

European Commission

**Study on the training of young sportsmen
and sportswomen in Europe**

Appendix

Methodology



September, 2007



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- Collection of existing studies
- Approach of existing risks
- Choice of the sports to study
- Questionnaires
- Other interviews and meetings



Collection of existing studies

- The collection of existing studies has been interesting in order to better identify the main issues, but very few statistics are available and very few studies are pan-European. The 2004 study ordered by the European Commission gives a lot of data relating to the combination of sports and education. The main studies identified are presented hereinafter.

THEMES	ETUDES	DATE	PRINCIPAUX CONTENUS	
I - General sports organisation	La formation et l'enseignement professionnel dans le domaine du sport dans l'Union Européenne : situation, tendances et perspectives - Rapport Vocasport	2003	Sports systems in 25 countries of the European Union	
	Les systèmes sportifs en Europe	2005	Sports organisation in the EU Member States	
	Le sport dans les Etats membres de l'Union Européenne	2000	Analysis of the sports organisation in the EU Member States and its specificities	
II - Training general organization	Education on young sportspersons - Rapport PMP	2004	Sports training and education	
	Education in Elite Sports in Europe	2004	Country focus, some statistics	
	Les filières de haut niveau	1996	French system for high level sports training	
	Organisation et pratique du sport en milieu scolaire	2000	Sport practice at school in France	
III - Athletes	- Talent identification	Elite and elites' training : selection principles and equality in high level sports in Germany	2000	Sports policy in Germany
		Talent identification and early development of elite water polo players : a 2-year follow-up study	2004	
	- Sports training	Youth athletics	2003	Policies directed to young athletes in athletics : talent detection in Spain, strategies to attract young athletes and enable them to develop their talent in Germany
		Long term athlete development : systematic talent identification	2004	methods for talent identification in various countries
		Le rugby : formation et enseignement au club et à l'école	2002	sports and educational training for young athletes
	- Skills development	Combining High Level Sport and Education Case Studies and Recommendations	2006	sports training and education, focus on 3 sports and 3 countries
		Les filières de formation des joueurs de haut niveau	2001	comparison of high level sport tracks in tennis
		Education on young sportspersons - Rapport PMP	2004	development of academic and professional skills of high level athletes
		Athlètes de haut niveau, transitions scolaires et rôle des parents	2004	impacts and reciprocal relations between sporting career and education, role of parents during transitions
	- Health	Dropout due to doping : how high level sports lead to a self-destructive trend	2005	Doping as a direct cause for abandoning sports competition : forced retirement of athletes against doping, doctors left behind...
A 7-year study on risks and costs of knee injuries in male and female youth participants in 12 sports		2000		
Doping : prevention		2002	3 pillars of prevention : controls, education, research	
The female athlete triad			role of education in prevention	
Tabac, alcool, cannabis et sport de haut niveau chez les jeunes		2002	sportswomen major health problems	
- Psychology	Le stress des sportifs professionnels : du sport plaisir au sport travail	2001	comparison of alcohol, tobacco and cannabis consumption between young athletes and teenagers in general	
	Dimensions psychologiques de la récupération	2001	definition and explanation of stress for high level athletes	
	Dérives de la préparation mentale		impacts of mental fatigue	
			poor impact of some consultants on athletes	



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Approach of existing risks

- Through our approach of existing risks in the training of young sportspersons, we identified the following main risks :

