



HANDBOOK



TABLE OF CONTENTS

SECTION 1: INTRODUCTION TO AUSTRALIAN BLIND FOOTBALL

What is Australian Blind Football?	04
Classifications	05
Common Eye Conditions	06
What is Blind Football?	08
What is Partially Sighted Futsal?	10
What is Women's Blind Football?	10
What is ABF4ALL?	11
National Program and Partnerships	12



SECTION 2: COACH EDUCATION AND PHILOSOPHY

Coach Education Pathway	15
Inclusive Coaching Principles	16
Tools to Support Coaching Development	18



SECTION 3: GUIDING AND SAFETY

Guiding System	21
Child Safety Standards	21
Planning a Safe Session	22

SECTION 4: COACHING PRINCIPLES

Blind Football Coaching Principles	24
Blind Football Core Technical Skills	26
Partially Sighted Football/Futsal Coaching Principles	28

SECTION 5: ABF4ALL SESSION PLANNING

Planning ABF4ALL Sessions	31
Children's Sessions	32
Adult's Sessions	33

T HANGAR

EST. 2013

HOME OF THE MIGHTY BOMBERS



INTRODUCTION TO AUSTRALIAN BLIND FOOTBALL



WHAT IS AUSTRALIAN BLIND FOOTBALL?

Australian Blind Football (ABF) is an initiative of Blind Sports Australia. We are working with Football Australia (FA) to be the recognised national pathway for people who are blind or vision impaired to play football for Australia.

There are two versions of the game of blind football. Blind football (B1 or Football 5-a-side) is played by athletes who are totally blind and is a Paralympic sport.

Partially sighted football/futsal is played by athletes who have varying degrees of vision loss.

If you would like to know more about ABF go to www.ausblindfootball.com.au.

An initiative of:



PURPOSE OF THIS HANDBOOK

The purpose of this handbook is to empower aspiring blind football coaches, allowing them to gain a greater understanding of blind football. It will give them the skills to be able to deliver a positive coaching experience to players of all ages, abilities, genders and levels of vision loss. Whether that is through an ABF4ALL club session or an inclusion program at other community football clubs, this handbook is an essential tool for the inclusion of people who are blind or partially sighted in football.

ABF's purpose is to do the following:

1

Provide national camps in blind football and partially sighted futsal to prepare national teams for international competition.

2

Organise and coordinate international tours and tournaments, either in Australia or overseas.

3

Develop and support grassroots participation opportunities for people of all ages, genders, abilities and levels of vision loss to play football.



CLASSIFICATIONS

Australian Blind Football works closely with Paralympics Australia in providing classification for athletes wishing to represent their country in blind football or partially sighted futsal. Classification isn't required for local sessions and ABF4ALL sessions, but it is beneficial for coaches to understand the vision impairment of all participants.

WHO IS ELIGIBLE AS AN ATHLETE WITH A VISION IMPAIRMENT?

Athletes must have a diagnosis of at least one of the following:

- impairment of the eye structure;
- impairment of the optic nerve or pathways;
- impairment of the visual cortex of the brain.

Athletes must have an impairment in BOTH eyes and meet the minimal disability criteria of

- visual acuity that is less than or equal to LogMAR = 1.00 (6/60) and/or
- visual field that is less than a diameter of 40 degrees (20 degree radius).

Athletes are tested on their level of vision with and without correction. An athlete's classification will be based on the vision level of the best eye, with best corrected vision.

What are the Vision Impaired Classes?

B1

Generally athletes have a range from no light perception in either eye to light perception. Athletes generally have an inability to recognise the shape of a hand at any distance or in any direction. Visual acuity is poorer than LogMAR 2.60.

B2

Visual acuity below 2/60 (LogMar 1.50 to 2.60 inclusive) and/or the visual field of less than a diameter of 10 degrees.

B3

Visual acuity ranges from 2/60 - 6/60 (LogMAR 1.40 to 1 inclusive), and/or a visual field that is constricted to a radius of less than 20 degrees.

COMMON EYE CONDITIONS

While it isn't necessary for all coaches and volunteers to have a thorough understanding of vision loss and related eye conditions, it is useful to have a general understanding of some of the eye conditions you may come across when coaching a person who is blind or has a vision impairment.

