Nordplus Horizontal 2022
Nordic-Baltic Sports Coaching network

ICT and digitalization in education

Program

Day1_November 18	Day2_November 19	Day3_November 20
Welcome snacks and check-in	9:00 – 12:00 Topic 3 Theoretical/Practical (3 hours)	9:00 – 11:00 Topic 4 Theoretical/Practical 2 hours
15:00 – 17:00 Topic 1-2 Theory (2 hours)	12:00 – 13:00 Lunch	11:00 – certificates
18:00 Dinner	14:00 – 17:00 Practical (3 hours)	Lunch boxes and departures
	18:00 – Dinner and social program (special activity)	

Program for this session

Program	Content	Responsibility
1500-1515	Welcome and presentation of project and program and people	Thomas and Nicklas
1515-1530	Short presentation of every participant	Thomas and Nicklas
1530-1615	Background for the project Presentation of survey data Presentation of interview data Motivation and barriers Areas for use	Thomas and Nicklas
1615- 1645	Discussions in small groups between countries. What do you use What are your experiences What are your challenges What do you need to use digital tools even more	Thomas and Nicklas
1645-1700	Summary and finishing The program for the evening Tomorrows program	Thomas and Nicklas

Presentation of program and people

Who are we??

Presentation of program and people

Who are you??

Short presentation

Background for the project

- Literature

- International Survey

- International qualitative interviews

Overall knowledge

- The amount of digital tools for coaches are increasing

- The potential of the use of AI is increasing

- Most digital tools are easy accessible

- They could potential be very useful in every life for coaches in all international settings

- But far from all coaches use these tools due to several factors
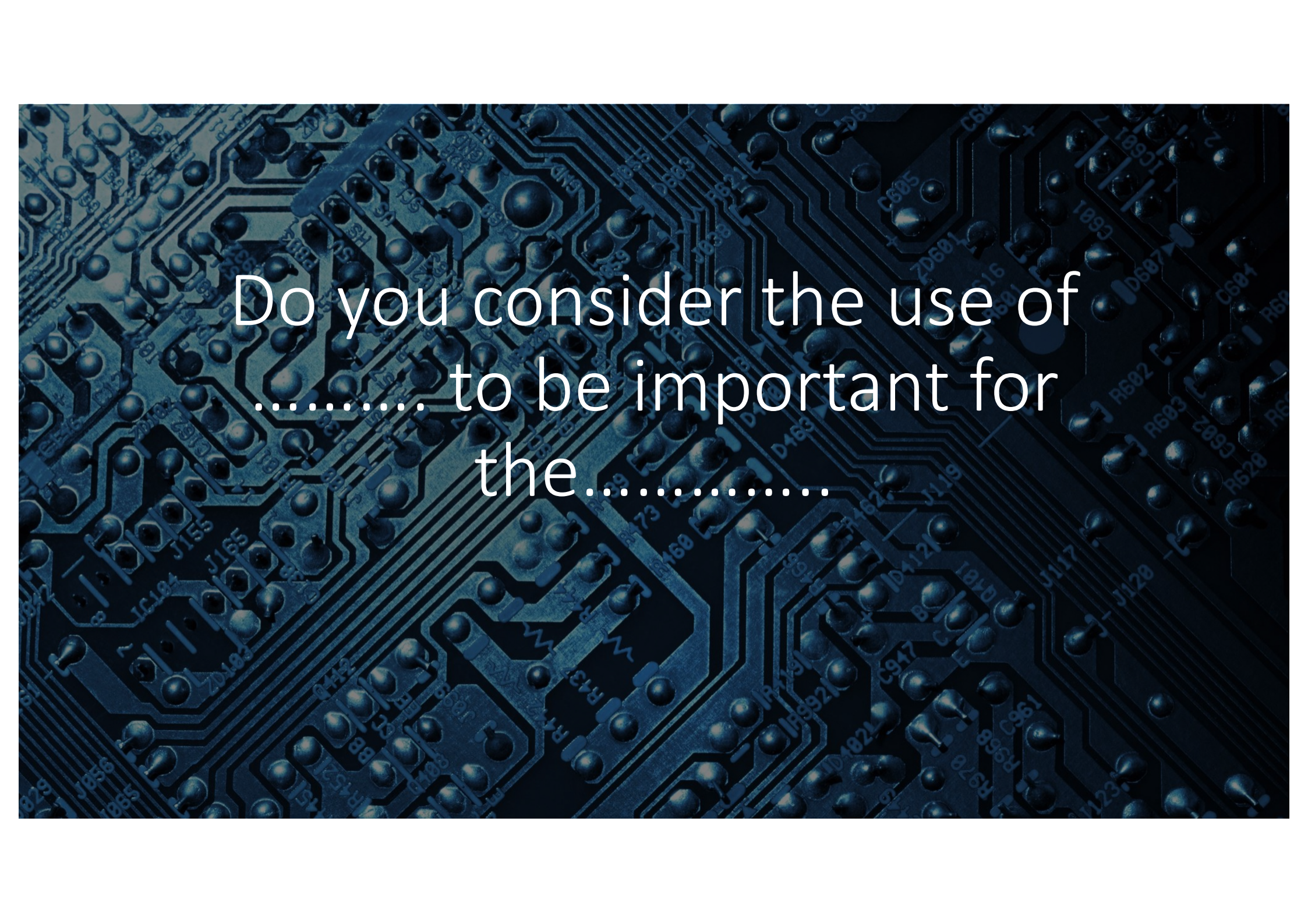
Aim

- The aim of this project is to develop an educational platform and course for young coaches in their early careers to enhance their possibility to get benefits from using digital tools in their coaching

Presentation of survey data

- Examples

Do you consider the use of ………. to be important for the……………..

DO YOU CONSIDER THE USE OF WEB-BASED PLATFORMS TO BE IMPORTANT FOR THE COMMUNICATION BETWEEN ATHLETES AND COACHES?

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important
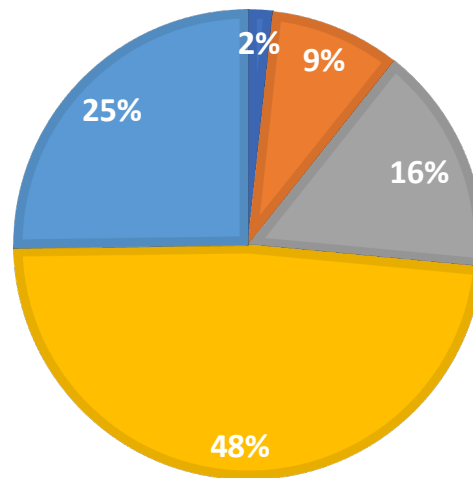
DO YOU CONSIDER THE USE OF APPS TO MONITOR THE TRAINING PROCESS OF YOUR ATHLETES AS IMPORTANT?

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important
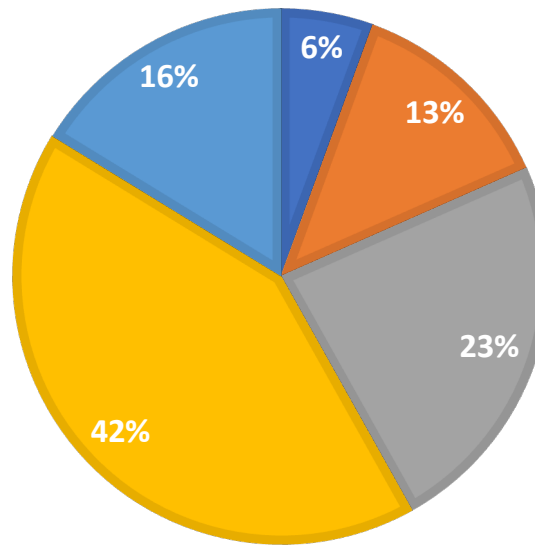
DO YOU CONSIDER THE USE OF SOFTWARE TO DESIGN TRAINING SESSIONS AS IMPORTANT?

