



**DUAL-TASK
TRAINING CHALLENGES**



THREE SUGGESTED PRACTICES FOR BLIND FOOTBALLERS

Here are some voice-accompanied practices to help blind footballers to get back into football.

If you're a sibling, parent, trusted friend or carer of a blind footballer, we hope you'll find them useful and allow you to assume the role of a sighted guide. They're designed to aid self-confidence as well as general movement. There are three practices, all in the form of challenges. Each challenge, starting from the first one, introduces greater degrees of difficulty.

Sighted guides should always acknowledge success and provide positive encouragement at all times.



We encourage you to follow the S.T.E.P. principle for all the challenges, which you can read about [here](#). That way you can enhance the fun factor, knowing you've created a safe environment. Before starting, remember it's really important players stay safe when taking part in the challenges. For example, start in an open area with no trip or collision hazards.

Parents/carers – you must ensure all arrangements – such as the playing environment, travel and the supervision of the child or adult that you are supporting – are appropriate at all times.

Visit [here](#) for further guidance and tips.

CHALLENGE 1

To be read aloud by the sighted guide:

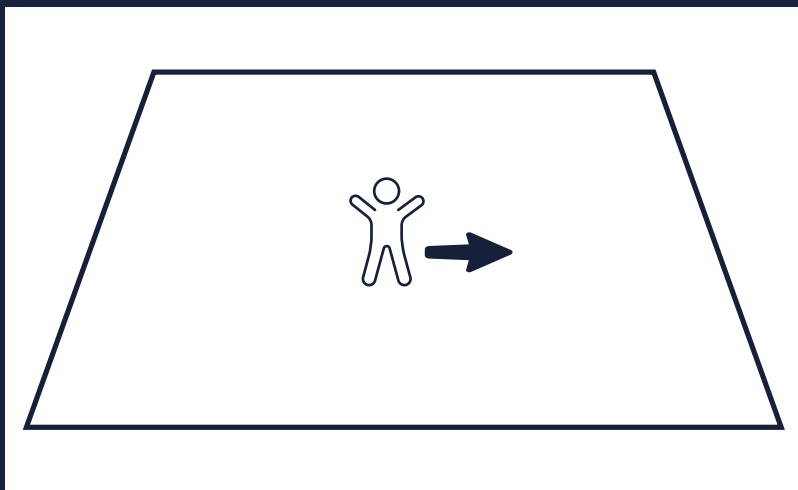
Have a listen to the descriptions of these movements and together we'll track your progress by noting the number of touches or time it takes to complete each activity. I've set up the area, so any distances I mention will be within that area, so don't worry.

First let's start without a ball...



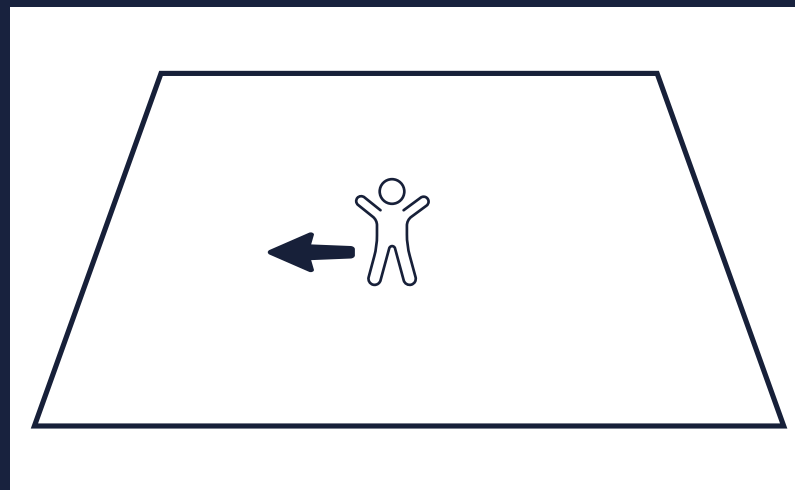
CHALLENGE 1

GO LEFT without a ball



Simply move to the left five steps.

GO RIGHT without a ball

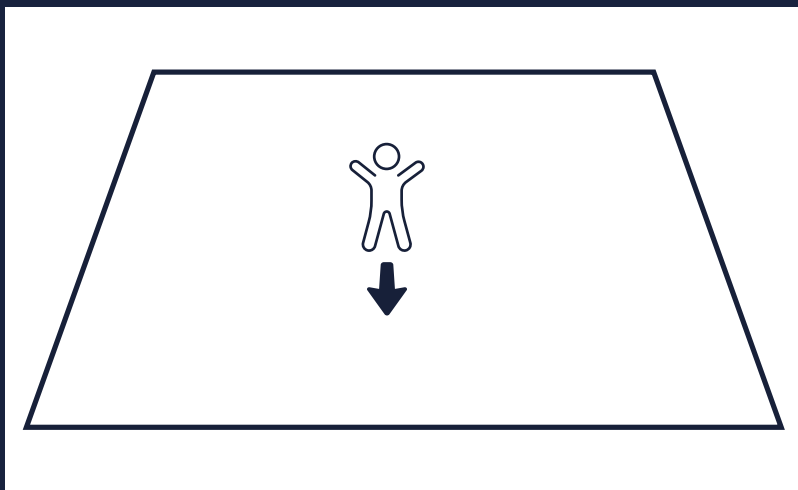


Simply move to the right five steps.

