

Goalball - Circle ball

Goalball - 'Circle ball' helps players to think develop listening and communication skills and also introduces simple ball rolling skills.

Age Range

Any Age

What you need

- A goalball or alternative for each circle.
- Eyeshades.

How to play – game basics

- Players stand in a circle, legs apart, outside of feet touching.
- Players try to score by rolling the ball across the circle and through the legs of another player.
- The ball must be rolled and remain on the floor.
- A point is scored if the ball goes through another player's legs.
- Players use their hands to defend their 'goal'.
- Players can play from a seated position; wheelchair users can turn their chair 'side on' with the wheel facing into the circle representing their goal.
- Note! The ball must be rolled and stopped with the hands – no feet!



Something to think about

Try to play in silence and listen for the ball when wearing eyeshades.

Goalball - Circle ball

Goalball - 'Circle ball' helps players to think develop listening and communication skills and also introduces simple ball rolling skills.

tegeBar (Task)

- Try playing as a passing game to warm up; players can be given a number; the player in possession calls a number and passes the ball to the player who responds.

hEzebe (People)

- Appoint a 'referee' to determine scores and some 'fielders' to return the ball to the circles.

quSaquse (Equipment)

- Play with or without eyeshades; it may help players to introduce Circle Ball without eyeshades initially.
- Try using different sizes and speed of ball balls. Or adapt the game by playing without eyeshades and using a football or basketball.

bOta (Space)

- Ensure that there are enough players in each circle (8-10) to give them time to track the ball.
- A larger circle gives players more reaction time; a smaller circle speeds the game up.

Safety

- Keep ball on the floor; no bouncing or flicking the ball upwards.
- Be careful not to bump heads.

How to improve

- Concentrate on the sound of the ball.
- Have hands ready in position to deflect/push the ball towards another player's goal.



Extension game

- Try a team version of the game with players arranged alternately. Players score if they roll the ball through a member of the opposing team's legs.