

**GOALBALL**

Super

# GoalBall Trainer Activity Guide

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## Introduction

GoalBall is a team sport designed for athletes who are blind or have visual impairments. The game is played indoors on a gym floor that is the size of an official volleyball court. Teams consist of three players; to ensure visual equality all participants play while wearing eyeshades.

The objective of the game is to roll a ball across the opposing team's goal line (referred to as "throwing"). Defending players position their bodies between the ball and the goal line in an attempt to prevent the opposing team from scoring. Once a ball is successfully blocked, the team with possession will then attempt to score by quickly throwing the ball back towards their opposing team's goal. Bells inside the ball help players locate its position on the court.

GoalBall is a unique sport because it requires all participants and spectators to remain completely quiet during game play; players must be able to hear the bells inside the approaching ball. Furthermore, the sport does not require players to rely on their hand-eye coordination. Because eyeshades must be worn during play, students will be required to rely heavily on their auditory, tactile, and kinesthetic senses. Integrating a disability sport (like GoalBall) as part of the general physical education curriculum is an effective way to facilitate an appreciation for individual differences.

## Basic Rules:

- Games consist of (2) seven-minute halves with a three minute halftime
- Each team is given (3) forty-five second timeouts during the game.
- A coin toss determines which team will begin the game with ball possession.
- The throw must be rolled and must make contact with the gym floor before crossing the overthrow line.
- Offensive players are permitted to throw the ball from anywhere within the "team area" or "throwing area". Once in possession, a team has only 8 seconds to throw the ball.
- A player is not permitted to throw a ball more than two consecutive times.
- Defending players are required to remain in their "team area".
- A goal is scored once the ball crosses over the opposing teams goal line.
- Players are required to wear eyeshades during game play.

## Equipment:



GoalBall Trainer



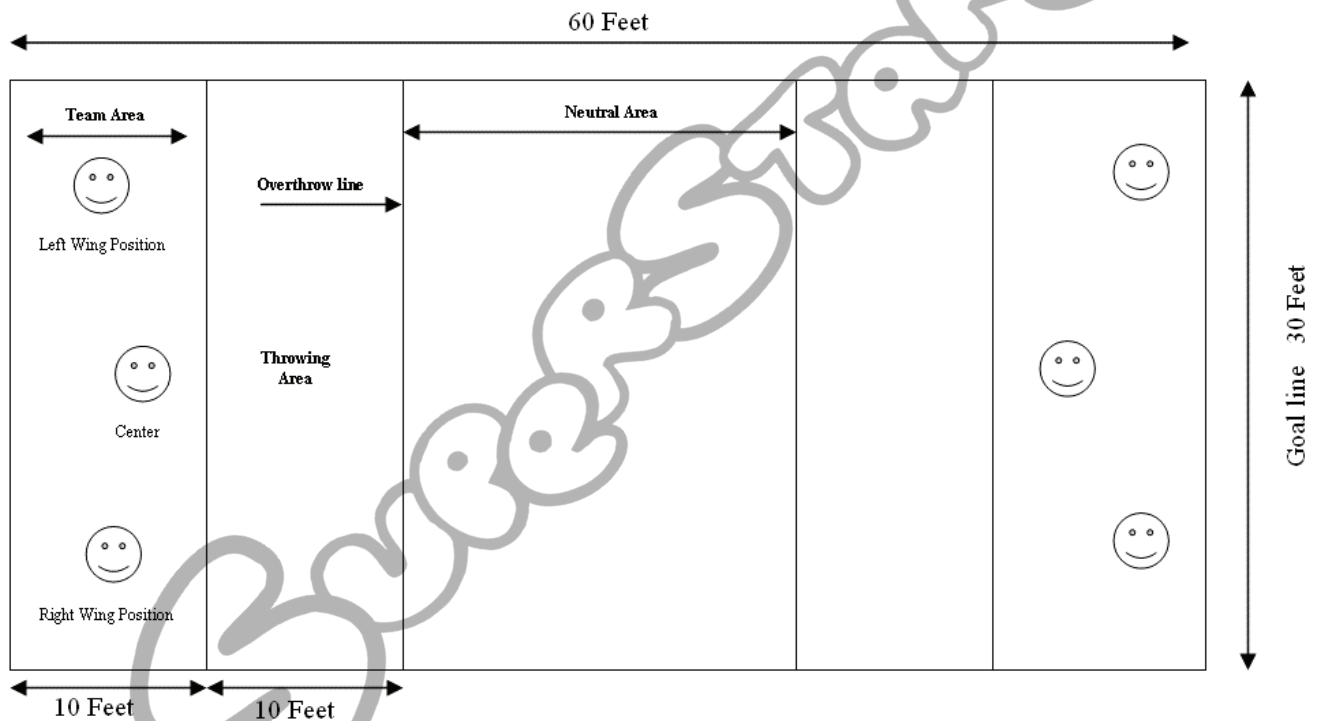
Eyeshades



Knee & Elbow Pads

Position ropes or orientation lines are taped around the perimeter of the "team area". Additional orientation lines are used to mark player positions.

