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# Green Play Methodology For individual sports



## Sport & values





## Introduction

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Considering the successful implementation of the Green Play methodology for team sports in Spain, the partners in this project propose to develop and adapt a similar pioneer methodology for individual sports, such as: tennis, swimming, running, gymnastics etc.

The Green Play methodology for individual sports would entail a different approach, and it will have to be adapted to the specificities of each individual sport. In April 2016, CEBLLOB has conducted a pilot test of Green Play methodology for individual sports in aerobics involving 50 children. Again, the methodology encompasses points from all the relevant parties, as with the team sports, however in this case the athletes will have to self-evaluate in addition to the feedback/points received from their coaches and families during the trainings sessions and also the competitions.

Is this sense, this proposal contemplates:






1. The self-evaluation of the athletes (4 questions)
2. The assessment by the family (1 point)
3. The assessment by the coaches (7 points)

These assessments are registered through a computer application and are translated into a future report on each athlete.

This proposal is complemented with a parallel ranking which is the result of the collective scoreboard obtained during the competition. This collective scoreboard is the average of the ranking of all the individual athletes of the same category or the average of all the couples, trios and groups of the entity when appropriate.

## 1. Self-evaluation of the athletes (4 points)






### 1. When I have finished an exercise and I've done it right, I feel...

				
I'm not altogether satisfied (Happy) (1)	Indifferent (2)	Satisfied with the work done (3)	Very happy (4)	Euphoric (5)

### 2. When I have finished an exercise and I've done it wrong, I feel...

				
Very angry (1)	Angry (2)	Sad (3)	Calm (4)	Wanting to do better next time (5)

### 3. How do I react to criticism from my coaches or my sport mates?

				
I answer in an angry way (1)	I look angry (2)	Passive/Indifferent (3)	Respectfully (4)	Constructively (5)

### 4. I do my best during the training sessions/competition...





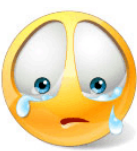
				
I don't. I don't make any effort. (1)	The least possible (2)	Just enough (3)	Enough (4)	I give it all. (5)



## 2. Assessment by the family (1 point)

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5. How do you think your son or daughter feels once he/she has finished the training session/competition?

				
Euphoric (5)	Happy (4)	Indifferent(3)	Worried (2)	Sad (1)



### 3. Assessment by the coaches (7 points)

#### 1. Has the athlete come to the training session/competition?

He/She hasn't come and he/she hasn't let me know	He/She hasn't come but he/she has let me know	He/She has come but he/she has been late	He/She has come on time	He/She has arrived early
1	2	3	4	5



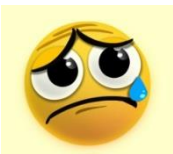


#### 2. Has the athlete come with the adequate sport gear and equipment?

He/She hasn't brought their sport gear and equipment	He/She has forgotten part of the sport gear/equipment or hygiene kit	He/She has brought the sport gear/equipment but he/she has forgotten the hygiene kit and a change of clothes	He/She has brought the sport gear/equipment, he/she HASN'T had a shower but he/she has put clean clothes on	He/She has brought the sport gear/equipment, he/she has had a shower and he/she has put clean clothes on
1	2	3	4	5






#### 3. When the athlete has finished an exercise and he/she has done it right, I see he/she feels...

He is not altogether satisfied (Happy) (1)	Indifferent (2)	Satisfied with the work done (3)	Very happy (4)	Euphoric (5)

4. When the athlete has finished an exercise and he/she has done it wrong (he/she has failed), I see he/she feels...

				
Very angry (1)	Angry (2)	Sad (3)	Calm (4)	Wanting to do better next time (5)





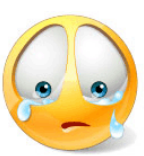
5. How does the athlete react to criticism from me or his/her sport mates?

