

THE CHANGE IT MODEL: A TOOL FOR CHILD-FIRST COACHES



Hockey coach Wendy Russell shares a useful framework for coaches with the Change It Model, which can be a great tool for maintaining inclusion, development and play.

Change It is an acronym that stands for:

- C:** Coaching style
- H:** How you score or win
- A:** Area
- N:** Numbers
- G:** Game rules
- E:** Equipment
- I:** Inclusion
- T:** Time

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Wendy uses the example of a game of 1vs1 to illustrate the Change It concept:

Player 1 has to keep the ball away from player 2.

“When the kids pair up, they will usually choose their friend, and they may have different abilities,” says Wendy.

“I will vary the size of the playing area to ensure both players are engaged and challenged.

“I will ask: ‘What size space do you want as a group of two?’. It’s getting them to have the conversation and to choose amongst themselves. ‘We are going to start with this space’. Get them to play for a few moments before pausing the game.”



Wendy says the conversation will pan out something like this: (Coach ● Player ○)

What is the objective of this activity?

To keep the ball.

How do we know we’ve been successful?

Player 1 has kept the ball for a long time.

What’s a long time? (Get them to come up with success criteria)

A minute.

They then play again to see if they have achieved the success criteria. This is then followed by a conversation about how they managed to achieve this.

Then get them to switch roles. Did player 2 keep possession for a minute? Get them to reflect and discover how, by making changes to the playing area (bigger space to make it easier to keep possession, smaller space to make it harder) they can ensure both are successfully meeting the success criteria.