

# TASTER SESSION

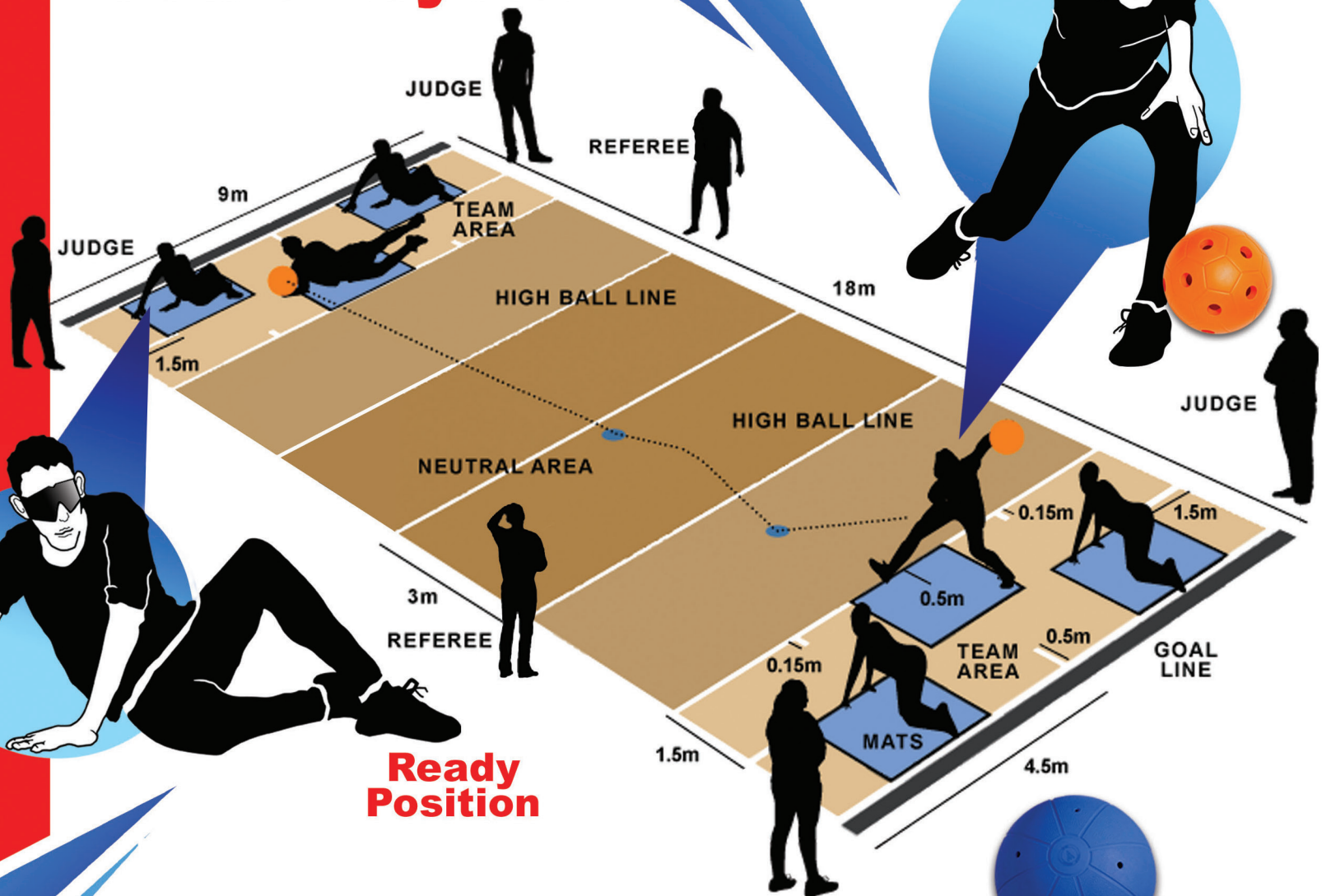
**Year:**  
Appropriate for all year groups.

**Objectives:**  
To introduce a class to goalball with an overview of the entire sport.

**Success Criteria:**

1. The class has a basic understanding of the game of goalball.
2. Pupils can demonstrate the defensive technique.
3. Pupils can demonstrate the attacking technique.
4. Pupils can apply the techniques to a game situation.

