

Report within Deliverable D1.3 – Project outputs 3 - International training and testing on the local level - report

International Training

Agenda:

16th June	
10:00	Arrival day
17th June	
10:00 – 14:00	Introduction of the project Presentation of participants and their professional backgrounds Presentation of the Manual for Wheelchair Basketball – Part I • Coaching principles and practices • Tactical strategies and game approaches Moderated discussion and validation of presented segments
14:00 – 15:30	Lunch Break
15:30 – 19:30	Presentation of the Manual – Part II • Adaptive equipment and accessibility • Player management and inclusion Moderated discussion and validation of presented segments
19:30	Dinner
20:30 – 21:30	Evening practical training session (on-court practice based on the Manual)
18th June	
10:00 – 13:30	Exchange of good practices Special session: Practical training led by Óscar Trigo Díez • Demonstration of advanced coaching methodologies
13:30 – 15:00	Lunch Break
15:00 – 18:00	Group discussion: Strategies for promoting wheelchair basketball at local and national levels Developing national action plans for local testing Evaluation session and closing
19th June	
10:00	Departure day

The international training was organized in *Barcelona, Spain*, from 16th to 19th June 2025, with the following main objectives:

1. To validate and test the content of the newly developed *Manual for Wheelchair Basketball* through expert discussions and practical sessions.
2. To build the competences of professionals working in the field of wheelchair basketball by combining theoretical presentations with applied training.
3. To develop national action plans for local testing and promotion of wheelchair basketball as a tool for inclusion.

The training gathered 22 participants from all five partner countries (Spain, Serbia, Portugal, Ireland, and North Macedonia). The group included experts involved in the manual development: wheelchair basketball coaches, professors from faculties of sport, physical education teachers, physical therapists, representatives of disability sport associations, active athletes with disabilities, and trainers engaged in inclusive sports. This diverse composition ensured both academic expertise and grassroots practice were represented.

The program of the training began with an introduction to the project and presentations of participants and their background, followed by the structured presentation of the Manual. Each segment of the Manual was introduced by the author responsible for its development, after which participants discussed and validated the content and suggested improvements. Evening sessions were dedicated to practical wheelchair basketball training, applying methodologies from the Manual on court. A special highlight of the training were practical wheelchair basketball sessions led by Óscar Trigo Diez, one of the most recognized European coaches in the field, who currently leads the Portuguese national wheelchair basketball team. These sessions were organized as part of the exchange of good practices, and were particularly valuable to the representatives of the wheelchair basketball federations and associations of Portugal, Serbia, and Ireland, creating a unique environment for knowledge transfer, professional networking, and validation of the Manual's methodology on court.

On the second day, the focus was placed on strategies for promoting wheelchair basketball at local and national levels, highlighting its importance not only as a sport but also as a driver of inclusion and empowerment. Good practices from partner countries were exchanged, followed by sessions dedicated to planning of local testing activities and upcoming awareness-raising events.

The activity concluded with an evaluation session, in which participants provided structured feedback on the training and the Manual. The results confirmed the high quality and applicability of the developed methodologies, and emphasized the potential of the Manual as a long-term resource for both grassroots clubs and national federations.

Results and impact:

Following results were achieved:

- A total of 22 participants took part in the training, representing all five partner countries (Spain, Serbia, Portugal, Ireland, and North Macedonia).
- Over the course of the training, participants engaged in 6 structured presentations of the *Manual for Wheelchair Basketball*. Each presentation was delivered by the author responsible for a specific segment, covering technical skills, coaching principles, tactical strategies, adaptive equipment, and inclusive team management. This guaranteed that all key thematic areas were addressed and validated.
- 2 evening practical wheelchair basketball training sessions were organized on court. These sessions served to apply the methodology of the Manual in real conditions, allowing participants to experience the drills, exercises, and tactical models first-hand. A highlight was the training led by Óscar Trigo Diez, which provided unique insight into high-level coaching practice.
- 5 moderated discussions were held after the presentations, during which participants provided structured feedback, exchanged good practices, and validated the Manual's content. These discussions helped refine certain parts of the Manual and ensured its adaptability to different national contexts.

