

3-Step Challenge

Making an activity that's 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.



We have created the **3-Step challenge** to help you get ready to start playing football again.

The **3-Step challenge** is where you use the number 3 to make an activity that is right for you.



A **challenge** is where you try to do something that you might find quite difficult.



This information will tell you how to take part in the 3-Step challenge.

What is the 3-Step challenge?



We want you to use the 3-Step challenge to get ready to start playing football again.

You use the number 3 to make up your own challenge.



First, pick an activity like a ball skill or body movement.



Then, set some targets for that activity with the number 3 in them. For example, do the activity:

- 3 times
- for 3 minutes
- for 3 miles
- for 30 seconds.



Your challenge should be right for you.

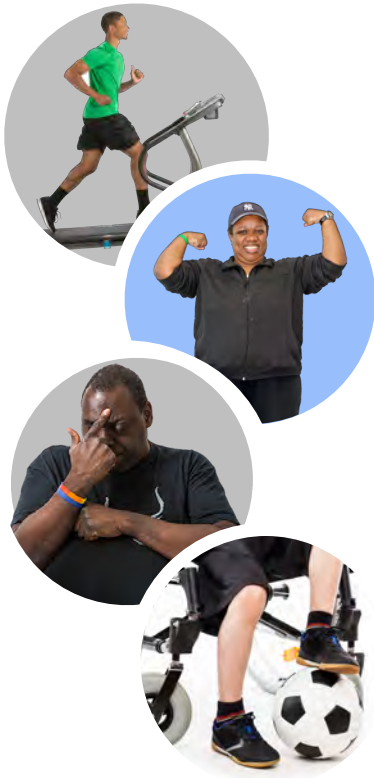


You should pick an activity that you want to get better at, or get used to doing again.

It might be something that you haven't been able to do for a while.

You could work on:

- stamina - this is how long you can keep doing exercise for
- strength
- concentration - this is how long you can think about one thing for
- getting used to having a ball at your feet.



Or the challenge could help you feel confident enough to:

- go outside your home
- use public transport
- see and talk to other people.





If you need to go outside your home or use public transport, your parent or carer must make sure you will be okay.



You can see some ideas of challenges from other disabled footballers on the Football Your Way hub:
www.EnglandFootball.com/FootballYourWay



When you have made up your own 3-Step challenge, you can send us your video on the Football Your Way hub.

We might pick your video to help other people with the same disability as you.



You will also have a chance to win some prizes.



Before we pick your video to show to people, we will need to ask your parent if it's okay with them.

Tips for making a 3-Step challenge



Here are some ideas you can use for making your own challenge:

- Pick the part of football you enjoy the most.

This could be shooting, passing, dribbling, running or goalkeeping.



- Choose an activity from Football Your Way.

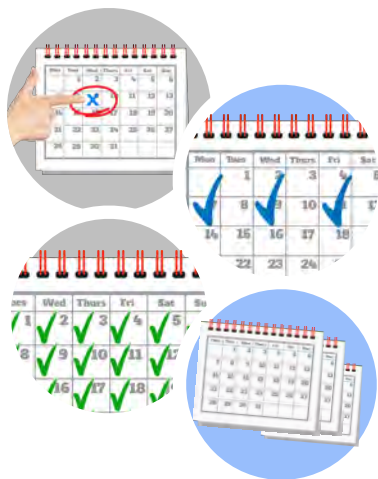
Look at our videos and choose something you like.



You can change the activity a bit or do it the same as in the video.



- Think about the number 3.



You could do the challenge:

- 3 times a day
- 3 times a week
- every day for 3 weeks
- 3 times a week for 3 months.



- Give yourself a time limit.

You could try and get a better score or do the activity more times within your time limit.



- Push yourself if you can.

Lots of the Football Your Way activities have ways to make them harder.

If you can do the activity easily, try and make it harder for yourself.



- Change the place you do your challenge.

If you normally do it at home, try the park or your football club.

This might make it easier or harder.



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



- Play with others.

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.

They can try the challenge as well.

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



- Make your challenge a **habit**.

A **habit** is something you do regularly. This could be every day.



- Use **S.T.E.P.** This stands for Space, Task, Equipment, People.

We use 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.

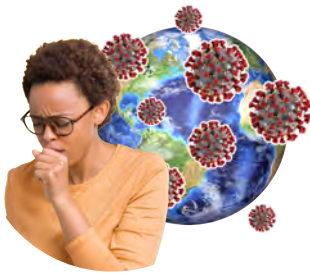


You should think about S.T.E.P. before you start your challenge.

You can read about it here:
www.EnglandFootball.com/FootballYourWay



You should always follow the government rules about COVID-19, to stay 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