

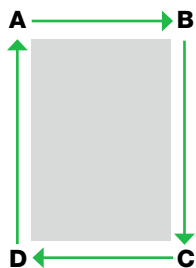
## GOALBALL – RECTANGLE ROLL

### Quick introduction

The aim of this challenge is to practice attacking as a team by rolling the ball over different distances and in different directions.

### Getting started

- Minimum of 4 players per group
- 1 player sits at each of the 4 corners of a rectangle.
- Initially the ball travels in a clockwise direction - Player A does a short roll to Player B, who then does a long roll to Player C, who then does a short roll to Player D, who then does a long roll to Player A.



- If there is more than 1 player at each corner, the players sit in a line and move to the back after they have had their turn rolling the ball.
- When the referee says 'Change' the ball travels in an anti-clockwise direction (so that players who were doing a short roll are now doing a long roll and vice versa).

### Equipment required

- 1 bell ball per group
- 1 pair of eyeshades per player (optional)

### Health and safety

- Ensure the players do not roll the ball too fast.
- Ensure the players are not sat too close together.



# GOALBALL – RECTANGLE ROLL



## PHYSICAL ME

- Challenge players to sometimes try rolling the ball using their non-dominant hand.

## SOCIAL ME

### Leading and volunteering

Referee:

- Returns the ball to the appropriate player in the rectangle if a roll goes astray.

### Think inclusively (STEP)

#### Space

- Make the rectangle bigger or smaller depending on the groups' ability.

#### Task

- Try diagonal rolls (A to/from C or B to/from D).
- Allow players to roll the ball to anyone in the rectangle.
- Instead of just moving to the back of their line, players have to follow their roll to another corner of the rectangle.

#### Equipment

- Use 2 balls to make it a quicker game.

#### People

- To help visually-impaired players, the receiving player should clap or call so that they aim in the right direction.
- Sighted players can try wearing eyeshades.
- Wheelchair users can use a ramp to roll the ball.

## THINKING ME

- How do I accurately roll the ball to another player?
- What feedback can I give to the player who rolled the ball to me?

## SPORTING ME

### Spirit of the Games:

#### *Excellence through Competition*



When I've not got the ball, I will stay quiet so the players rolling and receiving the ball can hear each other.

## TACTICAL ME

Passing to a team mate sometimes rather than just shooting every time I have the ball will make it more difficult for the opposition.



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## GOALBALL – TEAM DEFENCE

### Quick introduction

The aim of this challenge is to work as a team to try and stop the attacker from scoring a goal.

