

# FOOTBALL YOUR WAY



**YOUR GAME, YOUR RULES**

**CREATE A 3-STEP CHALLENGE THAT SUITS YOU**



**ENGLAND  
FOOTBALL**

Working with the number 3, we want to encourage you to create your own challenge to help you prepare for your return to the football pitch or court. For example, pick a ball skill or body movement. Then set some targets based around three, e.g. three minutes, three miles, three reps or 30 secs – anything with the number 3 in it.

The challenge you set should be personal – in other words, target an area you feel needs building back up. It could be working on your stamina, strength or concentration levels, or simply getting used to having a ball at your feet, powerchair or game frame. For others it may be designed to build confidence to leave home, use public transport or to interact with others in person after a lengthy gap.

*Parents/carers: If the challenge activity is to take place away from home and/or using public transport, please consider the practicalities and supervision to meet the needs of your child or the adult you're supporting.*

You'll see some ideas from other disabled footballers on the Football Your Way hub [here](#).

Once you've created your own 3-Step Challenge, we'd love you to upload your video to Football Your Way [here](#). That way you might be selected as one of the players we feature to inspire other players with a disability similar to yours. It also means you'll be entered in our free prize draw to win one of several great prizes. See the full list [here](#), as well as the Terms and Conditions which apply.

*Parents/carers: If the film of your child or the adult you are supporting is selected to inspire others, we'll be in touch to get your consent first.*



# TOP TIPS

If you need some inspiration, here's some ideas on which to base your own 3-Step challenge:

- ▶ **Pick a favourite:** What's the part of football you enjoy most? Shooting, passing, dribbling, running, goalkeeping? Whatever it is, use it as the basis of your challenge.
- ▶ **Choose a Football Your Way activity:** Have a look at our videos, choose your favourite one and use it as a basis for one you create. Or replicate the challenge itself. Remember, the key is three: how often do you think you can take your challenge? Three times a day, three times a week, every day for three weeks, three times a week for three months?
- ▶ **Set limits:** Time is the obvious one. Have three goes at your challenge and each time try and better your score/distance/number of attempts within the time limit you've set.
- ▶ **If you can, push yourself:** Many of the Football Your Way resources have three difficulty levels. When you've chosen your favourite activity, try to complete all three levels.

- ▶ **Change the place:** Vary the location where you take your challenge – for example at home, in your local park or at your football club. Do you perform better in different places?

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- ▶ **Involve others:** Can you invite trusted friends and/or family to play with you? Maybe start on your own, then invite a member of your household to play and finally, think about inviting a friend from outside your household to join you. This may help you get used to being and playing with others again.

*Parents/carers: Always ensure there is appropriate support or supervision for the child or adult you're supporting.*

- ▶ **Challenge others:** If you do involve other people, why not challenge a friend or teammate to see if they can complete your challenge?

- ▶ **Make it a habit:** Try and make your challenge part of your routine. For example, if it's a daily challenge, set a reminder on your phone so that you don't miss the chance to practise.
- ▶ **S.T.E.P. first:** Before you start a challenge, please use the S.T.E.P. principle as a framework – and to adjust the difficulty levels to suit you. The letters S, T, E and P stand for Space, Task, Equipment and People. You can read all about it [here](#).

**Note:** Whatever you do, please make sure you comply with current Government guidance around the Covid-19 pandemic. You can find that guidance [here](#). The FA has also produced specific Covid-19-related guidance around football, which you can find [here](#).