- Challenge yourself either by trying to get the endpoint as quickly as you can, or by using a sibling, family member or trusted friend as an obstacle in between you and your endpoint.

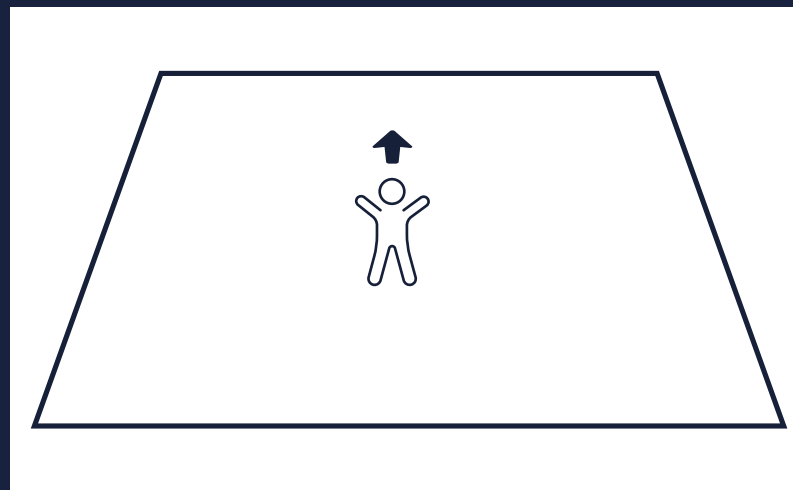
CHALLENGE 1

GO FORWARDS without a ball



Now move forwards five steps.

GO BACKWARDS without a ball



This time move backwards five steps.

- Challenge yourself either by trying to get the endpoint as quickly as you can, or by using a sibling, family member or trusted friend as an obstacle in between you and your endpoint.

CHALLENGE 1

Now let's do some exercises with a ball...



CHALLENGE 1

STOP AND GO with a ball

1



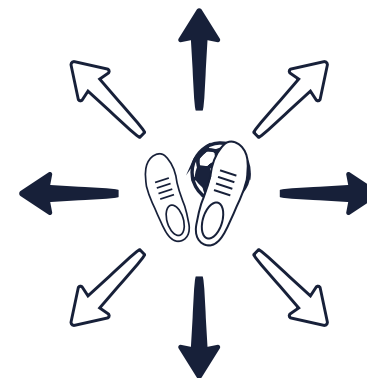
I'll roll the ball towards you.

2



Put the sole of your dominant foot on top of the ball. Hold the position for 1-2 seconds...

3



and then dribble off in any direction.

- ▶ Use your judgement of space to dribble between 5 and 10 metres.
- ▶ As an extra challenge, stop the ball during the 5 to 10 metres by putting your non-dominant foot on top of it and then carry on. In other words, you complete two 'stop and go' movements within the total distance you dribble.

CHALLENGE 1

DRAG AND GO with a ball

1



Start with your dominant foot on top of the ball...

2



and drag it round 180 degrees until you're facing the opposite direction.

3



Then dribble forward a few paces.

- ▶ Walk a bit between each 180-degree turn so you don't get dizzy.
- ▶ Challenge yourself by using your non-dominant foot to complete the turn, or complete a number of turns using a different foot each time.

CHALLENGE 1

COMPASS POINTS with a ball

1



Start with your dominant foot on top of the ball.

2



While balancing on the other leg, move the ball in front, to the side and then behind you using the sole of the foot touching the ball. North, east, west and south in other words. Take as many touches as you need.

- ▶ Use a chair or wall to help you balance if needed.
- ▶ Try it again with your non-dominant foot.
- ▶ Challenge yourself by timing how long it takes to complete the four compass points. Can you improve on your time?

