

HOW TO PLAY DIY GOALBALL

MATERIALS

A soccer ball, basketball, or another type of ball that can be rolled on the ground

A plastic bag you can tie around your ball

Construction paper or regular paper

Scissors

Glue sticks, tape, or a stapler

An open space to play (inside or outside)

A couple items that can be your goal “posts”

STEP 1 - WHAT IS GOALBALL?

Watch this video with your students to learn a quick history of the game and how it is played: milpublib.qrd.by/goalball



STEP 2 - MAKE YOUR GOALBALL

An official goalball is a rubber ball with bells inside. Players use their sense of hearing to detect where the ball is. To make your own goalball, tie a plastic bag around any ball you have on hand and secure the handles in a bow or knot. Your ball should make some noise as it rolls!



STEP 3 - MAKE SIMPLE BLINDFOLDS



Using construction paper, have your students cut out a simple mask shape. Then have them cut a long strip of paper (this will become their headband). Using glue, tape, or a stapler, fit the “headband” around each student’s head and secure carefully to either side of the mask. Adjust as needed so it fits. Alternatively, you could have students close their eyes when it’s their turn to throw or block during play.

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STEP 4 - FIND A PLAYING SPACE

Look for a safe, open area where blindfolded students won't run into anything hard or hazardous. You could use a gym, a grassy area outside, or move desks and chairs to clear one side of your classroom.

STEP 5 - SET UP YOUR GOAL "POSTS"

Use a couple of water bottles, small flags, pieces of chalk, or something else to be your goal "posts." Your goal should be about 5-10 feet wide.



STEP 6 - SET EXPECTATIONS

In professional goalball, each team has three players on the court at a time. However, you and your group will be playing a 1 vs. 1 version of the game. Communicate the following expectations to your students before you play:

- We will take turns and have two players (one thrower and one goalie) go at a time.
- Everyone will get a chance to throw/roll and a chance to defend the goal.
- You will put on your blindfold right before you throw or try to block the ball. After you have completed your turn, you will remove it so you can move around safely.
- Everyone must be silent when the ball is thrown so both players can hear the ball!
- You are allowed to clap and cheer in between throws.

STEP 7 - PLAY BALL!



Pick a student to be the first goalie. Have the other students make a line about 15-20 feet back from the goal, facing the goalie. The first student in line will throw first. The thrower's objective is to get the ball between the posts and past the goalie. The goalie's objective is to block the ball. Remember -- everyone has to be quiet during play! After a student throws, they become the next goalie. After a student is goalie, they can go to the end of the line and wait for their turn to throw. Continue for as long as your students are having fun!