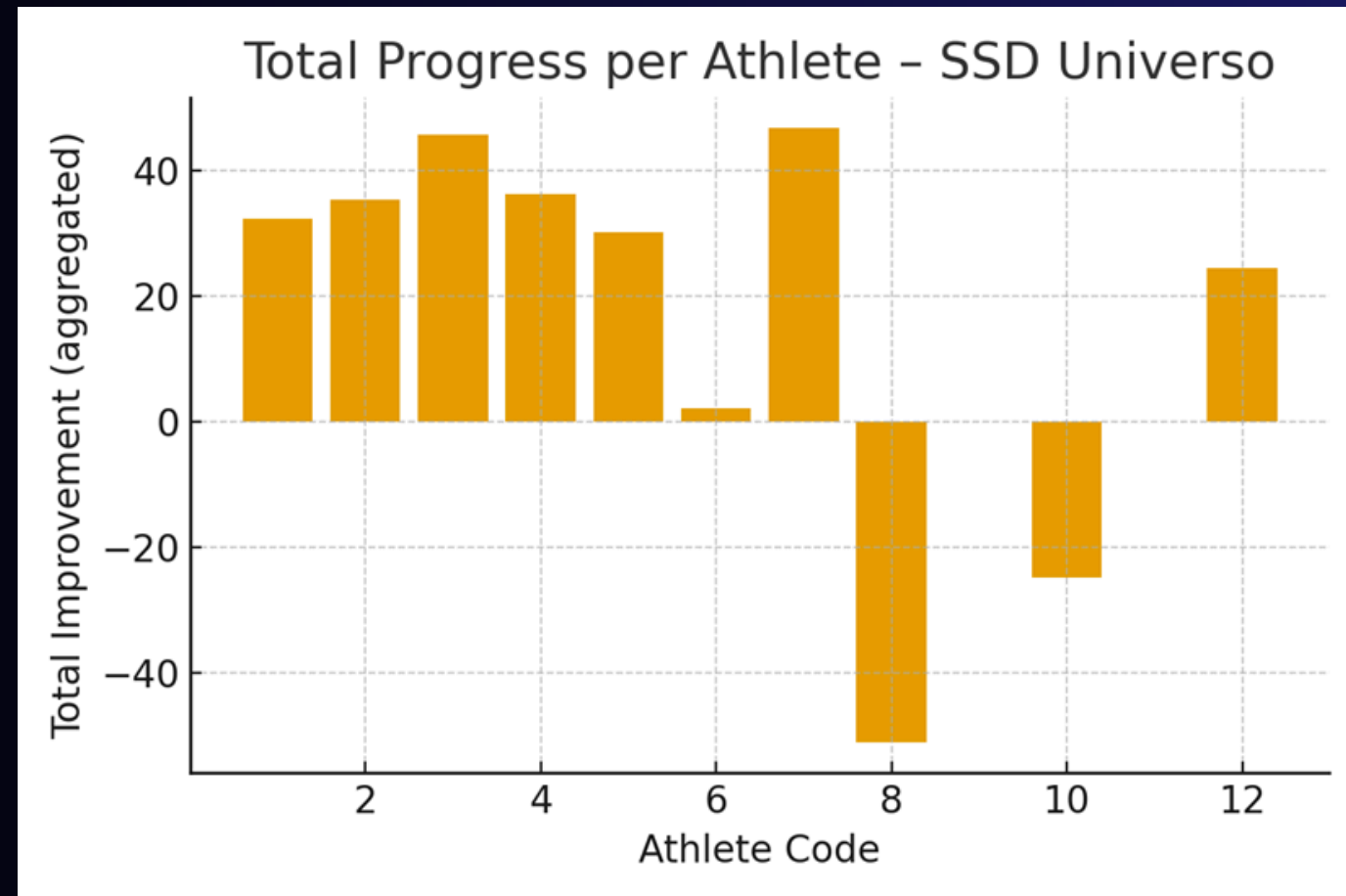
6-Week Pilot Program - Results



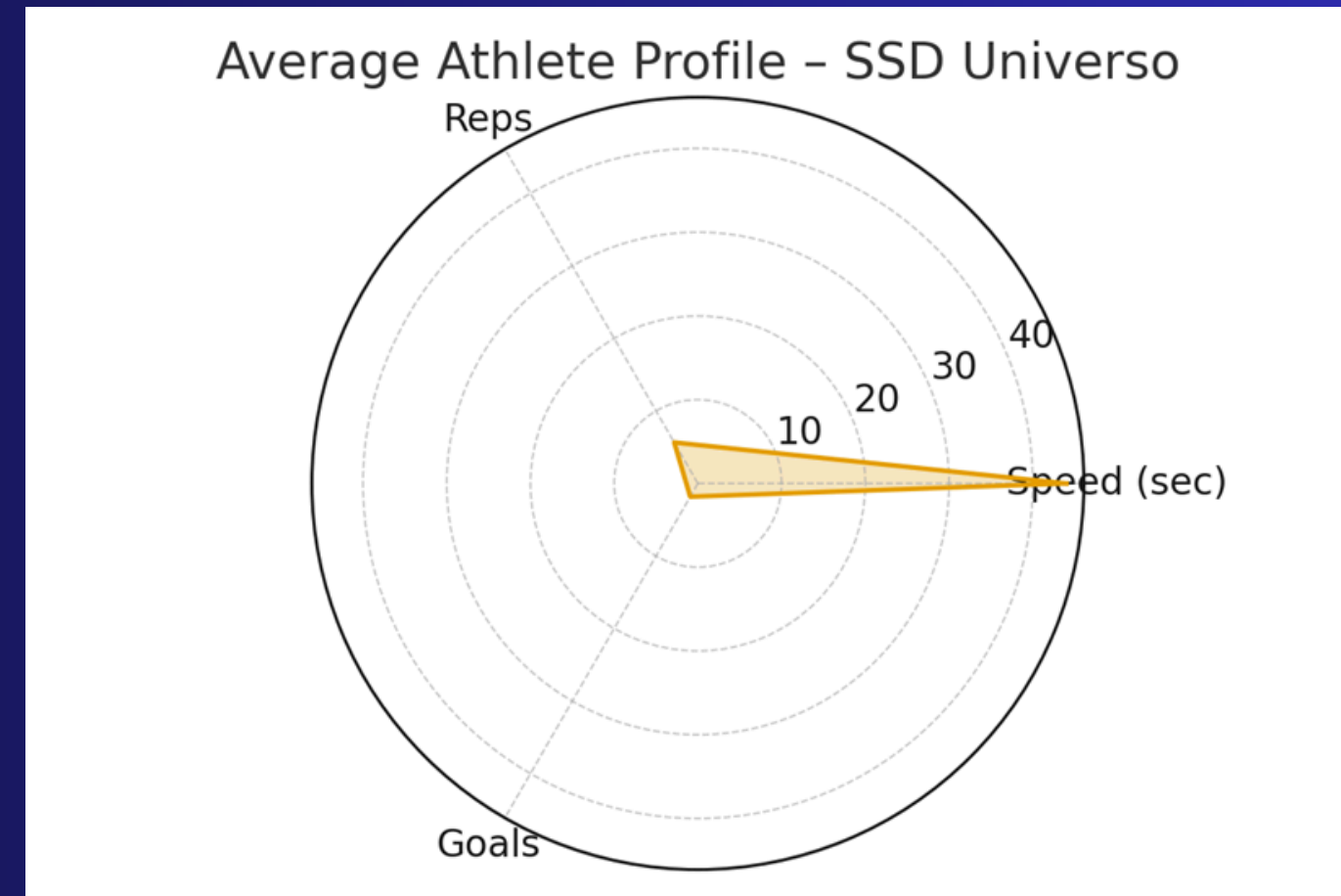
Statistics from the Assessment Tests

Universo SSD - Improvement Per Athlete and Team Summary

The bar chart below visualises total improvement for each Universo athlete (higher values indicate greater overall progress).



The radar chart below shows the average profile of Universo athletes across three main dimensions: speed (seconds-based tests), repetitions (endurance/strength-type tests), and goals (shooting accuracy tests).



6-Week Pilot Program - Results



Statistics from the Assessment Tests

Comparison: Universo - OFI



6-Week Pilot Program - Results

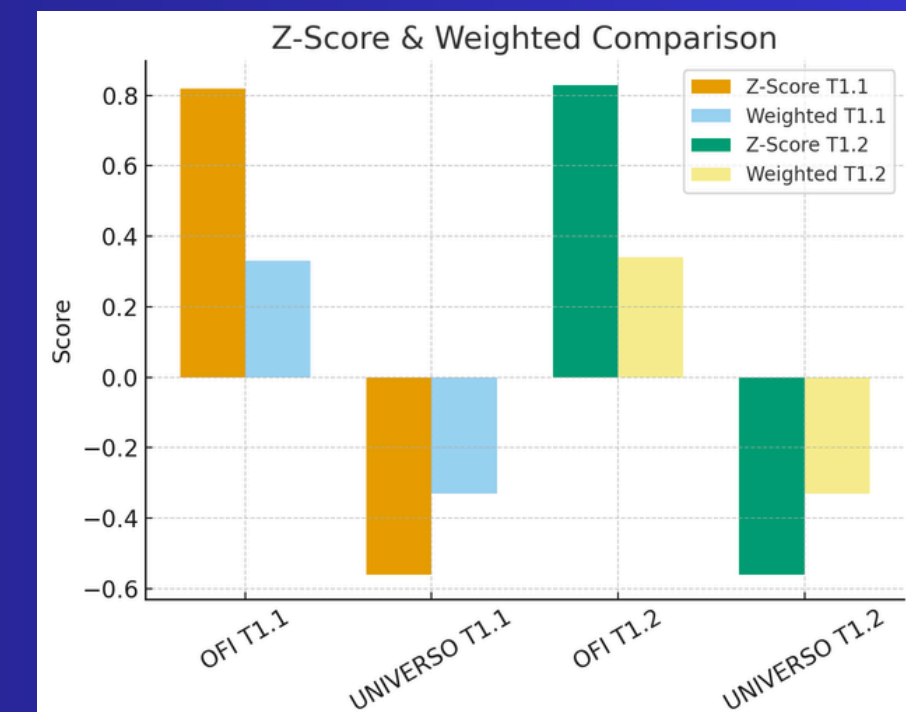
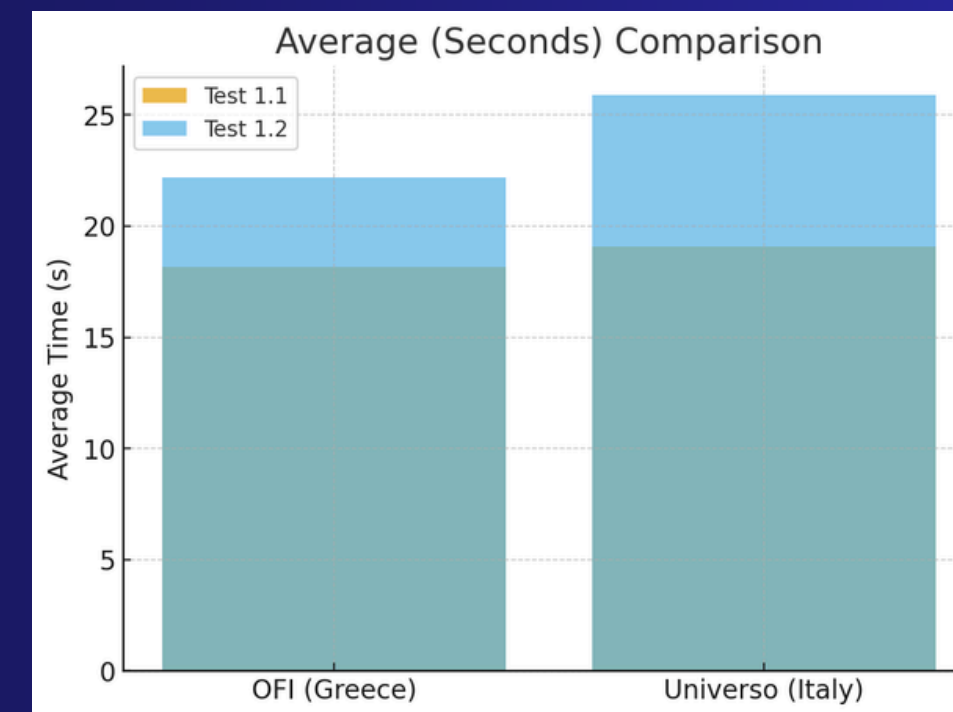
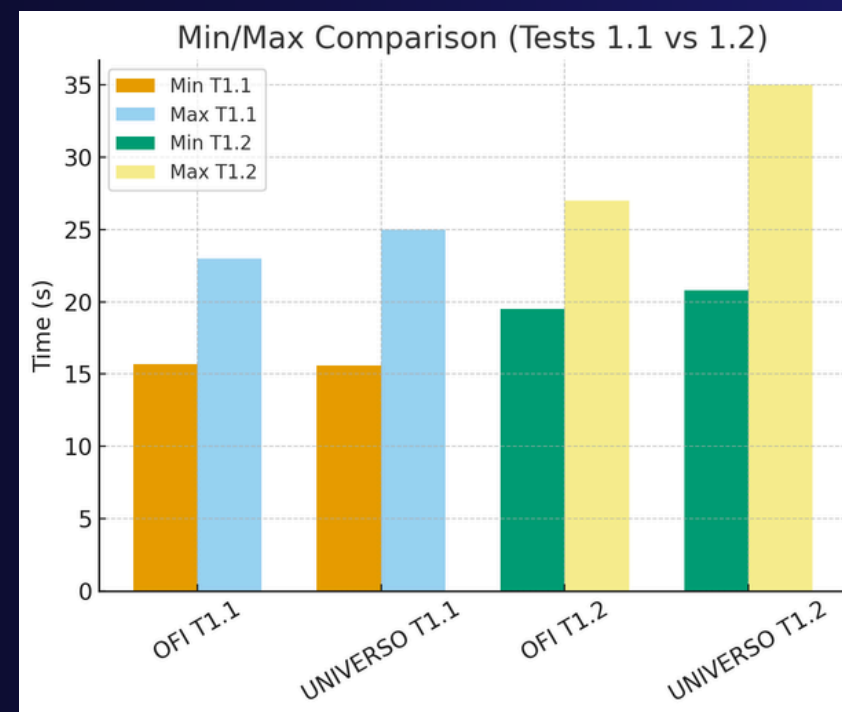
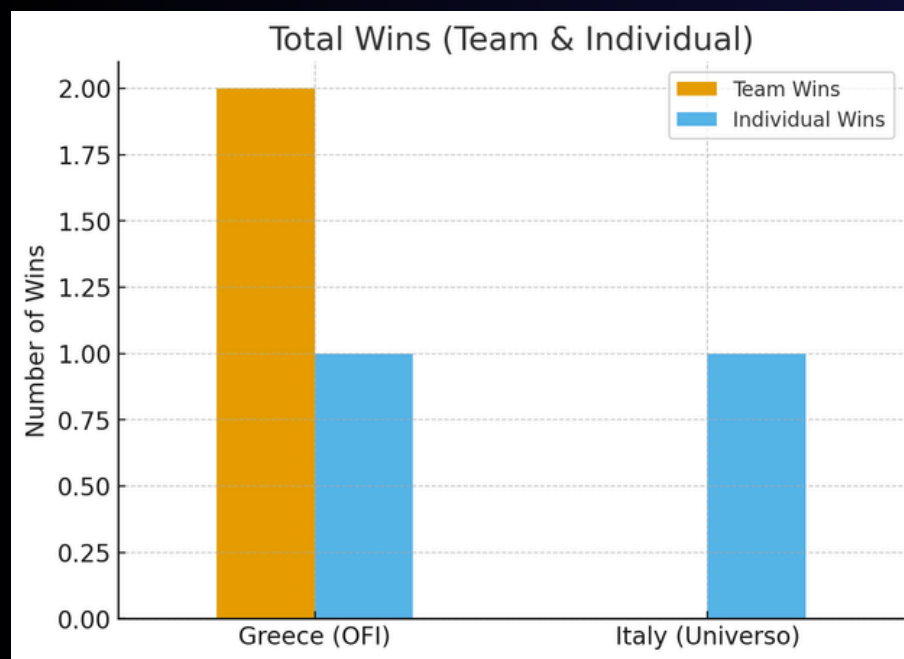


