

# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

Sainsbury's  
**SCHOOL  
GAMES**

## GOALBALL – GAME ON!

### Quick introduction

Goalball is a 3v3 game that is played on a volleyball court. All players wear eyeshades so a bell ball and tactile lines are used. The aim of the game is to score a goal by rolling the ball across the opponent's goal line. The game is non-invasive, so players must stay in their own third (Team Area).

### Getting started

When the ball is rolled there are 4 possible outcomes:

1. Goal (ball crosses opponent's goal line) - game restarted by the team who conceded the goal.
2. Out (ball rolls over the side line) – game restarted by the other team.
3. Blocked (defending team stops the ball/prevents a goal) – game continues with the defending team becoming the attacking team.
4. Blocked Out (the defending team pushes the ball out) - game restarted by the team which blocked the ball.

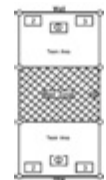
### Safety

- 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 that there is enough room between the court and walls.
- Ideally players should wear knee and elbow pads.
- Because players are wearing eyeshades and using bell balls the noise levels must be kept to a minimum so players can hear the ball.

### Think tactics

When defending, react to the ball – listen, decide, dive.

### Court layout



# GOALBALL – GAME ON



## Rules of the game

The opposition receive the ball if players do not keep to these rules:

- Players must stay in their own Team Area.
- Players must roll the ball (underarm only) – no kicking.
- When the ball is rolled, it must reach the opposition's Team Area.
- Players only have 10 seconds to return the ball to the other team.
- Players must keep their eyeshades on for the duration of the game

## Think inclusively

### Space

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

### Task

- Change the amount of time a team can have possession of the ball for (to slow the game down or speed it up).

### Equipment

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

## People

- Decrease the number of players in a team (to make it easier when attacking and harder when defending).
- Wheelchair users who can't transfer to the floor 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.

## Keeping it enjoyable

- Play without eyeshades to begin with, to allow players to practice the correct attacking and defending techniques, and then introduce them as understanding of the game increases.

## Officiating

### Referee

- Announces when a goal has been scored or if a rule has been broken.

### Goal Judge

- Stands by a goal post and indicates when the ball has crossed the goal line.
- Collects the ball when it goes out of play and then gives it to the appropriate player to restart the game.

## Timer

- Ensures that teams don't have possession of the ball for more than 10 seconds.

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



Shake hands with the opposition and the officials at the end of the game.



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## GOALBALL – SEQUENCE CHALLENGE

### Quick introduction

This challenge develops shooting accuracy. Cones are randomly set out in the playing area. Players then have to try and hit the cones in a certain sequence. The winner is the player who completes the correct sequence from the lowest number of shots.

