

# Goalball for Disabled People in Scotland

This fact sheet provides an overview of Goalball for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play or coach disabled people in Goalball.

## The development of Goalball and the future

Quick reactions, strength, co-ordination, agility, strategy and fearless team players are the requirements of goalball, a sport which is unique to the Paralympic Games. The sport of goalball has been specifically designed for athletes with a visual impairment and has no Olympic equivalent.



Goalball was originally developed by Hanz Lorenzen (Austria) and Sepp Reindl (Germany) in 1946, as a rehabilitation programme for visually impaired World War II veterans.

Goalball gradually evolved into a competitive game during the 1950s and 1960s, and was eventually nominated as a demonstration sport at the 1976 Summer Paralympics in Toronto.

The sport's first world championship was held in Austria in 1978.

Goalball was added to the programme of the 1980 Summer Paralympics in Arnhem, becoming the first Paralympic sport designed exclusively for disabled players.

Goalball requires three players per team and is played by males and females.

The aim of goalball is for each team to score as many goals as possible whilst trying to use their bodies to block and save any shots from their opponents. Each game is made up of two halves of 12 minutes.

Goalball is played inside in a sports hall with minimal background noise. The court is the same size as a volleyball court and has tactile markings to allow the players to 'feel' where they are.

The ball contains internal bells so players are able to track its movement by its sound.

Goalball is a truly inclusive sport in that fully sighted players can also play domestically. This is because everybody is required to wear eye shades so that nobody can see. Players therefore have to rely entirely on their other senses.

## The Classifications

Athletes competing in goalball all have varying degrees of visual impairment.

Some are completely blind and have no light perception and some have a low visual acuity.

Athletes with a visual field of a maximum diameter of less than 40 degrees are also eligible to compete in goalball. In order to ensure fair competition between teams, all players must wear eyeshades during the game.

The International Blind Sports Federation (IBSA) is responsible for a range of sports for blind and partially sighted people, including Goalball. To compete internationally players must be classified as B1, B2 or B3 (varying degrees of visual impairment) but domestically everybody can play—blind players, partially sighted players and fully sighted players.

## Coach Education

### Goalball Leaders Award

The Goalball Leaders Award is a standalone qualification that is accredited by Goalball UK, the National Governing Body of the Paralympic sport. It is primarily for coaches who are going to be working with blind and partially sighted players in a competitive club environment.

The aims of the course are to teach candidates:-

- How to communicate and guide a person with a visual impairment in a sporting environment;
- How to mark out a goalball court and what equipment is required;
- How to lead an introductory coaching session, including a warm up and basic attacking and defending techniques;
- The format and rules of the game, including the domestic structure and relevant contacts for further information.

This highly practical one day course is delivered by an approved Goalball UK tutor.

There are no pre-requisites for attending the course and, subject to full attendance and participation, candidates will receive a certificate at the end of the course. There is no formal examination or final assessment.

### Goalball School Leaders Award

The Goalball School Leaders Award has been written in partnership with the Youth Sport Trust (YST).

It is primarily for community sports coaches, PE staff and/or young leaders and covers the basic coaching and officiating skills so that candidates can then deliver introductory sessions and tournaments.

The course is 4 hours long so can be delivered during the school day and is entirely practically based.

### Goalball UK Annual Coaching Conference

Goalball UK hold a coaching conference every season for coaches working with Novice, Intermediate and/or Elite players from clubs throughout the UK.



## Helpful Resources

GoalBall Video – [www.goalballuk.com](http://www.goalballuk.com)

[Coaching Those with Visual Impairment Fact Sheet](#)

[Goalball UK video](#)

[Youth Sport Trust—  
www.topsportsability.co.uk](#)

## Some Facts and Figures

- This is the only Paralympic team sport for women with a visual impairment.
- The GB women's team reached the quarter finals of the London 2012 event, narrowly losing to a golden goal for Sweden.
- The court is 18m long and 9m wide.
- The goals are 9m wide.
- The ball is approximately the size of a basketball but twice as heavy (1.25 kg) and can travel at speeds of up to 60mph.
- All players must wear eye shades.



## Player Profile

Andrea Logan – player profile

Date of birth: 08/12/78

Lives: Motherwell

Club: Glasgow Goalball Club

Andrea first played goalball at a 'have a go' session in Glasgow in June 2013.

She then played her first Goalball UK National League Intermediate tournament in Sheffield in October that same year. The following year she was invited to join the GB Women's squad.

In May 2014 Andrea moved up a level and played her first Goalball UK National League Elite tournament in Birmingham.

She then qualified as a 'Goalball Leader' in June 2014 and then in August made her GB debut in the International Development tournament in Hereford.

In August 2014 she attended the Paralympics GB Potentials Camp in Bath and then played in the International friendly against Belgium at the Copperbox as part of the National Paralympic Day celebrations.

In September 2014 Andrea was selected for the European B Championships in Hungary and scored GB's final goal in their 6-2 group game win against Belgium.

Andrea has always been active and enjoyed several outdoor sports such as rock climbing, canoeing and sailing.

Her main love in life was martial arts - judo, kickboxing and Thai boxing – and her biggest success was training with the Great Britain squad and becoming Scottish kickboxing champion in her weight division.

Andrea has had a visual impairment since birth but never had the opportunity to compete in any sport with people with a similar impairment - this is why she fell in love with goalball.

Goalball is a team sport, with an equal playing field. The basic skills are quick to learn and before you know it you're hooked.

Andrea loves the speed of the game and the

individuality of each person's shot. It's skilful, full of tactics and best of all you have team mates to share the fun.

Come and meet the Glasgow team and have a go!

## Competitions

The domestic season is from September to July with National League tournaments (at Novice, Intermediate and Elite level) taking place throughout the UK.

## Local Opportunities



## Glasgow

All practices are open and anyone is welcome to attend. Check the Club Teams section of the Goalball UK website for more details:

[www.goalballuk.com/clubs](http://www.goalballuk.com/clubs)

For more information email us:

[info@glasgowgoalball.org.uk](mailto:info@glasgowgoalball.org.uk)

Join us on Facebook:

[www.facebook.com/glasgowgoalball](http://www.facebook.com/glasgowgoalball)

Follow us on Twitter:

[www.twitter.com/glasgowgoalball](http://www.twitter.com/glasgowgoalball)

## Edinburgh

Goalball UK together with key partners are launching a new club in Edinburgh.

If you would like to get involved, please contact Kathryn Fielding (Tel. 07795 263642 or email: [kathryn@goalballuk.com](mailto:kathryn@goalballuk.com)) for more information.

## Key Contacts

[Scottish Disability Sport](#)

[Goalball UK](#)

Kathryn Fielding

Tel: 07795 263642

Email: [kathryn@goalballuk.com](mailto:kathryn@goalballuk.com)

## Key Websites

GoalBall UK

[www.goalballuk.com](http://www.goalballuk.com)

Scottish Disability Sport

[www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

British Paralympic Association

[www.paralympics.org.uk](http://www.paralympics.org.uk)

IPC

[www.paralympic.org](http://www.paralympic.org)

Parasport

[www.parasport.org.uk](http://www.parasport.org.uk)

British Blind Sport

[www.britishblindsport.org.uk](http://www.britishblindsport.org.uk)

RNIB

[www.rnib.org.uk](http://www.rnib.org.uk)

[www.actionforblindpeople.org.uk](http://www.actionforblindpeople.org.uk)

Facebook Pages

[GoalballUK](#)

[IBSA Goalball](#)

