

Report from Inspira grassroots tennis coach seminar TC Lulin6, Sofia

25.06-28.06.2026

The training programme combined theoretical presentations, practical demonstrations, independent learning, and on-court coaching activities to introduce participants to the INSPIRA project, its objectives, and its inclusive coaching methodology and digital tools. An online presentation was delivered, followed by a guided registration session, during which participants successfully created their accounts and enrolled in the INSPIRA pilot programme using the mobile application.

Following the online session, participants attended a guided tour of the tennis club. The visit focused on presenting the available facilities and discussing practical opportunities for delivering inclusive tennis sessions for people with disabilities. Particular attention was given to accessibility, coaching organisation, and the adaptation of the training environment to meet the needs of participants with different abilities.

Participants were then given time to independently explore the INSPIRA application and familiarise themselves with its educational resources and coaching materials. The day concluded with an extended on-court practical session, during which the trainer demonstrated progressive teaching methods for introducing beginners to the fundamental tennis strokes. The practical activities also highlighted inclusive coaching techniques and adaptations that can be applied when working with players with diverse physical and cognitive abilities. Active participation, discussion, and reflection enabled the coaches to strengthen both their practical coaching skills and their understanding of inclusive coaching principles.



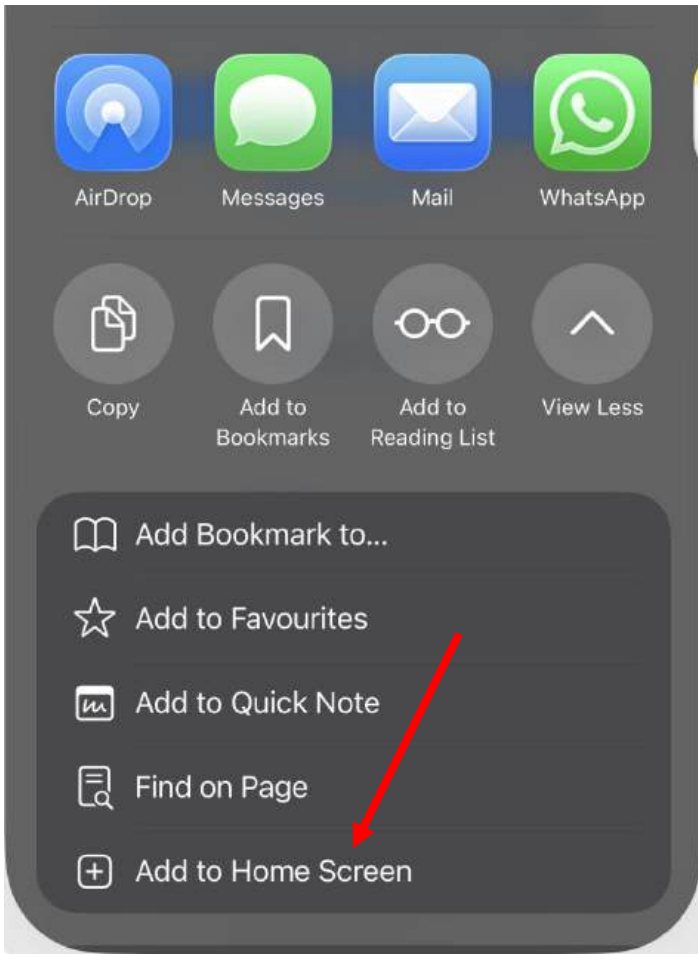
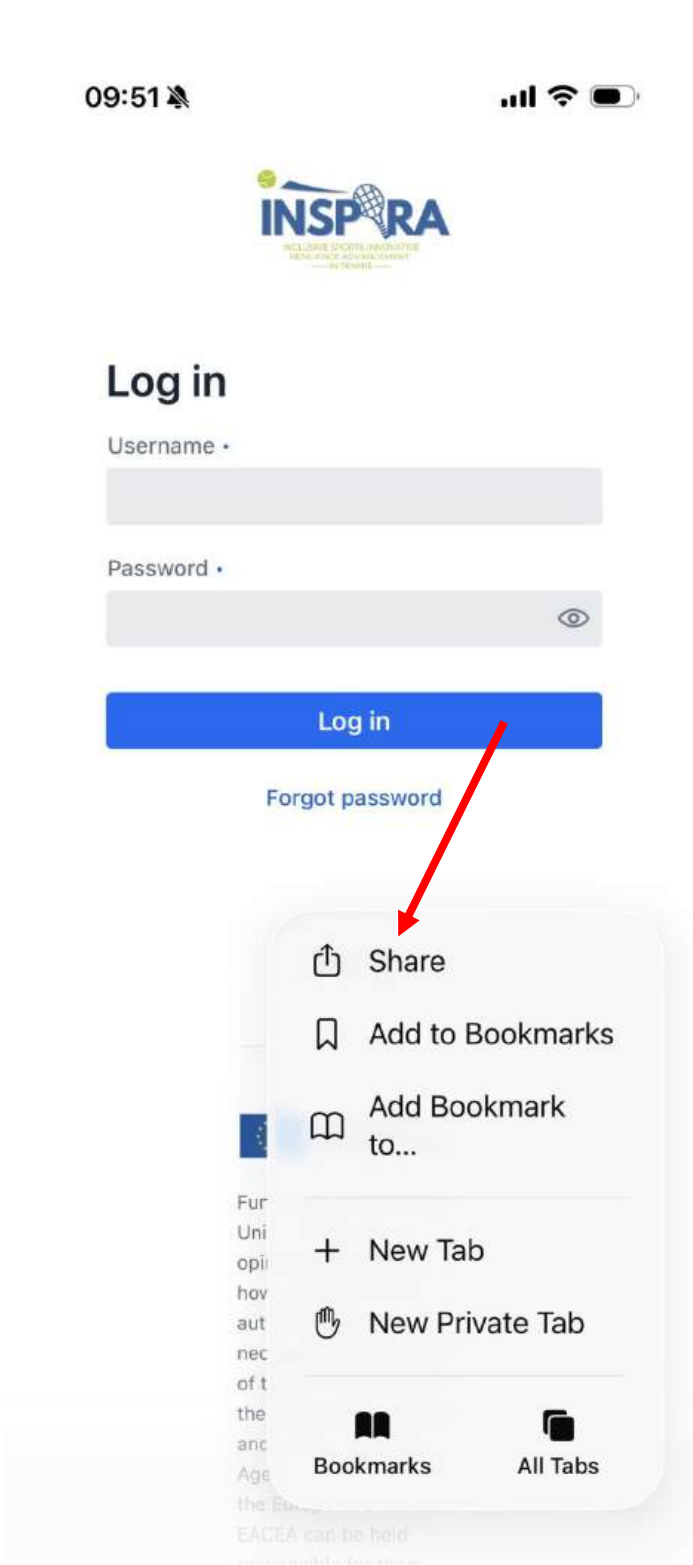
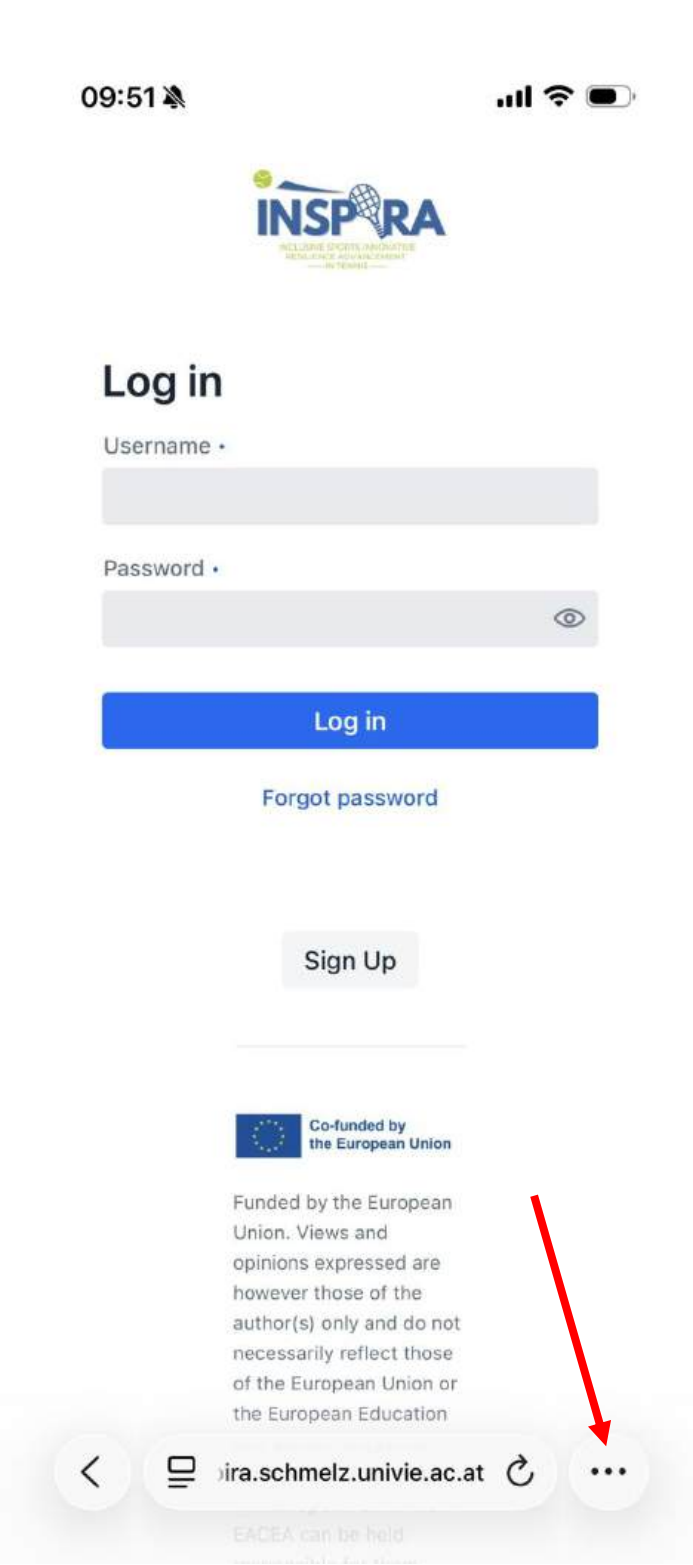
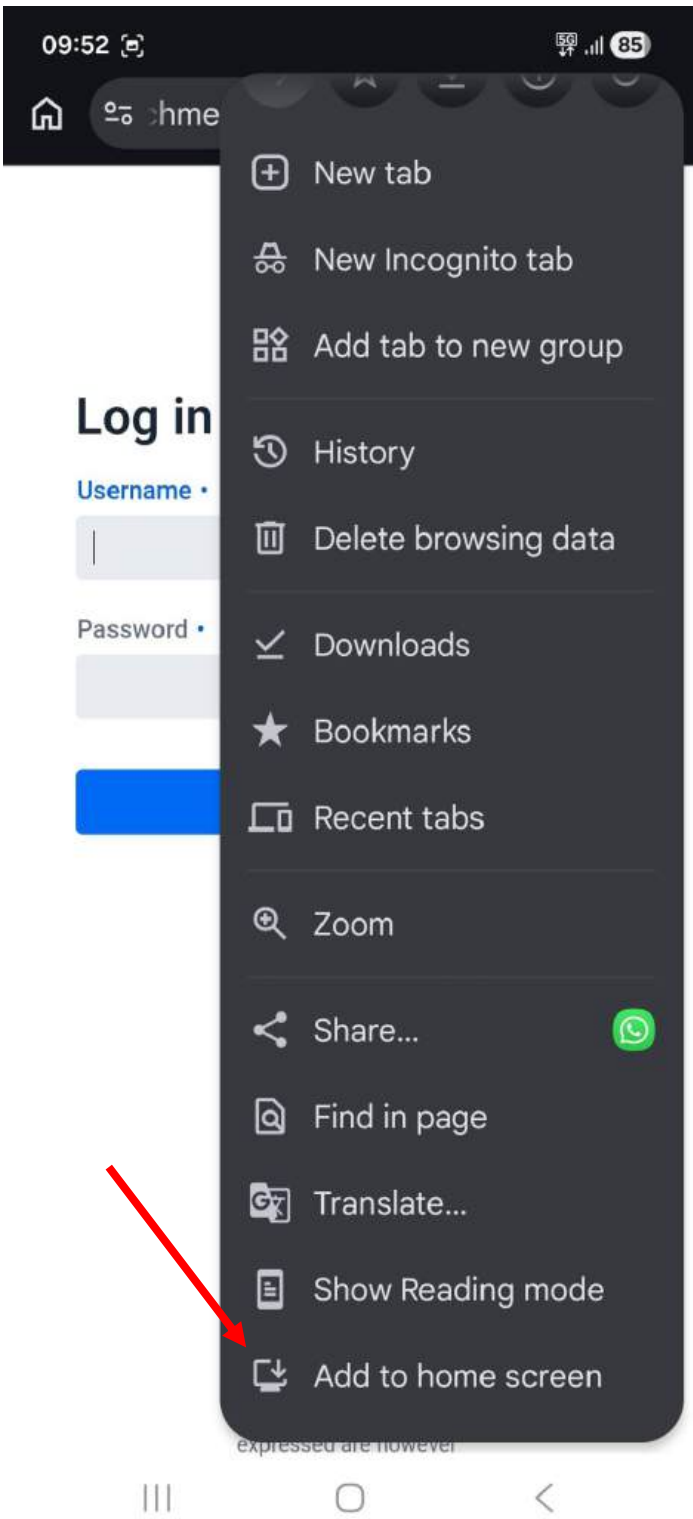
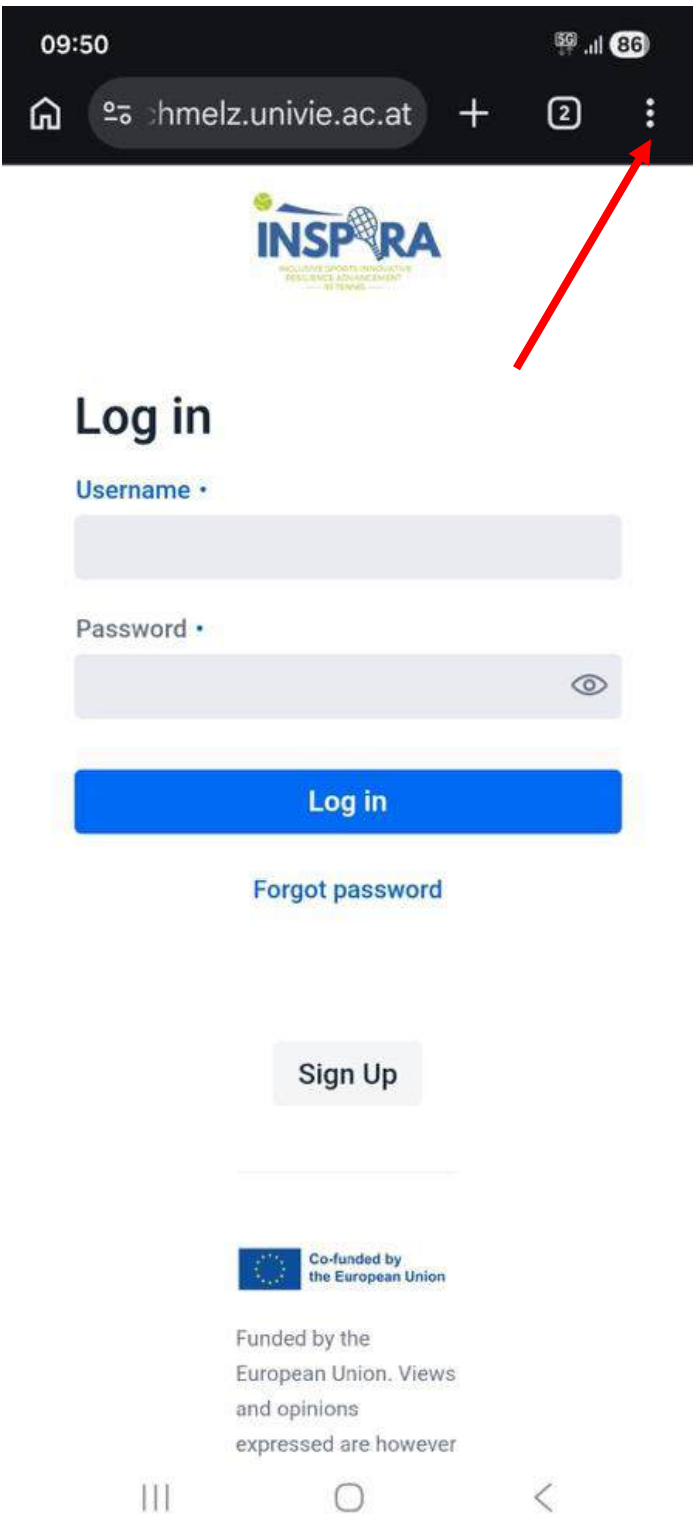
National Grassroots Coaches Seminars

