

# S.O. C.H.A.N.G.E.I.T.

**SO CHANGE IT** is a useful coaching resource that can add variety to your session. It can be used if a training activity is not working or to change up an activity to put a different emphasis on a certain skill/desired action that relates to the session objective, or to increase the engagement of an activity.

<b>S</b>	<b>SAFETY</b> Area, equipment, practices and weather.
<b>O</b>	<b>ORGANISED</b> Practices start quickly and transitions are planned. Be prepared.
<b>C</b>	<b>COACHING STYLE</b> Provide feedback on the run without interrupting activity if possible. Use player role models. Pre-plan activities and reflect on coaching behaviours.
<b>H</b>	<b>HOW YOU SCORE/WIN</b> Increase opportunities to score and provide an incentive for both attackers and defenders to increase competitiveness.
<b>A</b>	<b>AREA</b> Increase or decrease the size/shape of the playing area. Typically, bigger = easier, smaller = more challenging
<b>N</b>	<b>NUMBERS</b> Use different team numbers to help achieve your session objective, such as, overloading the advantage to one team by adding an extra player or floater (player who is only on the attacking team)
<b>G</b>	<b>GAME RULES</b> Change the rules slightly, for example, scoring after executing a cross from wide areas will be worth 3 goals.
<b>E</b>	<b>EQUIPMENT</b> Vary equipment used, i.e. bigger goals, smaller goals or more goals
<b>I</b>	<b>INCLUSION</b> Engage the players in modifying the practices; provide opportunities for all players to experience FUN and success.
<b>T</b>	<b>TIME</b> Reduce or extend the time to perform actions i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.