## Goalball Court Layout



**Ready Position**

## List of Equipment

Hall, goalballs, eyeshades, stopwatches, whistles & tactile reference (gymnastics mats (non-slip), tactile markings or string & tape).

Equipment supplier web details:  
[goalballuk.com/the-sport/equipment](http://goalballuk.com/the-sport/equipment)

**FACT: The Ball**  
A Paralympic goalball has eight small holes and contains small bells, it weighs 1.25Kg.





## Warm up - Basic Movement Skills

Get the class acting out various movements from different sports, for example a pass in football. Ask the class for their favourite sport and get them to act out something from that sport.

### Teaching Points:

Ensure pupils are moving between actions, for example jogging on the spot. Ensure good listening skills are demonstrated by all pupils.

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### Differentiation and Creativity:

Introduce an action from goalball: **Attacking** – Pupils imagine a ball in the palm of their hand, pupils roll the ball along the floor, lunge forward with your opposing leg.

## Defend to Attack Drill:

Get the pupils to find a space to practice the **Defensive** and **Barrier** positions.

- Get into the **Ready** position, legs out ready to one side.
- Use touch to orientate yourself using the tactile reference.
- LISTEN** – Listen for the direction of the ball.
- DECIDE** – Track the ball (using hearing) decide where it is coming from; left, right etc and move if necessary.
- DIVE** – Make the **Defensive Barrier**: Top arm protecting the face, arms and legs straight. Tense the body slightly, ensure the body is perpendicular to the floor so the ball doesn't roll over.

Then challenge the pupils to move from **DEFENDING** to **ATTACKING** (covered in the warm up) quickly and with correct technique.

### Teaching Points:

Discourage pupils from simply lying down all the time. Remember **LISTEN**, **DECIDE** and then **DIVE**. Be mindful of awkward deflections of the ball when using gymnastics mats, encourage pupils to defend as close to the front of the mat as possible. Ensure the correct attacking technique is used: Ball in the palm of their hand, lunge forward with your opposite leg, release the ball along the floor.

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### Differentiation and Creativity:

Challenge the pupils to get into an **Attack** position from **Defending**. Introduce eyeshades.

Make it a race, who can do it quickest? Remind the class to still perform the correct technique.



## Goalball Game:

Play a game of goalball using the standard rules in a tournament format. Ensuring everyone gets equal game time, rotating roles quickly.

### Teaching Points:

Reinforce all the skills learned prior to the game, **Defence** and **Attack** should be quick. Utilise non-players as goal judges and officials (where appropriate).

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### Debrief:

Recap the rules of goalball and the techniques practiced in this lesson.














# Goalball UK

Transforming People's Lives

## Rules Of Goalball:

-  Goalball is played with 3 players from each team on court at any one time.
-  The aim of the game is to score a goal by getting the whole ball across your opponent's 'goal line'.
-  A match at tournament level consists of two 12-minute halves, this can be modified to suit your lesson and at school competitions.
-  *High Ball Rule* - The court has a 'high-ball line' which the ball must bounce on or before when thrown.
-  *10 - Second Rule* - Teams have 10 seconds from their first defensive contact with the ball to get the ball back over to the opponent's side of the court.
-  *Eyeshade Rule* - Players can not touch their eyeshades without permission from the official, this covers the entire time the player is on court even when the ball is out of play.
-  *Illegal Coaching Rule* - After the official has said "quiet please" people off-court should remain quiet, this includes coaches, teachers and spectators.
-  *Premature Throw Rule* - After play stops for any reason, i.e. the ball goes out, players must wait until the official restarts the game by saying "play" to throw the ball.
-  *Noise Rule* - Players are permitted to communicate if they have possession of the ball or if the ball is not in play. Players should avoid making excessive noise during the game.

As long as you have a clear method for players to orientate themselves (tactile reference: gymnastics mats (non-slip), tactile markings or string & tape) and a clear goal line, the court is flexible at a school level. In the absence of a high ball line, you can make an informed decision on what you think a high ball is. Having the *high ball rule* is crucial for safety and to give the defending team a chance to track the ball.

When creating a goalball court ensure the space between the players is sufficient enough so the risk of clashing into each other is minimal.

Also, try to keep the distance between teams as far as possible, again this will give the defending team a chance to track the ball.

