



# SPORTS ABILITY

## Goalball

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Goalball is a three-a-side indoor court game developed for players who have vision impairments. Goalball is a Paralympic sport.

### Learning Intention

To attack and defend effectively as a team through cooperation and teamwork.



### Skill Focus

Defending, rolling, throwing, shot placement



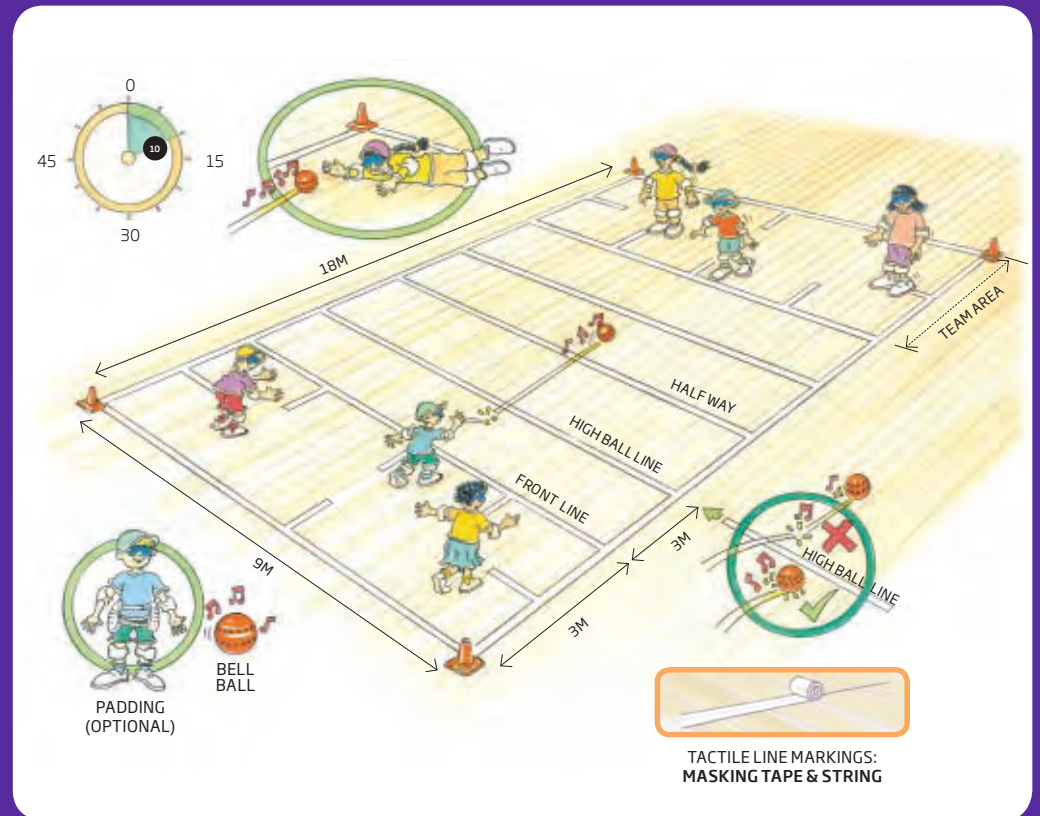
### What you need

- Suitable indoor playing area, a volleyball court is ideal
- Goalball (ball with internal balls) or alternative (see Equipment)
- Eyeshades or blindfolds
- Marking tape and string



### What to do

- Aim is to score a goal by throwing the ball along the floor so that it crosses the goal line of the opposing team.
- 3 features that distinguish goalball from games played by sighted people:
  - ball contains an internal bell that assists players locate it during play
  - the playing area has tactile markings to assist players determine where they are on the court
  - players wear eyeshades which makes it possible for everyone to play equally.



### Curriculum links

ACMP061, ACPMP063, ACPMP080, ACPMP082

F-2

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## Teaching Style · Rules · Equipment · Environment

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

### Teaching style

- Use a whistle or voice to let the players know what is going on.
- For beginners, play without eyeshades initially.
- Hearing or mobility impaired players can play without eyeshades and defend a specific area.

### Rules

- Ball must touch the floor before passing the High Ball Line to ensure it is being rolled, allowing the defending team to hear it.
- When fielded, the ball must be thrown again within 10 seconds (remove this time limit for beginners).
- Players can take no more than 2 consecutive throws.
- The defending team's first contact with the ball must be in their team area.

### Equipment

- Alternatives to a goalball could be a bell ball, basketball wrapped in a plastic bag or rice in an inflatable ball.
- Goalball can be introduced by playing without eyeshades and using a soccer or basketball (no kicking or bouncing).
- Use lighter balls for beginners.

### Environment

- Ensure sufficient distance between teams.

### Safety

- Use elbow, knee and hip pads (if available) on hard surfaces.
- Beginners should stay on their feet, or kneel if this is comfortable.
- Official goalballs are quite heavy (1.25kg), ensure sufficient space when playing and use lighter balls with beginners.
- If mats are used for players to lie on, be careful of awkward deflections of the ball.
- If eyeshades are used, ensure they are used by only one player (for hygiene reasons).

### Ask the players

- How can you modify your shot to get past your opponents and score a goal?
- What do you need to be aware of when taking a shot?
- What do you need to be aware of when your opponent is taking a shot?
- What position should you have your body in to reduce the chance of your opponent scoring a goal?
- How can you work as a team to stop your opponent from getting a goal?