### Getting started

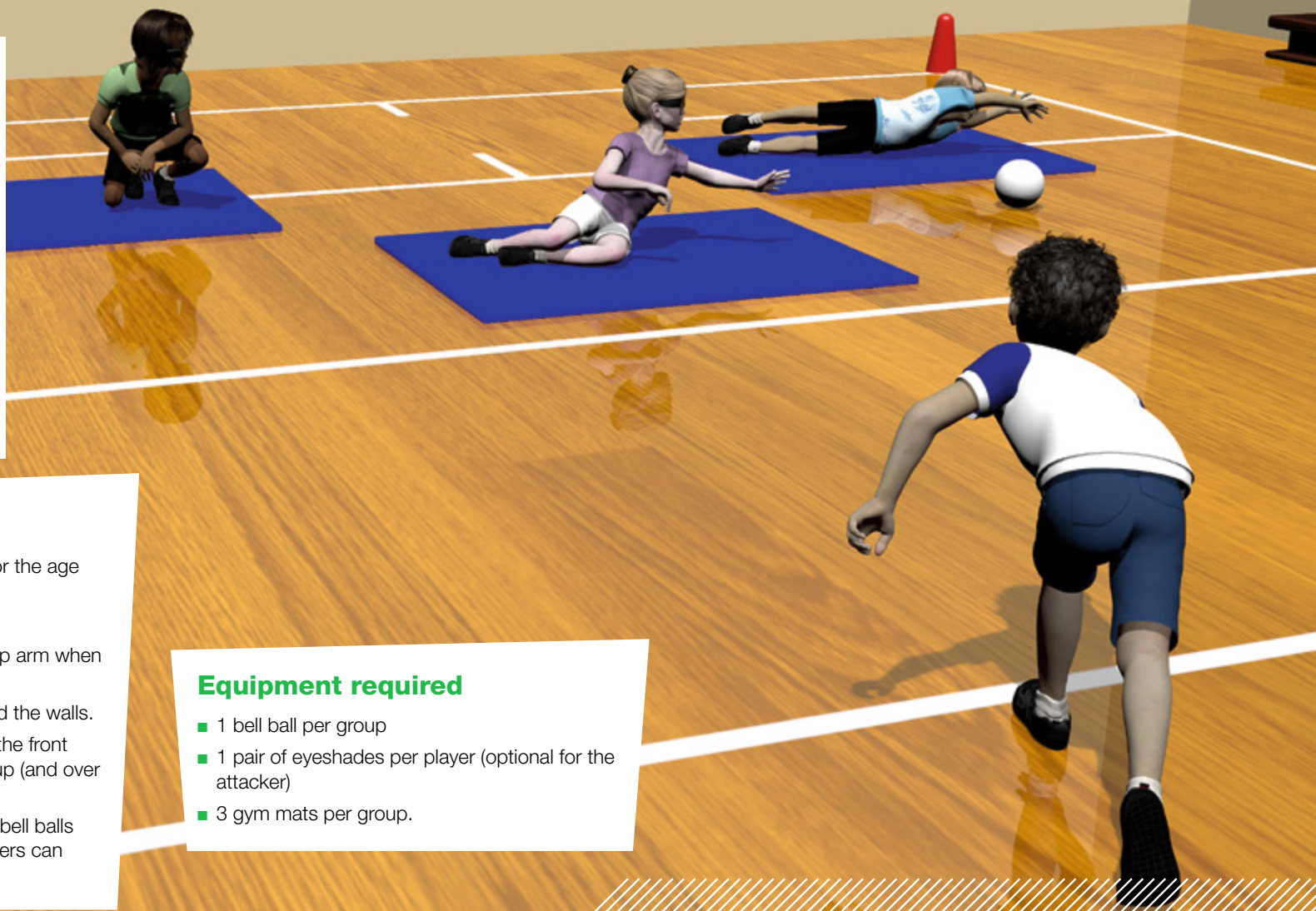
- 4 players per court.
- 1 player will be the attacker and the other 3 are defenders (Left, centre and right).
- The defenders have to stay on their mats.
- The attacker doesn't wear eyeshades but the defenders all do.
- The attacker rolls the ball along the floor and the defending players have to listen, decide and dive to try and stop the ball.
- After 5 shots the players rotate positions. (Left defender to centre defender. Centre defender to right defender. Right defender to attacker).

### Health and safety

- Ensure the ball is the appropriate size and weight for the age and/or ability of the players
- Ensure the ball is rolled along the floor.
- Encourage players to protect their face with their top arm when defending.
- Ensure there is enough room between the court and the walls.
- Encourage players to position themselves close to the front edge of their mat to prevent the ball from popping up (and over them)
- Because players are wearing eyeshades and using bell balls the noise levels must be kept to a minimum so players can hear the ball.

### Equipment required

- 1 bell ball per group
- 1 pair of eyeshades per player (optional for the attacker)
- 3 gym mats per group.



# GOALBALL – TEAM DEFENCE



## PHYSICAL ME

- Stopping goals is as important as scoring goals.
- Being in a 'barrier' position (straight, strong and long) makes it harder for the attacker to score.

## SOCIAL ME

### Leading and volunteering

#### Referee

- Says 'Play' to indicate when the attacker can roll the ball.
- Announces the outcome of each shot – Goal, Out, Blocked or Blocked Out.
- Keeps a record of how many shots the attacker has had.

#### Goal Judge

- Collects the ball after each shot and then gives it to the appropriate player to restart the game.

