

Goalball Training Materials

Giving trainers and teachers more information about the sport Goalball.

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Goalball is a team sport designed specifically for athletes with a vision impairment. Participants compete in teams of three and try to throw a ball that has bells embedded in it into the opponents' goal. The ball is thrown by hand and never kicked. Using ear-hand coordination, originating as a rehabilitation exercise, the sport has no able-bodied equivalent.

Take a look at the video:



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Chapter 01 The Sport Goalball

In this chapter we will give you general information about the sport Goalball.

Like most of the other Paralympic Sports, Goalball does not have an able-bodied equivalent.

Short Explanation Goalball

What is goalball?

Goalball is a ball sport for people with vision impairments. Bell sound is key to play, and special awareness is important. Blindfolded takes the unfamiliar to uncharted territory.

It was invented in 1946 by the Austrian **Hanz Lorenzen** and the German **Sepp Reindle** for the rehabilitation of World War II veterans with a visual impairment.

During the Paralympics of 1976, goalball was a demonstration sport and since 1980 it has been part of the Paralympic Games.

BASIC RULES

Women and Men's goalball teams have a roster of six at most international events but compete in teams of three. Unlike other team events that involve a ball such as wheelchair basketball, goalball is played only by visually impaired athletes. Every player must wear eye masks to equalize visual impairment among the athletes, which means that athletes can also practice this sport without a visual impairment.

Due to the fact that the sport is for people who experience visual impairment, the ball makes noise when it is in motion so the players may locate it audibly. For this reason, silence at events is crucial. The game is played on a court with tactile markings so the players can determine their location on the court and which direction they are facing. Players take turns throwing the ball at each other's goal.

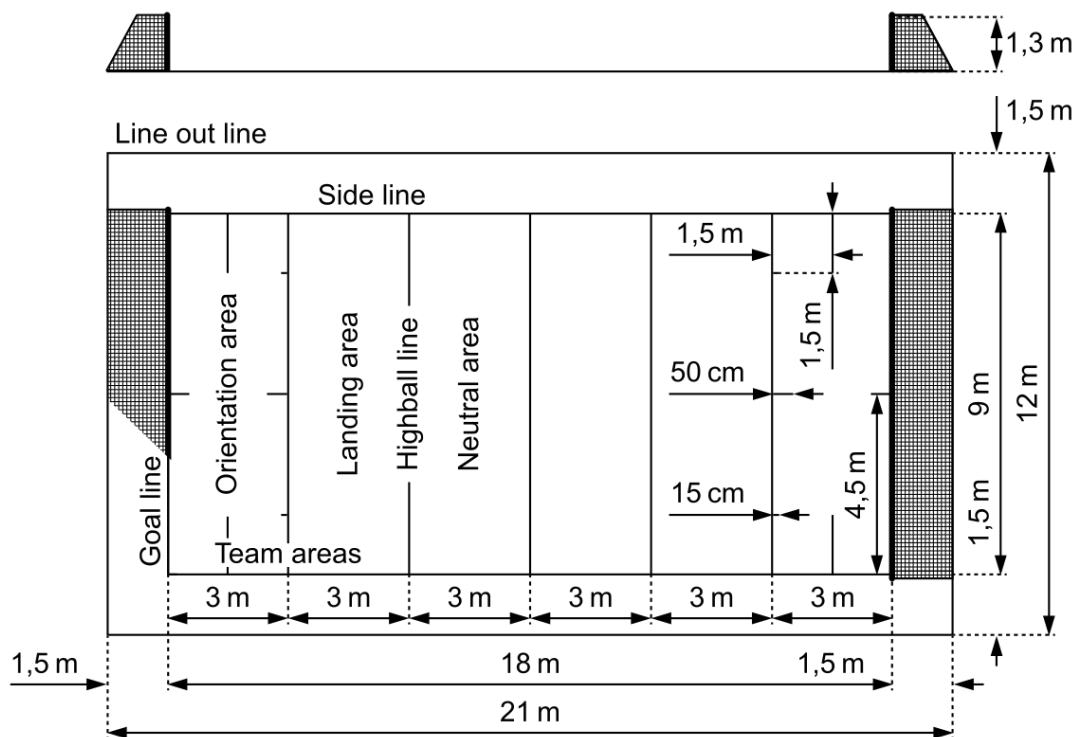
THE FIELD

A goalball field is 18 m. Long and 9 m wide. (same as a volleyball court) The goal is over the full width of the field (9m).