Statistics from the Assessment Tests

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)				



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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



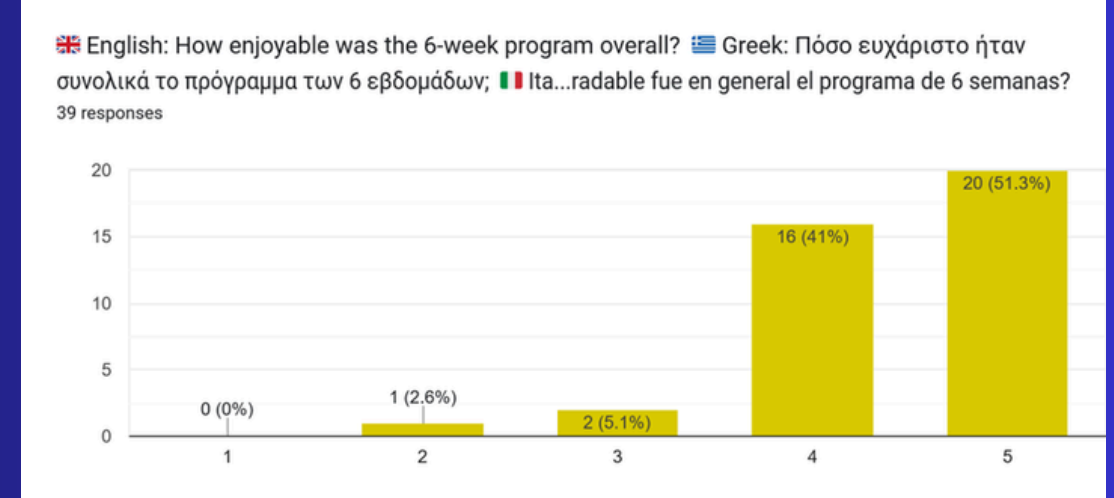
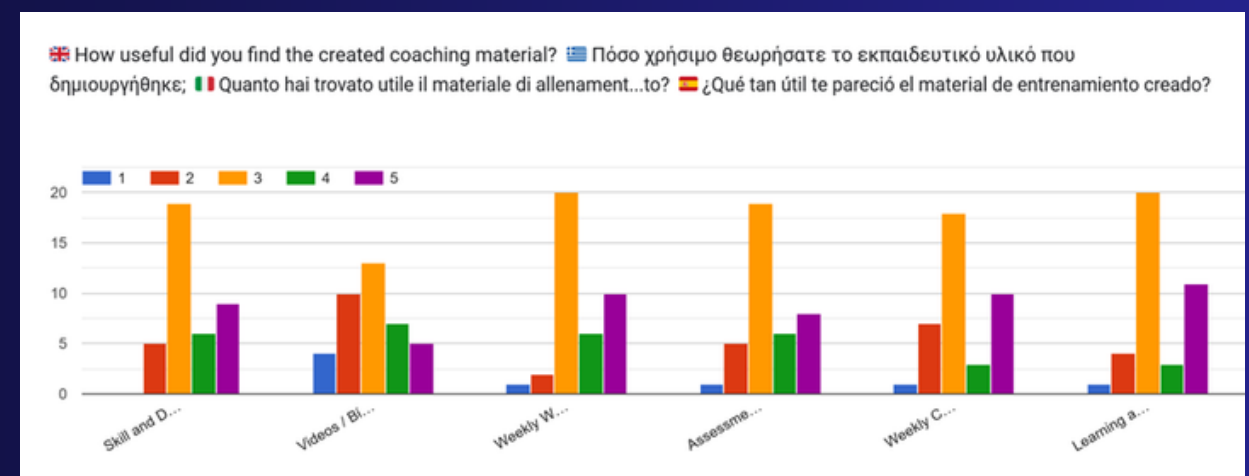
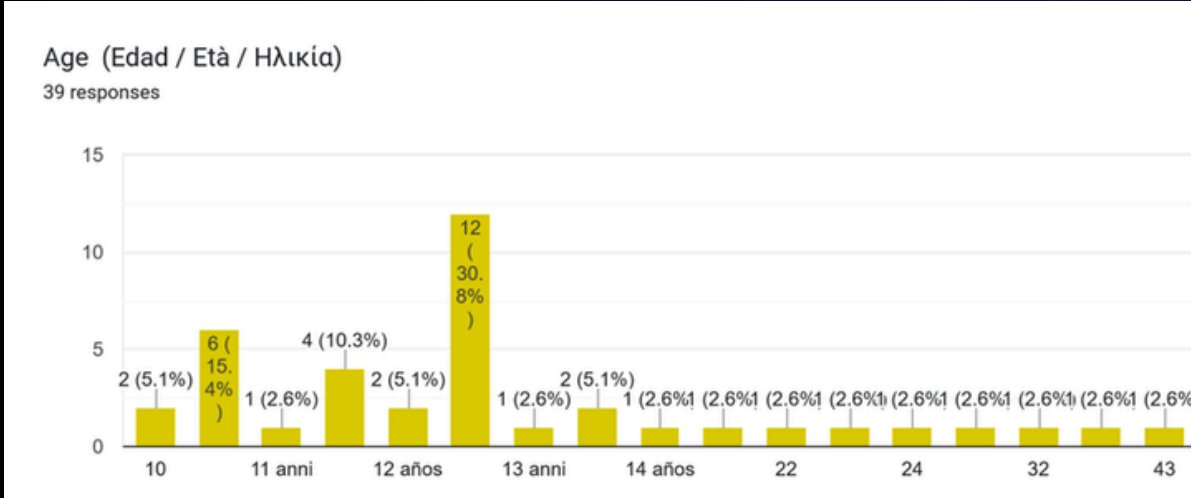
Statistics from Participants Questionnaires



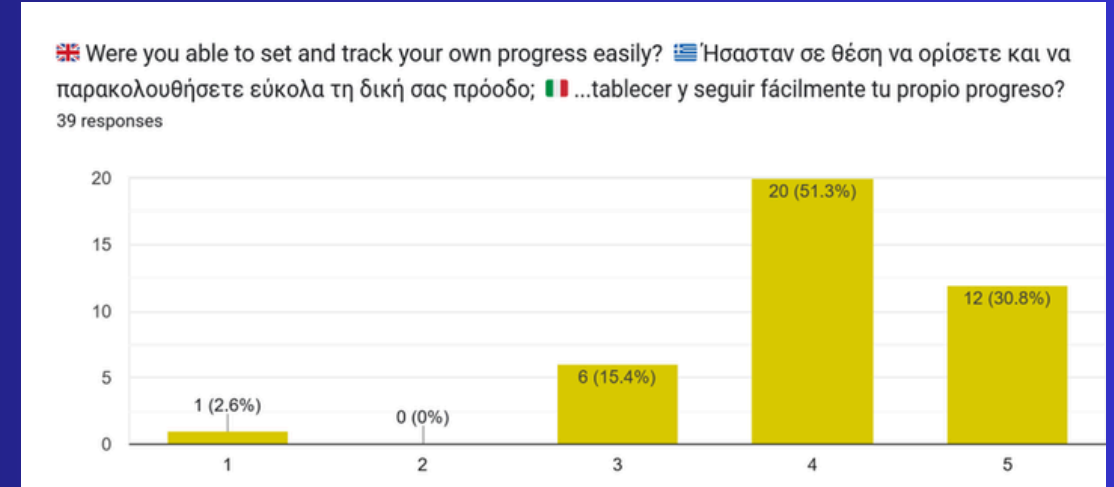
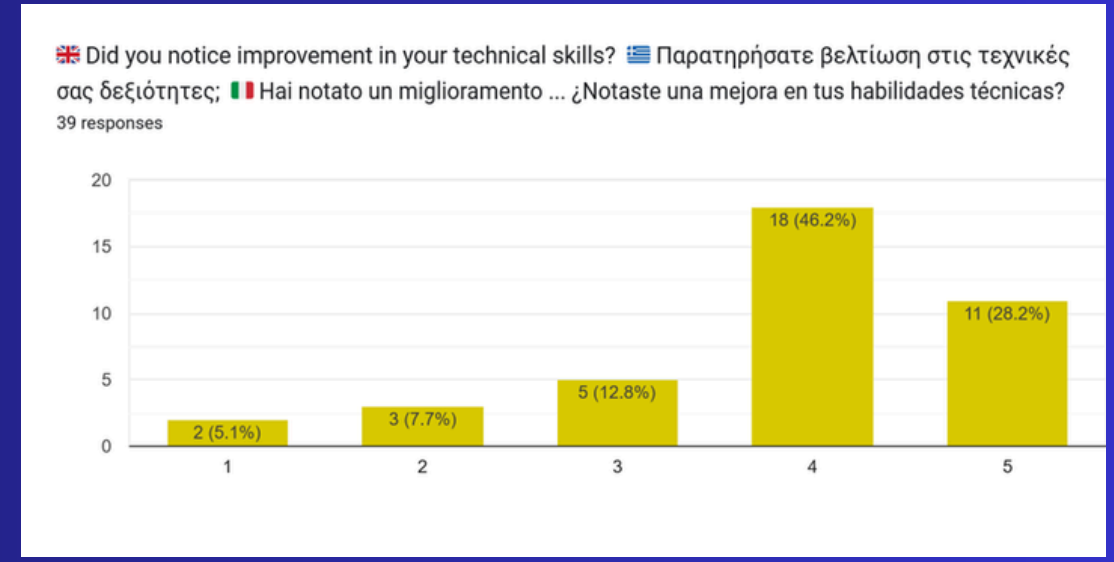
6-Week Pilot Program - Results



