

GoalBall

History & Overview

The Ball

The ball is slightly larger than a basketball and made of hard rubber and has triple bells embedded inside of it. The ball has holes in it to ensure it can be heard.

Court Orientation

Use fingers to locate position on the court while blind folded

Rolling the ball

The roll is very similar to rolling a bowling ball with the arm swing back, Arm swing forward and release close to the floor. 1st rolling will be done without blind folds progressing to blind folded.

Blocking

Blocking is positioning self on the floor to prevent the ball from going into the goal. Your body position should be like superman flying while lying on your side with hands extended above your head and feet slightly apart to prevent the ball from going over or under your top leg.

Passing

Passing can be effective in finding holes in the defense. Passes should always be passed forward of the intended receiver with a bounce to make sure the ball is heard and that it dies in case it goes toward your goal, since any ball in your goal is a score.

Positions

The game is played with 3 teammates at a time on the floor in 3 positions. They are:

Center – middle player usually the best player on the floor.

Left Wing – Player to left of the center facing the opponent's goal.

Right wing – Player to right of the center, facing the opponent's goal.

Goal Shot Spots

Practice taking shots at opponent's goal by throwing at different spots on the court.

Spots are positioned this way on the court:

1 far left 2 Mid left 3 middle 4 mid right 5 far right

Drills

Basic blocking and return

Popcorn Drill – block, return reset and block again

Game Play

Play a simulated game of goalball using all rules and regulations