



What is Goalball?

Goalball is a team sport designed specifically for blind players which can be played by fully sighted or visually impaired players as everyone wears eyeshades which allows us all to compete on an equal footing.

Participants compete in teams of three, and try to throw a ball that has bells embedded in it into the opponents' goal. Teams alternate throwing or rolling the ball from one end of the playing area to the other, and players remain in the area of their own goal in both defense and attack. Players must use the sound of the bell to judge the position and movement of the ball.

About Glasgow Goalball

Glasgow Goalball is currently the only goalball club in Scotland and has players that are visually impaired and sighted who support each. We have players playing at novice, intermediate, elite and Great Britain level. We all take responsibility for the running of the club, attending competitions and promoting Goalball. When we compete in competitions we travel together as a team and support each other to get the best out of everyone.

At Glasgow Goalball our doors are always open for people to come and try, it's a great sport as it can be played on the first session with no skill but these skills can be progressed making the game very tactful and as fast and furious as you like. All equipment is provided for starting off with but if you enjoy it and want to get competitive then its best to get your own padding for comfort.



**GLASGOW
GOALBALL**

When and where

Glasgow Goalball classes are held fortnightly on a Monday evening from 18:30 – 20:30. We offer a meet and greet service at Glasgow Central so get in touch and come and have a go! Players typically meet up at Central Station around 6pm before boarding the train to Crookston which is next to Rosshall Academy. You will need comfortable sportswear for example: a long-sleeved sports top with track suit bottoms and trainers are typically worn. Elbow pads and knee pads are provided at the sessions.

Contact Us

We love welcoming new players, having a laugh and arranging social events. This allows us to share experiences and learn from each other to help us live independently. If you want to find out more or to come along to one of our sessions please get in touch through any of the ways below.

Email: **glasgowgoalball@outlook.com**

Facebook: **www.facebook.com/GlasgowGoalball**

Website: Glasgow-goalball.org.uk