



Proyecto Erasmus+ Deporte Villamuriel Basket4Girls

EU programme for education,
training, youth and sport

 **Project Reference:** 2024-1-ES02-KA182-SPO-000236553





Presentation of the Villamuriel de Cerrato Women's Basketball Club

1

Villamuriel Basket4Girls

A club with a strong track record in the development of women's basketball in rural areas.

2

Sports Promotion

It encourages women's participation in grassroots sport, promoting team and leadership values.

3

Growth and Development

Provides high-quality learning and training opportunities for its players and coaches.

4

Active Community

A club from Villamuriel de Cerrato connected to the SDG from the reality of the rural environment.



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Project Card



Project Status
Ongoing



Start date **06/2024**
End date **11/2025**



Countries
Spain & Croatia



Countries
Spain & Croatia



Programme
Erasmus+



EU Grant
KA182-SPO



Key Action
Learning Mobility of Indiv.



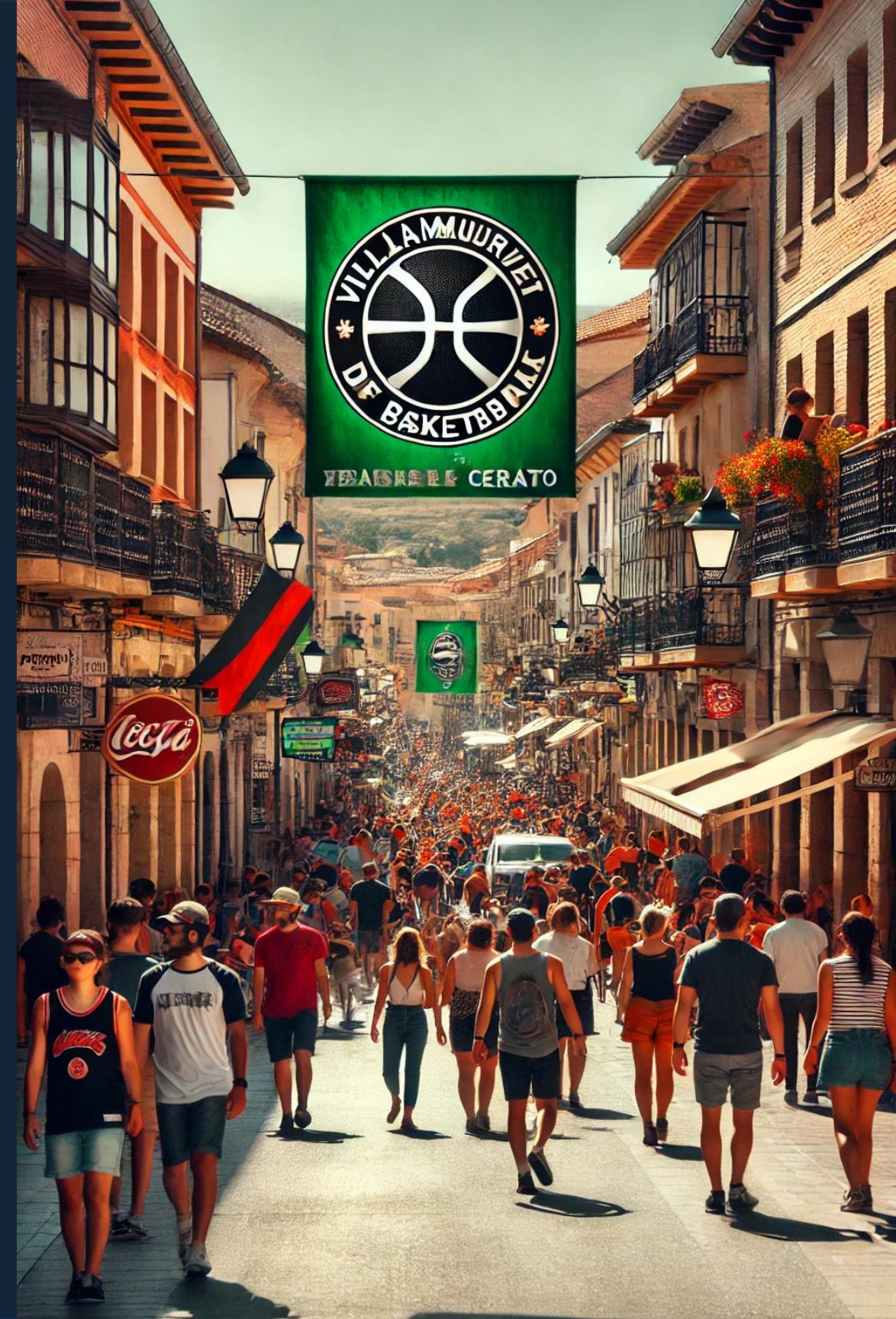
Action Type
Mobility of Sport Coaches and Staff