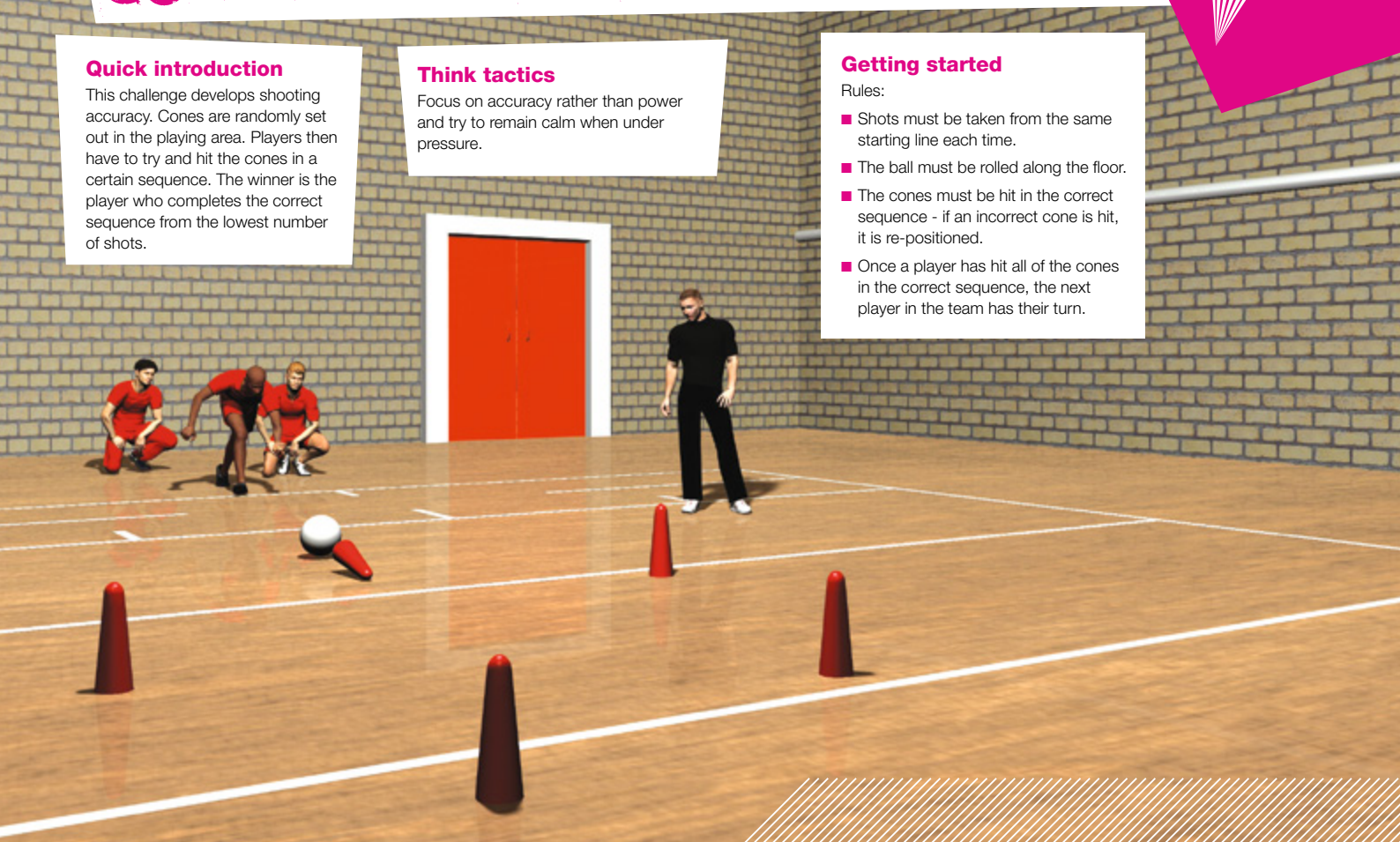
### Think tactics

Focus on accuracy rather than power and try to remain calm when under pressure.

### Getting started

Rules:

- Shots must be taken from the same starting line each time.
- The ball must be rolled along the floor.
- The cones must be hit in the correct sequence - if an incorrect cone is hit, it is re-positioned.
- Once a player has hit all of the cones in the correct sequence, the next player in the team has their turn.



# GOALBALL – SEQUENCE CHALLENGE



## Safety

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

## Think inclusively

- To help visually-impaired players, the starting line should be tactile and a team mate should stand behind the target 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.

## Keeping it enjoyable

- Time how long it takes each player to complete the sequence.
- Challenge players to complete the sequence using their non-dominant hand.
- Instead of a set sequence for every player, assign points to each cone and see which player can score the most points from 5 shots.

## Officiating

### Referee

- Decides what sequence the cones have to be hit in.
- Keeps a record of each player's score.

