

## **STEPS Principle**

Adjust each, or any, of the following in order to provide different challenges for players and to meet the needs of the individual:

### **Space –**

- Increase/Decrease size of area
- Change shape of area (circle to encourage players to move around area and not stand in corners as young players may do in a square / rectangle; triangle to illustrate tight corners etc)

### **Task/Time –**

- Place increased or decreased time frames in which to achieve a target e.g. 90 seconds to visit as many different cones/pass through as many gates as possible and record score.
- Vary task for more / less competent players.
- Vary tasks for individual players' needs – so dribbling for those who need practice and small groups (2s and 3s) of players passing for those who need to practice that aspect of play.

### **Equipment –**

- Increase/Decrease number of cones/gates or add different coloured cones/gates.
- Provide different equipment for players – different balls (American Football, size 3, tennis ball) or other equipment e.g. Frisbee

### **People –**

- More players / fewer players.
- No pressure/ Unopposed
- Passive pressure (“interference” = lots of other players/other player performing same/similar action with a ball e.g. turns or dribbles)
- Full pressure (1v1, game etc)

### **Safety –**

The game is inherently dangerous to an extent, but ensure safety aspects are well managed and don't allow it to become unnecessarily dangerous