

COLOUR BLINDNESS ADVICE FOR COACHES



Normal colour vision



Colour blind simulation

Colour blindness (colour vision deficiency, CVD) is one of the world's most common inherited conditions and affects:

300+
million people
worldwide



1 in 12



1 in 200

Statistically, one player in every male squad

WHAT IS COLOUR BLINDNESS?

We see colour through three types of cone cells in our eyes, which absorb red, green or blue light. With colour blindness one type doesn't operate normally. Most types of colour blindness involve defects in red or green cones, meaning many colour combinations can be confusing.

IMPACT OF CVD ON PLAYERS

The greatest problems for colour blind players are in:

Training

- Distinguishing between bib colours
- Distinguishing equipment from the pitch/other equipment, e.g.
 - balls
 - cones
 - line markings
 - corner flags
- Tactical training – distinguishing between team colours on magnetic boards
- Classroom training
 - distinguishing between pen colours on whiteboards e.g. between red and green or red and black
 - distinguishing information in graphics e.g. following a specific player in TV footage replays

Matches

- Distinguishing between kit colours of:
 - the outfield players
 - outfield players and goalkeeper(s)
 - outfield players and match officials
 - players' kit 'disappearing' against the colour of the pitch
- Following the ball against the pitch/stands
- Different types of lighting e.g. moving from shade into sunlight, floodlighting



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ISSUES FOR COACHES

- Identifying colour blind players because most hide their condition and many are unaware of it
- Selecting appropriate equipment for colour blind players

INSTANCES WHICH MAY INDICATE A PLAYER HAS CVD

- Players/parents may tell you (although many may be unaware)
- Certain activities may cause a change in behaviour. Signs to look out for may include:
 - certain bib colour combinations causing uncharacteristic confusion to the player
 - players stopping the ball before passing/ demonstrating undue hesitation on the ball
 - players may inadvertently pass to the opposition, particularly in training where team compositions are constantly changing
 - players may take the ball beyond the playing area without realising when, for example, red lines/cones are used on grass

EFFECTIVE STRATEGIES WHEN COACHING PLAYERS WITH CVD

- Ensure kit colours for matches are not 'colour blind' kit clashes
- In training use blue vs yellow or white bibs as first choice
- Ensure line markings are white or yellow as first choice, avoid red
- In tactical training use blue vs white or yellow magnets for outfield players
- If using coloured pens on flip charts/ whiteboards, use different shapes to distinguish between opposing teams as well as colour e.g. red triangles, blue circles

Further Information

For more information:

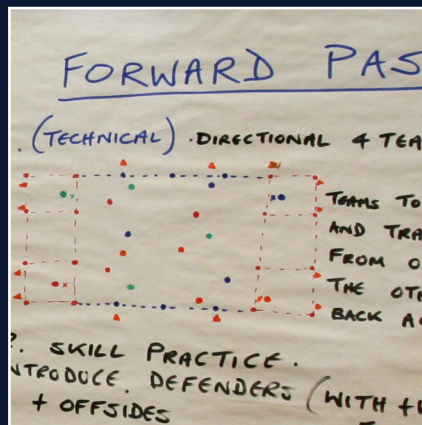
- See the FA/UEFA Guidance Notes: Colour Blindness in Football here <http://www.thefa.com/news/2017/jun/19/colour-blindness-guidance-190617>
- Watch the FA's mini-documentary The Colourful Game <http://www.thefa.com/news/2018/sep/06/marcus-wells-stocksfield-fc-case-study-colour-blindness-awareness-day-060918>
- Visit the Colour Blind Awareness website <http://www.colourblindawareness.org/colour-blindness-and-sport/>
- See Advice When Selecting Kit Colours <http://www.colourblindawareness.org/colour-blindness-and-sport/guidance-documents/>



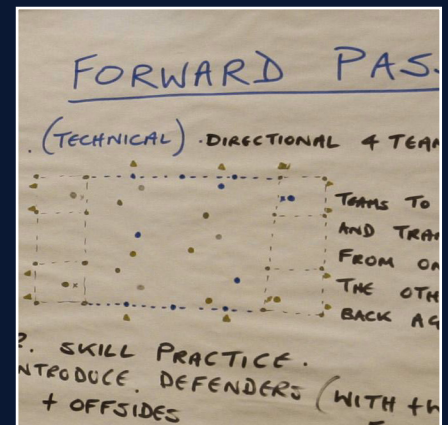
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