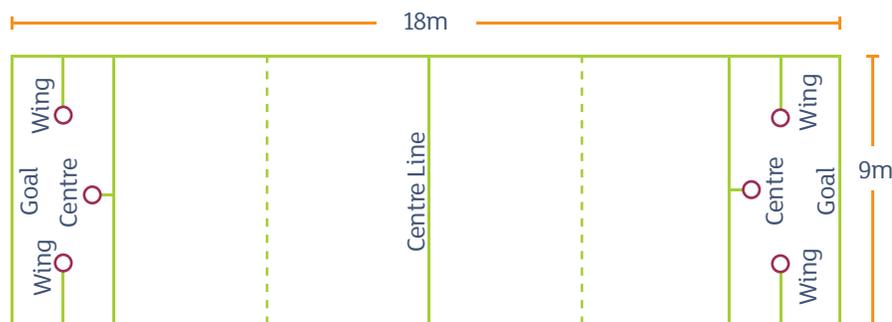




This part of the toolkit focuses on Goalball including games to help you introduce it to young people and links to sources of more information.

### Playing space

- A full-size goalball court has the same dimensions as a volleyball court – 18 metres long by 9 metres wide.
- The goals are defended by 3 players on each team.



- Use large cones to make the goals.
- When throwing the goalball towards the goal it must be rolling along the floor before it reaches the High Ball line (dotted line on the diagram).
- Goalball can be played in any suitable space.

### Equipment

- Goalball uses a bell or sound ball.
- Goalball are very heavy to ensure they roll along the ground, beginners can use soft practice balls/lightweight bell balls.
- If you don't have a goalball or other bell ball, you can make a sound ball by wrapping a basketball or football in a plastic bag securing it with tape. The plastic crackles as you roll the ball.
- All players need eyeshades.

### Basic rules

- In teams of 3, players roll the goalball to get it past the opposing defenders into the goal.
- Defending players try to spread themselves as widely as possible on the floor to block the ball.
- Players can pass to each other within a short time limit to confuse the opposition.
- The area either side of the centre line between the high ball lines is neutral – no players allowed to enter.





# Active Kids Paralympic Challenge

## Young Leaders Toolkit: Goalball

Goalball is an excellent game for getting players of different abilities together. The games below are a great way to introduce goalball to new players.

### Circle Ball

This game helps players to understand two important skills of goalball – listening and rolling the ball.

- Players stand (or sit) in a circle facing inwards.
- Players stand a stride apart with the outside of their feet touching the feet of those next to them.
- The space between their feet is their goal.
- Wearing eyeshades the players roll the ball along the floor to try and score through the legs of any other player.
- Players guard their 'goals' with their hands to block goal attempts.
- A leader stays outside the circle to keep score and return the ball.
- Players need to listen for the sound of the ball and make sure that the ball stays on the floor when they roll it.

### Space

Add more people to make the circle bigger – but this means less time on the ball for each person.

### Task

Challenge some players by asking them to use only one hand to roll and defend.

### Equipment

A practise goalball or lightweight bell ball can be used. Important safety point: the ball must stay on the floor!

### People

Less players means more interaction and a faster game.

Visit the following websites for more information:

[www.paralympics.org.uk](http://www.paralympics.org.uk)

[www.goalballuk.com](http://www.goalballuk.com)

You can also see a great introduction to goalball by visiting: [www.topsportsability.co.uk](http://www.topsportsability.co.uk)



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# Active Kids Paralympic Challenge

## Young Leaders Toolkit: Goalball

Boccia is an excellent game for getting players of different abilities together. The games below are a great way to introduce boccia to new players.

### Hit the wall!

This game is about learning to roll the ball quickly.

- Divide the group into 2 teams.
- Both teams stand behind a throwing line facing a wall in single file; each team has a goalball or substitute sound ball.
- On a start signal, the first two players in each team roll the ball fast along the floor towards the wall.
- The first ball to hit the wall wins a point for that team. Place a skittle or cone 3 metres from the throwing line. Goalballs must be rolling on the floor before they reach the cone or the shot doesn't count.
- When all the players have rolled the ball, check which team has the most points.
- You can try the game the first time without eyeshades.
- Once they have thrown, players should remove eyeshades, recover the ball and give it to the next player in line.

### Space

Increase or decrease the distance to the wall – but leave enough room to keep the high ball line (marked with the cone).

### Task

Players can try rolling the ball in different ways; for example, one-handed bowling action or using both hands.

### Equipment

Any ball will do in this game as the sound of the ball is not critical.

### People

Players who have different abilities can be positioned at different distances from the wall.

Visit the following websites for more information:

[www.paralympics.org.uk](http://www.paralympics.org.uk)

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