## Court Dimensions:



Please visit the United States Association of Blind Athletes website ([www.usaba.org](http://www.usaba.org)) for additional rules and information specific to GoalBall.

## Basic Skills:

**Blocking** - Blocks are typically made from a horizontal lying position with arms and legs fully extended.

**Throwing** - An underhand technique is used to throw a GoalBall. The skill closely resembles the delivery used in bowling. Once the ball has been successfully blocked, players have 8 seconds to return the ball to their opponent's end of the court.

**Passing** - Before a pass is made the passer should call the name of the receiver. To ensure accurate passes receivers knock on the floor to give an audible cue. Passing is an important skill to learn because a player is not permitted to throw a ball more than two consecutive times in traditional game play.

## **Product Use:**

The GoalBall Trainer is a perfect ball choice for skill development activities, modified games and for beginners learning to play GoalBall. It was specifically designed to be much louder, lighter, and softer than a traditional GoalBall. The large holes and extra loud bells embedded inside the ball make this an excellent modification for other physical education activities as well. Students who are blind, visually impaired, or require the use of auditory cues to achieve success will benefit from the use of this innovative piece of equipment.

## **Games and Skill Development Activities:**

Pedersen and Greer (2009), suggest the following activities to develop sport specific skills. Activity modifications may be necessary to ensure successful experiences for all learners. For example, when skills are first being introduced some players may choose to participate without the use of eyeshades.

### **Star Pass**

This simple game is designed to provide practice for students learning to develop the skill of passing. Students sit in a five-point star shaped formation while wearing eyeshades. One student is given the GoalBall to begin the game. The objective is to successfully pass the ball to another student across the star. Before the pass is made the student receiving the pass must say, Twinkle, Twinkle, I'm over here (or other verbal cue). The person making the pass will then know where to aim.

#### *Modifications/Variations:*

- Initially students can play without the use of eyeshades.
- As skills advance, have students knock on the floor to signal the passer. Knocking is a common technique used by experienced players.

### **Goalie in the Middle**

This activity encourages students to quickly drop and practice the proper side-lying blocking position. Students stand in a circle formation (circle formation players are not blindfolded). One student stands inside the circle wearing an eyeshade. The students standing outside of the circle attempt to pass the ball to each other while the person in the middle attempts to block the ball.

#### *Modifications/Variations:*

- Initially the goalie in the middle may choose to play on his or her hands and knees.
- Require passers to use auditory cues before a pass is made so that the goalie can identify where the pass will originate.
- As skills advance, have all players participate while wearing blindfolds

### **One on One GoalBall**

This activity provides plenty of practice for developing throwing and blocking skills. The playing court is 18 feet long by 6 feet wide. Players attempt to defend their goal by blocking balls rolled by their opponent. Orientation lines (6 feet in length) are taped parallel to and 2 feet in front of each goal. It may be helpful to have sighted spotters stationed behind each goal to retrieve balls. The spotters may also provide skill related feedback to the players after each roll. Encourage players to aim their throws toward different areas of their opponent's goal.

#### *Modifications/Variations:*

- Participants may play while standing or on hands and knees
- Court dimensions can be modified to match appropriate skill levels..

### **Sit-GoalBall**

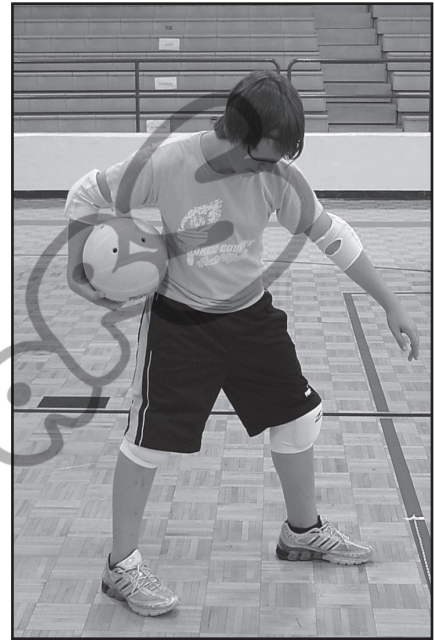
The game is played exactly like traditional GoalBall except players are not permitted to stand during play. Playing while sitting or on hands and knees reduces throwing speed and helps familiarize player to orientation lines.

