

## VARYING ACTIVITIES – STEP

THE PROGRESSIONS OUTLINED IN THE SKILL DEVELOPMENT MODEL ARE RELEVANT TO PLAYERS OF ALL AGES AND STAGES OF DEVELOPMENT. IN ORDER TO MAXIMISE THE EFFECTIVENESS OF TRAINING SESSIONS FOR ANY PLAYER GROUP, A COMBINATION OF DRILLS AND GAMES SHOULD BE USED. FOR EXAMPLE, YOUNG PLAYERS WHO ARE ONLY IN THE PROCESS OF LEARNING THE UNDERLYING TECHNIQUES OF THE GAME SHOULD BE GIVEN THE OPPORTUNITY TO PLAY FUN GAMES AND MODIFIED GAMES. SIMILARLY OLDER OR DEVELOPED PLAYERS SHOULD CONTINUE TO REVERT TO SIMPLER DRILLS TO FOCUS ON TECHNIQUE, AND USE FUN GAMES TO VARY WARM-UPS AND MORE RIGID TRAINING SESSIONS.

THE OVER-RIDING PRINCIPAL IS THAT PLAYERS ARE SET ACHIEVABLE BUT CHALLENGING TASKS IN ORDER THAT THEY REMAIN INTERESTED, EXCITED AND MOTIVATED TO PLAY.

### THE STEP METHOD

THE STEP METHOD IS A SIMPLE WAY TO VARY AN EXERCISE, DRILL, ACTIVITY OR GAME.

THIS IS HOW IT WORKS:

<u>SPACE</u>	CHANGING THE AMOUNT OF SPACE AVAILABLE MAY REDUCE OR INCREASE THE DIFFICULTY. MORE SPACE MEANS LESS PRESSURE, BUT MORE RUNNING! USE ZONES, OR RESTRICTED AREAS, TO PREVENT ALL THE PLAYERS CHASING THE BALL (BEEHIVE PLAY) OR TO ENCOURAGE WIDTH OR TO AID THE DEFENSIVE OR ATTACKING PLAYERS.
<u>TASK</u>	CHANGE THE TASK THAT THE PLAYERS ARE REQUIRED TO PERFORM, E.G. CHOOSING A MORE DIFFICULT TECHNIQUE TO PERFORM, OR INCREASING THE PACE FROM A WALK TO A JOG, OR CHANGING THE TARGET FROM A FIXED TO A MOVING TARGET, OR VARYING THE PLAYING OR SCORING RULES FOR ALL OR SELECTED PLAYERS.
<u>EQUIPMENT</u>	CHANGE THE EQUIPMENT USED, E.G. FROM USING A BIG BALL TO A SMALLER BALL, OR FROM USING A WALL TO A PARTNER, OR A BAT TO A HURLEY. NOTE: SMALL BALLS ARE EASIER TO THROW BUT HARDER TO CATCH, WHEREAS BIG BALLS ARE EASIER TO CATCH AND HARDER TO THROW. SIMILARLY LONGER IMPLEMENTS OR IMPLEMENTS WITH SMALLER HEADS ARE HARDER TO USE THAN SHORTER IMPLEMENTS WITH LARGER HEADS.
<u>PLAYERS</u>	INTRODUCE OPPOSITION, FIRSTLY IN TOKEN FORM, BEFORE PROGRESSING GRADUALLY TO FULL OPPOSITION (WHERE THE POSSESSION IS CONTESTED IN A GAME LIKE MANNER). CHANGE THE NUMBER OF PLAYERS TO GIVE AN ADVANTAGE TO THE ATTACKING OR DEFENDING PLAYERS.

