

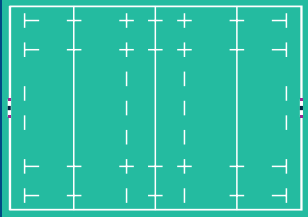





# BLUEPRINT

## Change Our Game

### Change the Challenge (STEP)

The STEP Model encourages coaches to change the space, task, equipment, or people for a chosen activity, to make it easier or more challenging. These four simple steps can also be used to make your sessions more inclusive.

<b>S</b> <b>SPACE</b> 	<p>Pitch Dimensions or Starting Position</p> <p>Scoring Areas / Skill Zones</p> <p>Number of Pitches</p> <p>Wide channels</p>
<b>T</b> <b>TASK</b> 	<p>Add conditions on certain players (e.g. can pass)</p> <p>Introduce special roles for groups/individuals</p> <p>Introduce a new Scoring System or change timings</p> <p>Set scenarios (e.g. team A are 15 points down)</p> <p>Introduce challenges with rewards</p>
<b>E</b> <b>EQUIPMENT</b> 	<p>Change the type and/or number of balls</p> <p>Distraction (e.g. contain/constrain defenders)</p> <p>Alignment (e.g. stay square)</p>
<b>P</b> <b>PEOPLE</b> 	<p>One team with more or less players</p> <p>Special roles to certain players (e.g. 5m channel)</p> <p>Give super powers (e.g. double points if they score)</p>

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#ChangeOurGame

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