

# ADVICE SHEET FOR COACH EDUCATORS

## What is colour blindness?

We see colour through 3 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

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**



normal colour vision



severe red deficiency



normal colour vision



severe green deficiency



normal colour vision



severe red deficiency

## 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

## How to identify players with CVD

- Ask players to tell you if they are colour blind (although many may be unaware)
- Screen all players for colour blindness
- Create activities to help identify colour blind players by behaviour. Using bib colours which potentially cause confusion, look out for players
  - Stopping on the ball before passing/undue hesitation on the ball
  - Inadvertent passing to the opposition (try to ensure CVD players can't 'memorise' team mates by constantly changing team composition)
- Create activities using 'problem' colours e.g. red line markings on grass, orange cones

## Effective strategies when coaching players with CVD

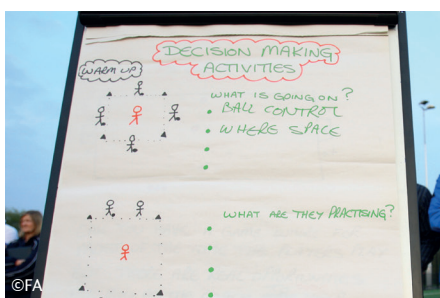
- Ensure kits colours for matches are not 'colour blind' kit clashes
- In training use blue vs yellow or white bibs as first choice
- Ensure line markings are white or yellow as first choice, avoid red
- In tactical training use blue vs white or yellow magnets for outfield players
- When using coloured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



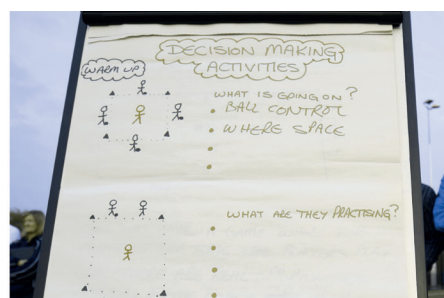
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For more information and resources see [www.colourblindawareness.org](http://www.colourblindawareness.org)  
Guidance link <http://www.uefa.com/insideuefa/social-responsibility/news/newsid=2498333.html>

