



E-Learning

(digitally) educating voluntary coaches to inspire and involve youth and people with intellectual disability in physical activity

Coaches create fundament for youth to get physically active

Research by NOC*NSF shows that 90% of the voluntary coaches at grassroots level do not have a license and would like to receive more support and increase their knowledge. At grassroots level most coaches work voluntary based. The coaches are foremost parents who are motivate to train youth, but in most cases, they have not received any education about being a coach. To assure the quality of youth programs it is crucial to educate these coaches. They create the fundament for youth when it comes to a lifetime of physical activity.

These E-learning modules aim to educate these coaches through innovative digital learning which they can put in practice at their training and by providing them with well-developed programs and support during the implementation.

Targeted: Developed E-learning modules on Volleyball Playground and Action Volley, with special attention to fundamental movement and basic volleyball skills. 1.500 coaches educated.

Reached: 2 developed E-Modules, 1.500 coaches