CHALLENGE 1

TOE TAPS

with a ball

1

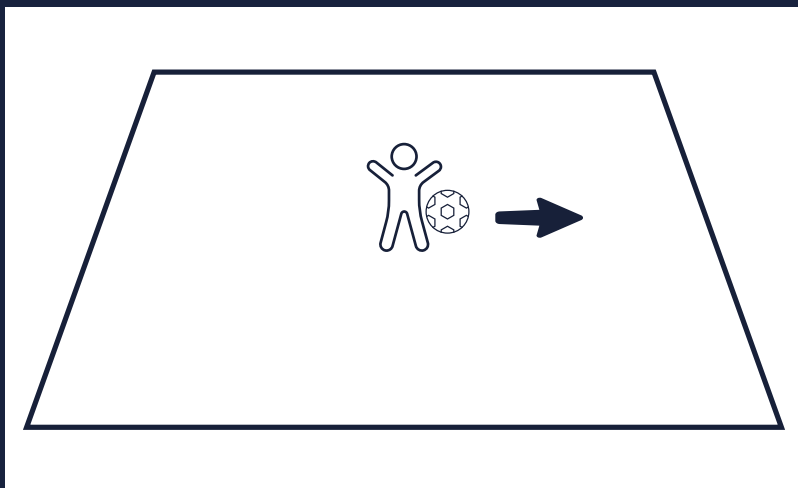


Use both feet and tap on top of the ball 20 times, alternating between your dominant and non-dominant feet so you complete 10 toe taps per foot.

- ▶ Use a chair or wall to help with balance if you need it.
- ▶ Challenge yourself by timing how long it takes to complete the 20 taps. Or complete as many taps as you can before you lose control or get tired. Can you improve on your time/number of touches?

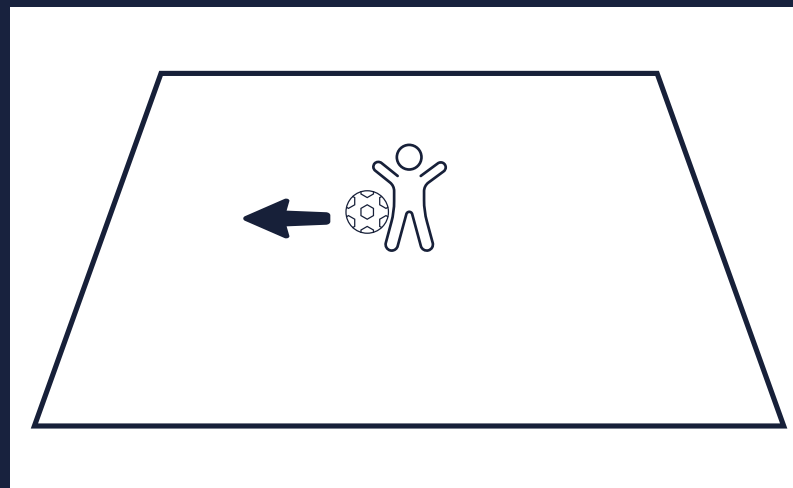
CHALLENGE 1

GO LEFT with a ball



Simply move to the left with the ball.
Then stop with either foot on top of
the ball.

GO RIGHT with a ball

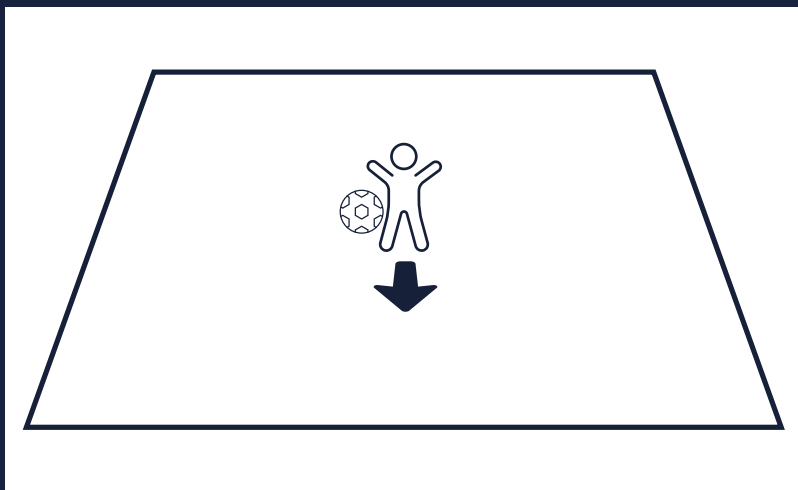


Simply move to the right with the ball.
Then stop with either foot on top of
the ball.

- ▶ Travel between 3 and 7 metres.
- ▶ Challenge yourself either by taking as many touches as possible during the dribble or by getting to the endpoint as quickly as you can.

