



# “SUPPORTING THE DEVELOPMENT OF YOUNG PEOPLE BY TENNIS SPORT AND CAREER ORIENTED APPROACH”

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## PREFACE

Our country is making a rapid progress in sports, especially tennis, as in every field. As the Turkish Tennis Federation, we deliver these services to every individual of our country in our own areas of responsibility, with the principle of delivering these services in a healthy and reliable way.

Since the day we opened a new page in our work in 2019 and started to be involved in European Union projects, we have expanded many of our activities in this field as well, enabling our young people to meet the sport of tennis and we continue to do so. As the name suggests, our "Support and Career-Focused Approach to the Development of Youth with Tennis", which includes this booklet, is one of the important missions of our Federation. While giving importance to the tennis journey of young people, we also gave special importance to the concept of dual career, which the European Union also attaches great importance to, and we signed this project and started to reach its products.

Thanks to our project, we enabled many of our young people to meet tennis and participate in tournaments, and through our project activities, we had the chance to convey to our professional youth the career opportunities of our Ministry of Youth and Sports, the Turkish National Agency and even many valuable institutions and organizations of our country.

In this booklet, we have shared the results of the analyzes that have been made for about 2 years on what is effective in the selection of athletes, and what psychological factors can cause in our project, which took place in a difficult time like Covid. It is certain that the valuable results mentioned in the document will open new horizons for our studies.

On this occasion, I'd like to take this opportunity to share my deepest thank to **Mr. Dr. Mehmet Muharrem KASAPOĞLU** Minister of Youth and Sports and all the staff of Ministry of Youth and Sports, to **Mr. Faruk KAYMAKCI** Ambassador, Deputy Minister of Foreign Affairs and Director for EU Affairs, to **Mr. İlker ASTARCI**, President of the Turkish National Agency, to **Yunus DUMAN, Bilal BALCI** and **Arzu ÇETİN**, our project experts from various periods who have shared their support since the first stage of the project funding, to **Dr. Lect. Ziya KORUÇ** from Hacettepe University Faculty of Sport Sciences, Department of Exercise and Sport Sciences, Exercise and Sport Psychology and all our project partners.

**Cengiz DURMUŞ**  
**President – Turkish Tennis Federation**





## INTRODUCTON

In this report, the infrastructure systems and works of football, basketball, volleyball and tennis sports, which are popular in the world and in our country, were examined and the question of how an athlete / player was raised on these issues was answered.

It was touched on how the infrastructure systems of the football, basketball, volleyball and tennis sports branches are in our country and in the world and what kind of differences exist between systems.

According to the researches, we see that an athlete / player interested in football, basketball, volleyball and tennis goes through similar stages. Although the infrastructure system also includes differences, it is basically similar in terms of branches. If we explain this a little bit; Of course, when examined in structural terms, basketball, football, volleyball and tennis have different sports branches and their own playing styles, but when looking at the infrastructure modeling, technical training, physical and psychological development, determination of players with various selections, etc. the processes are similar.





In summary, the study carried out includes how the infrastructure systems of the mentioned sports branches are, what stages the selected athlete / player is faced with and the stages she is in.





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## Football Sports Infrastructure System and Works



Our study includes the infrastructure unit and studies of football sports in our country and in the world.

### The Concept of Infrastructure

In team sports, the system applied in order to bring new athletes to the 1st team or the professional team is the infrastructure system. Athletes in lower age groups who take part in training and competitions are in the 1st team according to their abilities and potential.

### Infrastructure Concept and Football Player Training in Football

The infrastructure system in football is the system in which the competing team is superior to young players aged 12 and over. In order to form these teams, young football players who are trained with basic football training, correct training and movement methods are needed. The primary goal of all football clubs with amateur or professional status is to train young football players and to provide correct football training will be a positive step for both teams and young people.

