



**SKILLS CARDS**

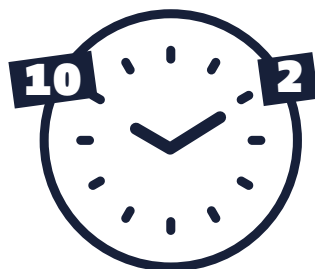


# CONTROL

Control is one of the most important techniques to master in Blind Football. It's the basis of every other technique. There are many ways to control a ball in Blind Football, but there's one technique everyone needs to know. That's getting your feet into a V-shape to take control of the ball. Another way of explaining the V-shape position is to have 'penguin feet' or to have the feet in the 10 to 2 position on a clock.



**GET YOUR FEET INTO A V-SHAPE...**



**OR HAVE THE FEET IN THE 10 TO 2 POSITION.**

**This is how to explain the technique to controlling the ball:**

- 1** Firstly, track the ball's direction towards you.
- 2** Make sure your body and feet are facing where the ball's coming from.
- 3** Your feet should be in a V-shape (with a gap no wider than the ball).
- 4** Bring the ball under final control by putting your strongest foot on top of it.

# ACTIVITY IDEAS

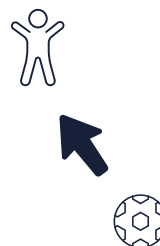
## CONTROL

1



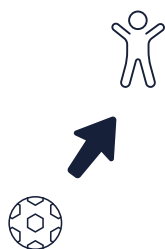
**Start point:** Find a distance away from your player that's comfortable for them, in terms of receiving the ball. With the player in a front-on position, bounce the ball into them.

3



Repeat this, with the player moving to their right. Ensure the movement they use is a sideways-on movement, i.e. they remain facing to the front. Ensure that as the player moves, they do not cross their legs and their feet stay in position to receive the ball.

2



When you feel it's appropriate, ask the player to move to their left and deliver the ball to them there. After controlling the ball, they should return to their start position (i.e. in front of you).

4



Finally, drop the ball in front of your player and encourage them to move towards it. Once they've received the ball and played it back to you, encourage them to find their start position.

Useful tip: throw a flat marker on the floor so the player can feel where the 'start' position is.

Note: ideally the player will find their start position from a coach's voice. If this isn't possible, place a speaker four/fives metres behind the player as a vocal reference point.

# ACTIVITY IDEAS

## CONTROL

### MAKING IT EASIER

- 1** Allow the player to stop the ball with their hands. This helps them gain initial control of the ball.
- 2** Start by rolling the ball into player's V-shaped feet.
- 3** Keep a consistent distance between yourself and the player.



### MAKING IT HARDER

- 1** Vary the type of service, e.g. by bounce or roll, or change the speed of service.
- 2** Add some outside noise to replicate a game situation.
- 3** Similarly, ask the player questions to distract them from the sound of the ball.
- 4** Add a static defender between you and the player so the player has to move to receive the ball.
- 5** Use different-sized balls.



# FUNDAMENTAL MOVEMENTS

Working on fundamental movement patterns in Blind Football is really important. It not only helps players feel comfortable when playing, but also helps transfer these techniques to everyday life, improving self-confidence and independence.

As Blind Football is multi-directional, there is a need to work constantly on these movement patterns.



## AREAS TO WORK ON

- Co-ordination
- Balance
- Multi-directional movements: forwards/backwards/sideways
- Stride length

## ORIENTATION

Orientation for a blind person is hugely important. It allows a blind player to feel comfortable in their environment which helps them perform better.

Whatever space you have to play in, you must explain and walk through its boundaries and key marker points. This allows the blind player to paint a mental picture of the area.



# ACTIVITY IDEAS

## FUNDAMENTAL MOVEMENTS

### MAKING IT EASIER

- 1 Break down what you're asking the player to do.
- 2 Demonstrate the movements in a tactile way.\*
- 3 Change the distance you are asking the player to cover.
- 4 If the player lacks confidence ask a sibling or family member to act as a sighted guide.



### MAKING IT HARDER

- 1 Where possible, use a ball in the movements.
- 2 Put a time limit on the player reaching a key location, or completing the movement.
- 3 Increase the distance you want the player to cover.



\*Players should always be asked if it's ok to use tactile support. Before any form of touch is deployed explain what you are going to do and why. If the player is not comfortable you should not use this method. Always avoid touch on or near intimate areas. For more guidance if working with adults click [here](#), if you are working with children click [here](#).

# TRAVELLING WITH THE BALL

The ability to run with the ball while transferring the ball from one foot to the other and evading challenges from opposition, are important skills within Blind Football. Therefore, constantly working on travelling with the ball is imperative.

Here are some starting tips to get all blind footballers used to travelling with the ball. The goal is to get players moving the ball from one foot to the other while moving forwards. The part of the foot that touches the ball plays a factor in the quality of dribble.



Contact with the ball using the heel means the ball travels backwards and the player may leave the ball behind.



Contact with the ball using the toe means the ball will be pushed too far in front of the player. This can result in the player losing control of the ball.



