

IBSA BLIND FOOTBALL COACHING MANUAL

A GUIDE FOR BEGINNERS



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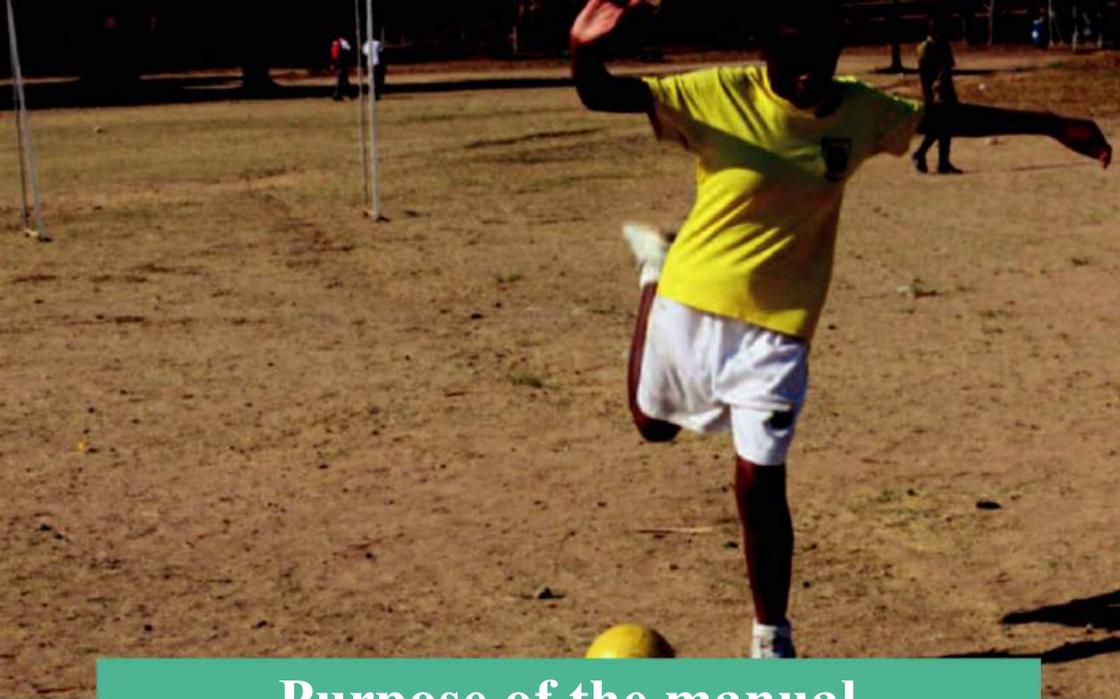
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Male and female personal pronouns are used randomly throughout this manual and should be taken to refer to both sexes.

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Purpose of the manual

The aim of this manual is to empower aspiring blind football coaches and give them the skills to be able to deliver a positive coaching experience to all players, regardless of their ability, age or sex, and to allow coaches to gain a greater understanding of blind football.

This aim is part of the wider mission of the IBSA Football Committee to give all blind and partially sighted girls, boys, women and men the opportunity to play football to whatever level they want and in all parts of the world.



What is blind football?

Blind football is a version of football adapted to the needs of blind players. It is based on Futsal with modifications to the rules to enable players to play.

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.

Seven editions of the IBSA Blind Football World Championships have taken place and there are also regular regional championships and development tournaments and opportunities in all parts of the world.

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, and the 2024 Paralympic Games in Paris. In the Paralympic movement blind football is called Football 5-a-side.

The main modifications to the FIFA Futsal rules for blind football are:

1 - Equipment

Boards – 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.



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.



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.



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



You do not need all this equipment to start training and playing. If you do not have sideboards you can use tables or benches, if you do not have ap-proved eyeshades you can use any kind of blindfold, and if you do not have sound balls you can use a standard ball in a plastic bag.

2 - 'Voy' rule

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, she does not need to say anything. The use of the word 'voy' is an integral part of the game.

3 - 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 his 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 goals can give information when the team is attacking.

Guides should give clear and concise information to their players.



The blind football rules are updated regularly and you can find the current rules and more information on the game here - <http://www.ibsasport.org/sports/football/>.



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, new players.



Specific teaching approaches

1 Demonstrations

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

2 Verbal

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

3 Tactile

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





Good coaching practise

It is important to continually keep yourself up-to-date with the latest trends in blind football and to develop yourself as a blind football coach. We recommend as good practise that in the early stages of your blind football coaching journey you access the necessary resources available to you.

- Watch footage of games on-line.

