

**BIP**

ERASMUS+ BLENDED INTENSIVE  
PROGRAMME (BIP) PROPOSAL

**INTEGRATING  
SPORT GAMES  
INTO TRAINING**

**5 - 9 MAY 2025**

*Project Number: 2024-1-LT01-KA131-HED-000204219-1*



Funded by the  
European Union

# BIP Integrating Sport Games into Training

## Dates

- **Online Sessions:**  
From 3 March to 28 April 2025
- **Intensive Week (in person):**  
5-9 May 2025

## Partners

- Lithuanian Sports University, Lithuania
- University of Rome “Foro Italico”, Italy
- Technical University of Madrid, Spain
- University of Valencia, Spain
- Józef Piłsudski University of Physical Education in Warsaw, Poland

# BIP Integrating Sport Games into Training

## Participants

- **Min 20 students**
  - **Max 40 students**
- 5-8 students from each partner institution*

## Credits

- **3 ECTS**

## Study Cycle

- Bachelor's students (EQF 6)
- Master's students (EQF 7)

## Study Field

- Sports (ISCED 1014)

# Aim of the BIP

- The BIP course “**Integrating Sport Games into Training**” is a comprehensive educational initiative designed to explore the theoretical foundations and practical applications of using sport games as an effective training tool.
- This course is designed to provide a deep dive into the innovative use of sport games as an integral part of training regimens.
- Throughout this program, you will gain theoretical insights and practical skills necessary to effectively incorporate sport games into various training contexts.

# BIP Course Timeframe

<b>DATE</b>	<b>ACTIVITY</b>	<b>Partner University</b>
<b>3-7 March 2025</b>	<b>Online Session 1 (MS Teams)</b>	<b>Partner 1</b>
<b>10-14 March 2025</b>	<b>Online Session 2 (MS Teams)</b>	<b>Partner 2</b>
<b>17-21 March 2025</b>	<b>Online Session 3 (MS Teams)</b>	<b>Partner 3</b>
<b>31 March – 4 April 2025</b>	<b>Online Session 4 (MS Teams)</b>	<b>Partner 4</b>
<b>7-11 April 2025</b>	<b>Online Session 5 (MS Teams)</b>	<b>Partner 5</b>
<b>5-9 May 2025</b>	<b>Intensive Week in Kaunas</b>	<b>All Partners</b>

# BIP Teaching Topics

	Topics for lectures (online)	Sub-topics	Topics for practical exercises ( in Kaunas)
1	<b>Integration of Sport Games into Training Plans</b>	<ul style="list-style-type: none"> <li>• Importance of sport games in training;</li> <li>• Training planning;</li> <li>• Setting objectives;</li> <li>• Selecting appropriate games;</li> <li>• Practical examples.</li> </ul>	<b>Small-Sided Games for Tactical Development</b>
2	<b>Cognitive Skill Development Through Sports Games</b>	<ul style="list-style-type: none"> <li>• Cognitive skills and their types;</li> <li>• Sports games as a tool for cognitive development;</li> <li>• Specific examples from sports games (Football and tactical thinking; Tennis and coordination and etc.);</li> <li>• The Impact of sports games on children's cognitive development;</li> <li>• Scientific research on sports and cognitive development;</li> <li>• Technology and sports games.</li> </ul>	<b>Decision-Making Drills with Limited Time</b>

# BIP Teaching Topics

	<b>Topics for lectures (online)</b>	<b>Sub-topics</b>	<b>Topics for practical exercises ( in Kaunas)</b>
3	<b>Incorporating Physical Conditioning into Game-Based Training</b>	<ul style="list-style-type: none"> <li>• The importance of physical conditioning in game-based training;</li> <li>• Integration of physical conditioning with skill development;</li> <li>• Types of conditioning in game-based training;</li> <li>• Benefits of game-based training with conditioning;</li> <li>• Examples of game-based conditioning in different sports;</li> <li>• Monitoring and feedback.</li> </ul>	<b>Game-Based Conditioning Drills</b>
4	<b>Cognitive Benefits of Sports Games in Training</b>	<ul style="list-style-type: none"> <li>• Improved decision-making;</li> <li>• Enhanced focus and concentration;</li> <li>• Problem-solving and critical thinking;</li> <li>• Strategic thinking and planning;</li> <li>• Memory and learning;</li> <li>• Faster reaction time.</li> </ul>	<b>Situational Awareness Games</b>
5	<b>Motivation and Engagement through Game-Based Learning</b>	<ul style="list-style-type: none"> <li>• Engagement through interactivity;</li> <li>• Social learning and collaboration;</li> <li>• Personalized learning experience;</li> <li>• Practical application and problem solving;</li> <li>• Different learning styles.</li> </ul>	<b>Non-Traditional Tools and Games</b>



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