Today, there are common values accepted worldwide in raising young football players. The correct principles in player development and training are well known. It is thought that the implementation and elaboration of these principles by the clubs will bring success. For young football player candidates, the training and the process of getting to the junior team during his time in the youth team are of great importance. When this process is evaluated well for both the club and the football player, success can be achieved in creating value. World-class clubs attach importance to infrastructure for economic reasons and for the purpose of raising footballers who will contribute to the club.





Football sport, which is common in our country all over the world, is very popular with other sports. In addition, when the current situation is examined, it is striking that football is an industrialized sector rather than a sport. Considering the serious popularity of football and its success rates, although our country has achieved serious successes, when evaluated academically, there is not much progress in the realization of these successes again.

If we make a short statement based on a 10-year period from today, it is seen that she could not participate in the World Cups in 2014, 2018, and the European Championships in 2012 and 2014.

To summarize from these data, when we investigate why there is no serious progress despite being a country with potential for success in football, one of the biggest reasons for the results is the lack of infrastructure.

When these problems are examined in more detail, among the reasons for not being able to train players in the infrastructure in our country;

- In general, the contribution of the technical team to the infrastructure remains at a more hobby level (mostly seen as a tool to move to the upper league)
- Establishment, insufficient facilities
- In general, the players in the infrastructure do not pay much attention to their academic education
- Communication at the point of the technical team-actor's family is not enough







- There are situations where talented players are not adequately followed by the club and the technical team.

- Kinship-friendship relations are more prominent than talent at the point of casting.

Various workshops, researches and studies were conducted to find solutions to these problems.

There are also neighborhood clubs, some of which we can evaluate professionally, in another subject that needs to be addressed for football infrastructure works in our country. It is a known fact that these clubs, which continue their work locally, are the first step in training talented players, but it is seen that they have not made much progress due to the stated situations such as insufficient support and lack of facilities.

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In our country, they are skipped in discovering the young talents of the teams playing in the top leagues and from time to time in newcomers.





In the matter of training the athletes, the generally followed path is achieved by providing the following supports. These supports;

- Correct training programs prepared by the infrastructure technical team
- Training programs prepared to increase the individual fitness of athletes
- Nutrition monitoring and support
- Psychologist support in some clubs - physiotherapist support
- Tournaments and communication support for athletes to reach the upper league.

In summary, meeting the physiological, psychological and even social needs of the athletes and preparing the athletes for the field with strict training programs is seen as the support of the infrastructure technical team and clubs. In addition, local representatives of local government mechanisms and relevant ministries have support such as providing sports courses, facilities and providing trainers.



Altınordu Football Club, which we can cite as a special example, shows its difference from other infrastructure with its policy to train athletes. They define themselves as a school





to train football players. After the selection of the athlete to be trained, the athlete leaves the family and is taken to their own facilities. While basic sports and football training is provided in these facilities, it is also offered for the use of athletes in various social areas and it is ensured that they learn vital and social values. From the age of 5, children are provided with in-field training such as speed, endurance, strength, adaptability and quickness, which are the universal values of football, as well as personality development training such as cooperation, sharing and team awareness.

Apart from these, another distinctive feature of Altınordu Football Club is that it has an exemplary agricultural area and fattening roof in its facilities. There are areas where trained athletes spend several hours in sports and football training to learn basic life skills and naturally cook their own meals.

While Altınordu Football School appears as a different example, we see that many of the football players it trained successfully took part in national teams and abroad.





When we come to the examples of the world, we see that the infrastructure system in Europe generally progresses efficiently. We can base the success of high-level leagues such as Eurolog, Premier League and Bundesliga on the good progress of their infrastructure systems.

If we proceed with examples, Clariefonteine, located in France, is one of the 9 elite football academies of the French Football Federation. Each region's own academy discovers talented children and provides training within the academy. In this training center, which also has the opportunity to accommodate, athletes are provided with technical training and increase their personal development.

