

# 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.

<b>C</b>	Coaching	Modify your teaching style to suit the needs of each player, including instructions, demonstration and feedback
<b>H</b>	How to Score	Vary how to score so everyone can be included
<b>A</b>	Area	Modify the playing area to: <ul style="list-style-type: none"> <li>- Change the intensity of play</li> <li>- Highlight tactical play</li> <li>- Make an activity easier/harder</li> <li>- Make the activity safer</li> </ul>
<b>N</b>	Number of Players	Highlight tactical play and to make the game more inclusive
<b>G</b>	Game Rules	Vary rules to: <ul style="list-style-type: none"> <li>- Make it easier/harder</li> <li>- Highlight a skill or tactical aspect</li> <li>- Vary the game experience</li> <li>- Make it inclusive</li> </ul>
<b>E</b>	Equipment	Use different equipment to: <ul style="list-style-type: none"> <li>- Broaden the range of playing experience</li> <li>- Make the activity easier/harder</li> <li>- Suit the abilities of all the players</li> </ul>
<b>I</b>	Inclusion	Adapt or modify different aspects of the activity so that everyone is included
<b>T</b>	Time	Vary the duration to impact on the volume and intensity of the activity

<b>WHY CHANGE IT?</b>	<b>ACTIVITY LEVEL</b> To change the intensity or duration of the activity
<b>SAFETY</b> To ensure the playing environment is a safe one	<b>TACTICAL DEVELOPMENT</b> To progressively develop tactical skills and thinking
<b>VARIETY</b> <ul style="list-style-type: none"> <li>- To provide variety</li> <li>- To maintain interest</li> <li>- To experience different equipment</li> </ul>	<b>INCLUSION</b> <ul style="list-style-type: none"> <li>- To include all</li> <li>- To provide challenges that match ability levels</li> <li>- To foster teamwork</li> </ul>
<b>SKILL DEVELOPMENT</b> To progressively develop skills	<b>TECHNIQUE DEVELOPMENT</b> To develop technique in game context