MACULAR DEGENERATION

Macular degeneration is an eye condition that affects a small part of the retina at the back of the eye called the macular. It causes a loss of vision in the centre of the visual field, affecting vision when looking directly at something. People with this condition will usually have peripheral vision, but may struggle to recognise the faces of their teammates.



GLAUCOMA

Glaucoma causes a loss of peripheral vision due to damage to the optic nerve or increased eye pressure. This condition occurs gradually and will result in a significant reduction of peripheral vision over time. While treatment exists for glaucoma, this treatment can't repair the existing sight loss.



CATARACTS

Cataracts cause blurred or cloudy vision as a result of yellowy pigment on the lens of the eyes. This condition is the main cause of visual impairment across the globe. To treat cataracts, the cloudy lens is removed via surgery.



DIABETIC RETINOPATHY

Diabetic retinopathy can affect anyone with diabetes. It causes floaters and blurred vision, resulting from damage to the retina due to high blood-sugar levels.





WHAT IS BLIND FOOTBALL/PARALYMPIC FOOTBALL 5-A-SIDE?

Blind football (or Football 5-a-side as it is known at the Paralympics) is a version of football adapted for people who are totally blind. It is based on futsal with modifications to the rules to enable players to play the game. There are five players in a blind football team – four outfield players who are blind and one sighted goalkeeper.

Blind football is governed by the International Blind Sports Federation (IBSA). The first official international competitions took place in 1997, and since then IBSA has developed a full calendar of international competitions and development opportunities, including the prestigious IBSA Blind Football World Championships.

Blind football has been a Paralympic sport since the Paralympic Games in Athens in 2004 and will be one of the showcase sports at the 2020 Paralympic Games in Tokyo, Japan (delayed until August 2021), and the 2024 Paralympic Games in Paris, France. As mentioned previously, in the Paralympic movement blind football is called Football 5-a-side.





MODIFICATIONS

To understand more about the game of blind football, listed below are modifications to rules or equipment. The blind football rules are updated regularly and you can find the current rules and more information on the game here - www.ibsasport.org/sports/football/.

Pitch

Blind football is played on a standard 20 metre by 40 metre futsal pitch. Sideboards are placed along each side of the pitch to stop the ball from going out and ensure a more flowing game.

Eyeshades

For official competitions, players must wear eyepatches and approved eyeshades. This is to ensure a level playing field because some players may have minimal residual sight which can give them an advantage over other players.

Ball

The ball contains a sound system which makes a noise when it moves. This allows the players to follow the ball and know where it is at all times.

Calling

Players challenging for the ball must say 'voy' (Spanish for 'go') or another similar short word to let their opponents know they are going to tackle. Similarly, if the ball is loose and players are looking for it or going to control it, they must say 'voy'. If a player is running with the ball under control, they do not need to say anything. The use of the word 'voy' is an integral part of the game.

Goalposts

In blind football the size of the goalposts is 3.66 metres by 2.14 metres, the same size as field hockey goals.

Guides

Each team is allowed three sighted guides who can give information and instructions to their players. The pitch is divided in three equal parts and one guide is allowed to talk to their players in each part. The team's goalkeeper can give information in the defensive area, the coach can give instructions in the middle area, and a guide behind the opposition's goal can give information when the team is attacking.

WHAT IS PARTIALLY SIGHTED FUTSAL?

Partially sighted futsal (B2/B3) is played by athletes who are vision impaired with rules similar to futsal. Particular attention is placed on ensuring equal light on the court and utilising a futsal ball that provides good contrast with the playing surface.

Partially sighted futsal is governed by the International Blind Sports Federation (IBSA). The Partially Sighted Futsal World Championships are held every three to four years, with the next world championships to be held at the 2023 IBSA World Games in Birmingham.



WHAT IS WOMEN'S BLIND FOOTBALL?

Women's Blind Football is the international format being developed by IBSA for women who are blind or partially sighted. Women's Blind Football is open to all classifications, B1, B2 and B3, and is played to men's B1 Blind Football rules. Therefore, all players will wear eyeshades, an audible ball will be used and the game is played outdoors on a 40m x 20m synthetic grass field with side kickboards.

