

Value: Respect for sporting achievement
Activity: Practicing Goalball skills



GENERAL GOAL

Students gain respect for the sporting performance of athletes with blindness/visual impairment.

SPECIFIC GOALS

- To learn about the rules of Goalball.
- To gain understanding of the spatial awareness and object orientation skills of Goalball players.
- To gain respect for the sport abilities of Goalball players.

ENVIRONMENT

- Indoor/outdoor. Quiet space, undisturbed by other ongoing activities.
- Create tactile markings of the court boundary lines by placing tape over a rope or cord.

SUGGESTED EQUIPMENT

- Blindfolds for all participants.
- Goals.
- Bell balls or objects of varying size which make sound (e.g., bells in volleyballs, beep baseball).

PEOPLE INVOLVED IN THE ACTIVITY

Session leader, assistants and athletes with blindness/visual impairment (if available).

REQUIRED KNOWLEDGE

Students should gain awareness and information about persons/athletes with blindness/visual impairment. It is suggested that activity 9: Vision is conducted in every group prior to the Goalball activity. In doing this, the students gain the necessary background information.

STARTING THE ACTIVITY

The session leader gives a brief introduction of Goalball through video fragments and photographs (provided on the PSD DVD), which give the children a mental picture of the sport. If possible, a live demonstration by Goalball athletes would be beneficial.



RUNNING THE ACTIVITY

Auditory perception

Groups of 6-8 students sit in a circle blindfolded, with one child sitting/standing in the middle of the circle. The students pass a noise making object or bell ball around the circle. The student in the middle tries to:

- Indicate the location of the object/ball by pointing to it
- Catch the object/ball.

Practising throwing/rolling and catching skills

- Two students opposite to each other try to pass from standing, kneeling and lying positions, with varied distances.
- Practising the 'Goalball move': throw the ball from standing position, wait for the ball in the kneeling position and block the ball in the lying position.
- Two students opposite each other. Each tries to score by hitting the wall behind the opposite player, who defends.
- Same exercise in teams of 2 x 2.
- Goalball game: 3 x 3.



Basic Goalball rules should be explained during the exercises.

It is extremely important that the session leader puts an emphasis on safety issues throughout this activity. Goalball is an active game and requires direct bodily contact and the use of blindfolds. Therefore, it is important that the session leader is aware of specific safety precautions. Risks are bumping into walls, other students and/or tripping over equipment. It is necessary for the session leader to create a safe environment where the students are within marked boundaries, where there is no likelihood of accident. Boundaries can be made using rope taped to the floor, to create a textured line, or change in surface height. The session leader should emphasize the importance of using auditory stimuli to assist spatial awareness, to help orientate the students when playing.

throwing



Photo © Lieven Coudenys

anticipate



Photo © Lieven Coudenys

blocking



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GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Use eye masks instead of blindfolds to simulate different types of visual impairment (see Activity 9:Vision).

GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- Students act as referees for their peers during the game.
- Students can play regulation games against Goalball players with blindness/visual impairment.

REFLECTION

In order to reach the desired goals of this activity, it is extremely important that in the reflection process, the session leader emphasizes the challenges experienced during the activity. Through a group discussion, the session leader emphasises that persons with blindness/visual impairment can practice a challenging sport such as Goalball through precision and skill.

Sample Questions:

- How did you feel playing Goalball? What did you find the most difficult?
- Do you think Goalball is real sport? Should it be played during the Paralympic Games?
- Do you think it is easy to become an elite Goalball player? What are some of the criteria to become an elite Goalball player?
- How would you describe a person who has blindness/visual impairment? What difficulties could they face in daily living?
- How might they overcome those difficulties?

how to play goalball

The rules and actual game play of Goalball is extremely simple to learn, but it takes years to master the sport.

History: Goalball was invented in 1946 by an Austrian, Hanz Lorencezen and a German, Sett Reindle. It was used for sport and rehabilitation post WWII specifically for blind veterans. It became an official Paralympic Sport at the Arnhem 1980 Paralympic Games.

Court: The official court is 9m x 18m (standard gymnasium volleyball court).

Team area: The two teams play at either end of the court, the team area measures 3m x 9m. Inside the team areas, there are player orientation marks consisting of two 1.5m wing lines and one 0.50m centre line (see picture).

Objective: Simply roll the ball on the floor in a bowling motion and have the ball completely cross over the opposing team's goal line, scoring a point.

Playing time: 14 minutes (two x seven minute halves) and a three minute brake to change ends.

Blindfolds: All team members must wear blindfolds at all times during the game.

Time limits: Upon receiving control of the ball, the team has only eight seconds to throw the ball back to the opposing team.

Throwing: The ball must be rolled or bowled on the floor rather than thrown.

Dead ball: When the ball has stopped moving and the players are unaware of it's location. The ball is then returned to the closest player, usually the winger.

Out: When the ball rolls over the outside lines, the ball is turned over to the other team.

Did you know...?

There is no 'one best way' to throw the ball. Throws can be hard and fast or soft and slow - it is all about strategy!



The official rules of Goalball can be found at www.ibsa.es.

LINKS

Website: www.paralympic.org/release/Summer_Sports/Goalball

PSD Manual: Section Two, Chapter 8