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important

7%
12%
27%
37%
17%
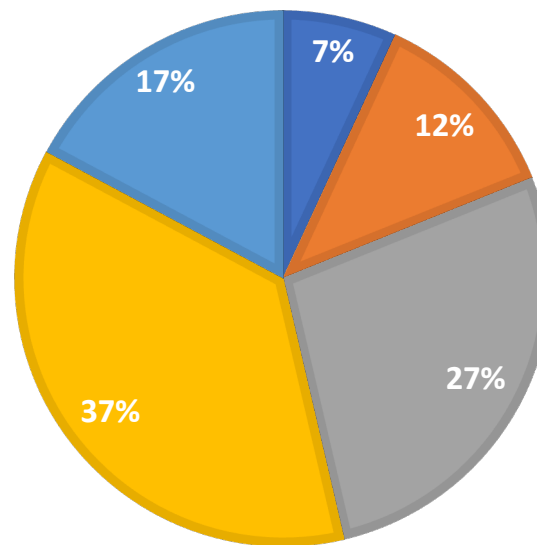
DO YOU CONSIDER THE USE OF DIGITAL DIARIES TO STORE AND SHARE YOUR TRAINING SESSIONS AS IMPORTANT?

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important
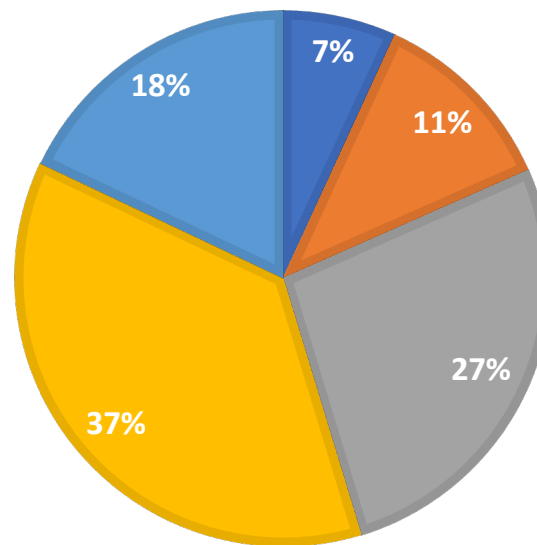
How often do you use digital tools?

HOW OFTEN DO YOU USE DIGITAL TOOLS? [WEB-BASED PLATFORMS FOR THE COMMUNICATION BETWEEN ATHLETES AND COACHES]

■ Never ■ Rarely ■ Sometimes ■ Usually ■ Always

1%
11%
17%
37%
34%
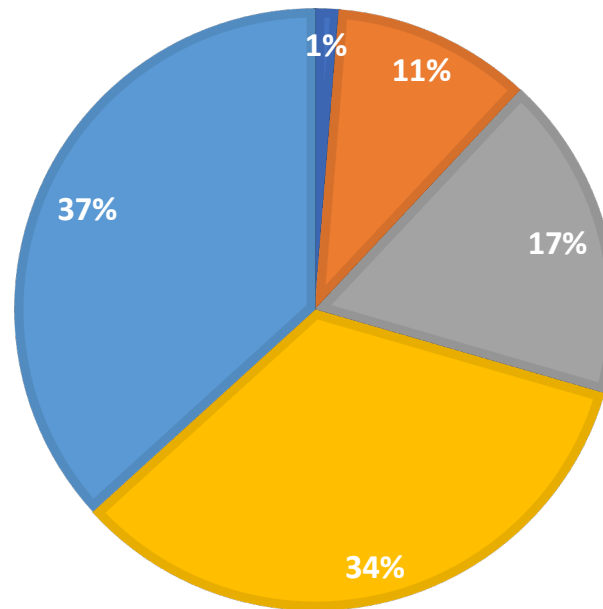
HOW OFTEN DO YOU USE DIGITAL TOOLS? [APPS TO MONITOR THE TRAINING PROCESS OF YOUR ATHLETES]

■ Never ■ Rarely ■ Sometimes ■ Usually ■ Always

15% 16%
24% 18%
27%
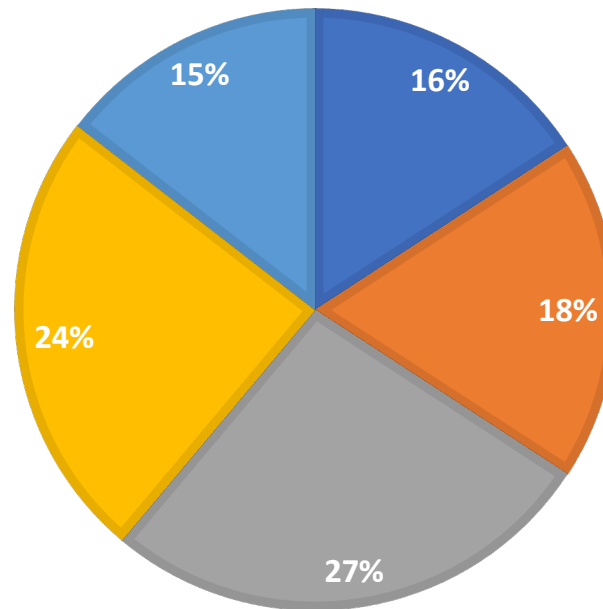
HOW OFTEN DO YOU USE DIGITAL TOOLS? [SOFTWARE TO DESIGN TRAINING SESSIONS]

Never   Rarely   Sometimes   Usually   Always

15%
19%
25%
23%
18%
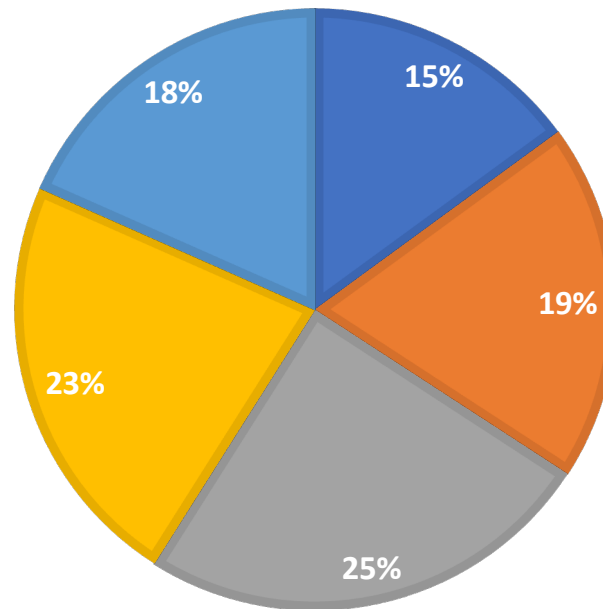
HOW OFTEN DO YOU USE DIGITAL TOOLS? [DIGITAL DIARIES TO STORE AND SHARE YOUR TRAINING SESSIONS]

Never   Rarely   Sometimes   Usually   Always

18%
17%
25%
27%
13%
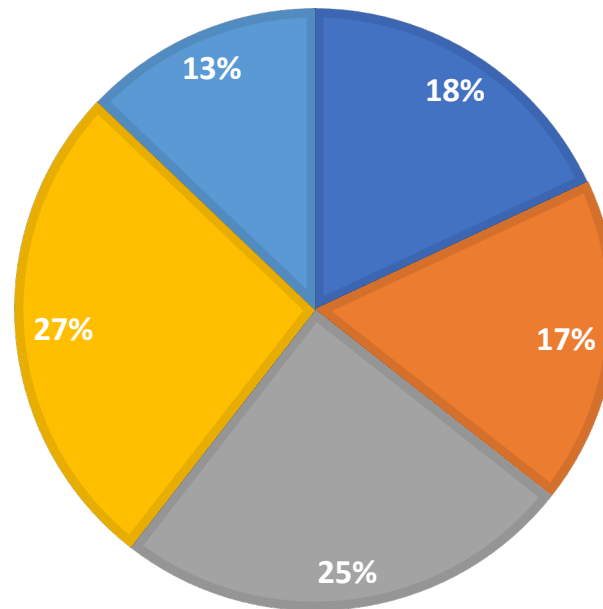
HOW OFTEN DO YOU USE DIGITAL TOOLS? [ARTIFICIAL INTELLIGENCE-BASED TOOLS]

Never   Rarely   Sometimes   Usually   Always

3%
10%
17%
48%
22%
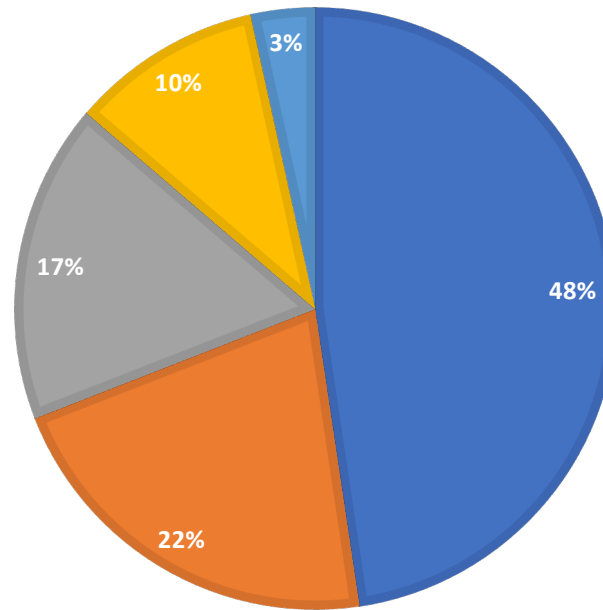
In your personal opinion, how competent are you in the use of digital tools?