Australian Blind Football wants to grow female participation in blind football over the next three years, from grassroots to international competition. We are aiming to develop a national women's squad that will provide a pathway for women and girls of all ages and vision loss to aspire to.





WHAT IS ABF4ALL?

Australian Blind Football 4 All, or ABF4ALL, is a new initiative of Australian Blind Football. ABF4ALL aims to increase grassroots participation in football by people who are blind or partially sighted of all ages, genders and abilities.

WHY LINK ABF4ALL WITH MAINSTREAM FOOTBALL CLUBS?

We believe people who are blind and partially sighted should be integrated into mainstream football clubs, as this will increase awareness of people who are blind or partially sighted within the football (and broader) community. There are also benefits to blind and partially sighted participants who take up this opportunity as they will become part of a club and enjoy all of the physical and social benefits that this brings. We want a true partnership whereby blind and partially sighted football, and footballers, become members of a football club. Therefore, Australian Blind Football is partnering with community football clubs and State Football Federations in Adelaide, Brisbane, Melbourne, Perth and Sydney. Australian Blind Football also aims to expand its reach over the coming years into other areas, including Tasmania, Northern Territory, Canberra and Northern New South Wales.



SUPPORTED BY STATE BLIND SPORTS ORGANISATIONS

Australian Blind Football will work closely with State Blind Sports organisations to develop the ABF4ALL model at a community football club.

We will work closely with these organisations to build the knowledge of the community football club and State Football Federations to provide sustainable participation opportunities, while building the capacity of these football organisations to drive the development of the sport by utilising the football community and networks.



NATIONAL PROGRAM AND PARTNERSHIPS

STATE FOOTBALL FEDERATIONS

Australian Blind Football and State Blind Sports bodies have had informal relationships with State Football Federations over the last few years to create opportunities for people who are blind or partially sighted to play football.

ABF has focused on formalising these relationships to ensure blind and partially sighted football is supported by these State Football Federations, therefore ensuring the sustainability and growth of the sport.

These partnerships will provide a pathway for adults who are partially sighted and attending regular ABF4ALL sessions to either find a local club team to play competitive football, or to create a team within the ABF4ALL club to enter an inclusion or mainstream football or futsal competition. An important part of this partnership will be the support of state partially sighted futsal teams competing in the annual national Partially Sighted Futsal Championships.



ABF4ALL PARTNER CLUBS

We want a true partnership whereby blind and partially sighted football, and footballers, become registered members of a mainstream football club. Club coaches and volunteers will take a greater role over the coming years in supporting local ABF4ALL programs, therefore increasing the pool of coaches and volunteers who are skilled in coaching people who are blind or partially sighted.

People who are totally blind have increased barriers to participate in mainstream football due to their disability. Therefore, the regular sessions will be an important piece in skill development for our men's and women's blind football teams. There are limited opportunities for people who are totally blind to play competitive games regularly. Therefore, ABF will create a national blind football series whereby blind footballers across the country will attend our bi-monthly national blind football camps and represent their local ABF4ALL clubs at a series of matchdays throughout the year.



NATIONAL PARA FIVES SERIES

As blind football/football 5-a-side is a Paralympic sport, we also want to create a talent identification pathway to our national squad. Therefore, we are working with Paralympics Australia to develop a sustainable national league model which will include bi-monthly 'match days' between March and October at our national camps. Our aim is that each of the ABF4ALL clubs will participate in this national league sometime over the next two years.



NATIONAL PARTIALLY SIGHTED FUTSAL CHAMPIONSHIPS

In addition to providing opportunities for people of all abilities to learn and enjoy playing the sport, coaches will also have a focus on talent identification. The adult sessions will be split into two groups, blind football and partially sighted football. Blind football sessions will have a link to our national camps (see above), while the partially sighted football group will aim to create a team to play locally in a mainstream football or futsal competition, in addition to preparing this group as a state team for future National Partially Sighted Futsal Championships. These annual championships will be invaluable in increasing the player pool to be selected for future national squads.



**COACH
EDUCATION AND
PHILOSOPHY**

A

COACH EDUCATION PATHWAY

'They (Coaches) should create an environment where children want to and can learn - we are again back to that desire to learn. A good learning environment "learns-in" and teaches the players much more than the coach can teach (learn-out). Creating a training environment where participants learn from each other. That is the trainer's pedagogical role'

- Per-Goran Fahlstrom.