### Think inclusively (STEP)

#### Space

- Change the size of the court (so players have less or more reaction time).

#### Task

- The attacker can choose to roll the ball from anywhere in their 3rd of the court.

#### Equipment

- Change the size and weight of the ball (so players roll it slower or faster).

#### People

- The attacker has to wear eyeshades.
- Wheelchair users who can't transfer to a mat can use their chair to block the ball and a ramp to roll the ball.
- Assign a 'tapper' to a hearing impaired player who sits behind them and when the ball is travelling towards them, taps them on their left shoulder if it is to their left, right shoulder if it is to their right, or both shoulders if it is straight at them.

## TACTICAL ME

Listen carefully for the ball.  
Don't just guess.

## THINKING ME

- Am I as good at stopping the ball on my left and right sides.

## SPORTING ME

**Spirit of the Games:**  
*Excellence through Competition*



If all 3 players make a barrier, it is hard for the attacker to score.



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## GOALBALL – CONE CHALLENGE

### Quick introduction

The aim of this challenge is to improve shooting accuracy.

### Getting started

- A number of cones (greater than the number of players) are positioned on a court.
- Two equal teams (maximum of 4 players) take turns to roll the ball at the cones.
- Players win the cones that they hit.
- Once all of the cones have been hit the team who have collected the most are the overall winners.
- Shots must be taken from the same starting line each time.
- The ball must be rolled along the floor.

### Health and safety

- The other players should be stood a safe distance back from the player who is rolling the ball.

### Equipment required

- 1 ball per group
- 10 cones per group (approximately)
- 1 pair of eyeshades per player (optional)



# GOALBALL – CONE CHALLENGE



## PHYSICAL ME

- Encourage the correct shooting technique – step and swing.

## SOCIAL ME

### Leading and volunteering

#### Referee

- Ensures the players roll the ball from the starting line.
- Collects the cones as they are hit and keeps a record of the score.
- Goal Judge:
- Collects the ball after each shot and then gives it to the appropriate player to continue the challenge.

### Think inclusively (STEP)

#### Space

- Move the cones closer or further away from the starting line to make it easier or harder.

#### Task

- Count how many cones a team can hit in a set period of time.
- Award double points if a player uses their non-dominant hand.
- Allocate different points to different cones; for example, those further away have a higher value.

#### Equipment

- Change the size of the ball or cones to make it easier or harder.

#### People

- To help visually-impaired players, the starting line should be tactile and a team mate should stand behind a cone and clap or call so that they aim in the right direction.
- Sighted players can try wearing eyeshades.
- Wheelchair users can use a ramp to roll the ball.
- Non wheelchair users can try rolling the ball from a seated position.

## THINKING ME

- If I miss a cone, should I try for the same one again next time?

## SPORTING ME

### Spirit of the Games:

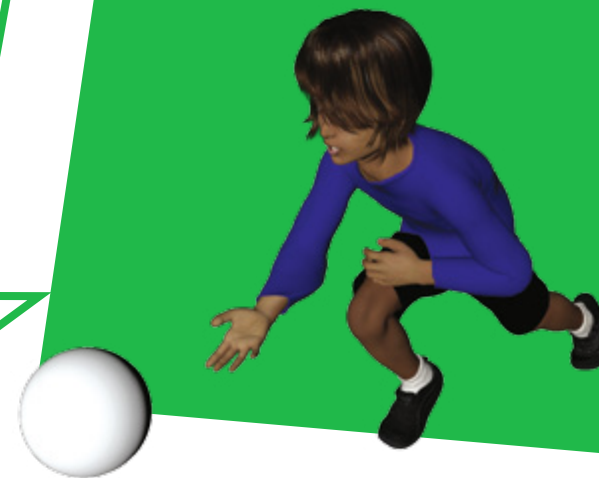
#### *Excellence through Competition*



I only collect cones that I've hit and I join the back of the queue after having my go.

## TACTICAL ME

Focus on accuracy rather than power.



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