13) IN YOUR PERSONAL OPINION, HOW COMPETENT ARE YOU IN THE USE OF DIGITAL TOOLS? [WEB-BASED PLATFORMS FOR THE COMMUNICATION BETWEEN ATHLETES AND COACHES]

Legend:
- Not competent at all
- Little competent
- Avergage competent
- Very competent
- Highly competent

- 3%
- 8%
- 27%
- 27%
- 35%
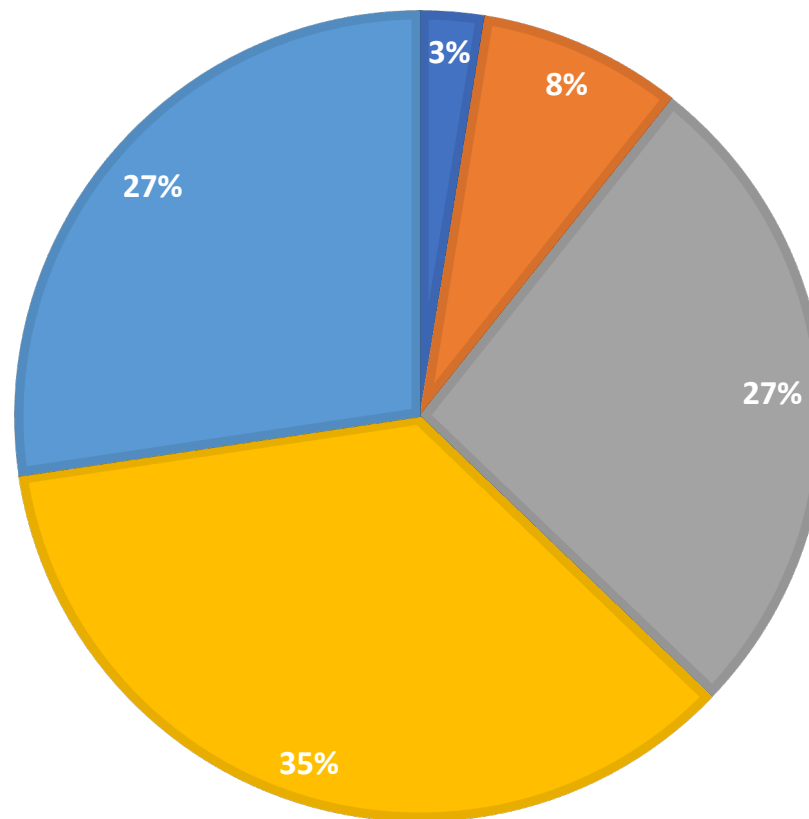
13) IN YOUR PERSONAL OPINION, HOW COMPETENT ARE YOU IN THE USE OF DIGITAL TOOLS? [APPS TO MONITOR THE TRAINING PROCESS OF YOUR ATHLETES]

■ Not competent at all ■ Little competent ■ Avergage competent
■ Very competent ■ Highly competent
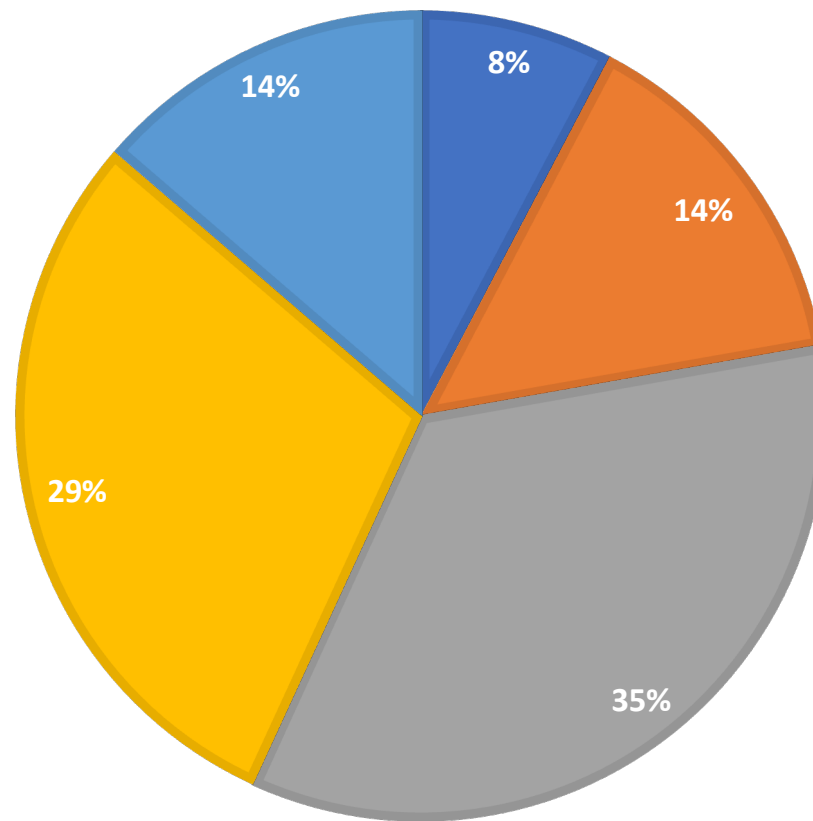
13) IN YOUR PERSONAL OPINION, HOW COMPETENT ARE YOU IN THE USE OF DIGITAL TOOLS? [SOFTWARE TO DESIGN TRAINING SESSIONS]

■ Not competent at all ■ Little competent ■ Avergage competent
■ Very competent ■ Highly competent
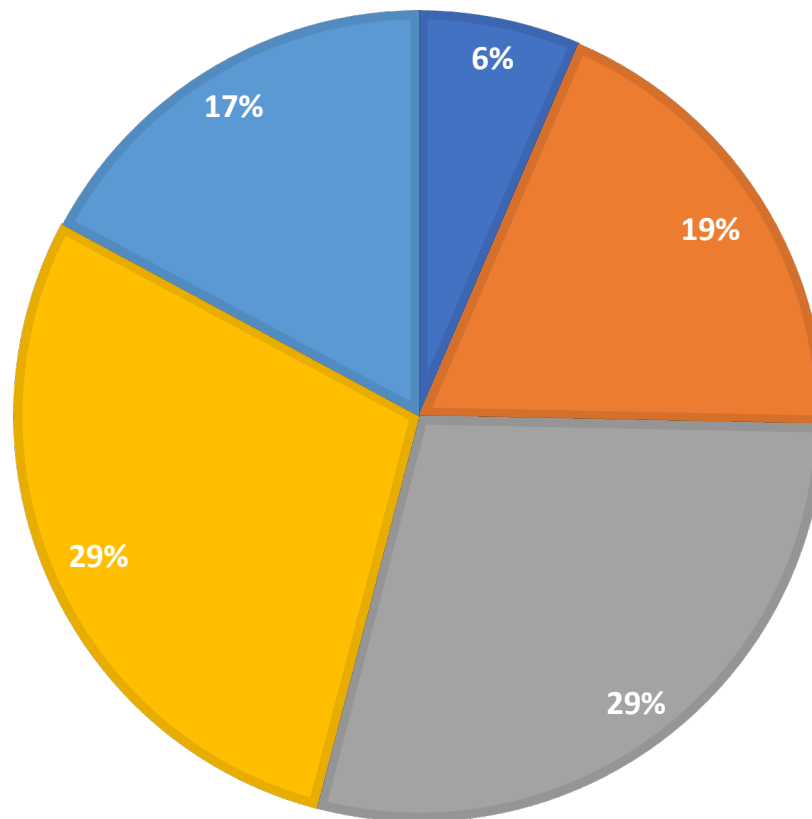
IN YOUR PERSONAL OPINION, HOW COMPETENT ARE YOU IN THE USE OF DIGITAL TOOLS? [DIGITAL DIARIES TO STORE AND SHARE YOUR TRAINING SESSIONS]