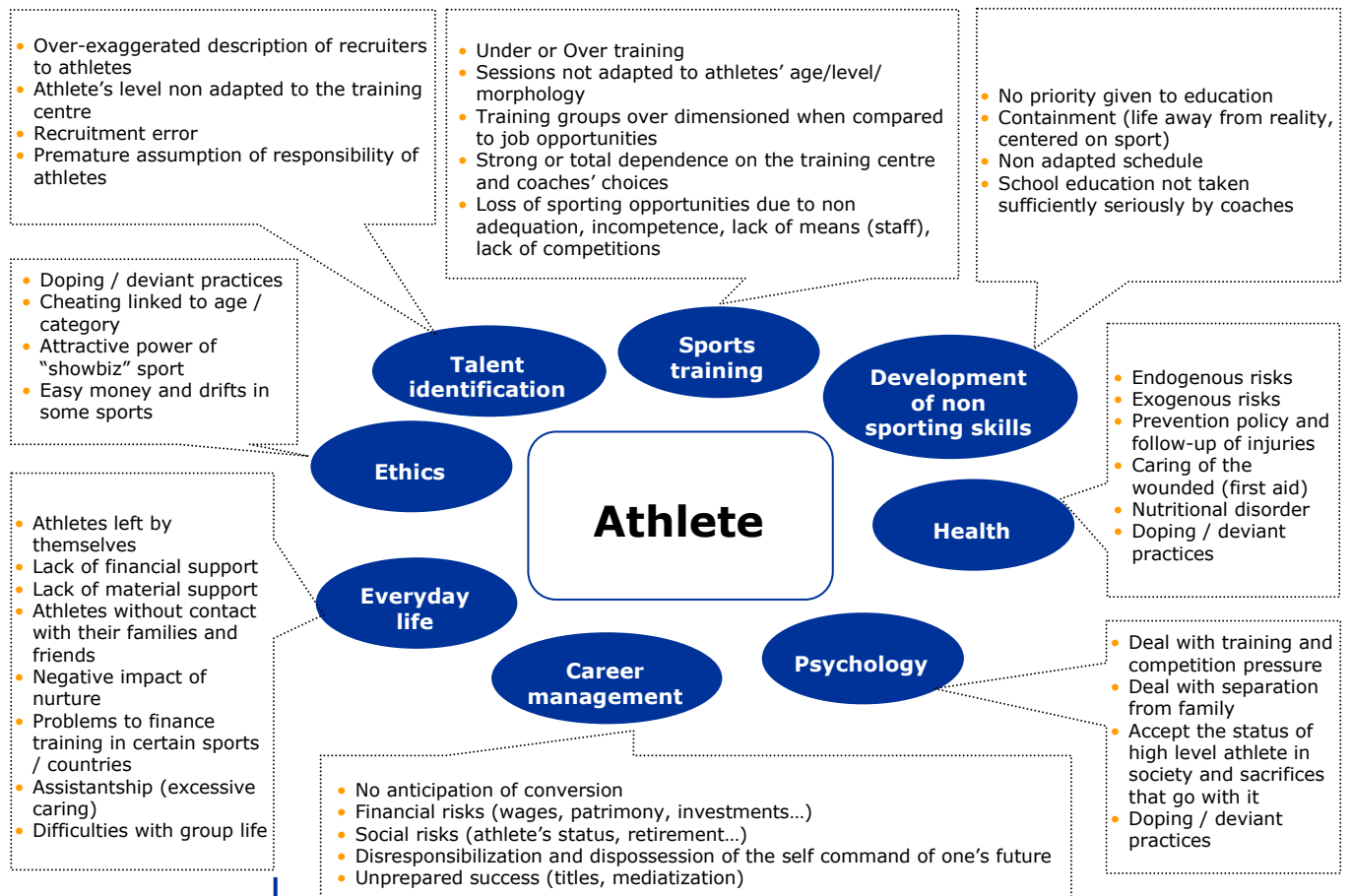
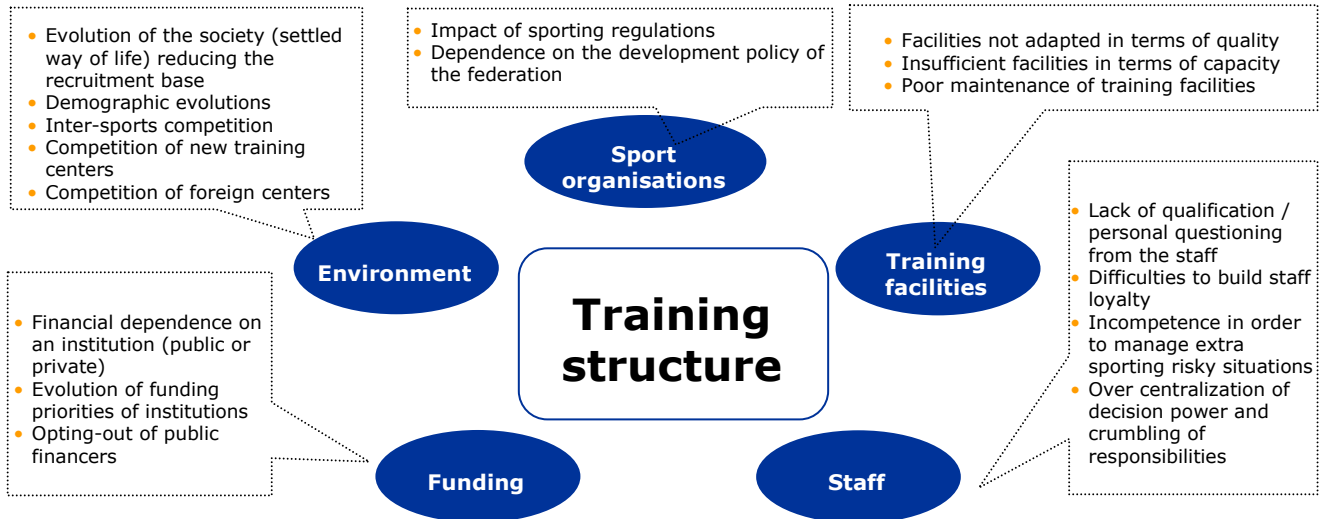