Topics
Supporting Grassroots Sport
Initial And Continuous Training For Sport Staff
Promoting Gender Equality



Topics
**Job Shadowing And
Observation Periods**



Background

The Villamuriel Basketball Club has been experiencing notable growth in recent years, becoming one of the main Women's Basketball quarries in the region of Castilla y León despite not being located in a city, but in a village of 6,500 inhabitants in a small province.

All this "success" is thanks to multiplying efforts on the part of many people, which is why we currently have experience in the revitalization of women's sports in rural areas, but before us are the future challenges of an increasingly global world, where the Sustainable Development Goals represent one of the main levers on which to continue developing this sporting, educational, social and, ultimately, integrative function.

To achieve this, we believe that internationalization and learning through European projects under the Erasmus+ program are a key element, on the one hand, and differentiating, at the same time.



Location

5 km from Palencia / 40 km from Valladolid

About 02:30 from Madrid's Airport

Objectives

The Villamuriel Basketball Club is a sports club that is primarily aimed at grassroots work in the Women's Basketball training categories and is located in rural areas, which is why it is forced to face the challenge of aspiring to consolidate itself as a viable alternative from the point of view of the Sustainable Development Goals within a region in continuous depopulation.

For this reason, our main needs are summarized in:

- ✓ **Training and education.**
- ✓ **Personal and academic development.**
- ✓ **Community support.**
- ✓ **Promotion and visibility.**
- ✓ **Financial resources.**
- ✓ **Adequate infrastructure.**
- ✓ **Access to technology.**



Consequently, the challenges we face are:

- ✓ **Gender stereotypes.**
- ✓ **Distance and access.**
- ✓ **Participation and retention.**
- ✓ **Economic challenges.**
- ✓ **Limited competition.**
- ✓ **Inclusion and diversity.**
- ✓ **Environmental sustainability.**

Objectives

Improve our coaching skills

Train our coaches in different training techniques and strategies for women's basketball.

Exchange of experiences

Create an environment for exchange of knowledge and practices between clubs from different countries.

Improve the quality of training

Implement the knowledge learned to improve the global development of players, as people and as athletes, in order to achieve an improvement in the overall performance of our organization.



VB4GIRLS 0

Preparatory Visit

- 1** — **First contact**
Preparation of the project.
- 2** — **Warm Up**
Meet the organization of the host club.
- 3** — **Schedule**
Plan the activities for each stage.





VB4GIRLS

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VBGIRLS 1

Job Shadowing of 4 trainers

1

Dates of the activity

5 days for Job Shadowing between 19th of April to 26th of April.
(one week including round trip travel days)

2

Learning by observation sessions

Observe the training sessions and the matches teams of
different female ages (U14, U16, U18, Senior, etc.).

3

Interaction with your coaches

Exchanges of experiences through meetings, discussions of
different philosophies and management training strategies.





Testimonios



Francisco París (Presidente del C.B. Villamuriel)

[...] Este proyecto nació para apoyar a nuestras entrenadoras y entrenadores jóvenes, y el resultado ha superado cualquier expectativa (...)



Cristina Iglesias (Entrenadora participante)

[...] Este proyecto ha sido un impulso para seguir formándome y para ver el baloncesto con una mirada más educativa e inclusiva (...)



Diego Pérez (Entrenador participante)

[...] Gracias a este proyecto he aprendido otras formas de entrenar, de comunicar... y sobre todo, a escuchar más a las jugadoras (...)