**Evaluation:**

The following performance criteria checklist can be used to evaluate the sport specific skills of throwing, blocking, and passing.

**Skill: Throw (Roll)**

*Performance Criteria:*



1. Immediately after ball is blocked, player uses orientation lines to face opponent's goal line (target).

2. While using an underhand motion, the rolling arm swings back to waist level.

3. Step toward target with foot opposite rolling hand. Chest facing target.

4. Rolling arm swings forward as ball is released low and toward target.

5. Ball is released before eight seconds.

<b>Skill: Throw</b>	<b>Observed</b>	<b>Not observed</b>
Facing opponents target		
Arm Back		
Forward step		
Low release		
Eight seconds or less		



**Skill: Block**

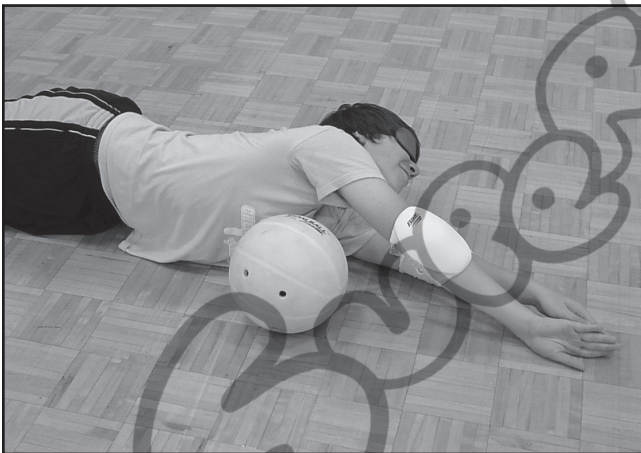
*Performance Criteria:*



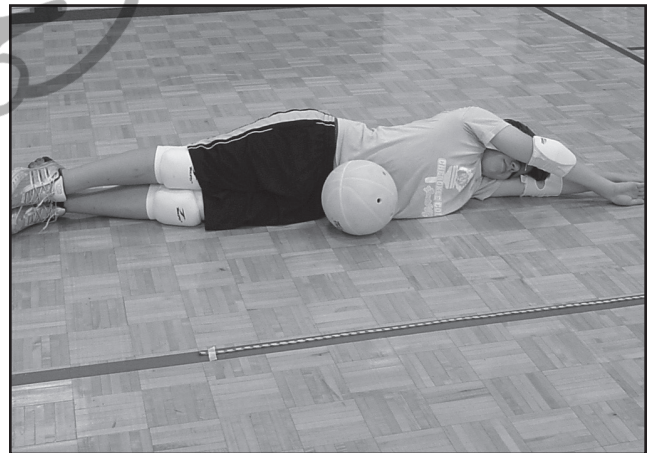
1. Defending player anticipates block while in the ready position (feet shoulder length apart, knees bent in comfortable crouch, up on balls of feet, arms held forward at waist height).



2. The hands and arms contact the floor first to cushion the body as the player prepares for the block.



3. During the block the body is in side-lying position with arms and legs fully extended and parallel to goal line.



4. Arm position is in front of face with head tilted back to prevent injury.

<b>Skill: Block</b>	<b>Observed</b>	<b>Not observed</b>
Ready position		
Initial floor contact with hands and arms		
Side-lying position, arms legs fully extended		
Face protected		

**Skill: Pass**

*Performance Criteria:*



1. Player faces and calls the name of the teammate.
2. Player waits for teammate response (usually a tap on the floor).



3. Ball is gently tossed toward teammate so that it bounces once causing the bells to sound.

<b>Skill: Pass</b>	<b>Observed</b>	<b>Not observed</b>
Calls for teammate		
Waits for response		
Gentle toss with bounce		

**References:**

Davis, R.M. (2002). Inclusion through sports: A guide to enhancing sport experiences. Champaign, IL: Human Kinetics.  
Pedersen, S., Greer, L. (2008). Listen up: GoalBall for all. Palaestra, 24, 33-37.



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