



Nederland

Analytical description of the cases

Inhoud

Case 1 Den Haag – Sporttuin Duindorp	2
Case 2 's-Hertogenbosch – Citytrainers	4
Case 3 Gorinchem – Bewegecoach Zorg	6
Case 4 Zwolle – Sportstrijders	8
Case 5 Schiedam – YETS	10
Case 6 Rotterdam – Urban Sports Agenda	12

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Case 1 Den Haag – Sporttuin Duindorp

Country: Netherlands

City: Den Haag

Name of project / programme: Sporttuin Duindorp

Analytical description:

1. Broad notion of sport

Although the initiative is called a Sporttuin (Sports Garden), its notion of sport extends far beyond traditional organised or competitive sport. The focus is on movement and activity in a broad sense, ranging from structured sports like football and basketball to informal play, fitness, and simple motor activities. The aim is not only to promote sporting skills but also to foster physical literacy, social development, and preventive health. Movement is integrated into daily life as a tool for building self-confidence, healthy lifestyles, and stronger social ties in the neighbourhood.

2. Socio-spacial orientation

Sporttuin Duindorp is deeply rooted in the neighbourhood. Located on a former schoolyard in the middle of Duindorp, it is easily accessible for local children and families. Neighbourhood sports coaches, many from the community themselves, play a central role. They are paid professionals but also act as role models and connectors. Parents, volunteers, and local schools are actively engaged, ensuring the Sporttuin functions both as a sports facility and as a community hub.

3. Cross-sectorality / intra-sectorality

From the start, the project bridged multiple sectors: sport, education, youth work, and welfare. Schools and social organisations co-develop activities, while sport clubs act as partners for transition pathways into organised sport. The municipality of The Hague secures the institutional backbone through policy and funding. Over time, cooperation expanded to regional partners focusing on health, urban development, and prevention.

4. Change of role (referring to the sport club(s))

Sport clubs play a supportive rather than central role. They open pathways for children who want to join formal sport but are not the driving force. In this sense, clubs partly shift towards a social role, yet their participation is limited to outreach and talent development. The Sporttuin itself acts as the main social and sporting actor.

5. Professionalisation

Professionalisation occurred on several fronts. Local sports coaches were trained in pedagogical skills, youth engagement, and health promotion. The initiative also developed stronger fundraising capacity, securing municipal and regional funding. The introduction of



the Skills Garden (2022) illustrates adaptation and innovation to remain attractive and relevant for funders and residents alike.

6. Role of engaged individual(s) – “the people on fire” / “Ildsjel”

Neighbourhood coaches and local initiators were crucial “people on fire”. Their local trust and energy gave the Sporttuin legitimacy. Over time, professional contracts and municipal embedding reduced reliance on single individuals, but personal dedication remains key for sustainability.

7. Path dependency and change

The Sporttuin built on earlier experiments with neighbourhood sport in The Hague. The national debate on physical inactivity and youth health, along with local concerns about lack of safe play areas, created a window of opportunity. Later focusing events included the rise of the *Skills Garden* concept (2022) and the increasing policy emphasis on prevention.

8. Representation and co-ownership

During development, professionals (schools, youth workers) voiced the needs of the neighbourhood. In implementation, co-ownership grew: parents, local youth, and volunteers became involved in programming. Coaches from the community embody this shared ownership, ensuring continuity.

9. Funding

Funding is primarily municipal, supplemented by regional/national sport and health subsidies. While part of the money comes from sport budgets, much is connected to prevention, youth policy, and urban development.



Case 2 's-Hertogenbosch – Citytrainers

Country: Netherlands

City: 's-Hertogenbosch

Name of project / programme: Citytrainers

Analytical description:

1. Broad notion of sport

Citytrainers embodies a broad interpretation of sport, integrating movement with culture, education, and youth development. It is not only about sport participation but also about empowerment, life skills, and community engagement. Activities range from helping with sports events to organising cultural or neighbourhood projects. The program positions sport and movement as part of a broader learning process, tied to self-confidence, creativity, and civic participation

2. Socio-spacial orientation

The project is deeply embedded in local neighbourhoods, with trainings and practice hours taking place in community centres, schools, and local sports halls. Many Citytrainers come from the same neighbourhoods, where they later serve as role models. Paid coordinators within S-PORT manage the program, ensuring structural embedding, but local engagement drives the grassroots dynamic.

3. Cross-sectorality / intra-sectorality

Citytrainers is explicitly cross-sectoral: it combines sport, culture, education, and welfare. Initially developed by S-PORT with knowledge partners, it expanded into schools, sport clubs, youth work, and cultural institutions. The cross-sectoral character strengthened during implementation as more organisations recognised the added value of empowered young leaders.

4. Change of role (referring to the sport club(s))

For sport clubs, Citytrainers represents a pathway to rejuvenate volunteer bases. Clubs did not change their core identity but benefitted from new energy and active young members. Thus, they remain largely the same but support the project as beneficiaries rather than initiators.