Statistics from Participants Questionnaires - Athletes

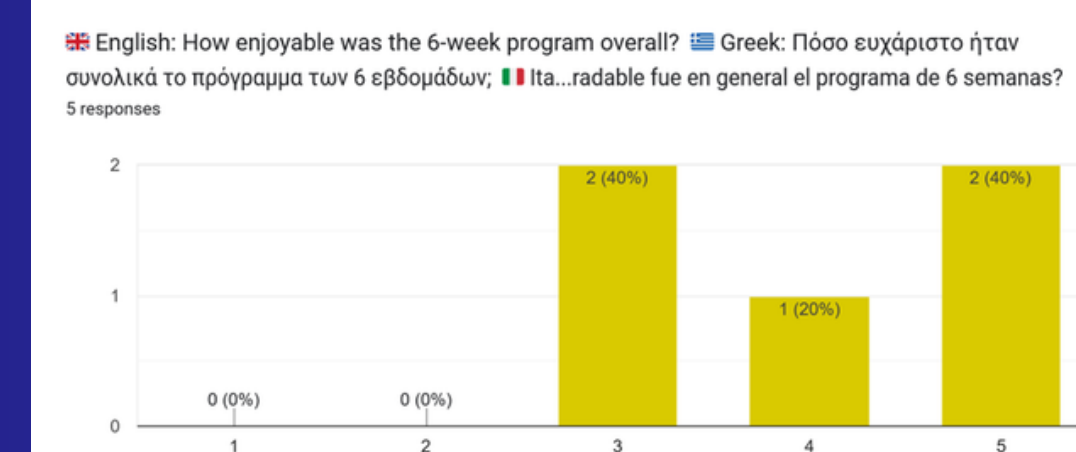
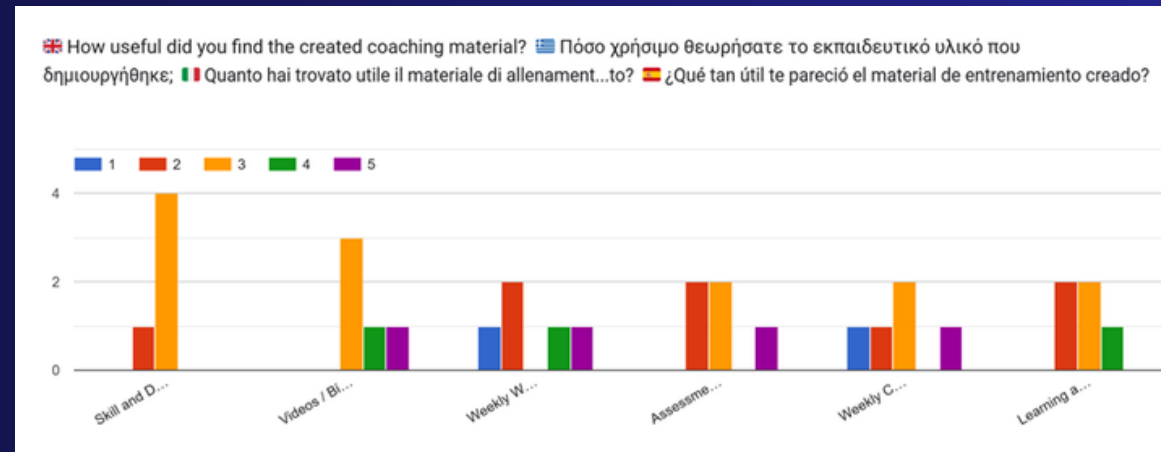
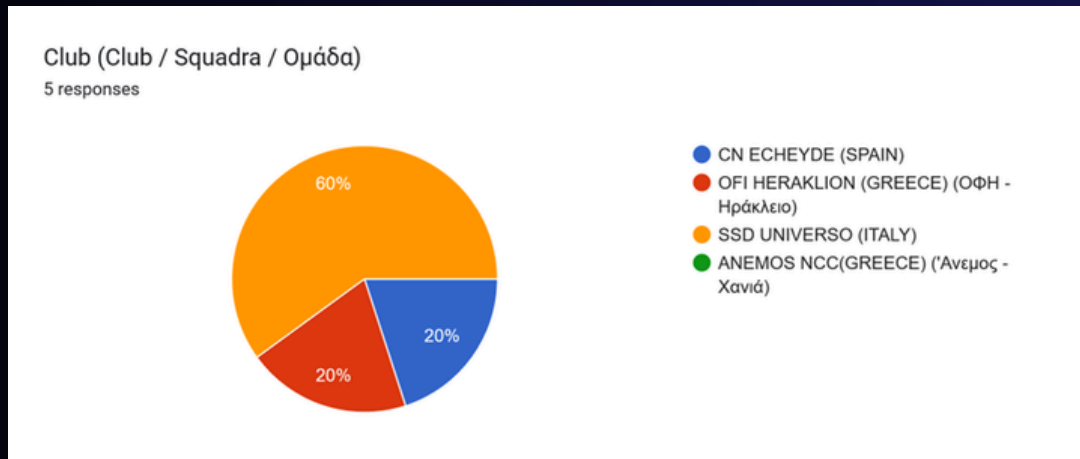


