INCLUSIVE YOUTH FOOTBALL

Acronym: IN YOUTH FOOTBALL

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TOPICS

1. Summary of the project
2. Activities
3. Methodology
4. Schedule
5. Other relevant points
6. Discussion

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1. SUMMARY

General objectives ERASMUS+	Priorities ERASMUS+	General objective
Promoting **inclusion** and **equity** at sports organizations	Inclusion and diversity	Promoting sport participation for all youngsters
Promote **active participation and non-formal learning of youth**	Participation in democratic life, common values and civic engagement	
Strengthening **European identity**	Promoting healthy lifestyle	

Why?

Statistics of football participation (under-12 to under-16)	
Males	11%
Females	16%

Emmonds et al. (2021)

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- This decrement in rates of participation can be explained by differences in biological clock.

- In other words, this represents **VARIABILITY** in size and performance…

Variable	U12	U14
Height (cm)	132 – 161	143 – 183
Weight (kg)	27 – 55	34 – 78
Sprint (s)	10 – 7	9 – 7
Agility (s)	25 – 18	21 – 16
Yoyo (m)	240 – 2880	320 – 3960

Malina et al. (2019) - male football players

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Variable	12 - 13	13 - 14
Height (cm)	147 - 170	143 – 172
Weight (kg)	35 – 74	39 – 83

Martinho et al. (2023) - female football players

Those who are…

- advanced, taller and heavier:
  - are more likely **to be successful**
  - perceived **as more talented** by coaches and scouts

- delayed, smaller and thinner:
  - are more likely to be **overlooked**
  - **excluded**
  - **denied developmental opportunities**

Cumming et al. (2017)

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Aim of the project*

- Create opportunities for everyone (males and females) to be retained in football.

- Create opportunities for everyone (males and females) to be retained and to increase the number of participants in football.

*Activities are connected

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2. ACTIVITIES

How ?

- **PILOT STUDY** FOR ACTIVITY 2

- We will group players using the **bio-banding model***

- Bio-banding tournament (two times per week):
  - Competition within the football academy (12-16 yrs)
  - Organized players by biological development
  - 11 vs 11 - two halves of 30 minutes, free substitutions
  - Training session
  - Interviews (understand the perceptions of coaches and players in bio-banding tournaments)

*Methodological details will be present next

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Questions for Charles University

- Is it possible to test in **males** and **females**?

- Which data do you collect **during the season**? Is it possible to contrast this data with **bio-banding competition**? (e.g. physical outputs, rate of perceived exertion, technical variables)

- Is possible to **overlap these bio-banding events** with the next presential meeting in Prague?

JULY 2025 - PROJECT

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How ?

1. Disseminate bio-banding activity in the schools and clubs:
   - Meeting with physical education teachers
   - Meeting with football coaches
   - Meeting with youth football players and school participants

How ? Using the experience of previous activity:

- Videos
- Photographs
- Personal experiences

AIM: **Stimulating** school participants **to move** for football clubs.

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How ?

2. Make a **survey** about **how many kids are interested** to practice football in context of bio-banding and bring them to the football club.

3. Measuring biological development*

4. **Bio-banding tournaments** (two tournaments in two weeks within the same football club).

*Methodological details will be present next

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Expected outputs

- **Interviews** (understand the perceptions of coaches and participants in bio-banding tournaments).
- **Report about school interventions.**
- **How many** kids will be interested in football?
- After six months, how many of those kids will be **retaining** in football?

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Questions for University of Rzeszów

- Do you think this logistics plan is feasible?
- Further discussion: males and females

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How ?

1. Disseminate bio-banding activity in the schools and clubs:
   - Meeting with physical education teachers
   - Meeting with football coaches
   - Meeting with youth football players and school participants

How ? Using the experience of previous activity:

- Videos
- Photographs
- Personal experiences

AIM: **Stimulating** school participants **to move** for football clubs.

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How ?

2. Make a **survey** about **how many kids are interested** to practice football in context of to the football club.

3. Measuring biological development*

4. Four **different tournaments** (two tournaments in two weeks within the same football club):
   - 1st tournament – Age groups
   - 2nd tournament – Bio-banding event
   - 3rd tournament – Age groups
   - 4th tournament – Bio-banding event

*Methodological details will be present next

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Expected outputs

- **Interviews** (understand the perceptions of coaches and participants in age and bio-banding tournaments).
- **Report about school interventions.**
- **How many** kids will be interested in football?
- After six months, how many of those kids will be **retaining** in football?

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Questions for Madeira Football Association

- Is it possible to test in **males** and **females**?

- To compare the events (age vs bio-banding) is it possible to use heart rate monitors, GPS, rate of perceived exertion?