				
He answers in an angry way (1)	He looks angry (2)	Passive/Indifferent (3)	Respectfully (4)	Constructively (5)

6. The athlete does his/her best during the training sessions/competition...

				
He/She doesn't. He/she doesn't make any effort (1)	The least possible (2)	Just enough (3)	Enough (4)	He/She gives it all (5)

7. How do you think your athlete feels during the training session/competition?

				
Euphoric (5)	Happy (4)	Indifferent (3)	Worried (2)	Sad (1)



## Quarterly reports for the families



<p>Your <b>Green Play spirit</b> is worth of being praised. Keep on this way. Congratulations champion!</p>	<p>Your involvement in values is considerable. You are going the right way but you still have room for improvement. Keep with the good work!</p>	<p>You have reached the minimum score in values. You cannot be satisfied. You have to set yourself new challenges and improve!</p>	<p>A Green Play Athlete has to still work more in values. Come on, make an effort and you will improve!</p>	<p>You are still far away from being a Green Play athlete but you can get there with effort and dedication.</p>
<b>50-60 points</b>	<b>37-49 points</b>	<b>36 points</b>	<b>35-25 points</b>	<b>24-12 points</b>



## Parallel ranking (Competition)

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The parallel ranking is the result of the collective score obtained during the competition. This collective score is the average of the ranking of all the individual athletes of the same category or the average of all the couples, trios and groups of the entity when appropriate.

The main aims of this ranking are to promote the maximum participation and to benefit the athletes having less technical capacity thanks to the collective ranking. This system enables the best athletes to encourage their partners to improve their level in order to increase the group's average.

Team ranking based on collective score	Individual	average of all the individual athletes
	Couples	average of all the couples
	Groups	average of all the groups



## Access to the computer application

### a) Access for the athlete and their family:

If you want to do your own assessment, you have to go to <http://ivpindi.cat>.

The first step you have to do is to introduce your **identification code**.

Your identification code will be:

The first letter of your name in lower case, followed by your surname and the year of your birth (all together, in lower case and without accents).

Ex. Josep Maria Puig, 2010 (identification code: **jpuig2010**)

Welcome to Individual Green Play!

Hello! Please enter your password

NEXT >

Once you have introduced your identification code, you have to choose whether you want to assess a training session (Train) or a competition (Comp) and then select the corresponding day.

Enter your data!

Hello Carles! Do you want to assess a training session (Train) or a competition (Comp)?

Train

Comp

Enter your data!

Very good! What date?


July 2017

Mon	Tue	Wed	Thur	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Now, you can start doing your self-evaluation and the family's one.


Remember you have 5 questions to answer. The first four are related to the self-evaluation of the athlete and the fifth is the assessment by the family.




## Individual Green Play

**Athlete: Carles**


When I have finished an exercise and I've done it right, I feel... 🟡




I'm not altogether satisfied




Indifferent



Satisfied with the work done




Very happy




Euphoric


When I have finished an exercise and I've done it wrong, I feel... 🟡




Very angry




Angry



Sad



Calm




Wanting to do better next time

**CONTINUE**

1. I'm not altogether satisfied  
2. Indifferent  
3. Satisfied with the work done  
4. Very happy  
5. Euphoric

If you have any doubt about the question, click 🟡















## Individual Green Play

**Athlete: Carles**






How do I react to criticism from my coaches or my sport mates? 🗳️

 I answer in an angry way  I look angry  **Passive/indifferent**  Respectfully  Constructively

I do my best during the training sessions/competition... 🗳️

 I don't. I don't make any effort  The least possible  **Just enough**  Enough  I give it all

**Family. How do you think your son or daughter feels once he/she has finished the training session/competition? 🗳️**


 Euphoric  Happy  **Constructively**  Worried  Sad

**NEXT**

Question for  
the assessment  
by the family


Once you have answered the five questions, click on “send”.

