

# Blind Football

Activity age group: 5 - 7



FOR EVERY BODY

BBC



## Activity: Run around

### How to play:

- Line up in pairs or small groups (max 4 per group) behind the marker on the floor.
- When the coach or teacher says “go” each participant runs around them and back to their team.
- When back, the participant then indicates for the next person to go (by using a high-five, communicating verbally or by touch).



### Equipment:

- Audible ball
- Blindfolds
- Markers
- Large playing area

Leading to

## Activity: Roly goalie!

### How to play:

- In pairs, sit on the floor with the audible ball. One participant has the blindfold on.
- Roll the ball slowly to your partner, listening to where the audible ball is.
- When ready, increase the distance between both of you and sit with your legs in a V position if able.
- Continue to roll the ball in pairs.

# Using STEP:

	Easier	Harder
<b>Space</b>	Use a smaller/shorter space.	Use a larger/longer space.
<b>Task</b>	Roll the audible ball slower and explore using dominant hands then feet.	Roll the audible ball faster and explore using non-dominant hands then feet.
<b>Equipment</b>	Use larger balls/equipment with a textured surface that makes a sound.	Use smaller balls/equipment with a textured surface that makes a sound.
<b>People</b>	Continue to work in pairs with the guide now playing a defender role trying to intercept the moving ball.	Bring another pair into the group, increasing the group size. Now use defenders to try and intercept the moving ball in a larger group.



The above guidance does not have all the solutions, and some specific requirements of individuals may not be addressed. We recommend and encourage you to engage with all participants, observe their needs, and communicate effectively and take a child-centred approach to provide tailored support where necessary.

## Specific considerations:

### Blind and partially sighted participants:

- ◀ Use high visibility equipment that can be easily identified.
- ▶ Use tactile markers on the floor so the participant can feel where they are.

### Learning disabled participants:

- ▶ Introduce and demonstrate sections one at a time.
- ▼ Give prompts and reminders during the activity.
- ◀ Pair participants up with someone they feel comfortable with and can help the individual access and focus on the task.

### Deaf and hard of hearing participants:

- ▶ Give a practical demonstration before the activity begins and when instructions change.
- ▶ Touch the individual on their shoulder to indicate when it is the participant's turn.

### Physically disabled participants:

- ▼ Ensure there is enough space between teams.
- ◀ Empower participants to control the pace of the activity by going first and leading.

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