Goalball is played in two halves of 12 minutes. Two teams of up to six people play, three of which are in the field. Each team is on one half of the field. A private throw throws the tinkle ball, a 1.25 kg heavy ball with a bell in it, towards the goal of the other team. The target extends over the full width of the field. The players of the other team must listen to the ball by ear and try to keep the ball out of the goal.

Both halves of the field are divided into three areas, each three meters deep. These areas are from outside to inside: orientation area (team area), landing area (throwing area) and neutral area.

Inside the team areas there are player orientation marks consisting of two 1.5m wing lines and one 0.50m center line.



Individual skills for Goalball

Goalball is fun to play!

Goalball is much more than throwing and defense the ball.

The other personal actions the sport Goalball brings are also;

Reaction time,

Strength,

Power,

Speed,

Flexibility,

Spatial awareness,

Mental fortitude,

.....and many more other actions.

Goalball Rules

1. Complete rules and regulations

1008 Rules 2018 2020 IBSA Goalball Rules and Regulations V 1 2 Effective 1 July 2019

PDF – 1.1 MB [Download](#)

2. Some important rules to really know

A goal counts when the ball passes completely over the 9m back line of either team's area. It is a goal no matter how it crosses the line, if it was thrown by the opposing team and/or thrown or carried over by a team member.

Additional rules include the following

- Time Limits:

After receiving control of the ball, a team has only **ten seconds** to throw the ball back at the opposing team; if not, it is considered a team penalty.

- Game Time:

A regular Goalball game is twenty-four minutes consisting of two twelve minute halves. There is a three minute half time in order for the teams to switch ends of the court.

- First Ball:

A coin toss determines which team will receive the first ball, with the opposing team receiving the ball following half time. Each team is allowed three, forty-five second, time outs in a game.

- Defending:

Players must stay within the team area while defending. When stopping the ball, some part of the player's body must be touching the team area or it is called, 'illegal defence,' and constitutes a penalty.

- Play:

The audible command, 'Play,' must be called by the referee to begin or restart the game. After any official stoppage of the game, 'Play,' must be called to restart it. For example; the start of the game, after an out of bounds ball, a blocked out ball, a goal, or a penalty situation.

- Throwing:

The ball must be rolled on the floor. When throwing the ball, it must touch the floor before the over throw line or it is considered to be a, 'high ball.' A high ball would constitute a penalty and nullifies any goal scored from that particular throw. Bear in mind that the ball must be rolled or bowled along the floor instead of being thrown.

- Eyeshades:

In order to maintain an equal advantage, every team member must wear eyeshades at all times during the game. Once the game has begun, a player may only adjust their eyeshades by raising their arm up into the air and calling, 'eyeshades.' Only then, after a referee tells the player to turn around, may the player adjust their eyeshades.

Loss of Possession of the Ball

Three ways to lose possession of the ball during a game of goalball exist. What this means is a team will lose the ball and the opposing team gets to throw. The ways to lose possession include the following.

- Premature Throw:

A premature throw is when a player throws the ball before they are allowed to or before, 'Play,' has been called.

- Ball Over:

A ball over takes place when a defending player stops the ball and it bounces off of that player and rolls over the centre line.

- Pass Out:

If a player passes the ball to another team mate and the pass is missed with the ball going over the outside lines it is called a, 'Pass Out.'

A goal counts when the ball passes completely over the 9m back line of either team's area. It is a goal no matter how it crosses the line, if it was thrown by the opposing team

Penalties

There are 2 types of penalties: 1. Personal penalty; 2. Team penalty.

1. Personal penalties:

A. Short ball (throw where the ball does not reach the team area on the other side of the field.)

B. High ball (throw where the ball does not touch the own team area or landing area.)

C. Long ball (throw where the ball does not touching the neutral area)

D. Eyeshades (Player touch his/her own eyeshades during the action)

E. Noise (made by the player of acting throwing)

F. Illegal defence (First ball contact by defending team must be in the team area. If in landing area or neutral area than it is illegal defence)