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3. METHODOLOGY

Assessment of biological development

Khamis-Roche equation – it was used in youth players from **Premier League academies**:

- Chronological age (yrs)
- Stature (cm)
- Body weight (kg)
- Mid-parental height (cm) – identification document

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The equation predicts the adult height of the player/participant

Athlete A

- Chronological age (yrs): 12.40
- Stature (cm): **166.2**
- Body weight (kg): 61.0
- Mid-parental height (cm): **169.5**

Predicted adult height: **186.2**

THEN WE CAN PREDICT THE PERCENTAGE OF ADULT HEIGHT AT THE TIME OF OBSERVATION:

$(166.2 \div 186.2) \times 100\% = 89.3\%$

We need to do that for each player or participant

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Afterwards

- We need to organize the players within age groups according to bands using the previous indicator [**BIO-BANDING CONCEPT**]

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Males					FEMALES				
Chronological Age	β_0	Stature (*in*)	Weight (*lb*)	Midparent Stature (*in*)	Chronological Age	β_0	Stature (*in*)	Weight (*lb*)	Midparent Stature (*in*)
4	-10,2567	1,23812	-0,087235	0,50286	4	-8,1325	1,24768	-0,19435	0,44774
4,5	-10,719	1,15964	-0,074454	0,52887	4,5	-6,47656	1,22177	-0,185519	0,41381
5	-11,0213	1,10674	-0,064778	0,53919	5	-5,13583	1,19932	-0,17553	0,38467
5,5	-11,1556	1,0748	-0,05776	0,53691	5,5	-4,13791	1,1788	-0,16484	0,36039
6	-11,1138	1,05923	-0,052947	0,52513	6	-3,51039	1,15866	-0,154	0,34105
6,5	-11,0221	1,05542	-0,049892	0,50692	6,5	-3,14322	1,13737	-0,14294	0,32672
7	-10,9984	1,05877	-0,048144	0,48538	7	-2,87645	1,11342	-0,13184	0,31748
7,5	-11,0214	1,06467	-0,047256	0,46361	7,5	-2,66291	1,08525	-0,12086	0,3134
8	-11,0696	1,06853	-0,046778	0,44469	8	-2,45559	1,05135	-0,11019	0,31457
8,5	-11,122	1,06572	-0,046261	0,43171	8,5	-2,20728	1,01018	-0,09999	0,32105
9	-11,1571	1,05166	-0,045254	0,42776	9	-1,87098	0,9602	-0,09044	0,33291
9,5	-11,1405	1,02174	-0,043311	0,43593	9,5	-1,0633	0,89989	-0,08171	0,35025
10	-11,038	0,97135	-0,039981	0,45932	10	0,33468	0,82771	-0,07397	0,37312
10,5	-10,8286	0,89589	-0,034814	0,50101	10,5	1,97366	0,74213	-0,06739	0,40161
11	-10,4917	0,81239	-0,02905	0,54781	11	3,50436	0,67173	-0,06136	0,42042
11,5	-10,0065	0,74134	-0,024167	0,58409	11,5	4,57747	0,6415	-0,05518	0,41686
12	-9,3522	0,68325	-0,020076	0,60927	12	4,84365	0,64452	-0,04894	0,3949
12,5	-8,6055	0,63869	-0,016681	0,62279	12,5	4,27869	0,67386	-0,04272	0,3585
13	-7,8632	0,60818	-0,013895	0,62407	13	3,21417	0,7226	-0,03661	0,31163
13,5	-7,1348	0,59228	-0,011624	0,61253	13,5	1,83456	0,78383	-0,03067	0,25826
14	-6,4299	0,59151	-0,009776	0,58762	14	0,32425	0,85062	-0,025	0,20235
14,5	-5,7578	0,60643	-0,008261	0,54875	14,5	-1,13224	0,91605	-0,01967	0,14787
15	-5,1282	0,63757	-0,006988	0,49536	15	-2,35055	0,97319	-0,01477	0,0988

- **PDF file** about assessments
- Preparing a **sheet** with the formulas
- **Video-tutorial** how to use it
- Deadline to share with partners: **28 February**

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4. SCHEDULE

Description	Date
Maturation assessment	28 February
Online meeting	May (?)
Online meeting	June (?)
Prague meeting	July 2025
Poland meeting	December 2025
Madeira meeting	April 2026

Remaining tasks:

- Select the observers
- Familiarization with the procedures
- Training the observers
- Logistic to organize the events

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5. OTHER RELEVANT POINTS

- Statistics
- Logo

- Budget for website
- Social media (Instagram)
- Share the news on your organization's page and send us the link

THANK YOU FOR YOUR ATTENTION

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