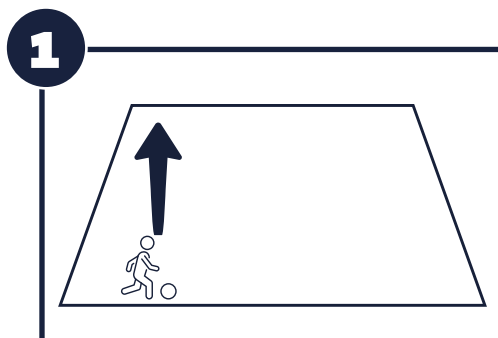
The best contact point is the main joint of the big toe. This allows the ball to travel forward but gives the player enough control over the ball to keep it within their stride.

## ACTIVITY IDEAS

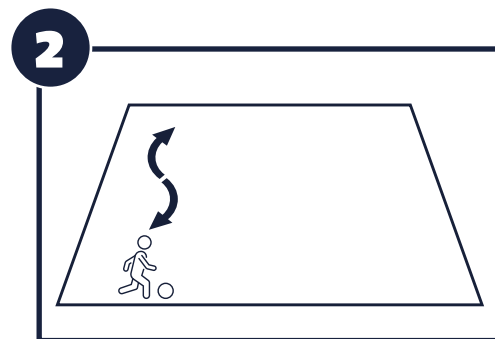
# TRAVELLING WITH THE BALL

It's important to consider the finer details of travelling with the ball. In a long dribble, the ball touches must be consistent and sequential (i.e. left foot to right foot or vice-versa). To start, we recommend players work on a three-touch dribble, then onto five-touch and then seven-touch. The distance of travel with the ball should be restricted to the playing space.

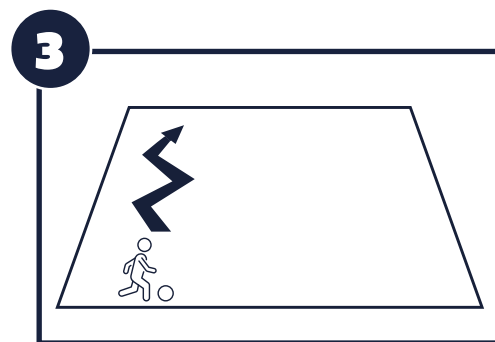
As the game unfolds, the number of touches and the distance travelled will change.



Encourage players to move in a straight line with the ball.



Move on to S-shape runs, where direction changes are more fluid.



Move to sharp stops, where the change of direction is more sudden.



# ACTIVITY IDEAS

## TRAVELLING WITH THE BALL

### MAKING IT EASIER

- 1** Start by walking.
- 2** Break down the sequence of touches.



### MAKING IT HARDER

- 1** See if the player can react to commands and stay in control of the ball.
- 2** See if players can change speed – e.g. slow to fast to slow – without putting their foot on the ball to slow down.



# PASSING

The technique of passing doesn't really differ between Blind Football and the sighted game. The key difference in Blind Football is how a player 'sets' the ball – i.e. where it is in relation to the feet.

Setting the ball is crucial in Blind Football for the player to make a good-quality pass or shot. In sighted football, the cue for a good pass or shot comes from seeing where the ball is and adjusting the body accordingly. In Blind Football, that cue doesn't apply, so the player must find other ways to pass or shoot well.

The 'set' is made by three touches of the ball. This is more commonly known in Blind Football as the 1-2-3 technique.



**INITIAL CONTROL -**  
Foot on top to secure the ball.



**2** Touch from left to right.



**1** Touch from right to left.



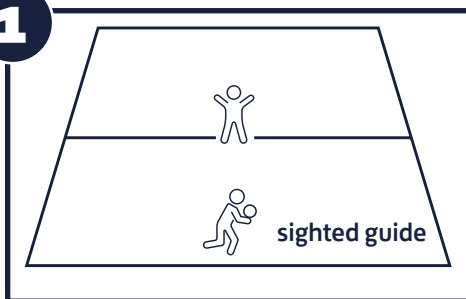
**3** Pass with right foot.

# ACTIVITY IDEAS

## PASSING

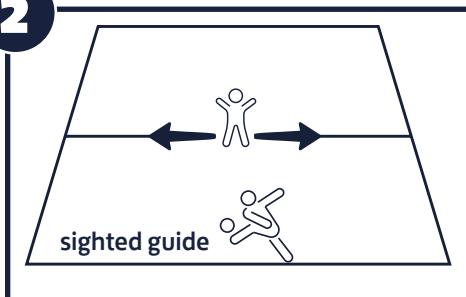
The best way to run sessions around passing is to layer them. For example, start with the 1-2-3 technique (or 'set') and add components as appropriate. Obviously, there are lots of different ways to pass the ball. We would recommend working on the side foot pass before moving onto more difficult techniques such as the driven pass.

1



Start by throwing the ball to the player. Once controlled, the player must pass the ball back to the coach after completing a 1-2-3 set. Increase the number of touches if players find the 1-2-3 set too easy.

