

The STEP framework

The STEP framework will help you to consider how to meet the individual needs of the players. By using the prompts below, you'll find that you can refine and tweak your sessions, practices and activities to suit the players that you work with.

Space:

Where is the activity happening?

- Level or height of the activity itself: floor-based/in the air/ combinations
- Playing area: more space/ less space/shorter wickets/wider creases
- Distances travelled in the activity, physical demands
- Zoned playing areas: safe zones/ activity zones/dividing spaces
- Nearer to partner/nearer to group
- Starting points: at different times/ different places/different positions
- Position of activity relative to sources of noise or strong light.

Task:

What is happening?

- Easier - simplify the game
- Harder - more complex tasks
- Different roles for players at different times
- Different rules for different players or teams
- Different ways of achieving the same outcome
- Different targets for different players.

Equipment:

What is being used?

- Size
- Shape
- Colour
- Texture
- Weight
- Environment
- Play surface
- Indoor/outdoor.

People:

Who is involved?

- People working: independently/ in groups/in pairs/in teams/with friends/with a helper
- Players playing the same or different roles
- Matching players' abilities
- Matching players' maturity
- Allowing players to mentor/ buddy up
- Players playing in their own space
- Players playing in a big/small space
- Players playing in a restricted or open space.