As another example, almost every club has its own academy in England, which is considered to be the "cradle of football." Especially, it is important to bring the athletes trained in The Academy Liverpool to the country's football and learn football for this purpose. When we look at the Premier League, we can see many graduates of The Academy Liverpool playing in different teams. Another aim of The Academy Liverpool, which provides training in 3 stages, is to train coaches.

If we talk about La-Masia, it is one of the infrastructure training centers that raise stars for world football. Apart from the technical sports and football training that the athletes receive, another striking situation is that the trained athletes cannot dye their hair, do not have tattoos, and do not wear earrings. -Masia is where they carry the motto of 'more than a club' for Barcelona. Another point that should be emphasized for the Barcelona infrastructure is that their player selection skills are strong. Another point to be mentioned is that unlike other clubs, the infrastructure in Barcelona shapes the A team.



Finally, if we talk about the example of Germany; What should be said for the German sports and infrastructure model; Ensuring that all interested and willing children receive education in the sports branch they want, according to the understanding of "social approach model". The first goal nationally in Germany is to ensure that all children in the country meet with sports. Schools, on the other hand, are generally carried out within the framework of

physical education activities aimed at healthy development, including athletics, gymnastics, swimming and games, divided into day-time periods.



Another point that should be mentioned for Germany is that they have developed an integration project involving the talented children of immigrant families in the country. Apart from that, by opening numerous facilities in different parts of the country, about 15 thousand candidates in the 8-14 age group have been talented. He was trained to both play in different



positions and actively play with both feet. One of the important points of the German infrastructure system is that it is designed to ensure that athletes can



professionalize in a single position, as well as play competently in different positions.

In summary, in the above text, the answer to the question of how sportsmen can be raised in the infrastructure and infrastructure of football in our country and around the world is sought.



## Basketball Sports Infrastructure System and Works



Our study includes the infrastructure system and studies of basketball sports in our country and in the world.

### The Concept of Infrastructure

In team sports, the system applied in order to bring new athletes to the 1st team or the professional team is the infrastructure system. Athletes in lower age groups who take part in training and competitions are in the 1st team according to their abilities and potential.

## The Concept of Infrastructure in Basketball and Basketball in Our Country

The logic of the infrastructure issue in the basketball branch is the same as in all other branches introduced to the sports industry. By discovering children and young people that we can call as talented, and later with relevant trainings, to give them an athlete identity, to ensure that they grow up as successful athletes and play in the upper leagues.

In our country, after football, the most followed branch of the sector is basketball. However, although the subject of interest is a sport branch, it has not been adopted as much as football in terms of training and games. We can say that this sport, which is thought to be played by individuals who are physically taller and which has been called "college sport" until today, has gradually changed their perceptions and started to be adopted by today's youth.

Basketball sport requires a certain specific training, physical performance and condition, as in all other branches. In our country, we see the work of many top league teams under the name of sports school. For some teams, these sports schools are just summer schools, although there are entities with commercial concerns, there are organizations where

basic training is given to train players and athletes are trained from an early age.







In our country, especially basketball sports, the names of the teams such as Bahçeşehir College Sports Club, Fenerbahçe Sports Club, Anadolu Efes Sports Club, Darüşşafaka Sports Club have been heard. When the infrastructure systems of these clubs are examined, the sports clubs that have a mission in their own way, in line with this mission, raise players from childhood and are good. they have a technical and administrative staff. In our country, players in almost every branch, first of all, play in a school team, a local municipality or neighborhood team, thanks to their coaches or through the auditions they participate in, they find the opportunity to show themselves to people from the upper leagues and are transferred to more professional clubs. and earns players for infrastructure.

If we take the subject with a more specific example, even though Bahçeşehir Sports Club was established as an Istanbul-based club, it has created a strong infrastructure system throughout the country thanks to its own schools. A nationwide awareness of responsibility has been developed, it has adopted the mission of raising the basketball stars of the future by keeping young people with all the skills required by the 21st century away from bad habits, and bringing sports, sports-loving, self-confident and responsible athletes to the society. It also trains athletes besides young people who are trained within its own organization. In addition, a sports school was established in 6 different cities of the country to continue infrastructure studies. Young athletes between the ages of 10-18 are trained in Bahçeşehir Sports Club.

