



WHY GOALBALL

What are the benefits of playing my sport?

Goalball was originally devised for visually impaired people but sighted people can also play as everyone is required to wear eyeshades so no one can see. Because of this, as well as developing fundamental physical skills that are transferrable to/from other sports (e.g. agility, balance, co-ordination, speed, etc.) excellent teamwork, communication and spatial awareness skills are required. Its uniqueness makes it great fun!

TOP Tip!

As goalball is unlikely to be a sport that young people have played before, it offers a new and very different learning experience. Schools in Corby in Northamptonshire have found that goalball empowers visually impaired young people whilst developing empathy skills within sighted young people as they are required to play using sound and touch rather than sight. Small sided games ensure that everyone is actively involved, including coaches and officials whose roles are very important as the players rely on them for feedback and to ensure their safety.

GOALBALL

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Although silence is required during play, there is the opportunity to celebrate when a goal has been scored, as well as at the end of a game.



Players should respect the decisions of the officials during the game and shake hands with them, and the opposition, at the end of a game.



Players should not touch their eyeshades during a game as, if they can see, this defeats the object of the game and makes it unfair.



Players have to believe that they can re-produce skills when wearing eyeshades.



All three players in a team have a responsibility to attack and defend. They must also help each other with positioning on court so they don't get disorientated.



Players have to concentrate throughout the game and commit to playing their best – be strong in attack and defence.

Priority competitions:

- **Name of the competition:** Goalball – Game On! (Secondary)
Minimum of 4 and a maximum of 8 teams.
- **Age group:** Secondary (Years 7, 8 & 9)
Mixed gender teams – each team at Level 3 tournaments should include 1 visually impaired young person.
- **Level/location:** Intra School Competition (Level 1), Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3); indoors
- **Who runs it?** Intra School Competition (Level 1) : PE staff and Young Leaders
Inter School Competition (Level 2) : SGO and Young Leaders
County Final - Inter School Competition (Level 3): County LOC and Young Leaders (with support from Goalball UK)
- **How to enter?**
Contact Goalball UK on 0114 2235670 or enquiries@goalballuk.com and engage via School Games competition pathway.
- **When?** Anytime (Winter or Summer Games)
- **Next Steps in Competition:** Goalball UK Junior development days and tournaments

Signposted competitions:

- Goalball UK Junior development days and tournaments.
- Year 3 (age 7+). Open to mixed gender teams.
- Location: Nationwide.
- Register your school as a club through Goalball UK and you will receive information about appropriate opportunities.
- A number of events are run throughout the season (September to July). Dates and venues change on an annual basis. For more information contact www.goalballuk.com enquiries@goalballuk.com
- Progress to Goalball UK Novice tournaments.

Where do young people go next? (from School to Club/Community)

Young people can join local clubs www.goalballuk.com/clubs/ where they can develop as players, coaches and/or officials. They can also become a Goalball UK volunteer and help out at local events and tournaments www.goalballuk.com/volunteering/

Young Leader/Officials courses/qualifications available:

The Goalball School Leaders award is only four hours long so can be delivered during the school day. It is entirely practically based and covers the basic coaching and officiating skills so that Young Leaders can then deliver introductory sessions and tournaments.

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

www.goalballuk.com/schools-games/

Paralympic Challenge resources:

www.youthsporttrust.org/sainsburys-active-kids-paralympic-challenge-resources

Top Sportsability resources: www.youthsporttrust.org/top-sportsability

Competition Card

Primary or Secondary:

Secondary

Name of competition:

Goalball – Game On!

Age group:

Years 7, 8 & 9 - although younger and older age groups can play (just not together because of differences in physical ability).

How to enter:

Contact Goalball UK on 0114 2235670 or enquiries@goalballuk.com and engage via School Games competition pathway.

Tournament format:

It is possible to host one-off tournaments at a central venue or schools can play in a traditional league (home and away fixtures) over a set period of time.

Simple rules:

There are three players in a goalball team. Substitutions are permitted but as games are short they are not always necessary.

Goalball is played in mixed gender teams – each team at Level 3 tournaments should include 1 visually impaired young person.

Goalball is played indoors on a volleyball court (18m by 9m). The game is non-invasive so players must stay in their own third (Team Area). All players wear eyeshades so a bell ball and tactile lines (or mats) are used.

The aim of the game is to score a goal by rolling the ball across the opponent's goal line.

When the ball is rolled there are four 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.

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.

Roles for young people:

- Referee – each game will require a referee (or preferably two) to be in overall control.
- Goal Judge – assists the referee(s) by indicating when a goal has been scored and collecting the ball when it goes out of play.
- Timer – times the main game (and the 10 seconds possession rule).
- Scorekeeper/tournament organiser – plans the fixtures and collates the results.
- Shot recorder – records individual shot statistics for players to evaluate performance.
- Coach – provides feedback and encouragement to the players.
- Reporter/photographer – writes reports and takes photos/videos to promote within the school.

How can depth in competition through extra teams be achieved?

There are only three players per team so schools can easily have a number of teams who can compete against each other (and/or against other schools).

There are also lots of extra 'non-playing' roles that young people can undertake. Goalball is a great game for enabling sighted and visually impaired young people to play and compete together and develop real empathy on and off the court.

Think inclusively!

This format is inclusive for all young people. Players with visual impairments play equally alongside sighted players as everyone must wear eyeshades. Wheelchair users who can't transfer to the floor can use their chair to block the ball and a ramp to roll the ball. Hearing impaired players can be assigned a 'tapper'.

The route from here to County Final - Inter School Competition (Level 3)

Ideally discussions should be held with Goalball UK to ensure the competition is set up properly. Consideration needs to be given to the 3 S's which are Sound, Surface and Space. A minimum of four teams are required for a County Final – Inter School Competition (Level 3) which can be held anytime throughout the academic year. Each team must include one visually impaired player.

How can regularity be achieved?

Goalball can be played throughout the academic year in a league format. Depending on the size and floor surface, games can possibly be played in gymnasiums, dance studios, assembly halls and dining rooms (so not just in the sports hall). Games are short in length so can be played during break times.

Relevant web links:

www.goalballuk.com