- Not competent at all
- Little competent
- Avergage competent
- Very competent
- Highly competent
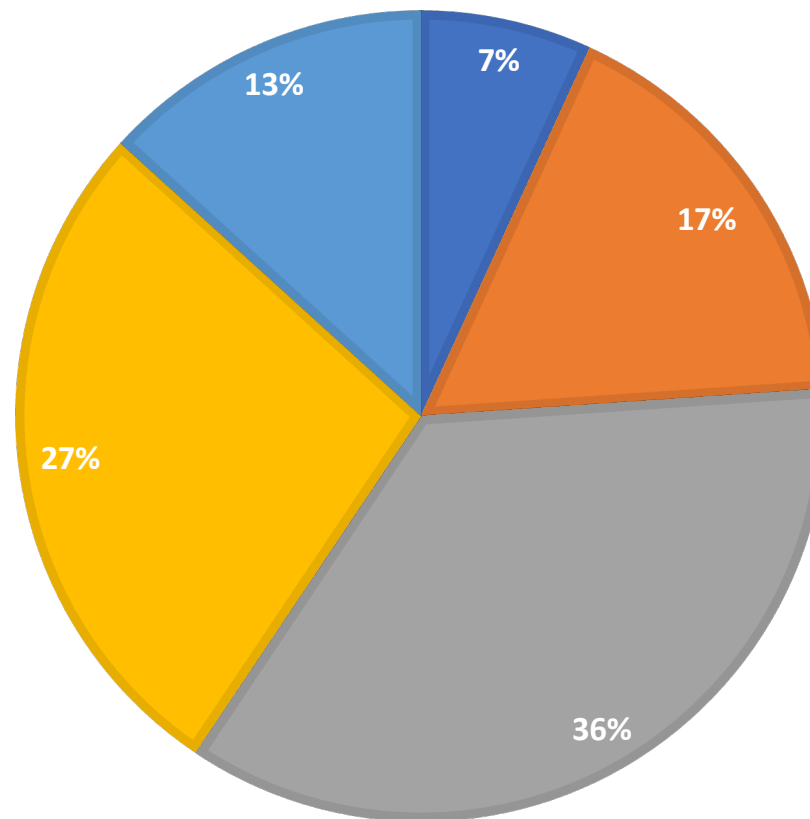
IN YOUR PERSONAL OPINION, HOW COMPETENT ARE YOU IN THE USE OF DIGITAL TOOLS? [ARTIFICIAL INTELLIGENCE-BASED TOOLS]

- ■ Not competent at all
- ■ Little competent
- ■ Avergage competent
- ■ Very competent
- ■ Highly competent

29%

31%

25%

12%

3%
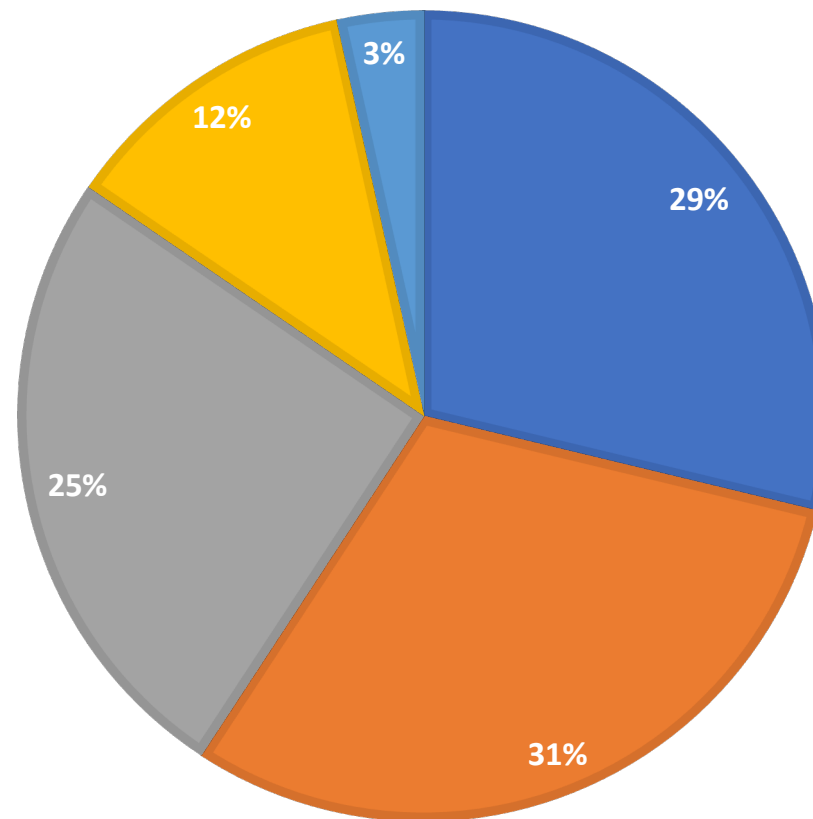
Do you consider these as potential barriers for the use of digital tools in your coaching process?

BARRIERS - BUDGET LIMITATION

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important
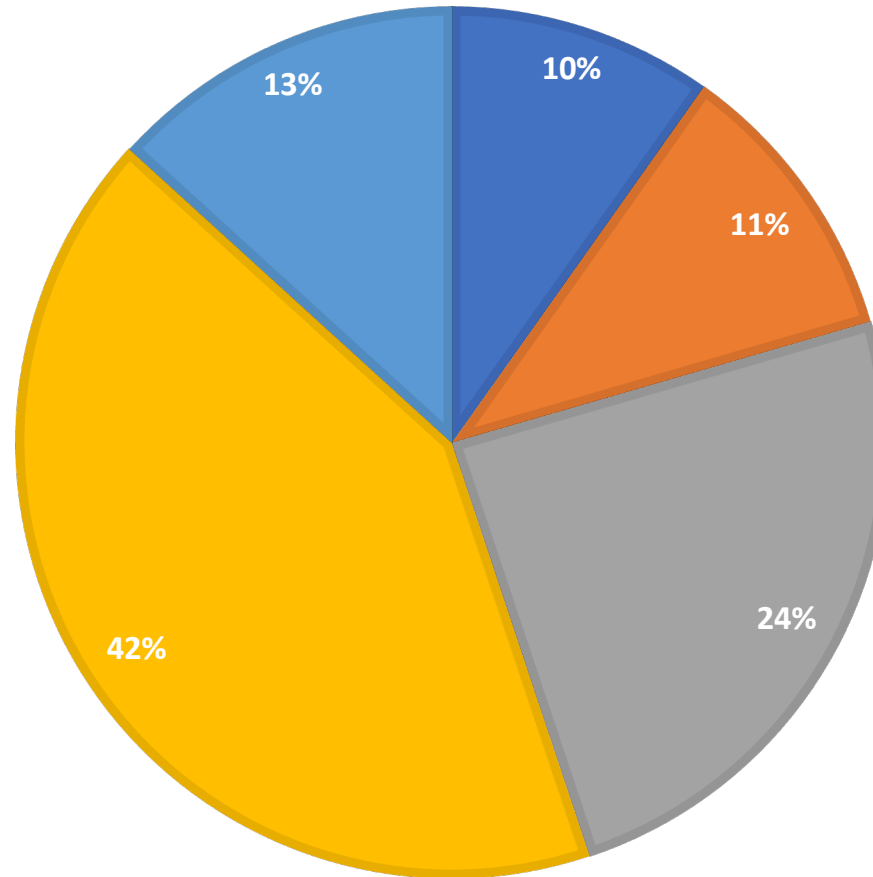
BARRIERS - LACK OF COMPETENCE