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Choice of the sports to study

- **Context:**

- The European Commission had decided to conduct the study of the training of elite young sportsmen and sportswomen in Europe on five sports per country. Through the tender, it was decided to study in each country the three following sports: Athletics, Basket-ball and Football, in order to allow comprehensive comparison by both sports and country.
- The choice of two other sports per country was to be decided at the beginning of the study.
- Regarding this choice, one had to say that an important number of factors can be considered when it comes to the selection of the two other sports to study per country: size of the country, specificities of the sports, cultural aspects, development of sports in a given country...

- **1) Selection criteria methodology:**

Objectives:

- The selection of the two additional sports per country must address the following needs:
 1. Identify best practices
 2. Be insured of a good representativeness of the different types of sports at the European level
 3. Allow better comparisons between sports (out of the main three sports already chosen)

First step : Answer to objective 1

- As a first step, it was decided, as far as possible, to identify sports for a given country with a well structured national association and good performance on the field level.
- Our network of experts identified from 3 to 5 sports per country based on their knowledge of the context of the country. Our project team added some recommendations more specifically based on sports results.

Second step : Answer to objective 2

- For this second step, we organised sports in several segments, considering specific issues influencing the youth training programs. Each sport had been qualified on each segment.

Segment 1: team sport / individual sport / Dual sport (1vs 1)

Segment 2: winter sport / summer sport

Segment 3: sport with specific equipments or high costs venues / other sport

Segment 4: sport with early maturity / other sport

Segment 5: professional sport (European level) / non professional sport

Segment 6: high number of registered athletes (European level) / low number

Segment 7: Mainly male sport / mainly female sport / both



Classification of sports per segment
(on a limited number of sports chosen by our network of experts)

Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6	Segment 7
Team sports	Winter sport	high costs/specific venues	Early maturity	Non professional sport	Low number registered	Both Male/female
Football	Ice Hockey	Golf	Gymnastics	Rowing	Rowing	Athletics
Basket	Luge	Ice Hockey	Swimming	Biathlon	Biathlon	Football
Handball	Ice skating	Luge	Others	Fencing	Fencing	Basket
Ice Hockey	Jump ski	ice skating	Athletics	Gymnastics	Gymnastics	Golf
Hockey	Alpine Ski	Sailing	Football	Hockey	Hockey	Judo
Rugby	Cross country Ski	Jump ski	Basket	Judo	Ice Hockey	Swimming
Volley	Others	Others	Rowing	Luge	Luge	Tennis
Water polo	Athletics	Athletics	Biathlon	Swimming	Ice skating	Volley
individual sport	Football	Football	Cycling	Ice skating	Rugby	Handball
Athletics	Basket	Basket	Fencing	Cross country ski	ski jumping	Rowing
Biathlon	Rowing	Rowing	Golf	ski jumping	Alpine Ski	Biathlon
Cycling	Biathlon	Biathlon	Handball	Tae Kwan Doo	Cross country Ski	Fencing
Golf	Cycling	Cycling	Hockey	Tennis table	Tae Kwan Doo	Hockey
Gymnastics	Fencing	Fencing	Ice Hockey	shooting	Tennis table	Luge
Luge	Golf	Gymnastics	Judo	Sailing	Shooting	Ice skating
Swimming	Gymnastics	Handball	Luge	Water polo	Sailing	Alpine Ski
ice skating	Handball	Hockey	Ice skating	Professional sport	Water polo	Cross country Ski
jump ski	Hockey	Judo	Rugby	Athletics	High number	Tae Kwan Doo
Alpine ski	Judo	swimming	jump ski	Football	Athletics	Tennis table
Nordic ski	Swimming	Rugby	Alpine Ski	Basket	Football	Shooting
Tir	Rugby	Alpine Ski	Cross country Ski	Cycling	Basket	Sailing
1 vs 1 sport	Tae Kwan Doo	Cross Country Ski	Tae Kwan Doo	Golf	Cycling	Water polo
Fencing	Tennis	Tae Kwan Doo	Tennis	Handball	Golf	Male Mainly
Judo	Tennis table	Tennis	Table tennis	Ice Hockey	Handball	Cycling
Tae Kwan Doo	Shooting	Tennis table	Shooting	Rugby	Judo	Ice Hockey
Tennis	Sailing	shooting	Sailing	Alpine Ski	Swimming	Rugby
Tennis table	Volley	Volley	Volley	Tennis	Tennis	ski jumping
Others	Water polo	Water polo	Water polo	Volley	Volley	Female mainly
Rowing						Gymnastics
Sailing						

