




## TIE-BREAK GUIDELINES



### INNOVATIVE TEACHING MODELS FOR BEACH AND INDOOR VOLLEYBALL ACROSS EUROPE

### AN ERASMUS+ SPORT COOPERATION SUCCESS STORY

## PROJECT STRUCTURE AND MOBILITIES



TIE-BREAK project was structured into several international mobility events, each focused on a specific theme:

- PL Jabłonna, Poland – Launch event focusing on school partnerships and after-school engagement.
- ES Castellón de la Plana, Spain – Exchange on combining sport, education, and wellness during youth summer camps.
- HU Bükkzsérc, Hungary – First staff meeting emphasizing leadership training and coach mentoring.
- RS Fruška Gora, Serbia – Volleyball in nature and holistic training with mental health and outdoor sport.
- CY Deryneia, Cyprus – Coordination meeting hosted by Anagennisi Club: cultural events, community identity, and inclusive tournaments.
- MT Malta – Observation of multi-sport inclusion, early volleyball education, and sports diversification.
- IT Orte, Italy – Final event and celebration: youth volleyball match, conference, historical and cultural experiences.

## METHODOLOGY OVERVIEW

The TIE-BREAK approach is based on:

- Bottom-up engagement:**
  - participants contributed ideas via brainstorming, interviews, and online tools.
- Education through sport:**
  - integrating values like teamwork, respect, and self-confidence.
- Gender equality:**
  - promoting leadership roles for women and mixed-gender training.
- Cultural inclusion:** using volleyball to connect communities and foster European identity.



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**The Key Topics from the TIE-BREAK Meetings and Staff Exchanges Throughout the TIE-BREAK journey, each international event focused on a specific theme, contributing to a broader reflection on volleyball's role in society, education, and inclusion.**

**PL Jabłonna, Poland**

**Topic: Presentation of participating associations and municipalities**

**The kickoff meeting allowed all partners to introduce their organizations, local communities, and volleyball programs, laying the foundation for mutual understanding and collaboration.**

**ES Castellón de la Plana, Spain**

**Topic: How teams and associations receive funding**

**Partners discussed local and national funding systems, challenges in accessing resources, and best practices in financial sustainability for volleyball clubs.**

**HU Bükkszé, Hungary – Staff Meeting**

**Topic: Structure of volleyball teams across Europe**

**Each partner presented their club models, youth divisions, and community networks, revealing the diversity and shared values of European volleyball.**



**RS FRUŠKA GORA, SERBIA**

**TOPIC: WOMEN IN THE HISTORY OF VOLLEYBALL**

**A POWERFUL REFLECTION ON THE ROLE OF WOMEN IN SHAPING THE SPORT—PAST AND PRESENT—HIGHLIGHTING STORIES OF PIONEERS AND PROMOTING VISIBILITY FOR FEMALE ATHLETES.**

**CY DERYNEIA, CYPRUS**

**TOPIC: HOW THE PROJECT INFLUENCES YOUR PERCEPTION OF VOLLEYBALL**

**PARTNERS SHARED PERSONAL AND ORGANIZATIONAL TRANSFORMATIONS SPARKED BY TIE-BREAK, FROM RENEWED MOTIVATION TO STRONGER INCLUSION PRACTICES.**

**MT MALTA – STAFF MEETING**

**TOPIC: THE IMPORTANCE OF WOMEN COACHES**

**DISCUSSIONS FOCUSED ON LEADERSHIP OPPORTUNITIES FOR WOMEN IN COACHING, SUPPORTED BY THE MESSAGE OF THE EUROPEAN CAMPAIGN #BEACTIVE.**

**IT ORTE, ITALY – FINAL EVENT**

**TOPIC: FINAL REFLECTIONS & EXCHANGE OF BEST PRACTICES**  
**PARTICIPANTS REVIEWED THE PROJECT'S LEGACY, SHARED THE MOST IMPACTFUL METHODS DISCOVERED, AND COMMITTED TO BUILDING FUTURE COLLABORATIONS THROUGH VOLLEYBALL.**

## What We Learned

**The TIE-BREAK project was not only about volleyball—it was about people, values, and growth. Across countries, courts, and conversations, we learned that:**

- **Sport is a powerful educational tool**
- **Volleyball teaches more than technique. It builds teamwork, discipline, resilience, and empathy—skills that young people carry with them beyond the game.**
- **Cultural diversity strengthens us**
- **Meeting different realities helped us challenge stereotypes and build a more inclusive, respectful, and open community through sport.**
- **Women must be visible in all roles**
- **From players to coaches to leaders, promoting gender equality in volleyball is not optional—it's essential for true development.**
- **Sharing best practices brings innovation**
- **Every country, club, and city had something unique to offer. By sharing what works (and what doesn't), we created stronger strategies together.**
- **Local clubs are engines of community change**
- **Small clubs can do big things when they are supported, connected, and active within their communities.**
- **Sustainability and sport go hand in hand**
- **Promoting respect for the environment through volleyball events is not only possible—it's necessary for future generations.**
- **EU We are stronger together**
- **The European spirit of cooperation, solidarity, and mutual learning gave this project its true energy. Volleyball was our language; unity was our goal.**

**TIE-BREAK gave us memories, tools, and relationships that will last far beyond the project.**

**What we learned will shape the way we train, teach, and connect—on and off the court.**



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