

CHANGE IT

Modify games to increase inclusion

The acronym CHANGE IT identifies elements of any game that can be changed to make it easier or harder, to include and challenge all players.

Vary one or more of the game elements, listed below in the table, to maximise participation and better meet the needs of players and game objectives.

C	Coaching style Provide discreet coaching without interrupting a game. Vary how you communicate according to player needs	I	Inclusion Engage participants in the modification of activities to maximise their involvement. Ask what would improve their game
H	How you score or win Increase opportunities to score eg. End zone rather than a goal. Vary size or distance to target	T	Time Reduce or extend the time eg. Increase possession time to allow players more time to make a decision
A	Area Change shape or size of the playing area can increase or decrease difficulty		
N	Numbers Use different team numbers or vary the number of turns. Decreasing team sizes can increase player involvement and maximise participation.		
G	Game rules Change the rules slightly eg. No tackling rule allows players more time to dispose of the ball, players must make 3 passes before scoring		
E	Equipment Vary the size and type of equipment used eg. Using a larger and softer ball.		

If it's not working...
CHANGE IT

