CHANGE IT

If the session is not working as planned, **CHANGE IT** by modifying the activity, skill or game. An effective way to modify activities to better cater for all participants is to remember the **CHANGE IT** acronym. **CHANGE IT** helps people remember ways to modify an activity, skill or game to allow all participants to improve their skill level and enjoyment.

C	Coaching	Modify your teaching style to suit the needs of each player, including instructions, demonstration and feedback
н	How to Score	Vary how to score so everyone can be included
A	Area	Modify the playing area to: - Change the intensity of play - Highlight tactical play - Make an activity easier/harder - Make the activity safer
N	Number of Players	Highlight tactical play and to make the game more inclusive
G	Game Rules	Vary rules to: - Make it easier/harder - Highlight a skill or tactical aspect - Vary the game experience - Make it inclusive
E	Equipment	Use different equipment to: - Broaden the range of playing experience - Make the activity easier/harder - Suit the abilities of all the players
I	Inclusion	Adapt of modify different aspects of the activity so that everyone is included
T	Time	Vary the duration to impact on the volume and intensity of the activity

WHY CHANGE IT?	ACTIVITY LEVEL To change the intensity or duration of the activity
SAFETY To ensure the playing environment is a safe one	TACTICAL DEVELOPMENT To progressively develop tactical skills and thinking
VARIETY - To provide variety - To maintain interest - To experience different equipment	INCLUSION - To include all - To provide challenges that match ability levels - To foster teamwork
SKILL DEVELOPMENT To progressively develop skills	TECHNIQUE DEVELOPMENT To develop technique in game context