



SPACE: Where is the activity happening?

You can change the space you use by adjusting the size, shape and dimensions of your area. You can also introduce zones. For example, to take the pressure off your players, you could create 'safe' zones where they can't be tackled.

YOUR PLAN

TASK: What type of activity is happening?

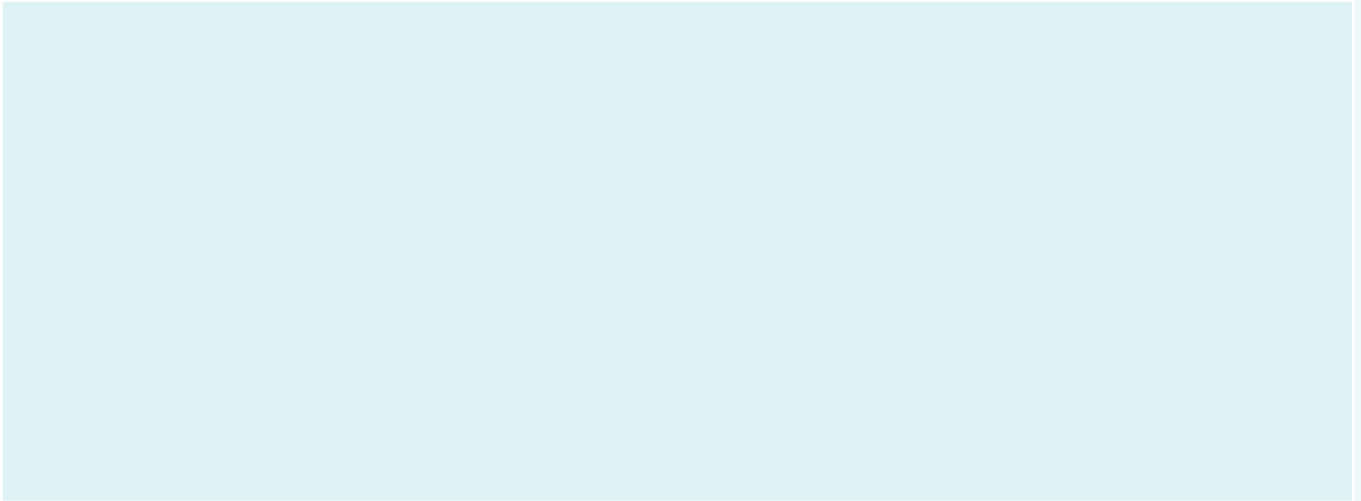
You can change your task by modifying the rules of your activity. For example, you could restrict your team to playing their first touch forward or reward them for spending time on the ball. Another simple switch is adjusting the length of your task.

YOUR PLAN

EQUIPMENT: What's being used in the activity?

There are lots of ways to modify your equipment. This includes size, shape, colour and where you put it. For example, younger teams may benefit from using smaller goals – and colour blind players need equipment that contrasts with your environment.

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PEOPLE: Who's involved in the activity?

Sessions should include everyone – but how they're involved is up for grabs. For example, you could ask players to work alone, with a partner, in a team (big or small), or as a leader or follower. You can even set different activities for certain groups.

YOUR PLAN

