

HOW TO USE

TEAM:	DATE:	NUMBER OF PLAYERS: <i>How many players are you expecting, or how many attended.</i>
SESSION OBJECTIVE: <i>What are you trying to achieve with this session? What are you wanting to coach?</i>		
EQUIPMENT: <i>What equipment will you need to have for this session?</i>		
ORGANISATION <i>Size of the area, number of players per team/group. Do you need a joker?</i>		
EXPLANATION: <i>What happens in the session?</i> <i>How does the practice start?</i> <i>What are the rules?</i>		
COACHING POINTS: <i>What do you want the players/team to learn in this session?</i> <ul style="list-style-type: none">•••		
SO-CHANGE-IT: <i>Can you think about how you might change the session if needed?</i> <i>Does it need the rules changing?</i> <i>What will you do if you have more/less players than planned for?</i>		
REFLECTION/NOTES: <i>After the session you can use this area here to make notes on how you feel the session went. Would you make any changes next time you run this session?</i>		

SO CHANGE IT

Using the SO-CHANGE-IT method outlined below allows you to adapt the game or practice to suit the range of players that you have in the session. This method assists in creating a safe and inclusive training environment.

You might not have to change anything. However, if you think something in the session needs adapting then look at the table below and see what changes you could make to help your session achieve the outcome you were wanting.

S	SAFE Physically free from hazards and danger. Emotionally safe and supportive environment.
O	OBSERVE Is everything set up as you would like? Does it look like football? Is everyone involved?
C	COACHING STYLE How do you speak to the players? Too much/too little talk? Positive engagement.
H	HOW TO SCORE Do they know how to score/get points? Goals involved or passes = a goal?
A	AREA Does the area size suit the players and activity/game? Increase or decrease accordingly.
N	NUMBERS Even or uneven? Do the teams need changing to maximise participation?
G	GAME RULES Change how to score. Do you have GKs? Add dribbling/shooting only zones.
E	EQUIPMENT Different coloured cones and bibs. Lots of footballs, more goals, bigger/smaller goals.
I	INCLUSION Is every player getting to practice the skill? How can you involve injured/shy players?
T	TIME Limit/add time to score if needed to increase the excitement or intensity of a game.