- Each country delegation developed 1 draft plan for local testing and awareness-raising activities. These draft plans outlined how the methodology would be transferred to local clubs, how athletes and coaches would be engaged in the testing process, and how awareness about wheelchair basketball would be promoted nationally. This step ensured that the outcomes of the international training would have concrete follow-up in all partner countries.

Feedback and evaluation:

The evaluation of the training showed a high level of satisfaction among participants. More than 90% of them rated the overall quality of the activity as excellent, particularly highlighting the balance between theoretical presentations and practical on-court sessions. The opportunity to directly test the methodology from the *Manual for Wheelchair Basketball* was described as one of the most valuable aspects of the program, as it allowed participants to experience how the proposed exercises and strategies can be applied in real conditions.

Participants emphasized that the Manual represents a much-needed resource, that offers structured guidance that combines technical, tactical, and inclusive elements of wheelchair basketball. They appreciated its clarity and applicability, noting that it can be used both in grassroots clubs and higher-level coaching environments.

Feedback also underlined the importance of the exchange of good practices, especially the sessions led by Óscar Trigo, which were seen as an opportunity to learn directly from high-level coaching experience. Recommendations for further improvement included creating simplified guidelines for beginner coaches and adapting certain materials for younger age groups.

Overall, the evaluation confirmed that the training fully met its objectives, provided participants with new competences, strengthened cooperation across countries, and set the foundation for successful implementation of local testing and awareness-raising activities.

Testing on the local levels

Following the international training in Barcelona, each partner organization implemented a series of local testing activities to validate the *Manual for Wheelchair Basketball* within their own national and local contexts. These activities were carried out between July and September 2025 and involved wheelchair basketball clubs, federations, universities, and local communities. Testing was conducted both through regular club practices and specially organized open sessions, ensuring that the Manual was applied in real-life environments and exposed to a wider audience.

The main objectives of the local testing phase were:

1. To confirm the applicability and adaptability of the Manual in different national and grassroots contexts.
2. To strengthen the competences of local coaches, athletes, and students, enabling them to integrate the new methodologies into their regular practice.

3. To promote wheelchair basketball and raise awareness among local communities, highlighting its value not only as a sport but also as a driver of inclusion, empowerment, and social participation.
4. To collect feedback and evaluation data from players, coaches, and stakeholders, providing input for the refinement of the Manual and ensuring its long-term usability.

Country overview:

Spain: More than 30 participants were engaged through cooperation with two wheelchair basketball clubs. The Manual was presented and tested during regular training sessions, while two open practices attracted community members and emphasized the dual role of wheelchair basketball as both a rehabilitative and inclusive activity and a competitive sport with a strong tradition and growth potential.

Serbia: Around 50 participants took part, including members of wheelchair basketball clubs, students of the Faculty of Sport and Physical Education in Niš, volunteers, and young people from the local community. Activities included an online presentation of the Manual to the national network of clubs, a presentation of manual for students of Sport and physical education, several training sessions in clubs in Niš and Belgrade, and an open training in Niš which significantly contributed to the visibility of the local club Naiss.

Portugal: Between 20–30 participants were involved in activities led by the Portuguese Basketball Federation. Testing focused on the sections of the Manual addressing motivation and player engagement, with coaches exploring strategies to strengthen resilience, teamwork, and performance.

North Macedonia: Wheelchair basketball in North Macedonia is still in a phase of development, with the partner organization HOPE playing a leading role in building structures and capacities for the sport. During the local testing, the club organized several training sessions with 10+ players and staff, applying exercises and methodologies from the Manual. The activity provided valuable guidance for strengthening training quality and supported the ongoing growth of wheelchair basketball in the country.

Ireland: Local testing was carried out within a women's wheelchair basketball club, involving 10+ players and coaches. The Manual proved to be a valuable resource for supporting the growth of a new team, with participants underlining its clarity and adaptability to their specific needs.