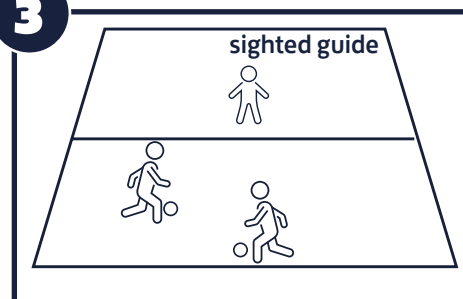
2



Add a new layer by moving to the left or right once you have rolled the ball, so that the player must pass back to a new position. Ensure the player:

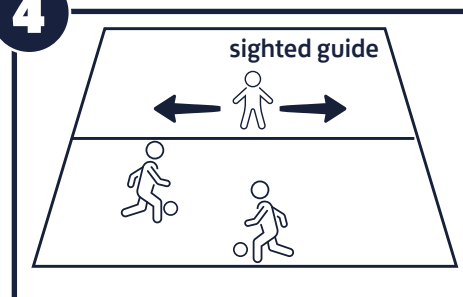
- Sets the ball correctly.
- Identifies where the target/receiver is.
- Has their body facing the target/receiver.

3



Now add another layer by encouraging the player to pass on the move while you stand still. Ask the player to dribble either to the left or right and then pass to you.

4



Move it on again, using the same practice as above, but with you as a moving target.

# ACTIVITY IDEAS

## PASSING

### MAKING IT EASIER

- 1** Exclude the 1-2-3 setting technique.
- 2** Explore different ways the player can pass the ball.
- 3** Pass a static ball.



### MAKING IT HARDER

- 1** Ask the player to move in various different directions before they pass.
- 2** Pass the ball on the move.
- 3** Run a session where you give random voice commands, to replicate a game situation.





# BALL MANIPULATION/TURNING

This is not to be confused with travelling with the ball. In Blind Football manipulating the ball to pass, shoot or evade a challenge from an opposition player is a crucial part of the game. There are many ways a player can turn or manipulate the ball. We have picked out two turns to work on, both involving manipulating the ball:

- **Shifting the ball.**
- **Dragging the ball (drag back).**

Both these turns can create space for the individual. Once these turns have been mastered, allow players time to experiment and discover different ways they can move and manipulate the ball. It also may be worth allowing some players more time on the ball, to discover ways they can move and manipulate it.



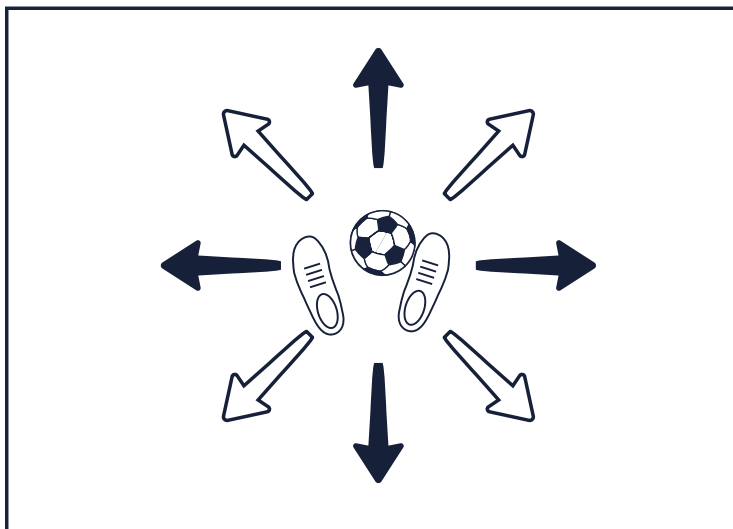
## ACTIVITY IDEAS

# BALL MANIPULATION/TURNING

We recommend using the 'compass point' routine to get your players used to manipulating the ball.

**Shifting the ball:** The player should start with their dominant foot on top of the ball. While balancing on the other leg, ask them to move the ball to the front, to the side and then behind them, still using the sole of their foot on the ball. The player should be allowed to take as many touches as they like.

**Dragging the ball:** Using the drag back is one of the easiest turns for you to coach and for the player to master.



For the drag back to be mastered you need to consider:

- The position of the ball in relation to the player's body.
- The position of the non-kicking foot in relation to the ball.
- Placing the sole of the foot on top of the ball.
- Dragging (rolling) the ball behind body.
- Turning their body 180 degrees to have the ball in front of them again.



## ACTIVITY IDEAS

# BALL MANIPULATION/TURNING

### MAKING IT EASIER

- 1** Start by performing the turns from a standing start.
- 2** Don't have anyone applying pressure, e.g. an opposition player.
- 3** Break down the technique into separate component parts.



### MAKING IT HARDER

- 1** Encourage players to travel with the ball and then perform a turn.
- 2** Add an outcome after the turn – i.e. a pass or a shot.
- 3** Pass to a moving target.
- 4** Use the player's weaker foot.
- 5** Ask the player to perform different movements.