5. Professionalisation

The program includes professionalisation of trainers and participants alike. A structured curriculum was developed, complete with certificates and follow-up days. S-PORT staff were trained in coaching and quality assurance. Over time, a professional methodology emerged that could be scaled nationally.



6. Role of engaged individual(s) – “the people on fire” / “Ildsjel”

The success of Citytrainers depended initially on passionate municipal staff and educators who believed in the method. Over time, systems for training, certification, and coordination reduced reliance on individuals. Still, charismatic youth workers remain important for motivating participants.

7. Path dependency and change

The program grew out of earlier concerns about declining youth participation and volunteer shortages. National youth participation agendas in the 2000s created momentum. Focusing events included the recognition of Citytrainers by NJI as a well-founded intervention, which boosted legitimacy and expansion.

8. Representation and co-ownership

In development, professionals designed the structure, but in practice, youth themselves shaped the initiative by organising their own activities. This represents a strong form of co-ownership, where participants are both target group and active agents.

9. Funding

Funding mainly comes from the municipality of 's-Hertogenbosch and later from other municipalities where the model was adopted. Additional support was linked to youth participation and integration budgets, not just sport funding.



Case 3 Gorinchem – Beweegcoach Zorg

Country: Netherlands

City: Gorinchem

Name of project / programme: Beweegcoach Zorg

Analytical description:

1. Broad notion of sport

Beweegcoach Zorg uses a very broad concept of sport, focusing not on sport clubs or competition but on movement in daily care. Walking, stretching, or light exercises are integrated into caregiving routines. The emphasis is on positive health, prevention, and quality of life. Sport is reframed as everyday activity that contributes to physical vitality, social interaction, and empowerment of both caregivers and clients.

2. Socio-spatial orientation

The initiative is anchored in local care institutions across Gorinchem. Activities take place in residential facilities and care institutions, making movement part of the local environment. Healthcare professionals are trained by the Movement Coach Care (Beweegcoach Zorg) to incorporate physical activity in patients' daily life. Socio-spatial orientation depends on the close ties between care institutions, the Movement Coach Care and the neighbourhood.

3. Cross-sectorality / intra-sectorality

The project bridges sport and health sectors. The municipality, care organisations (ASVZ, Philadelphia, Syndion), and sport policy actors collaborate. This represents strong cross-sectorality, with care institutions taking the lead in implementation.

4. Change of role (referring to the sport club(s))

Sport clubs are not central in this project. Instead, the care sector takes over much of the responsibility for movement. This represents a fourth scenario: a project where traditional sport organisations are not central actors at all, as daily care settings become the main site of sport/movement.

5. Professionalisation

Professionalisation is visible in training care staff to integrate movement into routines. Capacity building extends to pedagogy, prevention, and positive health. The role of the Beweegcoach is itself a professional innovation, bridging domains.

6. Role of engaged individual(s) – “the people on fire” / “Ildsjel”

The program's early success depended heavily on local champions: municipal staff and the first Beweegcoach Zorg. However, structural contracts with care institutions reduced reliance on individuals. Still, motivation of local staff is crucial for daily impact.



7. Path dependency and change

The initiative built on the positive health agenda and national prevention policies. Local urgency (residents with low activity levels) opened a window of opportunity. The 2018 award by VSG was a focusing event that legitimised the approach and enabled scaling.

8. Representation and co-ownership

In development, care institutions represented clients' needs. In implementation, caregivers took ownership by embedding movement into routines. Clients themselves did not take formal ownership but benefited from co-created care practices.

9. Funding

Funding is a mix of municipal sport/health budgets and contributions from care institutions. Sport funding alone would not suffice; integration with health budgets was crucial.



Case 4 Zwolle – Sportstrijders

Country: Netherlands

City: Zwolle

Name of project / programme: Sportstrijders

Analytical description:

1. Broad notion of sport

Sportstrijders defines sport inclusively, focusing on adapted movement for people with intellectual disabilities. The emphasis is on participation, joy, and health rather than competition. Activities are designed to strengthen social connections and motor skills, recognising movement as a right and necessity for all, not only athletes.

2. Socio-spatial orientation

Tournaments are held in existing sports halls and fields of local clubs, embedding participants within regular sport infrastructure. Stakeholders include sport clubs, municipalities, provincial governments, schools, and care organisations. SportService Zwolle plays a paid coordinating role, ensuring structural socio-spatial orientation.

3. Cross-sectorality / intra-sectorality

The project brings together sport, education, care, and municipal policy. While sport clubs host tournaments, schools and care providers connect participants. This multi-sectoral collaboration ensures both development and implementation.

4. Change of role (referring to the sport club(s))

Sport clubs take on a clear social role: they open their facilities to new groups and adapt activities to participants' needs. They partially reinvent themselves as inclusive actors, while SportService Zwolle manages the bigger picture.

5. Professionalisation

Professionalisation occurred as coaches and volunteers were trained in adapted sport, inclusion, and diversity. SportService Zwolle built organisational capacity by offering training, resources, and coordination.

6. Role of engaged individual(s) – “the people on fire” / “Ildsjel”

The project relied initially on passionate professionals within SportService Zwolle, but has since developed structures that distribute responsibility across clubs, municipalities, and schools. Still, motivated club trainers and other volunteers remain essential.