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important
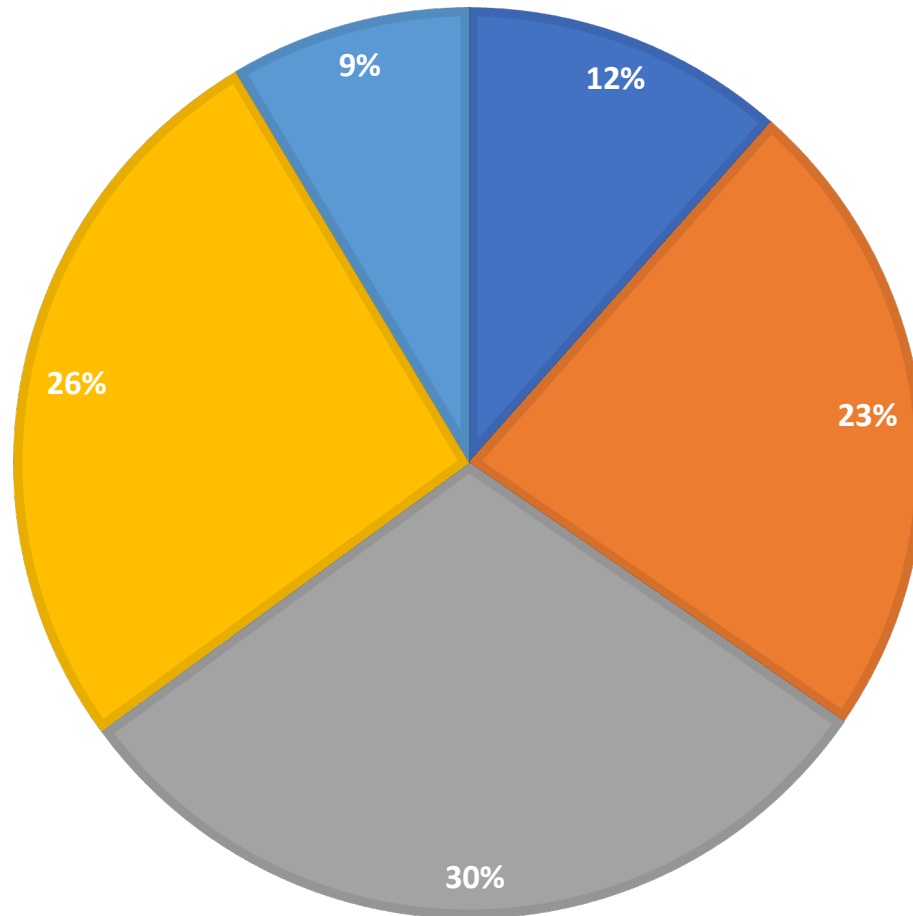
BARRIERS - TIME LIMITATION

- ■ Not important at all
- ■ Of little importance
- ■ Of average importance
- ■ Very important
- ■ Extremely important

10%

22%

32%

25%

11%
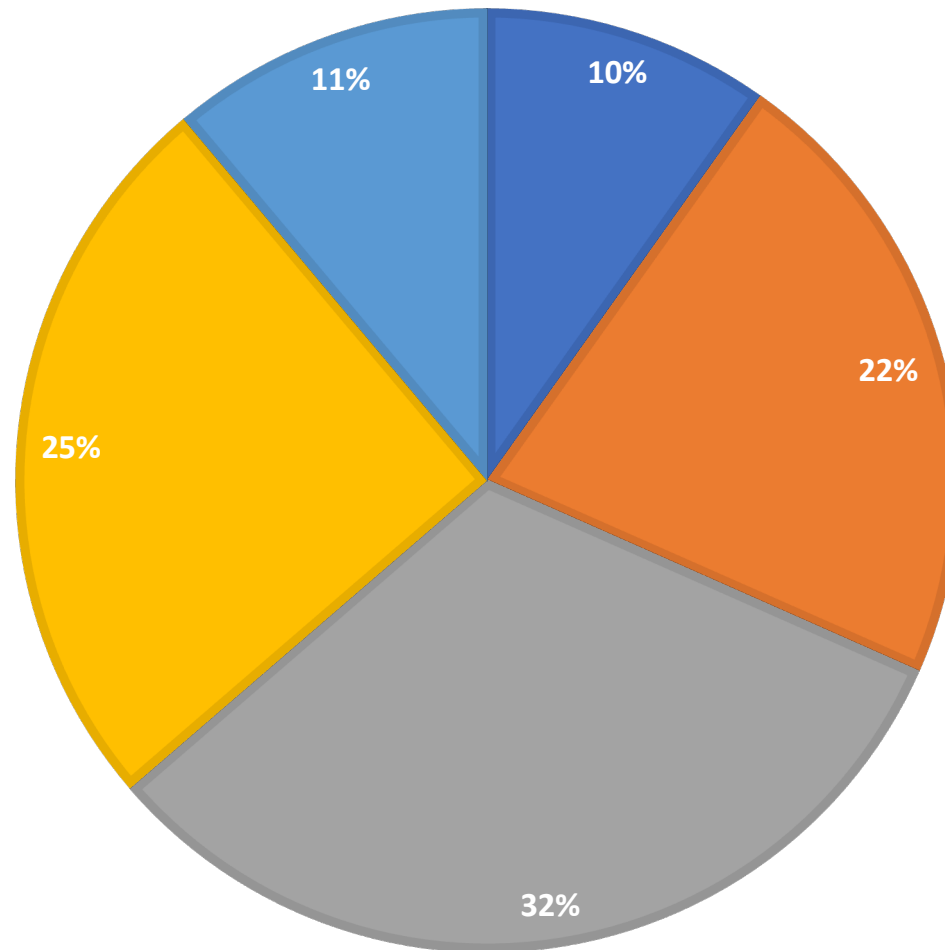
BARRIERS - EASE OF USE OF THE TOOLS

8%

13%

15%

32%

32%
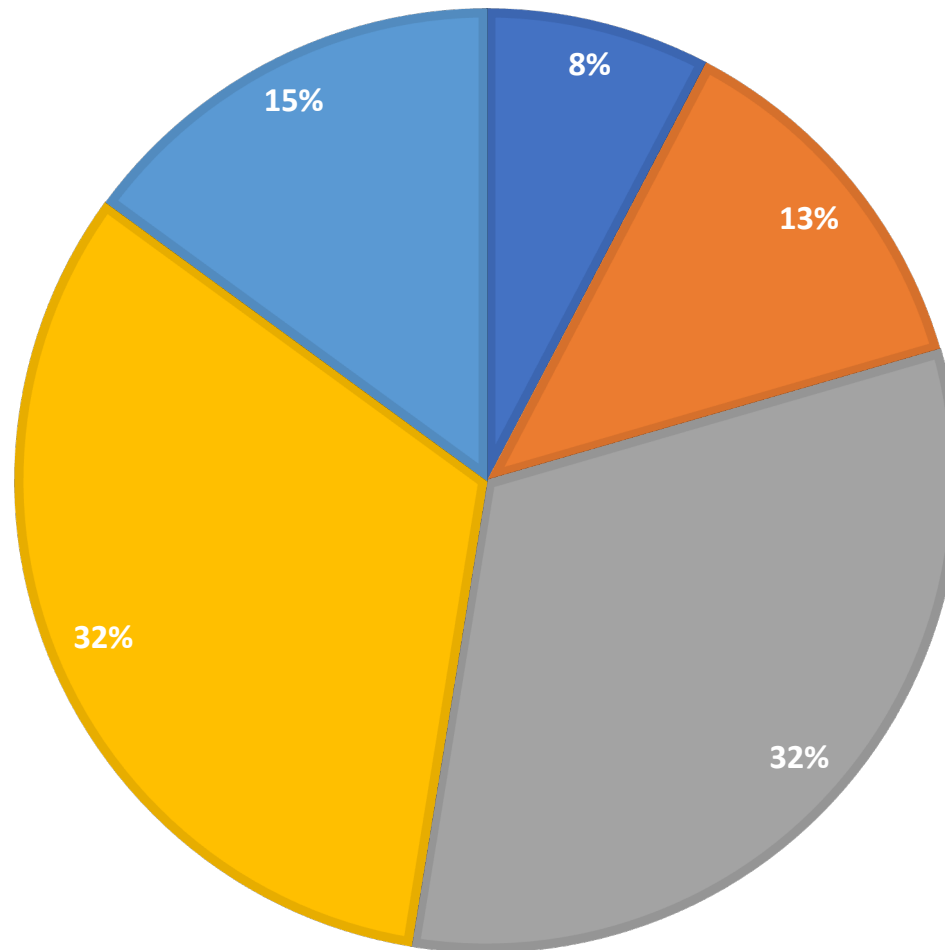
BARRIERS - LACK OF MOTIVATION IN LEARNING HOW TO USE DIGITAL TOOLS FROM COACHING STAFF WITHIN THE CLUB/ORGANIZATION

