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GAME - POUll BALL
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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HISTORY

François Poull created this sport in 2009, while he was still a student in physical education at the Haute École Robert Schuman in Virton, Belgium. The sport is integrated in the school program of physical education and health in France and in Canada in addition to being defended by the various federations of school sport in Belgium.

The sport arrives in French-speaking Switzerland around 2014, in Morocco 2015, in Tahiti around 2017

DESCRIPTION OF THE GAME

Poull Ball is a dynamic team game where two mixed teams compete to knock down one of the central targets using a large ball on a rectangular court.

RULES

I. Equipment

- Teams: Two mixed-gender teams, each with 5 players.
- Ball: One large ball (similar to a basketball or larger).
- Targets: Two targets (e.g., cones, light structures, bowling pins) that can be knocked down by the ball.

II. Setup

1. Playing Field: A rectangular field measuring 40 meters long by 20 meters wide.
 - This is the size of a standard basketball court.
2. Targets Placement: The two targets are placed within the playing field. Their exact position isn't specified in the prompt, but they are accessible for shooting from both sides. They don't "belong" to either team, implying they are neutral targets that either team can aim for.
3. Team Positioning: The two teams line up on opposite sides of the rectangular field.



III. Gameplay Objective

- The primary objective of each team is to knock down one of the two central targets using the large ball.
- Cooperation: The game's description emphasizes "cooperation" in achieving this goal, which might imply a fluid style of play where teams aren't strictly confined to their halves, or that the focus is on collective effort rather than rigid defense.
- Neutral Targets: Since the targets don't belong to any team, players can shoot at either target, regardless of which side of the court they are on or which target is closer to their "defensive" end.

IV. How to Play

1. Ball Possession: The game would likely start with a method to determine initial ball possession (e.g., jump ball, starting throw).
2. Moving the Ball: Players move the ball around the court (details on dribbling, passing, or carrying are not provided, but common large ball games often involve passing).
3. Shooting: Players aim and shoot the large ball towards either of the two targets to try and knock it down.
4. No Team-Specific Targets: The unique rule is that both targets are neutral; a team can attempt to knock down either target.

V. Winning (Implied)

- A team scores by successfully knocking down one of the targets.
- The game likely continues until a predetermined number of targets are knocked down, or a time limit expires, with the team achieving the objective first or most often being the winner.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

I. Adapting the Equipment

- The Ball:
 - Varying Sizes and Weights: Offer balls of different diameters and weights.
 - Textured/Grippable: Balls with textured surfaces or integrated handles can assist players with limited grip strength or dexterity.
 - Auditory Balls: For players with visual impairments, use balls that emit sound.
- The Targets:
 - Material and Stability: Use targets that are easily knocked over but stable enough to stand upright on their own. Lighter plastic cones, softer foam blocks, or even inflatable targets can work well.
 - Auditory Targets: Targets that make a sound when hit can be beneficial for players with visual impairments.
 - Visual Contrast: Ensure targets are brightly colored and contrast well with the playing surface.
 - Adjustable Height: Consider targets with adjustable heights. Lower targets might be easier for players using wheelchairs or with limited upper body strength.
- Mallets/Pushers: For players unable to kick or throw, provide lightweight, long-handled mallets or pushers (like in floor hockey or adaptive golf) to propel the ball.

II. Adapting the Playing Environment

- Surface: The field should be smooth, level, and fully accessible for wheelchairs, walkers, and other mobility aids.
- Court Size:
 - Reduce Dimensions: Reduce the overall length and width of the court significantly based on the group's mobility and endurance.
- Boundaries: Clearly mark boundaries using contrasting tape or tactile markers for players with visual impairments.
- Target Placement:
 - Varying Distances: You could have targets at different distances from the center, allowing teams to choose an easier or harder target based on their strategy and ability.



III. Adapting the Rules and Gameplay

- **Ball Propulsion:**
 - **Allow Any Method:** Permit players to move or shoot the ball using any safe and effective method they can: kicking, throwing, pushing, rolling, or using an assistive device (mallet, ramp).
 - **Number of Touches:** Adjust the number of touches/passes a team can make before shooting.
- **Mobility Rules:**
 - **Travel Rule Flexibility:** Relax or eliminate "traveling" rules if players are pushing or rolling the ball while moving.
- **Team Composition:**
 - **Balanced Abilities:** When forming mixed teams, aim for a balance of different abilities on each side to promote fair play and cooperation.
 - **Support Roles:** Encourage players to take on different roles (e.g., a strong thrower, a strategic passer, a defender who blocks paths).
- **Scoring:**
 - **Simple Point System:** 1 point for knocking down a target.
 - **Resetting Targets:** Decide if targets reset immediately after being knocked down or if a team gains points for each time it's knocked down in a turn.
 - **Time Limits/Rounds:** Play for a set time, or a set number of rounds, rather than first to a certain score, to ensure everyone gets equal playing time.





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