7. Path dependency and change



The project built on earlier pilots in adapted sport and the national Grenzeloos Actief program. Local urgency (limited opportunities for people with disabilities) created a window of opportunity. Expansion to a regional scale was triggered by provincial support.

8. Representation and co-ownership

During development, care organisations and educators represented the needs of participants. In implementation, some participants gained agency through involvement in activities, but ownership remains mainly with organisers.

9. Funding

Funding is mixed: municipalities and provinces provide core subsidies, mostly coming from adapted sport and inclusion budgets.



Case 5 Schiedam – YETS

Country: Netherlands

City: Schiedam

Name of project / programme: YETS

Analytical description:

1. Broad notion of sport

YETS uses participation in basketball not as a goal itself but as an instrument for empowerment, education, and health. Sport is the entry point to build trust and engagement, but the program integrates homework support, life skills training, and social participation. The broad notion of sport here extends to prevention of social exclusion, development of resilience, and mental health.

2. Socio-spacial orientation

YETS teams train in local gym halls (often attached to schools) and neighbourhood facilities, close to participants' living environment. Coaches serve as mentors with ties to schools and communities. The program is strongly neighbourhood-oriented, but coordination is professional and formalised.

3. Cross-sectorality / intra-sectorality

The program operates at the intersection of sport, education, youth care, and welfare. Partnerships with schools and municipalities are crucial. The development phase involved educators and psychologists; implementation depends on collaboration across sectors.

4. Change of role (referring to the sport club(s))

Traditional sport clubs are not central. Basketball is used as a medium outside of regular clubs. This represents a fourth scenario: the project creates its own structures instead of relying on clubs

5. Professionalisation

Professionalisation is strong: a standardised methodology, structured coach training, and NJI validation were developed. Coaches are trained beyond sport skills, including pedagogy and social work.

6. Role of engaged individual(s) – “the people on fire” / “Ildsjel”

Founder Peter Ottens was the driving individual (“on fire”) at the start. His group of friends started helping him with the workshops, voluntarily at first. Over time, YETS professionalised into a foundation with staff, reducing dependence on one person. Still, individual coaches' passion remains essential.



7. Path dependency and change

YETS built on U.S. experiences with basketball and education. National concerns about youth exclusion and school dropout provided context. Focusing events included the 2018 Appeltje van Oranje award and NJI recognition, enabling scaling.

8. Representation and co-ownership

In development, professionals (educators, coaches) represented youth needs. In practice, youth themselves take part in shaping team activities, but co-ownership in governance remains limited.

9. Funding

Funding is mixed: municipal contributions, foundations, and sometimes European funds. Most funding is linked to youth care, social inclusion, and education. Sport budgets play a minimal role.



Case 6 Rotterdam – Urban Sports Agenda

Country: Netherlands

City: Rotterdam

Name of project / programme: Urban Sports Agenda

Analytical description:

1. Broad notion of sport

The Urban Sports Agenda takes a broad view of sport, embracing urban movement practices such as skateboarding, freerunning, street dance, and 3x3 basketball. These are framed not only as sports but as cultural and social practices that promote creativity, belonging, and health. The agenda positions movement as a way to support inclusion, prevention, and community development.

2. Socio-spatial orientation

Urban sports are closely tied to public spaces: streets, squares, parks. The municipality supports this by investing in urban sports facilities and embedding neighbourhood coaches in grassroots organisations. These paid professionals ensure socio-spatial orientation and help bridge community initiatives with municipal policy.

3. Cross-sectorality / intra-sectorality

The agenda connects sport, culture, youth policy, and urban development. The development phase included community organisations (ROFFA, IKBENWIJ), while implementation involves municipalities, local clubs, and cultural actors.

4. Change of role (referring to the sport club(s))

Traditional sport clubs are peripheral. Instead, grassroots organisations become central actors, evolving from informal groups to professional partners. This reflects a major role shift: informal initiatives gain recognition as policy actors.

5. Professionalisation

Professionalisation is visible in the organisational strengthening of grassroots groups, supported by neighbourhood coaches. They learn fundraising, governance, and communication. Municipal structures also adapt, moving from top-down to co-creation.

6. Role of engaged individual(s) – “the people on fire” / “Ildsjel”

The agenda depended heavily on local pioneers in urban sports. Their passion was crucial to gain municipal attention. The embedding of coaches and contracts reduced reliance on individuals, but charismatic leaders remain essential for credibility in the scene.

7. Path dependency and change



The project built on the rise of urban sports in Rotterdam and earlier local experiments. National debates on youth inactivity and urban inclusion also played a role. The 2024 publication of the official Urban Sports Agenda was a focusing event that institutionalised these efforts.

8. Representation and co-ownership

During development, urban sporters actively represented themselves in co-creation sessions. In implementation, co-ownership is realised as grassroots organisations run their own programs with municipal support. This is a strong example of shared ownership.

9. Funding

Funding is a mix: municipal sport budgets are combined with urban development budgets, supplemented by cultural funds and private sponsorships.

