

Space, Task, Equipment, People (S.T.E.P.)

Football activities that are
right for you



**easy
read**

Introduction



The Football Association (FA) is in charge of all football in England, and under their England Football banner we want to help disabled people get back into playing football safely.



Coaches and teachers use an idea called Space, Task, Equipment, People (S.T.E.P.) to:

- make sure everyone can join in with football activities
- change how difficult football activities are so that everyone gets the most out of them.



A **coach** trains people to do sport better.



This information explains how you can use S.T.E.P. to do football activities that are right for you at home, in the garden, or in your local park.

What S.T.E.P. is all about



Think about:

- What type of football do you play?



- What space and equipment do you have?



- Have you changed activities before to make them right for you?



- Can you ask a family member or trusted friend to play with you or against you?



Thinking about these questions will help you do lots of activities.

Space



The amount of space you have will affect what you can do.

Even if you don't have a large outdoor space, you can still play in a small indoor space.

Things to think about

- What size area do you have?



You could move furniture out of the way to make a small space.

- What type of floor do you have?



A hard floor is easier to move on and makes the ball roll faster.



A soft floor slows the ball down and hurts less if you fall over.



- What can you use to mark out your playing area?

You don't need to have cones and markers.

Clothes and soft toys will work just as well.



Don't use anything you might break.



- What distances suit the game?

You can try putting targets further away or closer.



You could even try putting targets behind **obstacles** to make the game more difficult.

An **obstacle** is something that blocks your way.



If you don't have much space you could change the size of the target.



- What shape would work best for you?

The area you play in doesn't need to be a circle or rectangle.

Whatever space works for you will be fine.



- How can you use the space to make the game easier or harder?

A smaller or bigger space might make things easier or harder, depending on the game.



You could change both the size and shape of your space to change how difficult your game is.



Try to use the space you have in the best way you can.

Use the suggestions to find out what works for you and make the game more or less difficult.

Task



Changing the tasks in a game is a good way to make it work for you and your space.



Things to think about

- What are the rules for the type of football you play?

Try and use these rules to change the game you are playing.



- What is the right position for you to be in?

You could try standing, sitting or balancing to change the game.



- What is the best way to move for the game?

You could try walking, hopping, jumping or running.

You could also try only using one side of your body.



- What ways can you move the ball?

You could try bouncing, carrying or pushing instead of dribbling with your feet.

- How long will you play?



Think about how long you work hard for, then how long you rest.

Try to keep going until you start to struggle a little bit, then have a rest.



- What targets can you set?

Set yourself small targets, like score 3 times or score more the next time you play.

Equipment



There will be lots of things around you that can be used to make your game or practice fun and challenging.

You should always use a football if you have one, and football equipment like cones to mark out areas.



But don't worry if you don't have these things. You can use other items instead.



Just make sure any equipment is safe to use before you start.

Things to think about

- What can you use instead of normal football equipment?

You could use a balloon, socks, crunched up newspaper, a tennis ball or a foam ball instead of a football.



You could use chalk or tape instead of lines or cones.



You could use different coloured t-shirts instead of bibs, or jumpers for goalposts.



- What can you use to aim at?
You could use baskets, boxes or cuddly toys as targets.



You could draw targets or goals on a wall or garage using chalk or tape.



- What can you use as obstacles?
You could use garden equipment, chairs or tables as obstacles to move around or past.



Lots of things around the house can be used for football activities. Remember to ask for permission before you use anything that doesn't belong to you.

And remember to keep everyone safe when doing your activities.

People

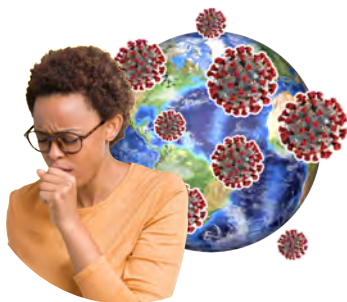


Lots of games and activities can be played on your own, but asking a trusted friend or family member to join in can make it more fun and challenging.

Parents and carers should always be there to help out when needed.



When you play with others, you should follow the government rules about **COVID-19**, to keep safe. You can find the latest rules here: www.gov.uk



COVID-19 is also called Coronavirus. It is a new illness that is spreading around the world. It can affect your lungs and breathing.



We have also written some guidance on COVID-19, which you can find here: www.thefa.com/about-football-association/covid-19

Things to think about



- Do you need to be in the same room as the person you are playing with?

You could play the same game at the same time with a trusted friend on a video call.



You could give each other tasks and keep scores.

Parents and carers should always be there to help out when needed.



- Do you need other people to be defenders or just get in the way?

You could ask family members or trusted friends to be moving obstacles to block your way or make you move in different ways.

Safety



We often add an S for Safety to the end of S.T.E.P.

This is to remind everyone to stay safe in whatever game they are playing.



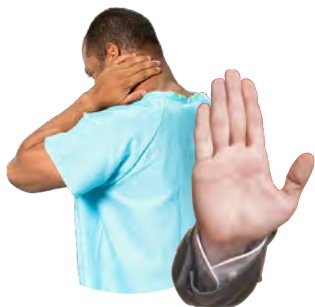
You should follow these safety tips:

- If you haven't played football or exercised for a while, ask your doctor whether the activities are right for you.
- Before trying any activities, do a warm up and stretch your muscles.
- Make sure you have a drink with you. Stop and drink it while you are exercising.
- Wear clothes and footwear that are right for the surface you are playing on.





- Go at your own speed, take breaks and only do what you are comfortable with.



- If you are in pain, stop what you are doing.



- If you feel pain in your chest, or you are dizzy or faint, stop and call a doctor.



- Be careful if you are exercising on a hot day. If you have problems controlling how hot your body gets, talk to your doctor first.



- When you have finished exercising, stretch your muscles again to cool down.