PARTNERS



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Hands-on App Demonstration





Sign Up

Username (used for login) •

Email •

Confirm Email •

Password •

Confirm Password •



Roles •

ATHLETE x



☒ I want to receive email notifications (recommended)

Display Name (visible to other people) •

Date of Birth •



Gender •

Dominant hand •

Description •

How can other athletes contact you? •

Phone Number or Email •

How would you describe your tennis? (years are only for orientation) •

☐ I have special needs (e.g. I am in a wheelchair).

Sign me up!

Overview and Settings



INCLUSIVE SPORTS INNOVATIVE
RESILIENCE ADVANCEMENT
— IN TENNIS —

 Dashboard

 Ranking

 Match Recommend...

 Match Invitations

 Match Results

 FTaH Inspirations

 Court Booking

 All Clubs

 Message Feed

 Project Website



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Manage Settings

Push Notifications

Change Password

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<https://inspira-project.eu/>

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Dashboard - FORWARD

Welcome to the INSPIRA App "FORWARD". For more information and updates, visit the [Project Website](#) and follow us on [Facebook](#) and [Instagram](#).

Quick Actions

- Ranking
- Match Results

Module A - Coaches							
Family Tennis		Coaching Tennis			Health and Well-Being		
1 Introduction to FTaH	2 Family Challenges and Games	3 Coaching Tennis Technique	4 Warm-Up, Cool-Down, Strength & Conditioning	5 Communication in Coaching	6 Nutrition, Hydration	7 Mental Well-Being	8 Safety, Injury-Prevention
101 What is Family Tennis and Health? Tags: family, beginners, intermediate	201 Family tennis challenge 1 Tags: family, beginners, intermediate	301 Coaching children: service drill 1 Tags: children, beginners	401 Warming up with children Tags: children, all levels	501 Communicating tennis at different skill levels	601 Benefits of healthy nutrition	701 The mind-body connection	801 Foundations of safe sports
102 Benefits of tennis and physical activity in general	202 Family tennis challenge 2 Tags: family, intermediate, advanced	302 Coaching children: service drill 2 Tags: children, juniors, intermediate	402 Warm-up routine for children Tags: children, all levels	502 Communicating tennis to children Tags: children	602 Hydration during tennis	702 Stress management through tennis	802 Why warm-up and cool-down are important
103 Incorporating a healthy lifestyle into family routines	203 Family tennis challenge 3 Tags: family, all levels	303 Coaching children: forehand drill 1 Tags: children, beginners	403 Warming up with young adults Tags: juniors, all levels	503 Communicating tennis to young adults Tags: juniors	603 Optimal sports nutrition for young tennis players Tags: children	703 Boosting mood and confidence	803 Specific injury risks in tennis
	204 Tennis family game 1 Tags: family, beginners, intermediate	304 Coaching children: forehand drill 2 Tags: children, juniors, intermediate	404 Warm-up routine for young adults Tags: juniors, all levels	504 Communicating tennis to adults and seniors Tags: adults	604 Optimal sports nutrition in the developmental phase Tags: juniors	704 Building mental resilience	804 Proper equipment for all ages
	205 Tennis family game 2 Tags: family, intermediate, advanced	305 Coaching children: backhand drill 1 Tags: children, beginners	405 Warming up with adults Tags: adults, all levels	505 Building trust as a coach	605 Optimal nutrition for tennis athletes Tags: adults	705 Social connection through sport	805 Safe training loads dependant on age and fitness level
	206 Tennis family game 3 Tags: family, all levels	306 Coaching children: backhand drill 2 Tags: children, juniors, intermediate	406 Warm-up routine for adults Tags: adults, all levels	506 Coaching in a family setting		706 Creating healthy (family) routines with tennis	806 First Aid basics for coaches and parents
