

LAGE

We want to help more girls thrive through team sports. A third of young people who don't train say they feel that they aren't fit enough or good enough to do so. This proportion is increasing, and the increase has mainly occurred among girls.

The three major team sports attract many young people but are dominated by boys, while participation in association sports is generally decreasing. This may be because competition is seen as less and less important, and association sports are perceived as an environment for competition enthusiasts. The least active group are girls aged 17-20 years, who participate in these sports an average of 12 times per year. 1 in 3 believe that it is more important to compete against themselves to develop and become better than to compete against others.

Among those who train, a major reason they do so is to meet and hang out with friends while they train. Increasingly, the lack of workout buddies has become a reason why young people don't train.

Welcome to The Team!


The Team [Laget in Swedish] is an initiative of Korpen Svenska Motionsidrottsförbundet. It is aimed at girls who want to participate in team sports without a demand for results and performance. In The Team, we alternate freely between various team sports. The focus is on exercising together and having fun. The Team does not compete in matches and series games. All girls are welcome, regardless of their circumstances. The Team is open to all girls who have trained in teams before but tired of the competitive spirit, or for those who have never trained but think it would be fun to try. Here we meet and do things together - without a demand for performance. The Team is run by girls for girls. All girls are welcome.

About Korpen Svenska Motionsidrottsförbundet

Korpen Svenska Motionsidrottsförbundet is one of Sweden's largest sports federations. For over 75 years, we have made it easier for people to exercise together in our associations and workplaces. Our operations are conducted by Korpen's local associations, which exist all over Sweden. In total, we can offer our members around 100 different exercise activities. We strive to be an inclusive organisation in which everyone has a place and can participate, regardless of their circumstances.

If you wish to know more
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