Results and impact:

- 5 countries successfully conducted local testing activities.
- A total of 120+ participants were directly engaged in presentations, trainings, and open practices.
- The Manual was validated in both academic contexts (universities, students) and grassroots sport settings (clubs, community events).
- Each partner country developed concrete approaches for integrating the Manual into regular training routines and awareness-raising initiatives.

Local testing significantly strengthened the visibility and credibility of wheelchair basketball within the partner countries and local communities. By using the Manual in real training environments, athletes, coaches, and students confirmed its practical value and adaptability. The activities also opened the sport to wider audiences, raising awareness of its importance for both social inclusion and athletic development.

Feedback from partners:

Partners emphasized that the Manual filled a critical gap, offering clear guidance for both established and newly emerging clubs. They praised its structured design and noted that the combination of technical, tactical, and motivational elements made it suitable for diverse environments.

- In newer contexts, like the ones with clubs in Ireland and North Macedonia, the Manual was described as an essential foundation for development and capacity building.
- In more developed contexts such as Serbia, Spain, and Portugal, partners confirmed that the Manual helped harmonize training approaches, enrich existing methods, and create opportunities for wider promotion of the sport.
- Across all partners, the importance of open trainings was highlighted as an effective way to attract attention from local communities, decision-makers, and potential athletes.

Overall, partners agreed that the local testing phase not only validated the Manual but also laid the groundwork for broader promotion of wheelchair basketball, strengthening both grassroots and institutional capacities across Europe.

“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.”



International training and local testing



Co-funded by
the European Union





International training and local testing



Co-funded by
the European Union



International training and local testing



Co-funded by
the European Union



International training and local testing



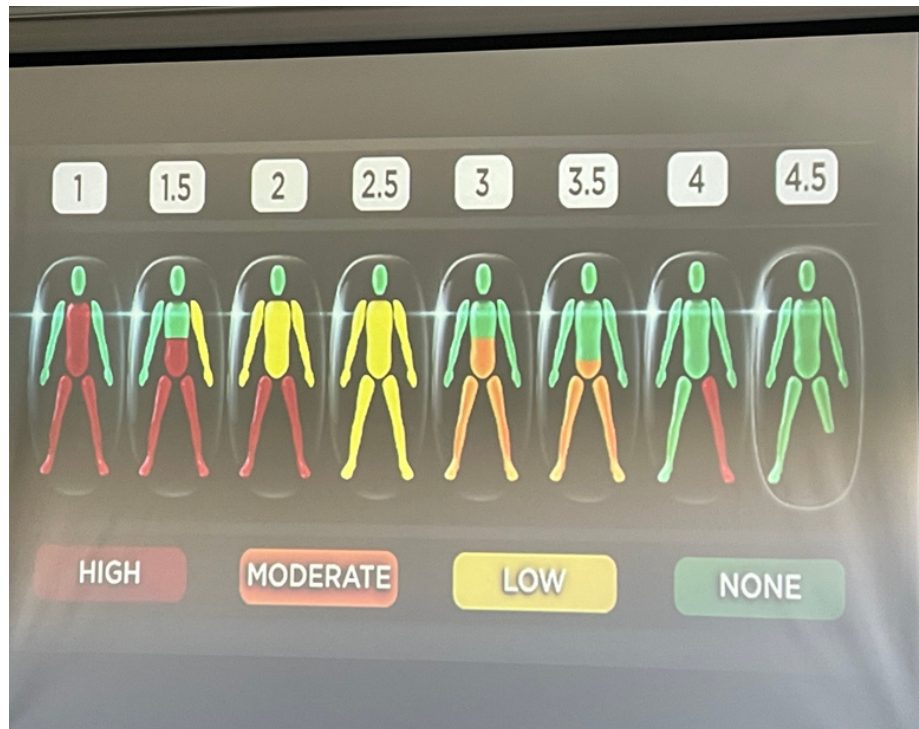
Co-funded by
the European Union



International training and local testing



Co-funded by
the European Union





International training and local testing



Co-funded by
the European Union





International training and local testing



Co-funded by
the European Union

