

LET'S PLAY THE PARA SPORT OF GOALBALL



THE PLAYING AREA



PLAYING THE GAME



**USING THE BODY TO
BLOCK THE BALL**



**USING A BOWLING
ACTION**



**ROLLING THE BALL
ALONG THE FLOOR**

ATHLETE CASE STUDY

“HI, I’M AKIKO ADACHI. I LIVE IN JAPAN. MY PARA SPORT IS GOALBALL.

My greatest Paralympic achievement is that we won the gold medal at the London 2012 Paralympic Games.

I was inspired to take up goalball because by fitting the eyeshade everyone can play in the same conditions.”



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