Laura Espina (Entrenadora participante)

[...] Como entrenadora joven, sentirte parte de algo internacional y con tanto impacto está siendo inspirador para romper barreras y hacer equipo más allá de las fronteras (...)

VBGIRLS 2

Job Shadowing of 6 trainers



1

Dates of the activity

5 days for Job Shadowing between 03rd of July to 10th of July.
(one week including round trip travel days)

2

Learning by observation sessions

Observe the training sessions and the matches teams of
different female ages (U14, U16, U18, Senior, etc.).

3

Interaction with your coaches

All kind of activities as the first stage of Job Shadowing and
maybe any participation with our coaches in your practice.





Testimonios



Lucía Lerones (Entrenadora participante)

[...] Gracias a este proyecto he descubierto que entrenar no es solo enseñar baloncesto, sino también acompañar a las niñas en su crecimiento personal (...)



Álvaro Pérez (Entrenador participante)

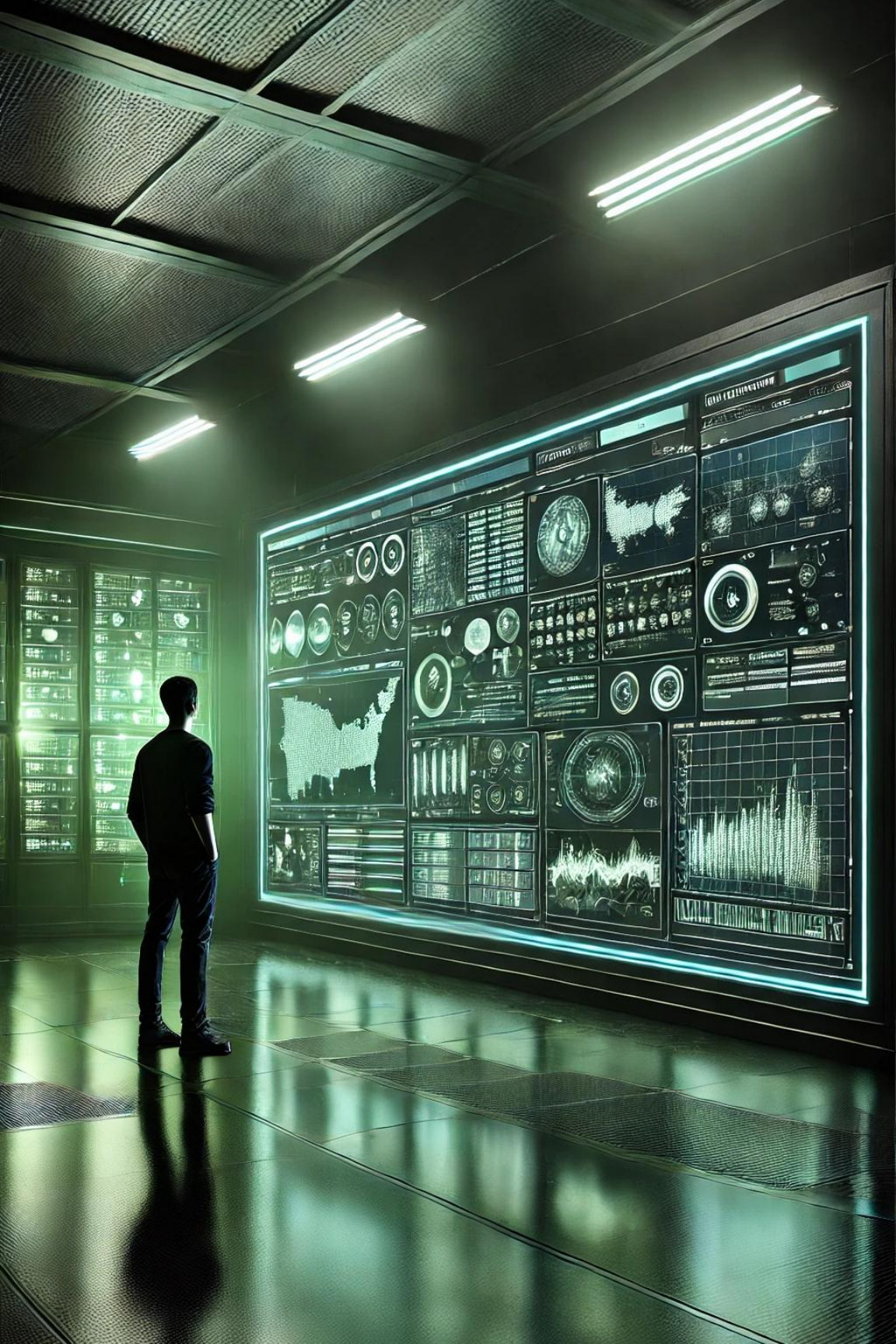
[...] Esta actividad me ha hecho ver que compartir ideas con otros entrenadores europeos enriquece mucho nuestra forma de trabajar con los equipos de chicas (...)