- ■ Not important at all
- ■ Of little importance
- ■ Of average importance
- ■ Very important
- ■ Extremely important

Pie chart segments: 11%, 17%, 31%, 29%, 12%
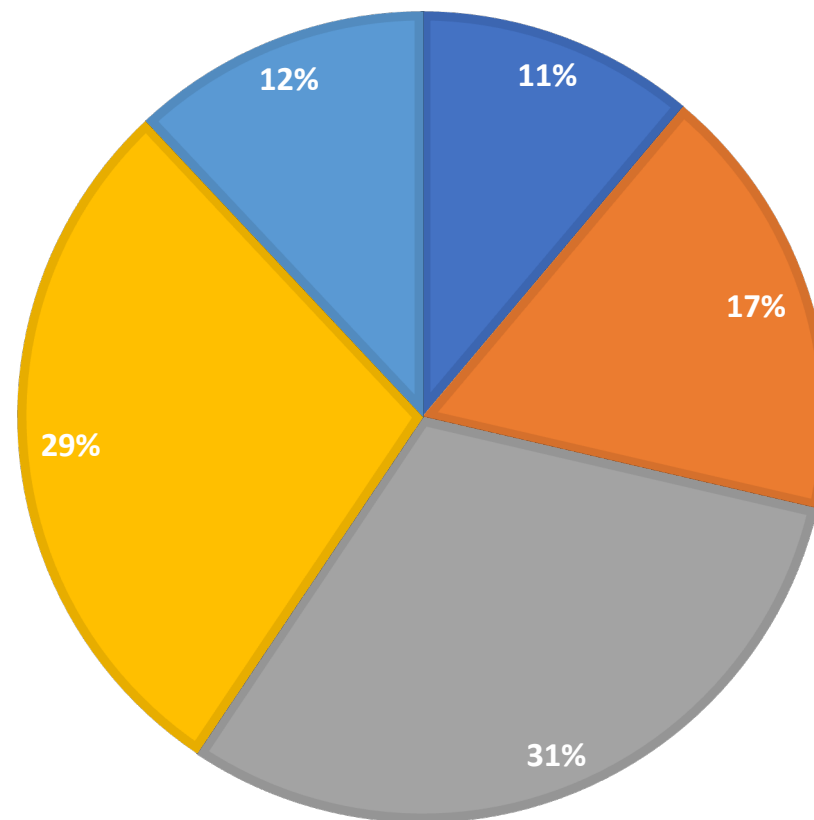
BARRIERS - LACK OF TOOLS FULFILLING MY COACHING NEEDS

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important

10%
14%
32%
31%
13%
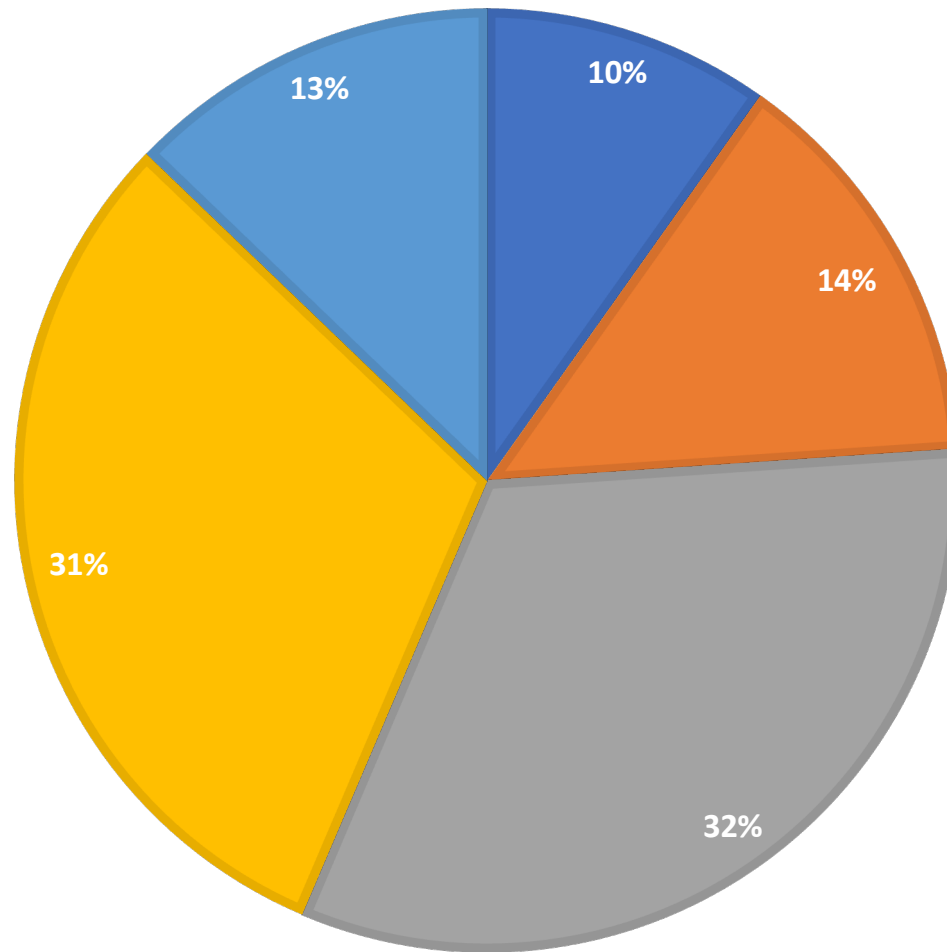
Would you like to increase your knowledge about the importance and use of these digital tools?

TO INCREASE YOUR KNOWLEDGE ABOUT - WEB-BASED PLATFORMS FOR THE COMMUNICATION BETWEEN ATHELETES AND COACHES?

Not at all To some extent Definitively

11%

38%

51%
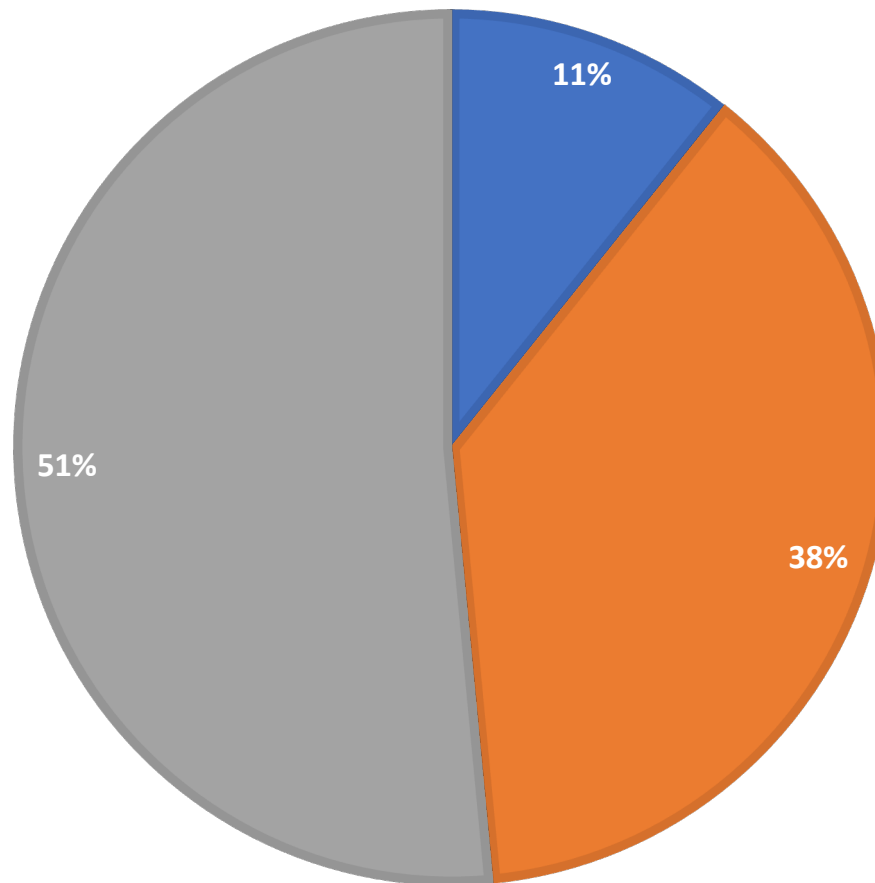
TO INCREASE YOUR KNOWLEDGE ABOUT - APPS TO MONITOR THE TRAINING PROCESS OF YOUR ATHLETES?