Summaries from Athletes' Questionnaires	
Category	Summary
Biggest Challenge	<ul style="list-style-type: none"> Touching the hanging caps at the goal posts Touching the crossbar / switching from one post to another Completing the "crossbar-touch + bicycle kick" test Spin fakes, slides, and advanced ball-handling drills Long shooting series (e.g., 50 shots) Physical demands and length of certain tests Difficulty maintaining correct water polo leg technique Staying motivated when an exercise was difficult Some athletes reported no major challenges
What They Liked the Most	<ul style="list-style-type: none"> Seeing personal improvement in technical skills Feeling progress throughout the 6 weeks The weekly challenges—fun, motivating, and competitive The structure and variety of the training program Comparing themselves with athletes worldwide The sense of community created by sharing the same passion The overall enjoyment—many said they "really liked it" or would "do it again"
What Would Improve the Experience	<ul style="list-style-type: none"> Clearer explanations of technical skills (especially water polo kicking) Better demonstrations or more detailed instructional videos Additional training time or more frequent sessions More guidance on how to perform tests correctly Improve or expand the cards and learning materials Include more variety or additional challenges
Final Comments	<ul style="list-style-type: none"> Very positive overall ("I really liked it", "It was fun", "I would do it again") Many athletes felt the program helped them grow as players Several rated it highly ("I give it an 8") Noted improvement in both individual and team technique Found the challenges engaging and meaningful



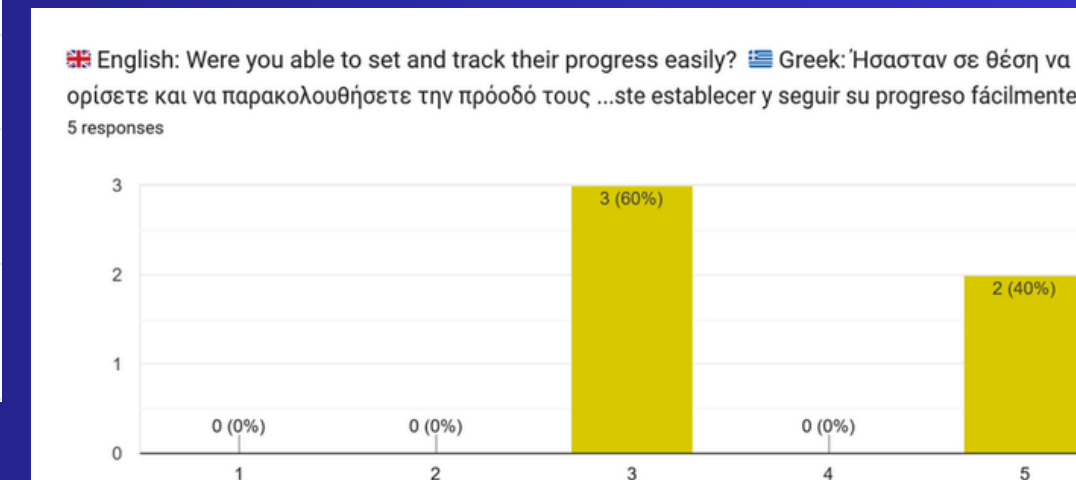
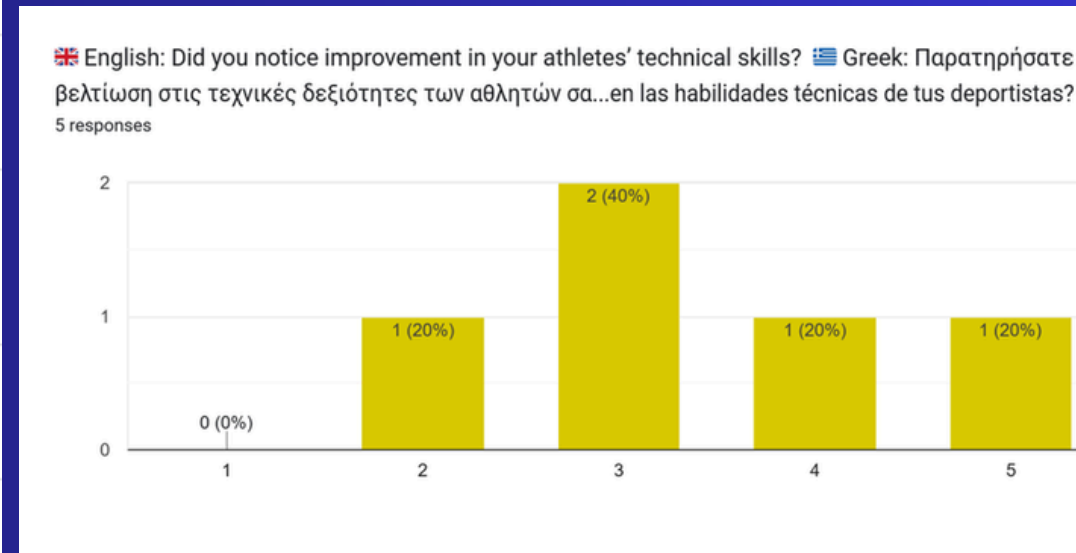
6-Week Pilot Program - Results

Statistics from Participants Questionnaires - Coaches



Summaries from Coaches' Questionnaires

Category	Summary (Translated & Thematic)
Skills Improved / Not Improved	Improved the Most: Shooting technique, general technical skills, coordination and stability, endurance, execution of weekly challenges, motivation and engagement. Less Improved: Leg technique / water polo kick, complex or strength-dependent skills, certain difficult challenge drills.
Progress Tracking — What Helped / What Didn't	Helped: Visual indicators of progress, ability to compare challenge results, competition between teammates, measurable tests (times, reps), structured weekly tracking which motivated athletes. Not So Helpful: Difficulty accessing athlete profiles online, younger athletes needed more guidance, some tests were long or complex for certain groups.
Teaching & Coaching Methods Used	Use of CR Methods: Coaches used videos, cards, weekly challenge explanations, and found the structure very useful. Additional Methods: Progressive teaching (easy → hard), step-by-step demonstrations, repetition with corrections, motivational strategies, using competition to increase engagement. Helped Athletes Learn Faster: Visual demonstrations, clear instructions, repetition, structured routines, hands-on attempts of challenges.
Biggest Challenge for Coaches	Managing appropriate difficulty for mixed ages, ensuring all athletes understood exercises, maintaining focus during long tests, balancing regular training with challenge requirements.
What Coaches Liked Most	Shooting sessions, having a structured and methodical training plan, watching athletes complete challenges and grow in confidence, progress tracking and competition, availability of high-quality materials (videos, cards).
What Would Improve the Program	Refining challenge difficulty and clarity, offering more detailed instructions, age-based standardisation, easier access to athlete profiles, more audiovisual material, progressive exercise structure, adding collective team-play content.
Final Comments	Coaches found the program enjoyable, motivating, and educational. The 6-week structure kept athletes engaged. Exercises were interesting and useful. The project has strong potential for expansion, especially by adding more team-play and additional resources. Many saw it as a meaningful experience for both athletes and coaches.