There are several blind football coaching resources on Youtube and other similar sites. Most of IBSA's championships are also streamed live and you can learn from watching how other teams play.

Here's the link to the gold medal match at the Rio 2016 Paralympic Games to get you started - <https://tinyurl.com/rsxkf6m>.

- Check out the blind football page on the IBSA web site.

The blind football section on the IBSA web site includes many useful resources you can use - <https://tinyurl.com/smp6f4z>.

- Study experienced coaches.
 - Use match footage to learn from other coaches.
 - If you can, visit nearby countries where blind football is played and learn from local coaches at their training sessions.
 - Invite an experienced coach to visit you and conduct training sessions with your players.
 - the IBSA Football Committee is here to help you – here's the link to members' contact details - <https://tinyurl.com/tpwrl79>.

- Plan-coach-review.

It is vital that you review your training sessions and think about ways to improve them based on your player's needs.

- Player feedback.

Ask your players about your training sessions and take their feedback on board.



Perception and sensory awareness

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

- Reference points

- **permanent reference points** - side boards/goalposts/static coach.



- auditory reference points - echolocation.

- mobile reference points

- Blind football specific communication- squaring off (heels and hands).



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.

- Mobility - Your offer to guide a player will usually be welcomed, but you must respect his 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 she wants 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 player 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.

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:

- Communication is about giving and receiving information.
- Give information that can be received in an effective manner.
- Consider what you want to say, why you are saying it, who to, when and how.
- Being an effective listener is a skill (blind players do not have better hearing - they are simply better at listening).



Ball skill techniques

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
- dribbling
- passing
- shooting

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 above show how a blind footballer dribbles effectively with the ball, passing it from one foot to the other as she moves 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, co-ordination 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 practicing 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 to-wards 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



- Side foot



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



Basic tactics and formations





Formations are important in blind football. Above are a few examples of typical shapes teams use. Like in all formats of football, players can have specific positions; these generally are defenders, midfielders and attackers.

Small-sided games - defending and attacking

Defending

It is a requirement of the Rules of the Game 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). Good defenders will keep in close contact through communication with each other, working as a unit together. While not allowed to push an opponent, defenders may use an arm or hand to provide balance and to enable them to feel where the attacker is.



When defending as a team, it is important to consider:

1. Depending on the position of the attacker, the nearest defender will press the ball.
2. The second defender will offer support and balance at an appropriate distance.
3. Third defender moves round to cover.
4. Fourth player may also come back to consolidate defence.

Attacking

Attackers must always be ready when their side regains possession to get into a good position to receive the ball. Attacks can start from anywhere on the pitch and usually start when a team regains possession. Attackers often dribble or pass the ball in order to move the opposition defence around to create space to exploit and use effectively.



Restarts/set plays

Restarts can be taken in two different ways.

- A direct pass or shot.
- By setting the ball by two players



Set plays can involve

- corners
- free kicks
- Six metre and eight metre penalties



The match - what is needed?

To run a full game, it is important to consider all of the topics addressed in the previous pages and make sure all the players understand the rules to keep all player safe and to achieve a high-quality, competitive game.

For a full match, teams should consist of:

- a sighted goalkeeper;
- Four outfield players (must be B1 classified at official IBSA competitions);
- a guide behind the goals;
- a coach guiding the middle third.

Two referees are needed in order to enforce rules.



Constructing a blind football training session

When constructing a football session, it is important to consider the following:

Safety

- area for training
- ability and fitness level of participant (length and duration)
- equipment
- safeguarding

Warm-ups

- stretching (dynamic/static)
- stabilisation and balance
- physical
- orientation

Session topic

- relevant to players' needs (ability levels)
- within the parameters of the game
- within the relevant learning styles – see specific learning approaches
- with achievable targets and goals

Cool-down

- reduced heart rate movement
- stretching

Consolidation or coach debrief

- the ability to have takeaway practices set from session (homework)
- what went well/areas for improvement

Safety considerations

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.

- Reflect on your current safety practices;
- Consider the importance of treating players individually;
- Plan and adapt your coaching sessions to work effectively within the bounds of safety and personal factors.

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.

Consider the list below and how the points influence your coaching sessions:

- emergency procedures
- do not leave equipment lying around
- allow time for orientation
- changes to environment (doors opened/ equipment/people)
- health and safety issues (e.g. playing surface)
- communication is vital
- players will watch in their own mind - demonstrations
- demonstrate team shape/movements - draw on palm of hand
- design a tactile tactics board
- mobility may be a challenge - muscles may not be used to vigorous activity
- dehydration - some players may have other problems

Above all, enjoy coaching blind football!



For more information on coaching blind football contact
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