Coach education must be transformational rather than purely functional. In coach education, there should be a desire to create an environment where coaches want to and can learn. Collaboration is the key to success.





INCLUSIVE COACHING PRINCIPLES

Good coaches adapt and modify aspects of their coaching to create an environment that caters for individual needs, allowing everyone to take part and experience success within the activity. The onus of inclusion rests with the coach.

Many people think that you need special skills or knowledge to coach participants with a disability. This is not the case. The basic skills of good coaching, when applied with an inclusive philosophy, will ensure that all participants including people with disability can participate.

QUALITIES AND SKILLS OF AN INCLUSIVE COACH

Patience

Recognising some participants will take longer to develop skills or make progress than others.

Respect

Acknowledging difference and treating all participants as individuals.

Adaptability

Having a flexible approach to coaching and communication that recognises individual differences.

Organisation

Recognising the importance of preparation and planning.

Safe Practices

Ensuring every session, whether with groups or individuals, is carried out with the participants' safety in mind.

Knowledge

Utilising knowledge of training activities and how to modify them in order to maximise the potential of every participant.



TIPS FOR COACHING PEOPLE WHO ARE BLIND OR PARTIALLY SIGHTED

Communicate

Always address participants by their name and do not walk away without telling the participant.

Accept

Accept each participant as an individual and set realistic and challenging goals as you would for all participants.

Utilise Principles of Coaching

Apply these when coaching participants with a vision impairment; the onus of inclusion rests with the coach to ensure all participants are included and engaged.

Question

Ask the participant what they can do; the needs, strengths and weaknesses of individuals will differ – do not assume.

Touch

You may need to use touch to guide a participant, but always ask first.

Understand

Try to understand how the impairment affects the participant's performance. Note: it is not necessary to acquire extensive knowledge of vision impairment.

TOOLS TO SUPPORT COACHING DEVELOPMENT

There are a number of useful tools for football coaches to support their coaching development. Following are two we believe are essential when coaching people who are blind or partially sighted.

CHANGE IT

The acronym CHANGE IT highlights some of the elements of a game that can be changed to make it easier or harder, to include and challenge all players. The CHANGE IT elements are outlined, with some examples, in the table below.

C.H.A.N.G.E. I.T.

C	COACHING STYLE Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.
H	HOW YOU SCORE/WIN Increase opportunities to score.
A	AREA Increase or decrease the game challenges by changing the size/shape of the playing area, i.e. long and narrow, short and wide, smaller/larger.
N	NUMBERS Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal, etc.
G	GAME RULES Change the rules slightly, i.e. no tackling, minimum number of passes, etc.
E	EQUIPMENT Vary the equipment used, i.e. a bigger goal, smaller goals, more goals.
I	INCLUSION Engage the players in modifying the practices; provide options they could choose from to encourage ownership. Consider what can a player do as opposed to what they can't or your perception of what they can or can't do.
T	TIME Reduce or extend the time to perform actions, i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.

It is more important to remember the concept of CHANGE IT than to remember what each letter represents. If it's not working...CHANGE IT!



GROWTH MINDSET

A growth mindset is a characteristic shared by most top performers. How can a coach or parent stimulate the development of a growth mindset in players?

- Praise effort, not 'talent'.
- Emphasise that abilities can be transformed through application.
- Emphasise that challenges are learning opportunities instead of threats.
- Support footballers to be self-aware and understand their own mindsets and behaviours.

- Communicate that it's not that someone will never achieve a goal, it's just that they haven't quite got there...yet.

'Failure is a great opportunity for improvement.'

The coach will use training exercises that involve as many of the game-specific resistances (team-mates, opponents, direction, goals, etc) as possible, so that game awareness is automatically developed, rather than trying to 'coach tactics'.

Key Points for a Growth Mindset

1

Football is a very complex game and takes years to master.

2

A step-by-step, phased approach is required.

3

The player's development should be viewed as a gradual, ongoing process towards game mastery.



**GUIDING AND
SAFETY**



GUIDING SYSTEM

OFF THE PITCH

It is important to understand how to guide a player to and from the training area as this may be essential to meet their needs.

