

Goalball - Speed throw

Goalball - 'Speed Throw' helps players to develop fast reactions and throw the ball quickly and accurately. It also introduces the 'high ball' rule.

Age Range

Any Age

What you need

- A goalball or alternative for each team.
- Eyeshades.
- String/tape to mark start line – mark on the ground.

How to play – game basics

- Divide the group into 2 or more teams.
- The teams line up behind their marker facing a wall or line on the ground (8-10 metres distance).
- On the start signal, the players at the front of each team throw their ball along the ground towards the wall / line.
- The player whose ball hits the wall / crosses the line first scores a point.
- After an agreed number of throws (for example, once everyone has thrown twice) the team with the most points wins.

Note

- The ball must always roll along the ground. To encourage this, mark another line or place markers 3 metres from the throwing line. The ball must be rolling before it reaches this line. This helps to introduce the High Ball Line or '3 metre rule'.
- The session leader or a player can be positioned to judge which ball hits the wall first and whether a high ball has been thrown; high balls do not score!



Something to think about

Adapting this game for other sports; for example, football.

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BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- Try playing the game without eyeshades the first time.
- Try different ways of throwing the ball; for example:
 - underarm, one handed (like a tenpin bowling action);
 - underarm, both hands holding the ball, legs astride;
 - bowling action, side-on stance, using both hands;
 - or even backwards through the legs with both hands!

hEzebe (People)

- Try a pairs version; one player delivers a pass along the ground to the thrower who receives and controls the ball, then throws quickly towards the wall.

quSaquse (Equipment)

- Use goalballs or alternatives, for example:
 - regular balls, like soccer or basketballs
 - modified sound balls (basketballs wrapped in plastic bags).
- Use orientation lines to mark the throwing line. For example, use string covered with tape that the players can feel with their fingers and feet.

bOta (Space)

- Make sure that there is enough space between teams.
- Reduce or increase the distance to the wall; this could vary for different players on the same team.

Safety

- No-one should enter the throwing area while the game is in play.

How to improve

- Make sure that you are balanced and in control of the ball.
- Find out the best way for you to throw.
- Try using either hand and throwing on both sides of the body.



Extension game – 'Goalball Tenpin'

- Set skittles, cones or an alternative target (for example, empty plastic water bottles) near the wall. Players in each team throw in turn and a point is scored for every skittle knocked down. Alternatively, the first team, throwing in rotation, to knock all their skittles down wins!