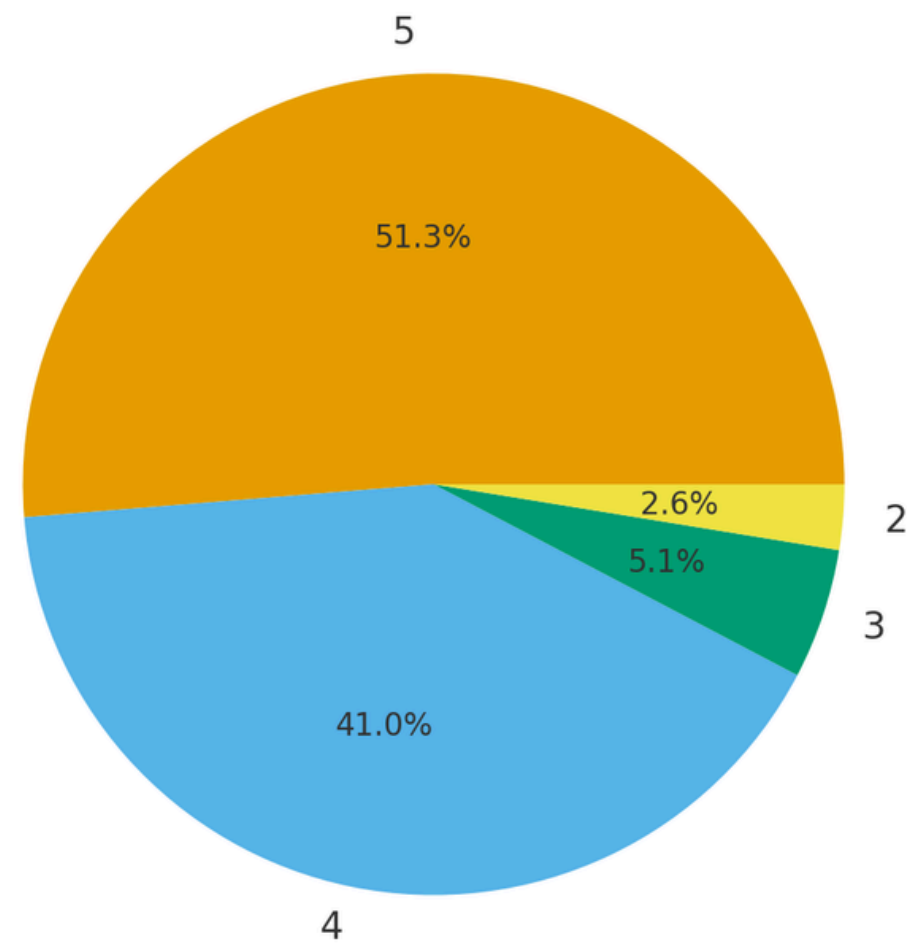


6-Week Pilot Program - Results

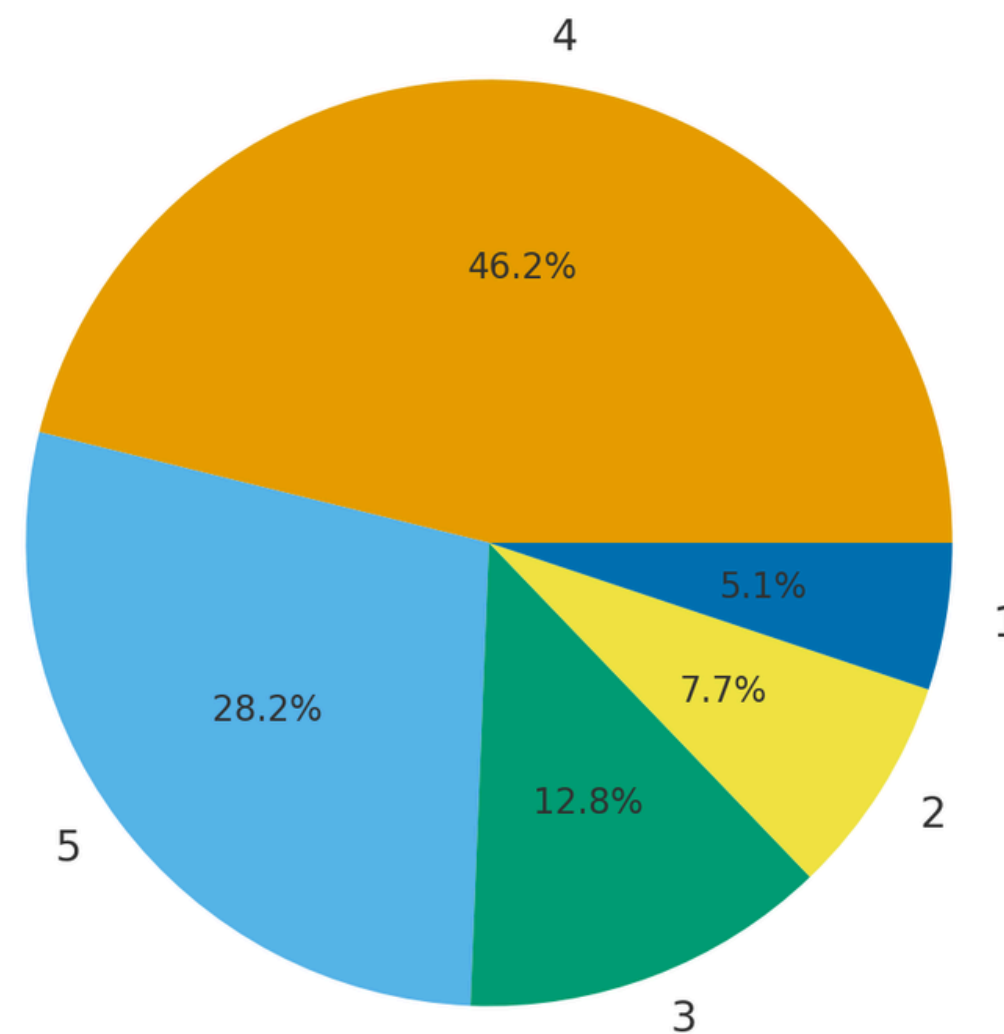


Statistics from Participants Questionnaires - Totals

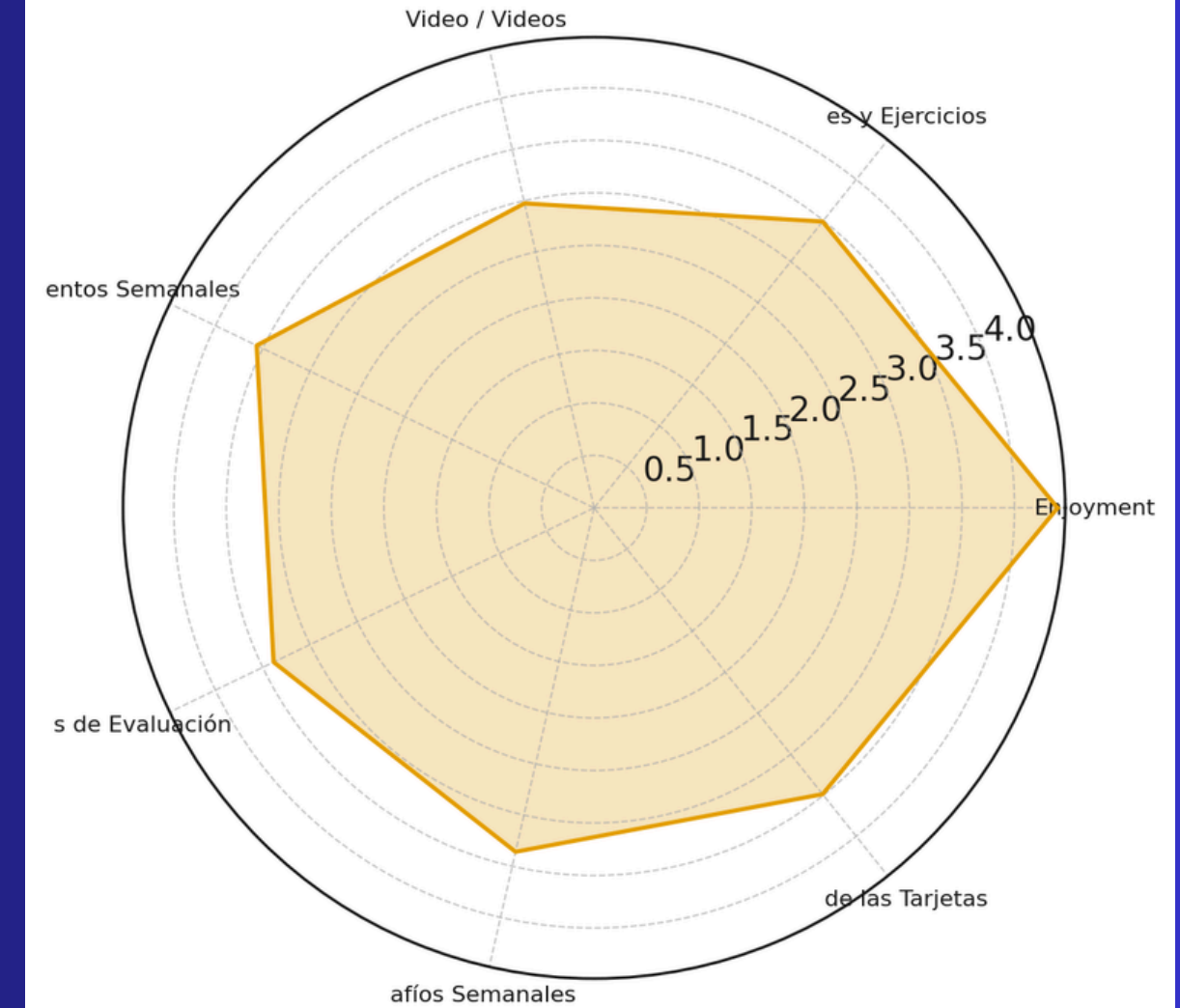
Enjoyment of the Program - Athlete Responses



Perceived Technical Skill Improvement



Combined Satisfaction Radar Chart



Thank you!

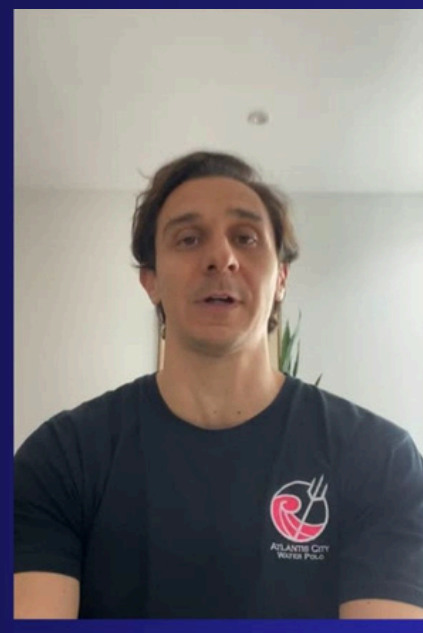


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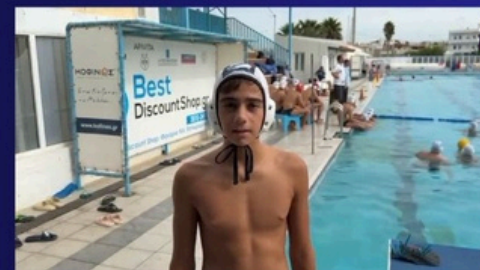


A heartfelt thank you to all the athletes, coaches, and team managers who dedicated their time to executing the tests, recording results, and submitting questionnaires and consent forms. Your collective effort made this analysis possible. The commitment shown throughout this process reflects the spirit of collaboration and continuous improvement that defines this project. Your contributions not only enriched this report but also helped shape the foundation for future data-driven tools that will guide the evolution of the CR Project. Our hope is to ultimately provide a platform that is accessible, helpful, and meaningful to the sports community—supporting athletes and coaches in their development for years to come.

Thank you all!



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**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" !

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.



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