Lucía Soto (Entrenadora participante)

[...] Ser parte de esta experiencia me ha dado confianza para seguir formándome como entrenadora y soñar con un futuro mejor en el baloncesto femenino (...)





Benefits of this project for our coaches



Personal training

The coaches will exchange new training techniques and strategies



Cultural exchange

They will get new knowledge about cultural topics of Basketball in Croatia



Networking

They will establish relationships with other coaches from Croatia



Professional development

They will improve their abilities of training and leadership

Benefits of this project for our organization

Improve the global quality of our coaches

Promote the innovation

Increase our knowledge about Women's Basketball

Develop our level as a club of Women's Basketball

Boost the growth up of the club

Strengthen the club's role in our community



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Expected impact on the community of Villamuriel de Cerrato

More participation

This project will promote more participation of the Women in our Basketball community.

Sportive grow up

Develop coaches to improve the sportive capacities of our Women's players.

Cultural development

It will provide an enriching cultural exchange for our community.



Location

Zagreb, Croatia

Our host: ZKK Falcons

❖ Croatia is a great Basketball country.





Conclusions

This Erasmus+ Sport project is a valuable opportunity for the Villamuriel de Cerrato Women's Basketball Club. The project is expected to have a positive impact on the club, our coaches and our community.



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Apuntes Erasmus+ Deporte



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Claves para empezar con buen pie ⁽¹⁾



1. Empezar por un proyecto sencillo, pero con impacto:
buscar movilidades con un socio alineado en valores y necesidades



2. Elegir bien a tus socios / entidades de acogida:
compartir objetivos, inquietudes y asegurar una buena comunicación



3. Dedicar tiempo a la planificación inicial:
definir objetivos, valorar recursos, repartir tareas, etc. (visión de conjunto)

Claves para empezar con buen pie ⁽²⁾



4. Organizar bien la parte administrativa:
detallar la movilidad, justificantes de viajes, informes finales, etc.



5. Comunicar bien tu proyecto:
dar visibilidad en redes sociales, prensa local, etc. (logotipos)



6. No tener miedo a equivocarse:
cometer errores forma parte del proceso (pedir ayuda: INJUVE y otros)

Claves para empezar con buen pie ⁽³⁾



7. Pensar en el futuro desde el primer proyecto:
empezar con un proyecto “semilla” y luego evolucionar



8. Evaluar e implicar a todos los actores:
realizar un seguimiento continuo involucrando a toda la organización



9. Conectar Erasmus+ con tu entorno local:
compartir la experiencia europea es una oportunidad de crecimiento



Consejos generales



Formato y Tecnología:

poco texto, muchas imágenes, logos, internet, redes sociales



Comunicación Eficaz:

canales formales (email) y prácticos (WhatsApp, Zoom, etc.)



Impacto Emocional:

compartir momentos y contagiar pasión (imágenes potentes)



Sitios de interés ⁽¹⁾



Organismos oficiales:

INJUVE, SEPIE y Portal Europeo Erasmus+



Recursos clave:

Guía del Programa Erasmus+ (última edición) y Erasmus Results Platform



Búsqueda de socios:

Erasmus+ Partner Search Tool y Salto Youth (recursos y contactos)



Sitios de interés ⁽²⁾



Para entidades deportivas:

Erasmus+ Sport (Acción clave para clubes, federaciones, entidades locales...)