	207 Family bonding / trust exercise 1 Tags: family, all levels	307 Coaching children: forehand volley drill 1 Tags: children, beginners	407 Cool-down routine for children Tags: children, all levels			707 Role modeling healthy habits	807 Heat and weather awareness
	208 Family bonding / trust exercise 2 Tags: family, all levels	308 Coaching children: forehand volley drill 2 Tags: children, juniors, intermediate	408 Cool-down routine for young adults Tags: juniors, all levels				808 Long-term health and sustainable tennis habits
		309 Coaching children: backhand volley drill 2 Tags: children, beginners	409 Cool-down routine for adults Tags: adults, all levels				
		310 Coaching children: backhand volley drill 2 Tags: children, juniors, intermediate	410 Strength: Developing Shot Power Tags: juniors, adults, intermed., advanced				
		311 Coaching adults: service drill 1 Tags: juniors, adults, beginners	411 Strength: developing jump power 1				
		312 Coaching adults: service drill 2 Tags: juniors, adults, intermediate	412 Strength: developing jump power 2				
		313 Coaching adults: service drill 3 Tags: adults, advanced	413 Tennis-specific conditioning 1 Tags: juniors, adults, intermed., advanced				
		314 Coaching adults: forehand drill 1 Tags: juniors, adults, beginners	414 Tennis-specific conditioning 2 Tags: juniors, adults, intermed., advanced				
		315 Coaching adults: forehand drill 2 Tags: juniors, adults, intermediate	415 Speed: "Falling fruit" Tags: children, juniors, beginners, intermed.				
		316 Coaching adults: forehand drill 3 Tags: adults, advanced	416 Speed: "Star run" Tags: children, juniors, beginners, intermed.				
		317 Coaching adults: backhand drill 1 Tags: juniors, adults, beginners	417 Speed: "Reaction sprint"				
		318 Coaching adults: backhand drill 2 Tags: juniors, adults, intermediate	418 Speed: "Baseline agility sprint"				
		319 Coaching adults: backhand drill 3 Tags: adults, advanced	419 Speed: "Stop-dash" Tags: juniors, adults, intermed., advanced				
		320 Coaching adults: volley drill 1 Tags: juniors, adults, beginners					
		321 Coaching adults: volley drill 2 Tags: juniors, adults, intermediate					
		322 Coaching adults: volley drill 3 Tags: adults, advanced					

Family Tennis & Health

| What is Family Tennis & Health

Social Sport Spaces

FTaH is an EU co-funded initiative under the INSPIRA project. It recognizes that tennis clubs are not just for competitions, but are key spaces to improve community health.

A Holistic Approach

By moving past performance-only coaching, FTaH integrates fitness with fun, social connections, and active community inclusion.

| Three Core Target Groups

1. Coaches

Developing coaches into wellness leaders who create happy, welcoming, and safe group dynamics.

2. Managers

Providing strategic toolkits to easily transform local clubs into accessible health centers.

3. Players

Empowering local families and recreational players with fun, lifetime tennis pathways.

| The Tennis & Well-Being Coordinator

Health First Coaching

Putting physical well-being, fun, and healthy habits at the center of daily practice.

Living Role Models

Leading by example to show how sport balances mental and physical life.

Inclusive Atmosphere

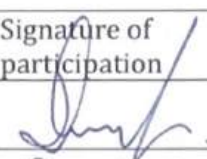
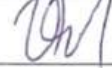
Fostering supportive groups where every player, regardless of level, feels valued.

Leadership Alignment

Cooperating with club management to match fun activities with healthy goals.

Questions?

List of participants / Coach sports clubs seminar

Title of Project:	INSPIRA		
Event Title:	Coach sports clubs seminar		
Date and Place:	24.06.-27.06.2026		
Leading organisation:	Lulin6 Sofia		
Nr.	Family name, first name	City	Signature of participation
1	Daniel Koychev	Sofia	
2	Vasil Dimitrov	Sofia	
3	Mirela Shkumbova	Sofia	
4	Georgi Emanuilow	Sofia	
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