The difference between Fenerbahçe Sports Club's infrastructure works is that it brings A team athletes and infrastructure athletes together in training camps and provides the chance



to train together. It stands out as a different method for the current A team players to share their experiences and knowledge with young players trained in the infrastructure.

If we examine the examples from abroad for the basketball branch, the United States of America emerges as the most important example. The USA is a country that has achieved great success in basketball sports. The reasons for having such a successful graphic in basketball



are undoubtedly the players who were trained at an early age with the right method. The NBA and Chicago Bulls teams are known around the world and can perhaps be called the hit point of basketball.

If we talk about how the players are included in the infrastructure system and are trained, we will definitely have to mention the American Basketball Player Development Curriculum. This method, which was developed as a 7-stage process, covers the sports life of the individual from the period of 0-6 years to the age of 17 and over. The 0-6 age range is seen as an active beginner, and it is to ensure that the individual takes an active place in a safe and fun environment from infancy and that basic movement skills are developed. Subsequently, it should be ensured that the individual between the ages of 6-9 learns basic level movements, learns general motor skills, is interested in basketball once or twice a week, and is interested in different sports branches. In the 4th stage, the individual learns how to train and this discipline, and in the 4th stage, the advanced training program is applied and it

is aimed to develop the basketball skills of the individual in the right direction and to develop the basic-specific basketball movements. Studies are carried out to improve teamwork. 6. In the 7th and 7th stages, maximizing the performance of the individual is seen as ensuring the sustainability of basketball life.

Another issue that should be mentioned abroad about basketball is that as a young player, he can get education at the school where he is included and earn a scholarship. So school education can be shaped by a basketball career.

In summary; When it comes to the question of how an individual is raised in the basketball branch, we see that the basic movements specific to basketball are taught, developed and practiced, as well as training that will provide fitness-physical performance for the athlete, and at the same time, the academic education life of the athlete is shaped to be adapted to this process.





## Volleyball Sports Infrastructure System and Works



Our study includes the infrastructure system and studies of volleyball sports in our country and in the world.

### The Concept of Infrastructure

In team sports, the system applied in order to bring new athletes to the 1st team or the professional team is the infrastructure system. Athletes in lower age groups who take part in training and competitions are in the 1st team according to their abilities and potential.



## Volleyball Sport and Infrastructure

Volleyball sport is accepted all over the world and although it is in the shadow of the football branch, it is one of the most popular branches, especially among young people in middle school and high school. In addition, it is seen as a sport that women played intensely and with interest, especially in the past years.

When we examine the infrastructure system of volleyball in our country and around the world, there are situations that are similar to all other branches. There are similarities in



specific training, sports discipline, ways of promoting between teams and leagues, briefly the process of training an athlete. Of course, there are different training processes and leagues for the volleyball branch.



The process of an individual who is interested in the volleyball branch and who is in the cadres we call infrastructure is not much different from other sports branches. A talented child should be included in the school team - the neighborhood team, guided by a teacher-coach and placed in a team that can be a substructure, and then he They complete this process by taking various trainings on applying strengthening trainings, gaining sports discipline, studies to increase physical and mental performance, and being a team-group player.

In addition, there are studies for the prospective training of individuals who are interested in this sport starting from childhood through auditions held at various times of the year, summer schools.

In our country, some sports clubs are at the forefront with both the championships they have won and their infrastructure works in volleyball. Among these, we can give examples of the National Team, Eczacıbaşı Sports Club, ES Sports Club, Fenerbahçe Sports Club and Vakıfbank Sports Club. When the work and infrastructure systems of these clubs are examined, we see that the vision they adopt is not only about achieving success on the field but also spreading and adopting volleyball.

