



Australian Government
Australian Sports Commission

SPORTS ABILITY

Goalball

Circleball

An introductory game to learn the skills of listening for the ball and shot placement as a lead up to playing Goalball.



Learning Intention

To practice identifying the direction of movement of the bell ball whilst blindfolded.



Skill Focus

Defending, rolling, throwing, shot placement



What you need

- Goalball (ball with internal balls) or alternative (see Equipment)
- Eyeshades



What to do

- Players stand in a circle, legs apart, outside of feet touching.
- Players score a point by rolling the ball across the circle and through the legs of another player.
- The ball must be rolled - no kicking.
- Players use their hands to defend their 'goal'.
- Players can play from a seated position.
- Wheelchair users can turn their chair 'side on' with the wheel facing into the circle representing their goal.



Curriculum links

ACPMPO43, ACPMPO45, ACPMPO61, ACPMPO63, ACPMPO80, ACPMPO82

F-2

3-4

5-6

7-8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!



Teaching style

- Always let the players know what is going on (if using eyeshades).
- Appoint a referee to determine scores and some 'fielders' to return the ball to the circle.
- Encourage players to use their listening skills.



Rules

- Try a team version of the game with players arranged alternately around the circle. Half the players try to keep the ball in the circle while the others try to force it out (through their own legs does not count).
- Introduce a 'time in possession' rule, e.g. 3 or 5 seconds after which the ball must be passed.



Equipment

- Alternatives to a goalball could be a bell ball, basketball wrapped in a plastic bag or rice in an inflatable ball.
- Circle Ball can be introduced by playing without eyeshades and using a soccer or basketball (no kicking or bouncing).
- Use different sizes and speed of bell balls.



Environment

- Vary the circle size by changing the number of players.
- Use a smaller circle as players' skills improve.



Safety

- Ensure players keep the ball on the floor.
- Players should be careful not to 'bump heads' as they bend forward.



Ask the players

- What skills does this game develop?
- How can you defend your 'goal' and ensure the ball doesn't go through your legs?
- What cues can you use to identify which direction the ball is moving?
- How could you work as a team to defend your 'goals' when playing the team version?