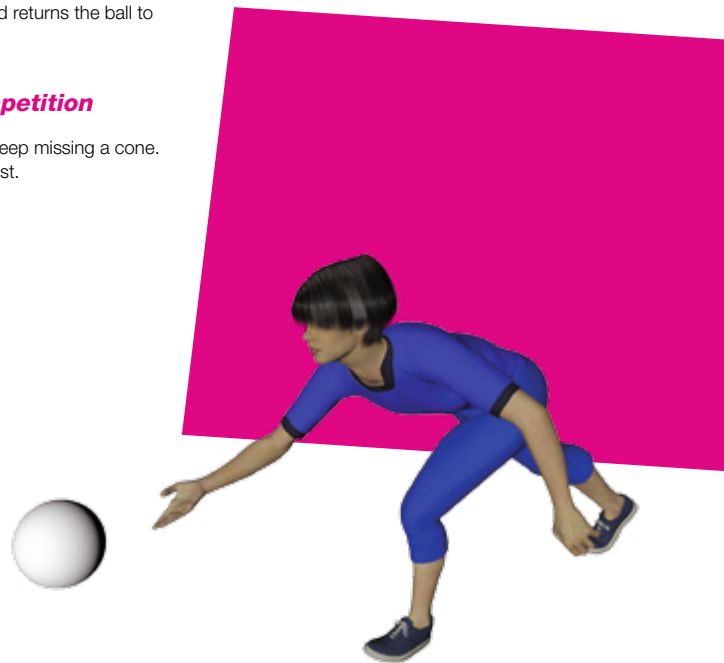
### Goal Judge

- Collects/re-positions the cones and returns the ball to the starting line.

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



Don't get frustrated if you keep missing a cone.  
Just continue to try your best.



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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## GOALBALL – PENALTY SHOOT OUT

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### Quick introduction

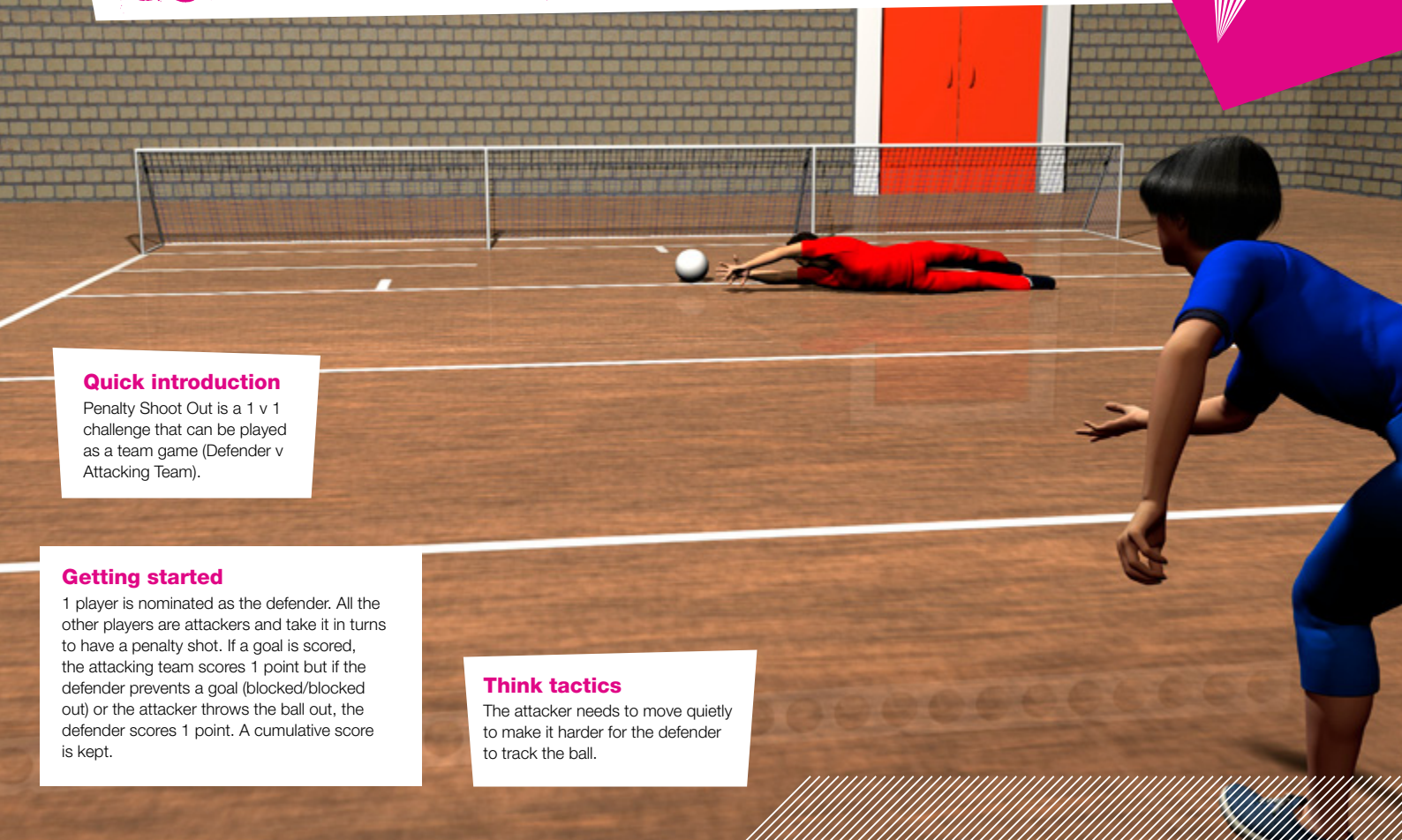
Penalty Shoot Out is a 1 v 1 challenge that can be played as a team game (Defender v Attacking Team).