Our country Turkey Volleyball Federation in the context of the dissemination and strengthening of the infrastructure of volleyball has prepared outlined in the 2024 Strategy document. To increase the visibility of the infrastructure teams and their work, to provide support, to actively participate in written-visual and social media, to integrate with upper league teams, to provide diversity within the scope of trainings and events, and to provide



synergy at this point. and issues related to promoting Turkey Volleyball Federation is located in the Strategy 2024 document.



The support of local dynamics is also important in this regard. It is extremely important in the development of the policy infrastructure system that will be monitored with state-sponsored and clubs and sponsors. If we refer to a study done; With the 'Slam Dunk to the Future' project initiated by Eczacıbaşı Sports Club and Es Sports club, it is aimed to instill sports culture, spirit and discipline in many girls, while at the same time a solid foundation is laid in order to discover young talents and provide a good volleyball training to the stars of the future. This project was also welcomed by the European Volleyball Confederation. Concordant with its purpose, it has contributed to many young girls meeting volleyball and discovering them as a qualified player for infrastructures.



In addition, the Volleyball Federation of Turkey 'Volleyball Factory Project' youth infrastructure for selecting and cultivating, the sub-structure studies are conducted to remove the top league.

To summarize, the training process of a volleyball player in our country;

- Discovering and strengthening basic volleyball skills in school-neighborhood teams
- Coaches or various affiliations, taking part in the infrastructure teams on the occasion of auditions
- Specific trainings to be included in the training system of the youth team and to develop basic volleyball movements and positions
- Gaining sports discipline-follow-up in terms of physiological development (such as nutrition and performance training to maintain performance)
- Planning academic education in line with this process
- Experience support from the upper leagues is completed by passing the stages such as seminars and trainings on various subjects.







When we compare our country with the world in general, we can say that a positive graphic is drawn. Apart from the victories of our teams, we can say that the fact that many of the players in the World Olympics played in the Turkish Leagues also contributed to this success.

When the volleyball teams around the world are examined, while our country is in the top five in women in the ranking made according to FIVB (International Volleyball Federation) data, unfortunately our men's team has not shown the same success. Apart from this, countries such as China, America and Italy have shown a successful graphic in women. When the infrastructure system is examined in these countries, we see that there is basic volleyball education along with physical education lessons and that talented individuals are trained in a disciplined manner in the volleyball branch.



Finally, we can say that the volleyball infrastructure models of other countries in the world basically show similarities.



## Tennis Sports Infrastructure System and Works



Our study includes the infrastructure system and studies of tennis sports in our country and in the world.

### The Concept of Infrastructure

The concept of infrastructure can be regarded as a school to train athletes in the sports community in a basic sense, the place where athletes develop and take the first step in the field of sports. can be evaluated as tournaments. The athletes who succeed here have the



chance to compete in the upper tournaments. The infrastructure should be considered as the basic step.

### **Tennis Sports and Infrastructure System - Studies in Our Country**

Tennis, which is known all over the world with Wimbledon tournaments, is a sport where fitness, coordination and concentration are extremely important. No success in this sport branch, which works almost all the muscles in the body at the same time, is not achieved by chance, on the contrary, tennis requires a self-disciplined work, effort, predisposition and stability that stretches over many years. Since tennis is a sport that requires its own special field (court) and equipment, unfortunately it cannot be played between the neighborhoods, school gardens or any empty land.

Therefore, infrastructure schools are extremely important in the development and maintenance of tennis sport.





Nowadays, the interest in tennis sport has started to increase in our country. With the increasing interest and knowledge in tennis, the increasing support for tennis sports and its infrastructure has increased. Youth and Sports Ministry, Turkey Tennis Federation made several plants in different cities by encouraging and tennis activities are carried out.

If we give an example to the construction of these facilities and activities that directly affect the strengthening of the infrastructure; Turkey Tennis Federation (TTF) by 'Tennis Start Program for children: the Future' project with tennis, 'Stay Healthy With tennis' project and the 'Workshop' project discovery of with tennis, popularization of tennis, aimed to educate people about tennis. Therefore, it has been a positive gain for our country's tennis infrastructure.