If you have answered all the questionnaire correctly, the following message will appear:



### Quarterly reports Athlete Family

Thank you Carles!  
Total:359 Valuations:135 Score:26.59



You have reached the minimum score in values.  
You cannot be satisfied.  
You have to set yourself new challenges and improve!

**CLOSE**



## b) Access for the coaches

If you want to do the assessment of your athletes, you have to go to <http://jvpindi.cat>.

The first step you have to do is to introduce your **identification code**.

Your identification code will be:

The first letter of your name in lower case, followed by your surname and the year of your birth (all together, in lower case and without accents).

Ex. Josep Maria Puig, 2010 (identification code: **jpuig2010**)




Once you have introduced your identification code, you have to choose whether you want to assess a training session (Train) or a competition (Comp) and then select the corresponding day.





You will find below a list with the categories of your athletes:


  
**JVP Indi**

**SORTIR**

Infantil Fem
Alevi Fem

**CONTINUAR**

Select the category you would like to assess and click on “next”


  
**JVP Indi**

**SORTIR**

Infantil Fem
Alevi Fem

**CONTINUAR**

You will find the names of all the athletes you have in this category.

  
**Individual Green Play**

**EXIT**

● Alex
● Ricardo
● Rocio

**CONTINUE**



You can select one athlete or several. Once selected, click on “next”

The screenshot shows the 'Individual Green Play' interface. At the top left is the Green Play logo. Below it, the title 'Individual Green Play' is displayed. There is an 'EXIT' button in the top left corner. A list of athletes is shown: Alex, Ricardo, and Rocio. The 'Alex' option is highlighted with a red dot and a blue background. At the bottom, there is a 'CONTINUE' button.

One selection

The screenshot shows the 'Individual Green Play' interface. At the top left is the Green Play logo. Below it, the title 'Individual Green Play' is displayed. There is an 'EXIT' button in the top left corner. A list of athletes is shown: Alex, Ricardo, and Rocio. All three options are highlighted with red dots and blue backgrounds. At the bottom, there is a 'CONTINUE' button.

Multiple selection

Now you can start assessing your athlete. Remember you have 7 questions to answer.

The screenshot shows the 'Coach questionnaire' interface. At the top left is the Green Play logo. Below it, the title 'Coach questionnaire' is displayed. The athlete's name 'Alex' is shown. There are seven questions, each with a horizontal slider bar for rating. The questions are: 1. Has the athlete come to the training session/competition? 2. Has the athlete come with the adequate sport gear and equipment? 3. When the athlete has finished an exercise and he/she has done it right, I see he/she feels... 4. When the athlete has finished an exercise and he/she has done it wrong (he/she has failed), I see he/she feels... 5. How does the athlete react to criticism from me or his/her sport mates? 6. The athlete does his/her best during the training sessions/competition... 7. How do you think your athlete feels during the training session/competition? At the bottom, there is a 'NEXT' button.



 **Coach questionnaire**

**Athlete: Alex**

Has the athlete come to the training session/competition? 


He/She has come on time.

Has the athlete come with the adequate sport gear and equipment? 

He/She has brought the sport gear/equipment, he/she HASN'T had a shower but he/she has put clean clothes on.


When the athlete has finished an exercise and he/she has done it right, I see he/she feels... 

1. He/She hasn't come and he/she hasn't let me know  
2. He/She hasn't come but he/she has let me know  
3. He/She has come but he/she has been late  
4. He/She has come on time  
5. He/She has arrived early

If you have any doubt about the question, click on 

You will find your assessment highlighted in blue.

Once you have answered the 7 questions, click on “send” and you will go back to the home page with the list of the categories of the athletes to assess or to exit the application.

 **JVP Indi**


**SORTIR**

Infantil Fem  
Alevi Fem



**CONTINUAR**



You will see the athlete or athletes you have just assessed highlighted in green and the ones you still have to assess in red. If you wish to modify any assessment you have already done, you only have to select the same athlete again.

  
**JVP Indi**

**SORTIR**

 Maria
 Abril

**CONTINUAR**