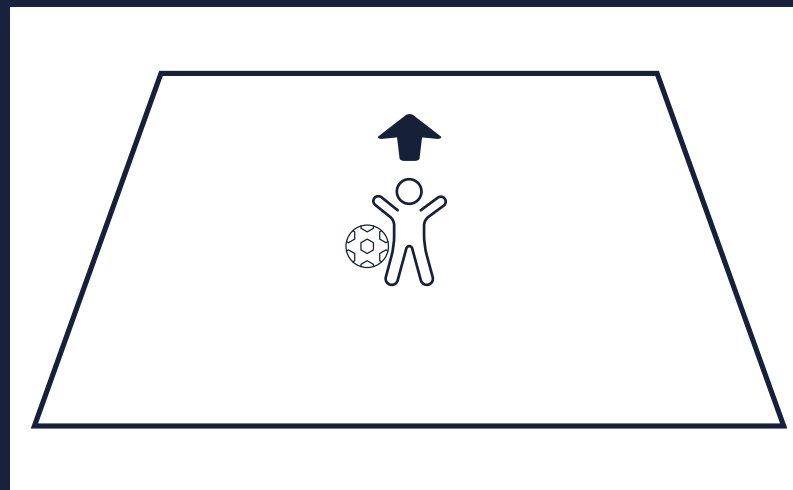
CHALLENGE 1

GO FORWARDS with a ball



Now move forwards with the ball. Then stop with either foot on top of the ball.

GO BACKWARDS with a ball



This time move backwards with the ball. Then stop with either foot on top of the ball.

- ▶ Travel between 3 and 7 metres.
- ▶ Challenge yourself either by taking as many touches as possible during the dribble or by getting to the endpoint as quickly as you can.

CHALLENGE 2

Note to the sighted guide: As in Challenge 1, we encourage you to follow the S.T.E.P. principle for all the challenges, which you can read about [here](#). That way you can enhance the fun factor, knowing you've created a safe environment.

Before starting, remember it's really important players stay safe when taking part in the challenges. For example, start in an open area with no trip or collision hazards.



Parents/carers – you must ensure all arrangements – such as the playing environment, travel and the supervision of the child or adult that you are supporting – are appropriate at all times.

Visit [here](#) for further guidance and tips.

CHALLENGE 2

To be read aloud by the sighted guide:

This time we'll use the same movements as in Challenge 1, but in a random order. So we might be doing a 'Go left' practice followed by 'Drag and go' and then 'Toe taps'. It's to get you used to changing spontaneously between movements – just like you would in a match.

I've set up the area, so any distances I mention will be within that area, so don't worry.



CHALLENGE 2

Note to sighted guide: The guidance instructions are exactly the same as for Challenge 1 – just use them in any order you want.

WITHOUT A BALL

- ☐ GO LEFT
- ☐ GO RIGHT
- ☐ GO FORWARDS
- ☐ GO BACKWARDS

WITH A BALL

- ☐ STOP AND GO
- ☐ DRAG AND GO
- ☐ COMPASS POINTS
- ☐ TOE TAPS
- ☐ GO LEFT
- ☐ GO RIGHT
- ☐ GO FORWARDS
- ☐ GO BACKWARDS

CHALLENGE 3

Note to the sighted guide: As in Challenges 1 and 2, we encourage you to follow the S.T.E.P. principle for all the challenges, which you can read about [here](#). That way you can enhance the fun factor, knowing you've created a safe environment.

Before starting, remember it's really important players stay safe when taking part in the challenges. For example, start in an open area with no trip or collision hazards.



Parents/carers – you must ensure all arrangements – such as the playing environment, travel and the supervision of the child or adult that you are supporting – are appropriate at all times.

Visit [here](#) for further guidance and tips.

CHALLENGE 3

To be read aloud by the sighted guide:

This time around the focus is on quality, not beating your record(s) from Challenges 1 or 2. I'll still read out the descriptions in a random order, but this time if you make a mistake – for example, you lose control of the ball – we'll go back to the start of the movement each time.

To bring in an extra challenge, I'm going to add movements together to create longer practices. For example, I might ask you to do some 'toe taps, plus stop and go with the ball' and then get you to do 'compass points, go forwards and then go backwards, without the ball'.



The aim is to build on your spontaneous reactions in Challenge 2, but also get you doing all the movements as well as you can so they come more naturally when out there playing.

Let's start and remember, completing each movement to the best of your ability is the goal here.

CHALLENGE 3

Note to sighted guide: The guidance instructions are exactly the same as for Challenge 1 – just use them in any order you want.

WITHOUT A BALL

- ☐ GO LEFT
- ☐ GO RIGHT
- ☐ GO FORWARDS
- ☐ GO BACKWARDS

WITH A BALL

- ☐ STOP AND GO
- ☐ DRAG AND GO
- ☐ COMPASS POINTS
- ☐ TOE TAPS
- ☐ GO LEFT
- ☐ GO RIGHT
- ☐ GO FORWARDS
- ☐ GO BACKWARDS