However, in order to strengthen the infrastructure of tennis Turkey Tennis Federation Tennis Participation Strategies in the document 'Athlete Talent Detection' as mentioned programs, the country Competitions Players Discovery for the discovery of promising players

in general will be held. Within the scope of these competitions, coaches determined by the federation will visit the districts and determine the talented players. Financial and moral support will be provided to these players and the players will be placed in appropriate tennis clubs, thus helping them to progress in their sports career. At the same time, these players will

be provided with scholarships and tennis equipment.

Compared to other branches, tennis sport has not attracted much attention due to the public perception of



tennis, the lack of a game that can be played when there is an empty field such as football, volleyball and basketball, and not being included in basic school education. Consequently, infrastructure systems are still in the development period in our country. The awareness provided for tennis so far has been instrumental in the allocation of a place to tennis in the sports policy followed by our country. Increasing number of facilities, incentives, inclusion of tennis in the curriculum of tennis, tennis being among the various sports courses of local governments contribute to the development of tennis sport.



If we answer the question of what stages an individual follows in tennis, the process usually proceeds as follows. There is an activity where he can discover tennis where he is located, such as a course he can experience, a sports school, a course he studied. In addition, there are sports schools specifically for clubs, where each club has definitely started tennis to train young athletes. Among the athletes registered in these sports schools, the families of the athletes determined among the stable, willing and relatively more talented ones are interviewed and discussions are made about the inclusion of them and how the process works, and if the athlete's family is also willing in this regard, the athlete is licensed and he is now to enter the tournaments. is ready. Turkey Tennis Federation First Steps age group after the atılır.dah in the organized 8-9-10 years tournament tournament continues and a Tennis Europe tournaments and athlete's age grows begins playing in the ITF tournament in professional tournaments.

In general, because of the perception that academic education and professional athlete life cannot run parallel to each other, sports have to assume a supportive role in education. Unfortunately, there is a similar situation in terms of tennis sports.

When we look at the infrastructure of tennis sports, we see that some sports clubs also play an active role. We can give examples of clubs such as Enka Sports Club, Istanbul Tennis Academy, TED, which is the tennis club of the Turkish Education Association, and Kültürpark Tennis Club. When the studies of these clubs are examined, we can say that athletes are trained on basic tennis training, performance and condition development, team play and competition processes. It should also be noted that these teams have trained players for the national team and achieved success in both national and international tournaments.





If we briefly summarize the situation in our country, we see that investments are made in tennis sports and that it is met by the state, as well as clubs and federations. This sport, which started to see, will gain a successful momentum in the coming years.

When we look abroad in terms of tennis sports, it is possible to say that the foundation of this sport has been laid much earlier and that the infrastructure system is more established than ours. In addition, it is seen that they have received a good infrastructure education when the stories of their names who have won championships in various world-famous tournaments are examined. The infrastructure method developed in Germany, England and various European countries shows similarities. There are stages such as basic tennis knowledge training and practices for these skills to gain practicality, fitness and performance development. Specifically, of course, the specific work done by the clubs at the point of training a young athlete and the trainings given in line with their own missions and visions differ. Tennis infrastructure abroad develops at the academic level. There are various tennis academies-schools where many athletes who make their name known are trained.





Finally, to summarize briefly; While tennis sport and its infrastructure have developed and gained a successful momentum in our country, it has already been adopted and progressed in many

European countries. Therefore, the fact that the infrastructure system is well-established and its good functioning in the context of athlete-trainer-club is a factor that directly affects the success.

In addition, interviews were held with Pamukkale University Faculty of Sports Sciences Faculty Members and Denizli Metropolitan Municipality Youth and Sports Branch Directorate. In addition, interviews were made with young people playing in the football, volleyball and basketball teams of sports clubs in the local sense and the collected data and contributions were used in the report.

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