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

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.

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

Skill Focus
Defending, rolling, throwing, shot placement

Curriculum links
ACPMP061, ACPMP063, ACPMP080, ACPMP082
**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.

**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?