2. Team penalties:

A. 10 seconds

B. Team delay of game if: 1) Not ready to play
2) Action preventing continuation of the game

Equipment



Chapter 02 Offense & Defense

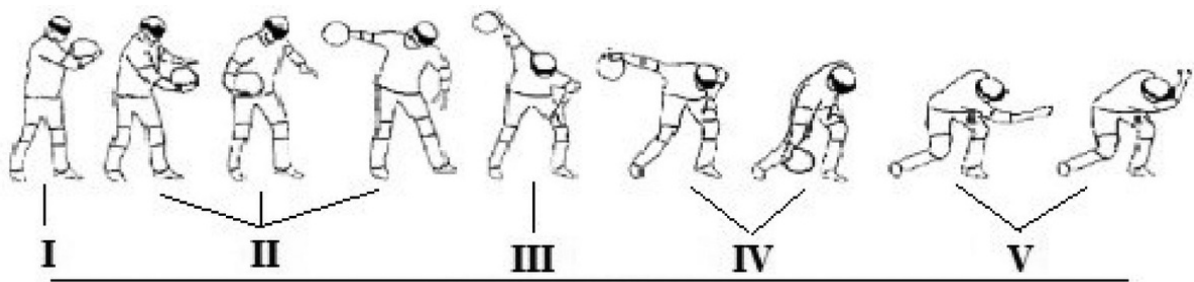
In this chapter we will give you general information about the actions.

Starting to play Goalball will bring you out of comfort zone

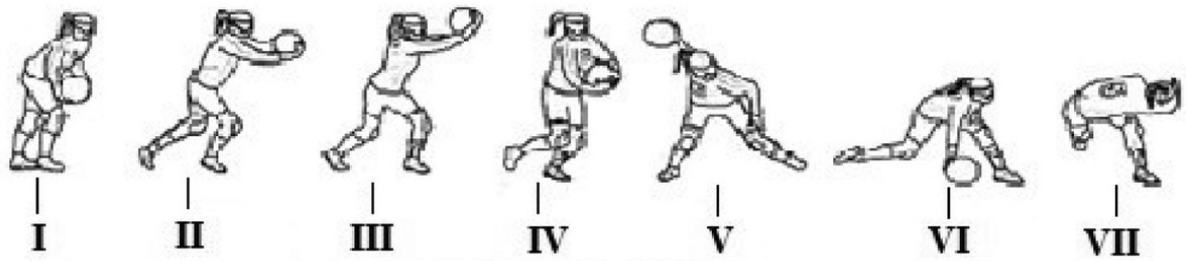
OFFENSE

Be aware that at the elite level, athletes may throw the ball up to 40 miles an hour

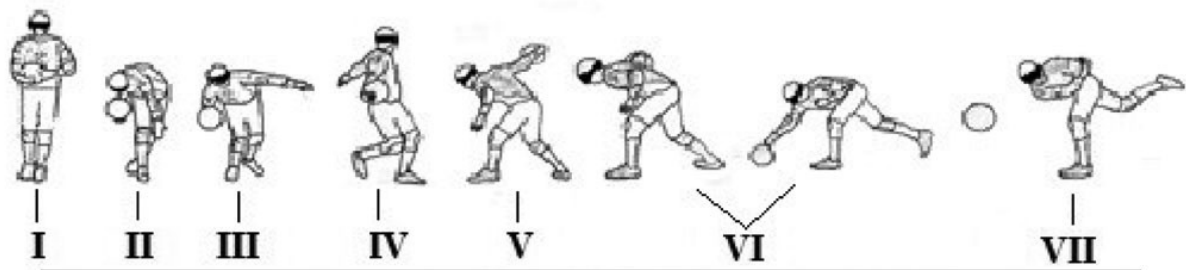
1. One hand standing throw



2. One hand run throw



3. 360 Throw



[Watch a video](#) for more details

DEFENSE

Squatting position



[Watch a video](#) for more details

1 knee position



Chapter 03 Tips & Advise

How teaching the player/ student

Major Techniques that facilitate comprehension in teaching students who are blind:

1. Use descriptive language. Be as clear as possible. Avoid using words that do not concretely refer to someone/something (e.g., "Pick up that thing over there).
2. Use hand-body manipulation. This can help guide the student through each movement. Be sure to ALWAYS tell a student before you do this. Make sure the student is comfortable with this before you do this in a classroom situation. Continue to actively describe what you will be doing next, so that the student can anticipate your movement.
3. Brailing can be used to help demonstrate a new skill or movement. Brailing involves allowing the student to touch the person who is demonstrating each step or part of the movement sequence. If this is awkward or uncomfortable for the student, tactile manipulation of a wooden doll can be equally effective.

Be conscious

Be aware that at the elite level, athletes may throw the ball up to 40 miles an hour.