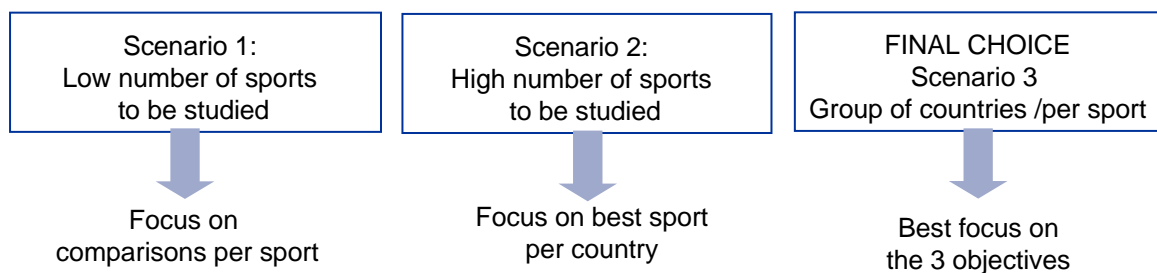
- The different combination of sports to be chosen where at this stage studied in order to allow us covering representatively all the issues/segments.

Third step: Answer to objective 3

- In order to make comprehensive comparisons per sport, it was decided to propose a choice of sports grouping countries on a limited number of sports. This option was followed on 12 sports that will be studied on 4 or 5 countries. This option was built in accordance with the two previous steps. Having said that, the limitation of the number of sports to study did not ease the choice of a well developed sport in some countries.

Final decision

- At this stage, we presented three scenarios for the final choice of the sports. The final choice was the Number 3 scenario, best focusing on the three main objectives.





• 2) Final choice presentation:

Sports	GER	AUT	BEL	BUL	CY	DK	SPA	EST	FIN	FRA	GRE	HUN	IRL	ITA	LET	LT	LUX	MAL	NL	POL	FOR	T.REP	ROM	UK	SLQ	SLOV	SWE	Total Sports
Athletics	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	27
Football	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	27
Basket	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	27
Cycling			1				1	1					1			1	1			1	1							5
Fencing		1		1						1		1				1	1			1	1							5
Gymnastics				1							1							1			1		1					5
Handball	1				1	1	1				1		1		1							1	1				1	5
Swimming		1			1						1					1			1	1				1				5
Tennis			1			1												1						1		1	1	5
Golf	1					1	1						1				1								1			4
Ice Hockey			1						1						1							1			1			4
Judo		1								1		1							1				1			1		4
Rugby										1			1	1							1			1	1			4
Alpine ski		1									1			1												1	1	4
Cross country ski		1						1	1						1							1						4
Total Sport	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	135

sport analysed on 5 countries
 sport analysed on 4 countries
 others possible choices based on experts recommendations

• The additional sports to be studied are:

- Cycling
- Fencing
- Gymnastics
- Handball
- Swimming
- Tennis
- Golf
- Rugby
- Alpine Ski
- Cross country Ski



- Number of sports and national sport associations studied per type of sports (see step 2):

By national associations								
Segment 1	Team sport	67						
	Individual sport	54						
	Dual sport (1 vs 1)	14						
Segment 2	Winter sport		12					
	Other sports		123					
Segment 3	Specific venues			8				
	Other sports			127				
Segment 4	Early maturity				10			
	Other sports				115			
Segment 5	Profess. sports					112		
	Non prof .sports					23		
Segment 6	High number of registered						26	
	Low number of registered						109	
Segment 7	Mainly Feminin sport							5
	Mainly Masculin sport							40
	Both							90
TOTAL		135	135	135	135	135	135	135

