2nd iCoachKids International Conference
Leeds 5th & 6th Sept 2018
Developing Effective Environments for Children in Sport

PsyTool “Using Sport Psychology as a tool for positive Sport”
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HUMAN KINETICS

Co-funded by the Erasmus+ Programme of the European Union
Programme: Erasmus+ Sport
• Type of Action: Collaborative Partnerships
• Call for proposals: EAC/A04/14, Round 2
• Project Title: Sport Psychology as a strategic tool for prevention and training on grassroots sports
• Project Acronym: PsyTool
• Project Number: 567199-EPP-1-2015-2-ES-SPO-SCP
• Project start date: 01/01/2016
• Project end date: 31/12/2017
• Duration: 24 months
• Total costs of the Action: 476.868,26 €
• Maximum EC grant: 381.494,61 € (80%)
• P1 - Pablo de Olavide University (Coordinator)
• P2 - Autonomous University of Barcelona
• P3 - University of the Balearic Islands
• P4 - Spanish Federation of Sport Psychology
• P5 - Halmstad University
• P6 - Sapienza University of Rome
• P7 - International Council for Coaching Excellence
• P8 – Faculdade de Motricidade Humana (University of Lisbon)
• P9 - International Center for Sport Security Europe
• P10 - Football Against Racism in Europe
• P11 - Sevilla Fútbol Club Foundation
• P12 - Sporting Clube de Portugal
• P13 - Portuguese National Sport Foundation
• P14 – Spanish Federation of Sport Psychology (Associated partner)
• Racism and violence challenge the fundamental values of European political and cultural integration. Equally, racism and violence in sport jeopardise the role of sport as an important contributor in the fields of education and social inclusion and its capacity to generate positive opportunities of solidarity and prosperity.

• However, sport is confronted with a number of threats from which athletes, particularly young athletes, and citizens in general need to be protected, such as violence, any kind of discrimination and intolerance, and the manipulation of results.

Why PSYTOOL?
General objective

“To take full advantage from the implementation of the sport psychology as a strategic tool to promote integrity and to tackle violence, discrimination, intolerance and match-fixing among young practitioners of grassroots sports”

Specific objectives

• To obtain more objective data on the impact of violence, discrimination, intolerance and even match-fixing among young practitioners of grassroots sports and to identify good practices applied at European level. Specially important could be to actualize the data in Spain, Portugal and Italy, countries with a lack of knowledge on its prevalence: 4 Thesis UPO students (MALE & FEMALE FOOTBALL)

• To create educational and innovative tools based on sport psychology to promote integrity and to tackle violence, discrimination, intolerance and match-fixing, including a specific website tool providing information about the situation and procedures, offering guidelines to promote good practices as well as proposing direct instructions about how to react and make an intervention. STILL WORKING
Specific objectives

• To disseminate, extend and transfer the use of the new tools developed for fighting against violence, discrimination, intolerance and match-fixing in grassroots sports. It includes as a great opportunity the presentation and announcement of the results of the project during the **ISSP 14th World Congress of Sport and Exercise Psychology which is held in Seville (Spain), 10-14 July 2017**, with the motto "*Integrating Science and Practice through Multicultural Bridges*".

• **A Journal citation Report Supplement** with the most important Scientific findings Available www.rpd-online.com /Supplement 3

Webpage ([http://psytoolsport.eu](http://psytoolsport.eu)) still available with free access after sign in an agreement with UPO University:

*Universidad de Ciencias de la Cultura Física Manuel Fajardo (Cuba) Teachers program*

*Federación Balear de Vela (Sailing Federation)*

*Dragons of Lavapies Madrid (Spain) Football for Social inclussion*

*Gredos San Diego Schools (Spain) Education*
Why Sport Psychology?

The PsyTool project aims to be innovative because:

Applies new approaches based on Sport Psychology, as a strategic and innovative tool, to promote integrity and to tackle violence, intolerance, match-fixing and any kind of discrimination among young practitioners of grassroots sports.

Sport psychology, as a science which promotes behavioural change, should intervene in sporting context and should not only avoid harmful episodes and bad practises, but also to promote fair play and tolerance.

Sport Psychology offers:
Psychological models to explain different behaviours, attitudes, believes, etc.
Educational models to intervening at different levels: children, parents, coaches, others
Scientific evidences to explain what and why
Sport Psychology provide tools to modify behaviours (Direct & Indirect intervention)
Sport Psychology is attractive
Scientific responsibles: Jaume Cruz, Alex García Mas & José Carlos Jaenes
Methodology

Step 1: State of Art
- Identification of State of Art in different contexts:
- Research: Searching Assessment Tools to identify, to learn more about different negative attitudes in different groups of people: Prevalence of violence in Europe specially Portugal, Spain and Italy (with less empirical studies): *We do 4 Master Papers* (UPO).
- Research: Educational Tools against violence, discrimination, intolerance, cheating, match-fixing, etc.

Step 2: Identification of Agents of Change
Agents of Change are people who have a very direct relationship with the sport teams or clubs, or at the time of the interview could demonstrate that he/she will be part of a sports organization: coaches, parents, referees, officials, Sport Psychologist and Physical Ed …

Step 3: Education
*PSYTOOL* platform, courses, Seminars, face to face intervention, JCR, World Congress..
PsyTool “Sport Psychology as a strategic tool for prevention and training on grassroots sports”

How: Social Media
PsyTool “Sport Psychology as a strategic tool for prevention and training on grassroots sports”

Webpage
- Portuguese
- English
- Spanish
- Italian

Leaflet
- Portuguese
- English
- Spanish
- Booklet
- English

Translations into (currently Working on)
- Chinese
- Arab
10 Lessons: Racismo e Discriminação (portuguese versión)
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HOW: Practical Seminars

Monterrey, México. Kids coaches

Majorca. Balearic Football Federation

Sevilla FC. Coaches

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MOST IMPORTANT AGENTS of CHANGE in the NEAR FUTURE
PsyTool “Sport Psychology as a strategic tool for prevention and training on grassroots sports”

Andalusian Football Federation (Naranjo & Jaenes, 2016)

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For more information about results: [www.rpd-online.com/supplement 3]

Muchas gracias por su atención. Thanks so much.