Strong points for students

Strong points goalball as a sport for blind and partially sighted students

1. Sport is healthy for the body:
 - Fitness
 - Condition
 - Energy
2. Sport is healthy for the mind:
 - Collection capacity
 - Perseverance
 - Self confidence
4. Goalball can be played with players who don't have visually impairment
 - Valuable integration aspect
3. Goalball trains skills that are important in the daily life of the visually impaired
 - Orientation
 - Falling
 - React fast
 - Search in your area
5. Goalball is the only truly mature team sport for the blind and visual impairment

Performance criteria

For trainers and teachers some tools for learning the correct Goalball performances

Skill: Throwing	Observed	Not Observed
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1. Faces proper direction
2. Uses lines/marks to self-orient before throwing
3. Arm swings back
4. Forward step with opposite foot
5. Low release (low body position)
6. Throws in 10 seconds or less

Skill: Blocking	Observed	Not Observed
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1. Ready position
2. Floor contact with hands and arms
3. Side-lying position, arms legs fully extended
4. Legs extend straight out from hips – ankles are not touching.
5. Face protected

Skill: Passing

Observed

Not Observed

1. Calls for teammate
2. Waits for response
3. Respond to call by tapping
4. Controls the pass
5. Gentle toss with bounce

Follow up support

The aims of this course were to introduce goalball as a sport for persons with visual impairment. There were practical examples to run skills, technique and tactical practices. In addition, the competing rules were introduced to facilitate matches and competitions.

Following this course, you may like to continue your interest and qualification in goalball. Occasionally, people find more information through the useful links tab, be more knowledgeable on the competition structure, as well as ideas for adapting equipment.

Organize own competition

Small sided games are a brilliant way to get more children to play more games. Because it is important for children with disabilities to improve their physical competence, activities that are based on small sided games can improve resilience and raise determination to play. The types of games vary based on the desired outcomes of the lesson. These can include

- Cooperation Games – aim to work with each other
- Competitive games – aim to build ways to win
- Skill-based games – aim to develop particular games specific skills

For example type of competitions, the following examples can be found through using the STEP (Space, Task, Equipment, People) principles for adapting activities.

Example of cooperation games

Roll-em game

Space: Flat surface approximately 2m x 5m for each pair of players. The activity can be modified for the distance between players

Task: Using tape on the floor to find out the direction of sending the ball. One player start in crouching posture with a ball. The opposite player is in defensive posture to receive the ball. The player with the ball uses their hands to guide the direct of the marker on the floor and when ready, sends the ball over to the opposite person. The opposite person stops the ball, then acts as the player with the ball.

Equipment: tape on floor, balls. Rope under tape of floor to define boundaries

People: A minimum of two players for 1 v 1. More players can be added as a relay. In that case, after the player defends the ball, they give the ball to the next person and moves out of the area by following more floor markings for exiting and re-entering the playing area.

The winners are those who complete the most amount of passes in a set time, or the fast to complete a certain amount of passes. Differentiation is possible by making the distance between target and throwing further away. The types of balls could also be changed.

Example of competitive games

Defenders of the castle

Space: Goalball court

Task: To team that concedes a goal goes off the court. The winners go forwards to defend the main goal. If they score against the newcomers, they stay on the court. If the newcomers manage to score a goal, then they move off the court and are replaced. Points are gained for every time the players have successfully defended the 'castle'.

Equipment: Goalball goals or similar. Assistants for directing players and fetching the balls.

People: Teams of three play goalball. This can be specific trios or changed combinations based on what the teachers says.

Differentiation of the game can be created through the number of players on the team, it can be smaller size games too with smaller courts. Moreover, rules maybe set to a time limit. So if nobody scores after a set time, then both teams go off

Example of skill-based games

Goalball Darts

Space: A wall whereby it is safe to roll a goalball at (i.e. no mirrors, glass).

Task: To improve accuracy of attacking with the ball. Players requested to roll the ball to a specific target on the wall. The target can be concentric mini goal posts, with the smallest the size of a goal ball.

Equipment: Balls, tape on the wall, tape on the floor. Assistants to return the ball.

People: As many people can play this activity in a fashion that darts can be played. Consider the resting time between shots though to maintain motivation to play.

The winner is the person with the highest score after a set time or after a number of attempts. Differentiation can be created by the balls and distance used. Different techniques can also be used.

Links

International Blind Sports Federation – <http://www.ibsasport.org/sports/goalball/>

Paralympic school days – <https://www.paralympic.org/the-ipc/paralympic-school-day>

UNESCO – <https://www.unescoittralee.com>

IFAPA – <https://ifapa.net>

ASAPE – <http://www.asape.net/>

EUFAPA – <https://eufapa.eu>

Reason to play sport:

1. Healthy
2. Fun
3. Relaxing

Reason to play sport by blind or visual impaired people:

1. Freedom (The handicap is not the priority)
2. Social contacts
3. Abreact
4. Creating more self confidence
5. Stimulance