Goalball

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

Playing the Game

What you need

- Suitable indoor playing area (volleyball court ideal).
- Goalball (ball with internal bells), or improvised sound ball (see Equipment).
- Eyeshades.
- Marking tape and string.

What to do

- The object of the game is to score a goal by throwing the ball along the floor so that it crosses the goal line of the opposing team.
- There are three features that distinguish goalball from games played by sighted people:
  - the ball contains an internal bell that helps players to locate it during play;
  - goalball is played on a playing area with tactile markings to help players determine where they are on the court;
  - all players wear eyeshades which makes it possible for everyone to play equally.
**Goalball**

*Use the TREE model to modify this game.*

*Try the modifications suggested below or devise your own.*

<table>
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<tr>
<th>Teaching style</th>
<th>Rules</th>
<th>Equipment</th>
<th>Environment</th>
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<tr>
<td>- The referee, teacher or coach is key to controlling the game. You must let the players know what is going on.</td>
<td>- When the ball is thrown it must touch the floor before passing over the High Ball Line. This is to ensure that the ball is rolled giving the defending team an opportunity to hear it coming.</td>
<td>- Use alternatives if a goalball is not available. For example, wrap a basketball in a plastic bag.</td>
<td>- Ensure that there is sufficient distance between teams, particularly if an official goalball is being used. These are quite heavy (1.25kg). Use lighter balls with beginners.</td>
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<td>- Use a whistle or voice to indicate aspects of play.</td>
<td>- Once a ball has been fielded, it must be thrown again within 10 seconds. With beginners, remove this time limit.</td>
<td>- Eye-shades, or alternatives, should block out all vision. In competition they are rigorously checked, but for practice improvised eye-shades can be used.</td>
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<td>- For beginners, play without eye-shades initially. If eye-shades are used, make sure that these are used by only one player (for hygiene reasons).</td>
<td>- No player can take more than 2 throws consecutively.</td>
<td>- The lines on the court and the players' orientation marks must be tactile enabling players to feel them with their fingers or feet (see illustration). In practice, only the players' orientation lines and the lines defining the team area need to be tactile – the rest visual for the referee, teacher or coach.</td>
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<td>- Players who are hearing impaired, or some with mobility impairments, can play without eye-shades and defend a specific area.</td>
<td>- If the ball is thrown directly over the sidelines (OUT), the defending team takes possession.</td>
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**Safety**
- On hard surfaces, players use elbow, knee and hip pads. Beginners should stay on their feet, or kneel if this is comfortable.
- If mats are used for players to lie on, be careful of awkward deflections of the ball.

**Questions**
- How can players who have mobility impairments, or hearing impairments, be included?

**Other games to play**
Goalball can lead into other games, for example:
- invasion games, eg handball
- some net games.

**Integrity**
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.