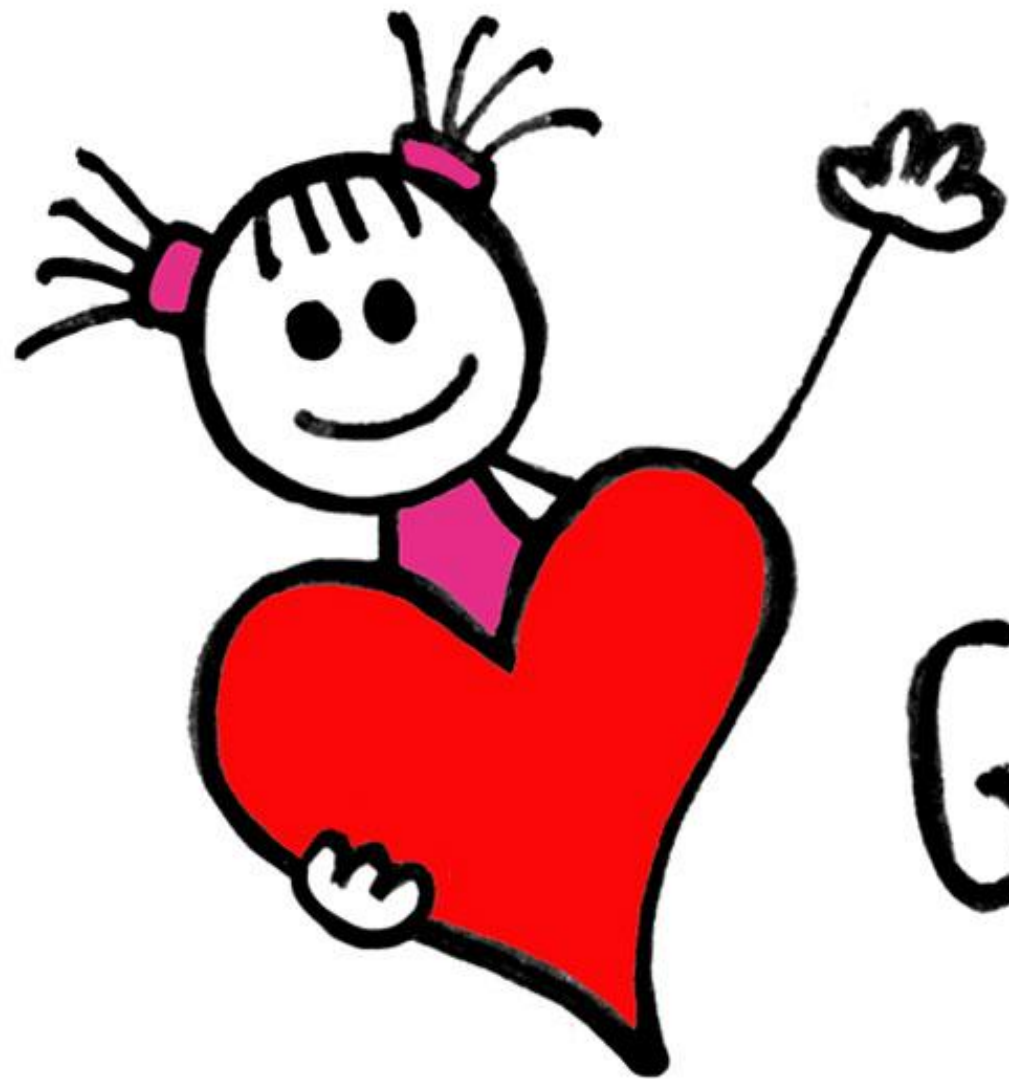
Investigar otros proyectos:

Ejemplos similares de cooperación, inclusión, salud, género e innovación



Recomendación final:

“No esperes a tenerlo todo perfecto para empezar: Erasmus+ es un camino que se aprende andando y cada paso abre nuevas puertas para crecer, conectar y transformar tu entorno”



2j/3

GRACIAS



Consejo
Superior
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injuve



Erasmus+
Enriqueciendo vidas, abriendo mentes.



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