### Getting started

1 player is nominated as the defender. All the other players are attackers and take it in turns to have a penalty shot. If a goal is scored, the attacking team scores 1 point but if the defender prevents a goal (blocked/blocked out) or the attacker throws the ball out, the defender scores 1 point. A cumulative score is kept.

### Think tactics

The attacker needs to move quietly to make it harder for the defender to track the ball.



# GOALBALL – PENALTY SHOOT OUT



## Organising the game

- Both the defender and the attacker have to stay within their Team Areas.
- The attacker has to wait for the referee to say 'Play' before taking a shot.
- The ball must roll on the floor.

## 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 that there is enough room between the court and walls.
- Ideally players should wear knee and elbow pads.
- Because players are wearing eyeshades and using bell balls the noise levels must be kept to a minimum so players can hear the ball.

## Think inclusively

- Wheelchair users who can't transfer to the floor 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.

## Keeping it enjoyable

- Play without eyeshades to begin with, to allow players to practice the correct attacking and defending techniques, and then introduce them as understanding of the game increases.
- Introduce bonus points if an attacker scores a goal with their non-dominant hand.
- If the attacking team loses, let the defender choose a forfeit for them (e.g. 10 star jumps).

## Officiating

### 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 each player's score.

## Goal Judge

- Collects the ball after each shot and then gives it to the appropriate player to continue the challenge.

## Spirit of the Games: Excellence through Competition



Successfully defending penalties is difficult – but possible.



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## GOALBALL – SPEED BALL TEAM CHALLENGE

### Quick introduction

This challenge develops shooting power. Players simultaneously roll their ball towards a wall. The ball that hits the wall first is the winner.

### Getting started

- A maximum of 4 teams with 1 ball per team.
- The 1st player in each team stands on the starting line.
- When the referee says 'Play' they all roll their ball, as fast as they can, towards a wall.
- The players whose ball hits the wall first scores the highest number of points for their team (relate the scoring system to the number of teams e.g. 4, 3, 2, 1 for 4 teams).
- A cumulative score is built by each team, and recorded by the referee.
- After every player has had a go, the team with the highest score is the winner.

### Think tactics

Stepping forwards with the opposite leg whilst swinging the rolling arm backwards will help generate more power – step and swing.



# GOALBALL – SPEEDBALL TEAM CHALLENGE



## Think inclusively

- To help visually-impaired players, the starting line should be tactile and a team mate should stand against the wall 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 and start closer to the wall.
- Non wheelchair users can try rolling the ball from a seated position.

## Keeping it enjoyable

- Change the position of the starting line so the players have to roll the ball further.
- Challenge players to roll the ball with their non-dominant hand.
- Add conditions; for example, all the players are stood up. The ball starts in the hands of the player at the front of the line. When the referee says 'Play':
  - The ball gets passed under-over down the line to the back player who then runs to the front of the line and takes a shot from the starting line.

- The front player weaves in and out of their team mates to the back of their line and then runs to the front and takes a shot from the starting line.
- The front player runs forward and touches the wall. They then turn and have to run all the way to the other side of the sports hall before running back and taking a shot from the starting line.

## Officiating

### Referee

- Says 'Play' to indicate when the players can roll the ball.
- Awards points to the teams – can also deduct points if any player throws rather than rolls the ball.
- Keeps a record of each player's score.

## Spirit of the Games: Excellence through Competition



Don't release the ball before the referee has said 'Play'.



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