Your offer to guide a player will usually be welcomed, but you must respect their personal space. Remember that in some cultures touching another person is not common and in other cultures, it is not allowed.

Ask the player if they want to hold your arm (normally just below the elbow). Some players prefer to place their hand on your shoulder or even follow you closely if they feel confident.

Be sensitive to local customs and cultures concerning physical contact (touching), in particular when coaching players of the opposite sex, and ask the players for permission if you feel you may be encroaching on their personal space.

ON THE TRAINING PITCH

Before you begin your session, check the training area for tripping hazards and any other obstacles or safety risks which may put your players at risk.

You should make your players familiar with the surroundings before training. Show them the area where they will train and let them explore it if they want. Remember the training area may not be a fully adapted blind football pitch.

CHILD SAFETY STANDARDS

Safe and enjoyable sport experiences are the right of every child. Keeping children and young people safe is a priority and everyone's responsibility. See the following links for more on how to keep kids safe:

- Play by the Rules - <https://www.playbytherules.net.au/got-an-issue/child-safe-sport>
- Sport Australia - https://www.sportaus.gov.au/integrity_in_sport/child_safe_sport





PLANNING A SAFE SESSION

It is of paramount importance to have a full awareness of safety in all coaching sessions and competitions. As coaches you need to be aware of any personal conditions which may influence what is included and how you manage the session.

The three main areas to ensure you have prepared a safe session include the following:

Be Aware

Ensure that the playing surface and area is suitable for a session to take place. Ensure the area is free of hazards and that it is a safe distance away from walls and fixed objects. This is particularly important when conducting a session for children with a vision impairment.

Minimise Distractions and Background Noise

Ensure your session is set up in a quiet area, i.e., not near another game or a busy road, but always encourage participants to be vocal when taking part in an activity.

Check Equipment

Ensure all equipment is appropriate, safe and working correctly.

Essential equipment:

- audible footballs
- standard footballs/futsal balls
- eye shades
- bibs (contrasting colour to training uniforms)
- medium-sized cones (contrasting colour to playing surface)
- portable futsal-sized goals



COACHING PRINCIPLES



BLIND FOOTBALL COACHING PRINCIPLES

KINAESTHETIC APPROACH

To understand fully what is being coached, a blind person may need to explore physical movement, for example, feeling the movement of a foot passing or controlling the ball.

Kinaesthesia, the sense of movement and position, is essential to the learning and performance of all skilled motor acts, including blind football skills.

Auditory clues, verbal communication, tactile contact and vestibular sensitivity provide valuable information, but kinaesthetic awareness is the most important sense for blind players to learn new skills.

Players have to feel a movement, sometimes move against resistance or find particular reference points around themselves, for example, when learning to pass accurately with the inside of the foot. This approach is different to sighted football and is an essential part of blind football coaching, especially with young or new players.

Specific Teaching Approaches

Demonstrations

When you are coaching, demonstrations should be short and concise and you need to be sure that what you explain and what you want the player to do is clear and understood.

Verbal

Be clear and be concise. Keep instructions as short and simple as possible.

Tactile

You can use objects to touch and feel to give examples of various components of the game.

PERCEPTION AND SENSORY AWARENESS

It is important to teach your player to learn how to move around a space and how to be comfortable to play within it. We do this using the following techniques.

- **Permanent reference points** – side boards/goalposts/static coach.
- **Auditory reference points** – echolocation (detecting objects by sensing echoes from objects within the playing environment).
- **Blind football specific communication** – for example, 'squaring off' (heels and hands against the sideboards).



COMMUNICATION

Communication is vital in blind football. It is an essential skill and is fundamental to becoming a successful blind football coach.

Key tips for communication:

- Good and clear communication is vital.
- Don't assume all people with a visual impairment can't see anything.
- Remember everyone is an individual and every eye condition is different.
- Ask the participant what they can see and what support they need.
- Always identify and introduce yourself verbally, so that the participants become familiar with the sound of your voice.
- Don't be afraid to use everyday language such as 'see' or 'look'.