■ Not at all ■ To some extent ■ Definitively
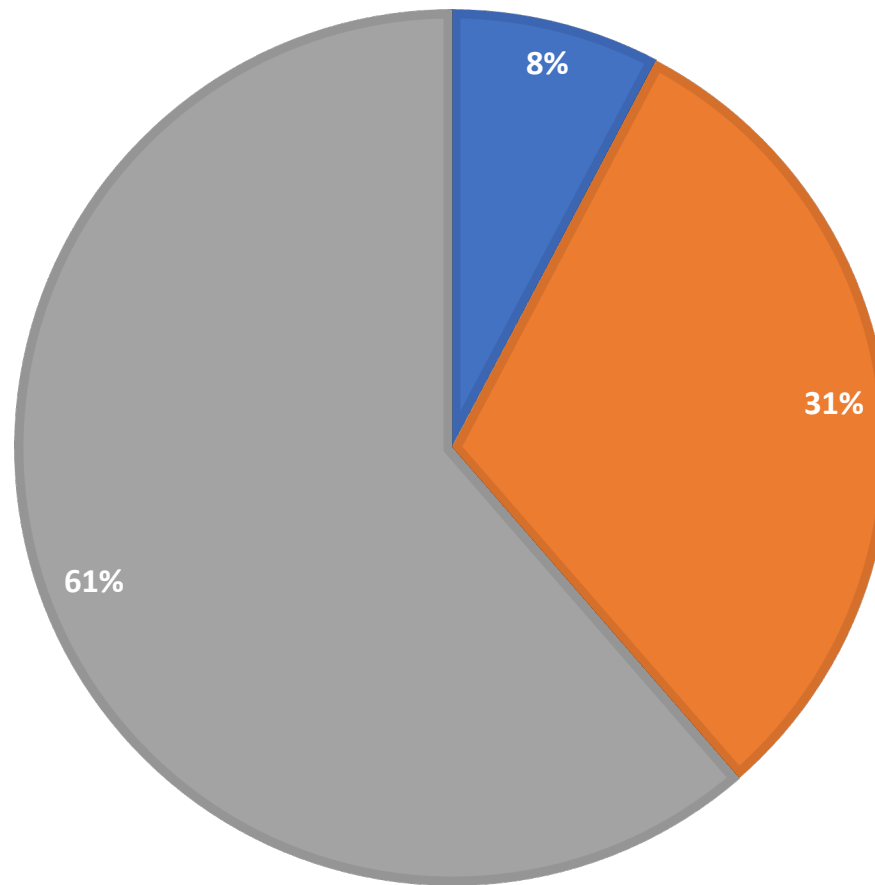
TO INCREASE YOUR KNOWLEDGE ABOUT - SOFTWARE TO DESIGN TRAINING SESSIONS

- Not at all
- To some extent
- Definitively

7%

37%

56%
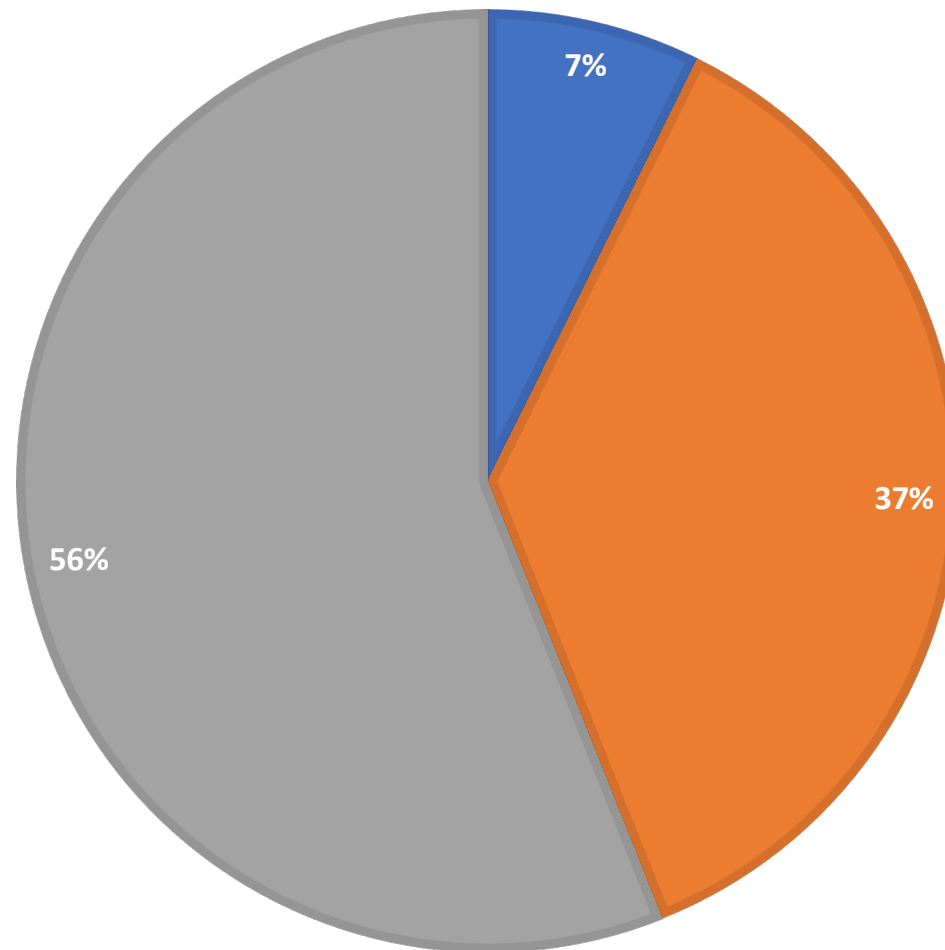
TO INCREASE YOUR KNOWLEDGE ABOUT - DIGITAL DIARIES TO STORE AND SHARE YOUR TRAINING SESSIONS?

Not at all ■ To some extent ■ Definitively
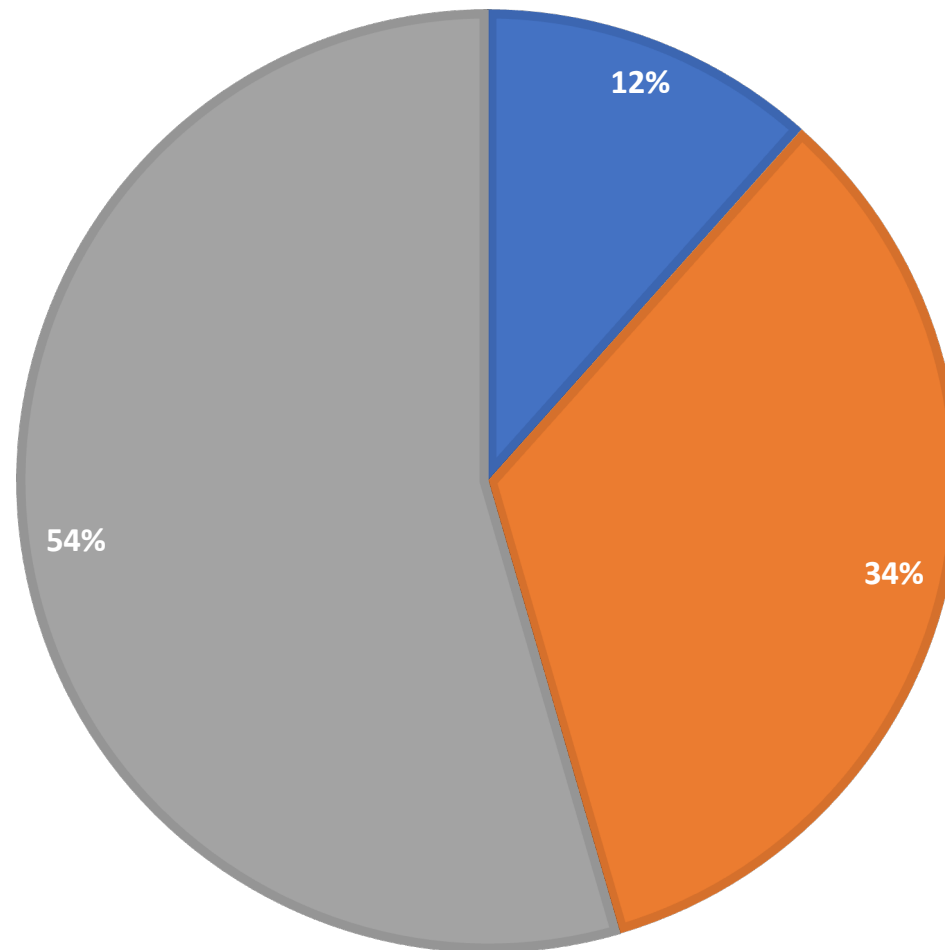
TO INCREASE YOUR KNOWLEDGE ABOUT - HOME-BASED ONLINE TRAINING

