



# Water Skyball in Europe Training of Trainers



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Theoretical Training Course



Co-funded by  
the European Union

# Theoretical Training Course

## Session 1

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31st January, 2024



# Agenda

## Session 1 – topics to cover

1. Goal and structure of the project
2. Dates and locations of the Transnational Project Meetings
3. Goal of the Theoretical Training Course
4. Dates of the following sessions of the Theoretical Training Course
5. What is Water Skyball? Short introduction
6. Video about Water Skyball
7. Q&A

# Goal and structure of the project

## Goals of the project:

1. Develop quality educational materials for skill development through sport
2. Improve the qualifications of trainers through the education of a new sport and training method, Water Skyball
3. Introduce a new-generation sport and training method in the partner countries
4. Raise awareness on the importance and efficiency of new-generation sport and training methods



# Dates and locations of the TNPMs

1. 27th June – 1st July, 2024 – Szeged, Hungary
2. 16-18th August, 2024 – Heinsberg/Kirchoven, Germany
3. 17-19th October, 2024 – Opole, Poland (?)
  - German team will discuss it internally
  - Greek team will discuss it internally
4. 2025 – Athens, Greece (?)
5. 2025 – Bucharest, Romania (?)



# Goal of the Theoretical Training Course

- To learn the background, the rules and the basics of WSB
- To prepare for the practical training – as much as possible online
- To learn about WSB from the perspective of a coach/trainer
- To learn about WSB from the perspective of a referee
- To prepare for and take the Theoretical Qualifying Exam



# Dates of the following sessions of the TTC

## Proposal:

**Option A:** every second Wednesday, 17:00 – 18:30 CET – Germany, Greece, Poland, Romania preference

- 14th February
- 28th February
- 13th March
- 27th March
- 10th April
- 24th April
- 8th May

**Option B:** every second Friday morning, 8:00/9:00 CET

- 16th February
- 1st March
- 15th March
- 29th March
- 13th April
- 26th April
- 10th May



# What is Water Skyball? - in a nutshell

An exciting and fast-paced water sport with a unique set of rules to challenge the players both physically and mentally. It offers fun and excitement for anyone regardless of age or physical fitness.

- Non-contact - physical contact between players is not allowed
- Prevention and rehabilitation - aquatic training method without the risk of injury
- Gender inclusive - rules balance out possible physical advantages
- Improves physical and mental skills and abilities
- Created by Fontanus Scientific Research Center from Hungary as an educational method



# Video about Water Skyball

[WSB Top 10 video](#)

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# Q&A