BLIND FOOTBALL CORE TECHNICAL SKILLS

Blind football is an incredibly skilful sport and it is imperative that players learn basic techniques in order to have a positive impact on the game. Just like in mainstream football, blind football players need the same skills with the ball such as:

- control
- passing
- dribbling
- shooting



These are the core technical skills of blind football that should be the focus of all blind football training sessions.

CONTROL

The coach rolls the ball to a player and the player tries to stop and control the ball using the basic method of standing with the feet in a V shape to secure the ball.

This V shape is the most effective way of stopping the ball and it creates the biggest surface area a player can with their feet.

Once the ball is controlled it is important to secure the ball by putting your foot on top of the ball.

DRIBBLING

While travelling forward a player can move the ball between each foot to gain distance.

The pictures (right) show how a blind footballer dribbles effectively with the ball, passing it from one foot to the other as they move forward.

For players starting to learn this skill, begin by getting them to walk with the ball between their feet. Encourage the use of both feet and emphasize the need for close control, coordination and balance.

You may have to consider even more basic drills to enable a player to develop this important skill. Try placing a player closely facing a wall with a ball at their feet and practising moving the ball from foot to foot, the presence of the wall assists the player greatly in stopping the ball from moving away. When the player is comfortable doing this, they can try to move towards space.



PASSING

Teach your players the different passing techniques, which can be used in different game situations. Examples of different ways to pass are

- Short pass using the sole of the foot
- Side-foot pass
- Long-distance pass using the instep



SHOOTING

There are many different ways to shoot the ball, and some examples are

- Toe-poke
- Instep

It is important to emphasise that using the guide behind the goal can help with accuracy.



PARTIALLY SIGHTED FOOTBALL/FUTSAL COACHING PRINCIPLES

It is important to understand the needs of a person with a vision impairment. Do not be afraid to ask questions to obtain as much information as you can that will aid in coaching and delivery.

- Always ask a person with a vision impairment how much they can see.
- Find out if the person with a vision impairment has had any sight previously. This may affect their understanding of a sport, game or task.
- Try to establish if there is a preferred situation or environment that promotes better vision, for example, a person with a vision impairment may have better vision in their left eye, so making a small change to where you stand to demonstrate a skill or task may make a huge difference.
- Remember to always introduce yourself by name to all participants.
- To ensure a person with a vision impairment can be included in your session you may need to source some accessible equipment.
- For vision impaired sport, the adaptations made to sports or games are as simple as making some of the equipment larger or brighter – so easier to see – or audible (able to hear).
- Consider the acoustics in the facility; is it easy for instructions/explanations to be heard?



Always remember that not all people with a vision impairment will require the same adaptations, just as not every participant will have the same abilities and needs.

Listed below are some examples of what you will need to consider to ensure the inclusion of a participant with a vision impairment.

- Organise the coaching/playing area in the same way for each session. This will help assist orientation.
- Varying degrees of light can affect a session, ensure you are aware of changes in light, the type of light (sun, floodlights), and the positioning of the players and activities in relation to the light source.
- The participant may not be able to see a demonstration or be able to recognise you from a distance, therefore it is important to give clear oral explanations. Practise with another coach by asking them to close their eyes, then describe the activity to them and see how much they understand. Use directional cues such as north/south/east/west or 12 o'clock/3 o'clock, etc rather than pointing.
- Use audible balls to assist a player to develop knowledge of a particular skill or activity, particularly in the early stages of understanding an activity, and then move to a non-audible ball when the participant is ready.
- Create a buddy system with other participants who can help, support and assist a participant with a vision impairment.
- Slow down the practice or game to ensure the skill is practised and learned effectively and always be logical and sequential when presenting information.





ABF4ALL SESSION PLANNING

PLANNING ABF4ALL SESSIONS

ABF4ALL sessions will take place weekly from March to October each year in partnerships with community football clubs.

The length of sessions and structure of programs will differ from state to state but it is important to consider levels of vision loss and age when developing a local calendar.