■ Not at all　■ To some extent　■ Definitively

22%

34%

44%
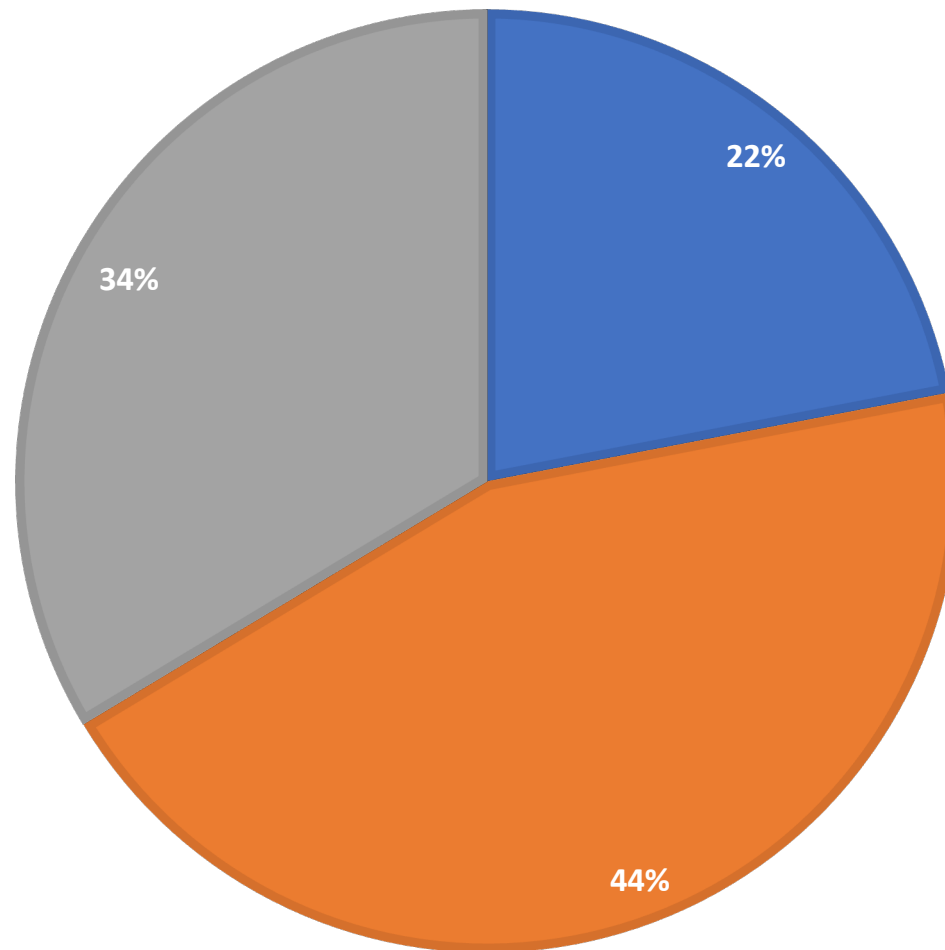
Presentation of interview data

- Examples

Informants

	Country	Age	Gender	Sport	Experience	Coaching level
Coach 1	Norway	34		Football	12 years	5th level in Norway
Coach 2	Norway	36		Climbing & football	2 years & 8 years	High level in Norway
Coach 3	Lithuania	30	Female	Table tennis	5 years	U7-U16 community and TD
Coach 4	Lithuania	28	Male	Football	4 years	Semi-pro
Coach 5	Latvia	32	Female	Alpine skiing	11 years	U5-U17 community and TD
Coach 6	Latvia	53	Male	Shooting	30 years	National team
Coach 7	Iceland	35	Male	Handball	18 years	Highest level in Iceland
Coach 8	Iceland	50	Male	Football	25-30 years	Head of youth in top level TD
Coach 9	Denmark	24	Male	Football	10 years	U11 community
Coach 10	Denmark	22	Male	Handball	5 years	U15 TD

An overview of used digital tools

Coordination and planning tools:

- Sideline XPS
- Facebook
- Word and Excel
- Hold sport
- Conventus
- Sportabler
- WhatsApp
- ProSoccerData

Video and video analysis:

- Spiideo
- VEO
- Sideline XPS
- Eyeball
- Video filming on phone

Making exercises:

- Instagram
- Exercise catalog
- Apps (e.g. Learning Handball)
- Youtube

Trackers and monitors:

- Õura Ring
- Heart rate monitors
- GPS tracking

Simulators:

- SCATT
- Ball canon

Testing:

- MicroGate - speed gates
- OptoJump – jump platform

AI technology

Only limited or no experience with AI technology – but some wants to learn more:

”I also find AI **extremely exciting**, but I **don't know enough** about how to use it yet, and I also don't know how much has been developed on it. So that could also be **extremely interesting, how to use AI**”

- Danish Coach 1

Reasons to use the specific tools

- Accessibility

- Easiness of use

- Getting inspired in their daily practice (video and exercise bank)

- A tool to analyse your own practice or your athlete (video)

- To align communication and planning in one place (XPS, Sportabler etc.)

- Performance enhancement

- Supporting the everyday practice (simulators)

Reasons to not using digital tools

- Time consuming

- Don't know what's out there

- Competence level – to some extend

- Not relevant for the age group

- Price

- Lack of knowledge

- Lack of translation of data

In general, the number of tools we already use probably influences the ratio between the quantity of tools used and the benefit of adopting a new product. If it's not a **"game changer"** that would **significantly change** our process and bring substantial progress, we might not **want to invest time and money** since we already use so much.
- Lithuania coach 2

But there are **many, many software companies** that are attaching us, but what are you going to do with **all those information**? We are **always measuring** and measuring and measuring
- Iceland coach 2

Because there are a lot of these tools that are being created, well, I am aware that **they are useful**, but at the same time they are **quite complicated for the practitioner.** And that's why it would be great if in the **future tools** are developed that **are easy for coaches to use**. Which doesn't need to be learned, doesn't need much studying, **doesn't take much time, and is therefore simple**.
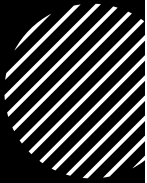- Latvia coach 1

Reasons to not using digital tools

- Use of tools depends on the context of each coach (coaching level, resources, age)

- Tools are used almost every day/week

- Lack of time, knowledge and competences are key reasons to not use other digital tools

Discussions in small groups between countries

- Short presentation of each participant
- Which digital tools do you use
- What are your experiences
- What are your challenges
- How can you use digital tools even more

Summary and finishing

The program for the evening

Tomorrows program

Program

Day1_November 18	Day2_November 19	Day3_November 20
Welcome snacks and check-in	9:00 – 12:00 Topic 3 Theoretical/Practical (3 hours)	9:00 – 11:00 Topic 4 Theoretical/Practical 2 hours
15:00 – 17:00 Topic 1-2 Theory (2 hours)	12:00 – 13:00 Lunch	11:00 – certificates
18:00 Dinner and socializing	14:00 – 17:00 Practical (3 hours)	Lunch boxes and departures
	18:00 – Dinner and social program (special activity)	