By sports		Sports	Sports	Sports	Sports	Sports	Sports	Sports
Segment 1	Team sport	5						
	Individual sport	7						
	Dual sport (1 vs 1)	3						
Segment 2	Winter sport		3					
	Other sports		12					
Segment 3	Specific venues			2				
	Other sports			13				
Segment 4	Early maturity				2			
	Other sports				13			
Segment 5	Profess. sports					10		
	Non prof .sports					5		
Segment 6	High number of registered						9	
	Low number of registered						6	
Segment 7	Mainly Feminin sport							1
	Mainly Masculin sport							4
	Both							10
TOTAL		15	15	15	15	15	15	15

- By choice, professional sports tend to be more represented than amateur sports.



• **3) Detailed choice per country:**

• **Germany:**

- Handball, Golf
- Handball is the number 2 team sport in Germany with a high number of registered players and a well developed professional sector.

• **Austria:**

- Alpine ski, Cross Country ski
- Alpine ski is the most popular sport in Austria after football and has achieved excellence in terms of results for many years.
- The choice of Cross Country ski in Austria is mainly justified by the small number of countries where this sport could answer the needs of our study.

• **Belgium:**

- Tennis, Cycling
- Belgium is the European country where cycling is the most popular.
- Tennis in Belgium has recently been very successful. It would be interesting to study the reasons of this success.

• **Bulgaria:**

- Fencing, Gymnastics
- Bulgarian Fencing has achieved a certain recognition for the quality of its fencing masters.
- Bulgaria had excellent results in gymnastics especially in the artistic disciplines, where they have excelled during the past ten years.

• **Cyprus:**

- Handball, Swimming
- According to our national expert, these two National Sports Associations are well organized and run interesting development policies.

• **Denmark:**

- Handball, Golf
- Both women and men national handball teams have frequently been in the world and European top 10 rankings.



- **Spain:**

- Handball, Tennis
- Thanks to both private and public bodies, Spanish tennis has managed to produce worldwide champions on a regular basis.
- Handball is the number 3 team sport in Spain. Together with Germany, Spain has the most competitive championship in Europe.

- **Estonia:**

- Cross country ski, Cycling
- Cross country ski is the most popular sport in Estonia achieving good results in international competitions (3 gold medals in the 2006 Olympic games)
- Cycling in Estonia is not well developed but has still produced some professional athletes.

- **Finland:**

- Cross country ski, Ice hockey
- Cross country Ski is a major Finnish sport with 80 medals in the winter Olympic games. It is the 4th sport in terms of registered athletes.
- Ice hockey is the N°1 sport, its national association is probably the best organized. Sports results are outstanding with regular medals in the World championships and Olympic Games (silver medal at the 2006 Olympic Games)

- **France:**

- Rugby, Judo
- Rugby is the growing sport in France in terms of economy. Some teams in the French professional championship have incomes exceeding 15 M€ per year.

- **Greece:**

- Gymnastics, swimming
- These 2 sports are quite popular and have had good results.

- **Hungary:**

- Fencing, judo
- Hungary is recognised for its excellence in terms of fencing training program with probably the best fencing masters of the world.
- Judo in Hungary could be a good frame of study to illustrate the issues encountered when developing talent in a non popular sport.



- **Ireland:**

- Golf, Rugby
- Rugby is an obvious choice when it comes to Ireland, being the most popular sport along with Gaelic football.
- Golf is a traditional sport in Ireland.

- **Italy:**

- Cycling, Alpine ski
- Cycling is the most popular individual sport along with motor sports.
- Italy is one of the very few countries where alpine ski is a relevant choice for the purpose of our study.

- **Latvia:**

- Handball, Ice Hockey
- Handball has interesting development policies and benefits from the former USSR sporting heritage.
- Ice Hockey is regularly qualified in the N°1 group of the world championship.

- **Lithuania:**

- Fencing, Swimming
- Swimming is the N°4 sport in terms of licensees amongst the youth categories.
- Fencing is a choice which will allow us to consider the problematic of an underdeveloped sport in a small populated country.

- **Luxembourg:**

- Fencing, cycling
- Cycling could be considered as one of the few well developed National Associations.

- **Malta:**

- Gymnastics and Tennis.
- These two sports have been recommended by our expert



- **The Netherlands:**

- Swimming, Judo
- The screening system has led to excellent results with champions such as Pieter van den Hoogenband and Inge de Bruin
- Judo: Netherlands is a leading European country in a very competitive environment.