STRUCTURE OF A SESSION



When constructing an ABF4ALL session, it is important to consider the following:

- Safety (see page 20).
- Equipment (see page 22).
- Volunteers and guides – when working with adults, ensure there are an appropriate number of volunteers/guides to support each session (usually one volunteer/guide to every three to four players taking part in the session).
- Be aware of changes to the environment – different equipment, new area, new people.
- Allow time for orientation of the training area.
- Ensure breaks to allow for differing ability and fitness levels of participants.
- Warm-ups to include stretching (dynamic/static), stabilisation and balance.
- Session topic to be relevant to players' needs (ability levels) and with achievable targets and goals.
- Warm down and wrap up to include stretching and a coach debrief to discuss activities to do at home.
- And remember, communication is vital.

EQUIPMENT REQUIREMENTS

Blind Football

- Use bibs to assist coaches, guides and goalkeepers with game-based activities
- Audible footballs
- Eye shades
- Futsal-sized portable goals

Partially Sighted Football

- Use larger cones that contrast to the colour of the pitch
- Use bibs that are bright or a contrasting colour to the surrounds, to ensure participants are recognisable
- Size 4 football that contrasts to the playing surface
- Size 4 futsal balls that contrast to the playing surface
- Futsal-sized portable goals

CHILDREN'S SESSIONS

The emphasis when coaches are providing ABF4ALL sessions for children of all levels of vision loss is on natural development – learning by playing, learning by experiencing, learning by doing.

FUN exercises and games are key to building a player's FUNDamental skills and love for the game.

STRUCTURE OF A SESSION

A basic structure of an ideal session is as follows:

- Welcome/introductions/explanation of session
focus: 5 minutes
- Warm-up: 10 minutes
- Core skill activities: 20 minutes
- Game: 20 minutes
- Warm down and wrap up: 5 minutes

THREE KEY REMINDERS

Emphasise 'Ball on the Ground'

Provide clear rules regarding kicking the ball in the air during games. Due to the weight of balls used and the varying degree of vision of participants, it is always recommended you encourage participants to concentrate on kicking the ball on the ground at all times.



Use Voy

Ensure players use the word 'voy' when they are on the pitch – this term is internationally recognised and is used by players to highlight their position on the pitch and helps to reduce collisions.

Use Your Whistle

This is the key to a safe session.

ADULT'S SESSIONS

ABF4ALL adult sessions will be split into two groups, blind footballers and partially sighted footballers.

It is a requirement of the Rules of the Game of Blind Football that players moving to challenge an attacker use the word 'voy'. This helps to prevent accidents (collisions in the game) and also prevents defenders giving away free kicks (team/personal fouls). We encourage both groups to use this word as there will be a variety of levels of abilities and vision loss within each group.

The focus for the coach working with partially sighted footballers is to utilise the tips, tools and principles within this handbook and modify mainstream football activities for this group. The modification should consider the principles from page 28.

To assist coaches working with blind footballers, below are a few tips to assist with coaching.

- Demonstrate team shape/movements – draw on the palm of players' hands
- Design a tactile tactics board
- When explaining activities use your body or surrounding environment to explain things, i.e., tapping on goals, clapping
- And remember, players will visualise in their own mind when an activity is explained

Australian Blind Football will be creating a Google site coaching portal with additional video content.

The address is <https://sites.google.com/view/abf-para5asideportal/home> and to access this content email football@blindsportsaustralia.com.au.



STRUCTURE OF A SESSION

A basic structure of an ideal session is as follows:

- Welcome/introductions/explanation of session focus: 5 minutes
- Skill intro: 10 minutes
- Skill training: 20 minutes
- Skill game: 20 minutes
- Break: 5 minutes
- Skill or free game: 20 minutes
- Warm down and wrap up: 10 minutes



CREDITS

- IBSA in partnership with UEFA
- British Blind Sport

THANKS TO

- Blind Sports Australia
- AMP Tomorrow Maker's Fund

OTHER RESOURCES

- **IBSA manual in partnership with UEFA** - <https://www.ibsasport.org/sports/files/1136-General-IBSA-Blind-Football-coaching-manual---a-guide-for-beginners.pdf>
- **British Blind Sport** - <https://britishblindsport.org.uk/wp-content/uploads/2018/10/VIFriendlyFootball.pdf>
- **Mayr Football for Blind** - https://www.teiresias.muni.cz/download/futsal/Mayr_Football-for-the-Blind.pdf
- **Football Federation Australia** - Coaching Resources - <https://www.playfootball.com.au/coach/resources>

NOTES



ABF4ALL