- **Poland:**

- Swimming and fencing
- Swimming combines a good level of results with a decent popularity.
- Poland is one of the few countries where fencing is a relevant choice for the purpose of our study.

- **Portugal:**

- Cycling and Gymnastics

- **Czech republic:**

- Ice Hockey, Cross country ski
- Ice Hockey: 11 world championship titles.
- Cross country Ski: sport highly broadcasted with significant results at the Winter Olympics.

- **Romania:**

- Gymnastics, Rugby
- Romania prevails in gymnastics especially in the feminine categories.
- Rugby could also have been studied as a growing sport in Italy. Still, the Romanian rugby federation offers interesting issues and has managed to implement a new rugby academy for players and trainers.

- **United Kingdom:**

- Golf, Rugby
- England has the world highest number of registered rugby players.
- Golf is highly broadcasted and practiced in all parts of UK.



- **Slovakia:**

- Ice hockey, Tennis

- **Slovenia:**

- Judo, Alpine ski
- Judo is a growing sport in the last 10 years especially in the women categories.
- Alpine Ski : N° 1 individual sport in Slovenia.

- **Sweden:**

- Tennis, Alpine ski
- The Swedish tennis federation produces worldwide talents on a regular basis despite a small number of registered players.



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Questionnaires

- Our country per country study is based on two main sources:
 - “legal” questionnaires, and
 - “sport” questionnaires.
- 1. Legal questionnaires included the following themes:**
 - A) Institutional, legal and political aspects
 - B) Education and training of young athletes
 - C) Health and protection of young athletes
 - D) Labour aspects
 - E) Sports for disabled persons
- 2. Sports questionnaires were divided into three kinds of questionnaires:**
 - Questionnaire n°1 was about the general organisation of sports in relation with the training of young talents (institutional, political and financial aspects ; training and education) and was fulfilled by our local sports experts
 - Questionnaire n°2 was about the organisation of the training of young athletes for each of the 5 selected sports per country and was fulfilled by the national associations directly or indirectly after an interview with our local sports experts. It was to provide a macro vision of the training of young athletes.
 - Questionnaire n°3 was about the organisation of some best practices in terms of training centres and were to be fulfilled by the selected training centres themselves, after transmission of the questionnaires by the national associations. It was to provide a micro vision of the training of young athletes in order to add information to the macro vision.



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Other interviews and meetings

- Comité National Olympique et Sportif Français : Mr Jean-Paul Clémenton, Director of cabinet of the President, Mr René Rambier, Assistant to the Director of the Olympic Mission and high level sport, and Mrs Marie Leroux, Director of Human Resources, Mr Mathieu Fonteneau, Representative,
- Creps de Vichy-Auvergne : Mr Robert Fassolette,
- Culture Foot Solidaire : Mr Jean-Claude Mbvoumin, President
- Diambars International : Mr Bernard Lama, President,
- ENGSO : Mr Bengt Sevelius, Honorary President,
- EPFL (association of European Professional Football Leagues) : Mr Emmanuel Macedo de Medeiros, President, and Mr Jair Emmanuel Bertoni, Head of cabinet.
- FA Premier League : Mr Mike Foster, General Secretary,
- FIBA EUROPE : Mr Asterios Zois, Board Member, President of the Youth Commission,
- FIFPRO : Mr Stéphane Burchkalter, Legal department,
- G-14 : Monsieur Thomas Kurth, General Manager,
- Ligue Nationale de Basket : Mr Jean-Pierre de Vincenzi, National Technical Director (DTN)
- LOSC : Mr Frédéric Paquet, General Manager of the Association,
- Ministère de la Santé, de la Jeunesse et des Sports : Mrs Sabine Fouchet, Assistant to the Head of the Unisport and Professional Sport Federations office, Mr Laurent Hanoteaux, Head of the legal division, Mr Sébastien Ramonell, Head of the high level sports Department,
- Mr Sébastien Flûte, Olympic champion in archery,
- Syndicat National des Basketteurs français : Mr Maurice Beyna, President,
- UEFA : Mr Jonathan Hill, Head of EU Office, Alex Phillips, Head of Professional Football Services,
- Union des Clubs Professionnels de Football : Mr Philippe Diallo, President,
- Universities and business schools : ESSEC - Mr Thierry Lardinoit, Euromed Marseille - Mr Philippe Piola, université Panthéon-Assas (Paris 2) - Mr Christian Denis