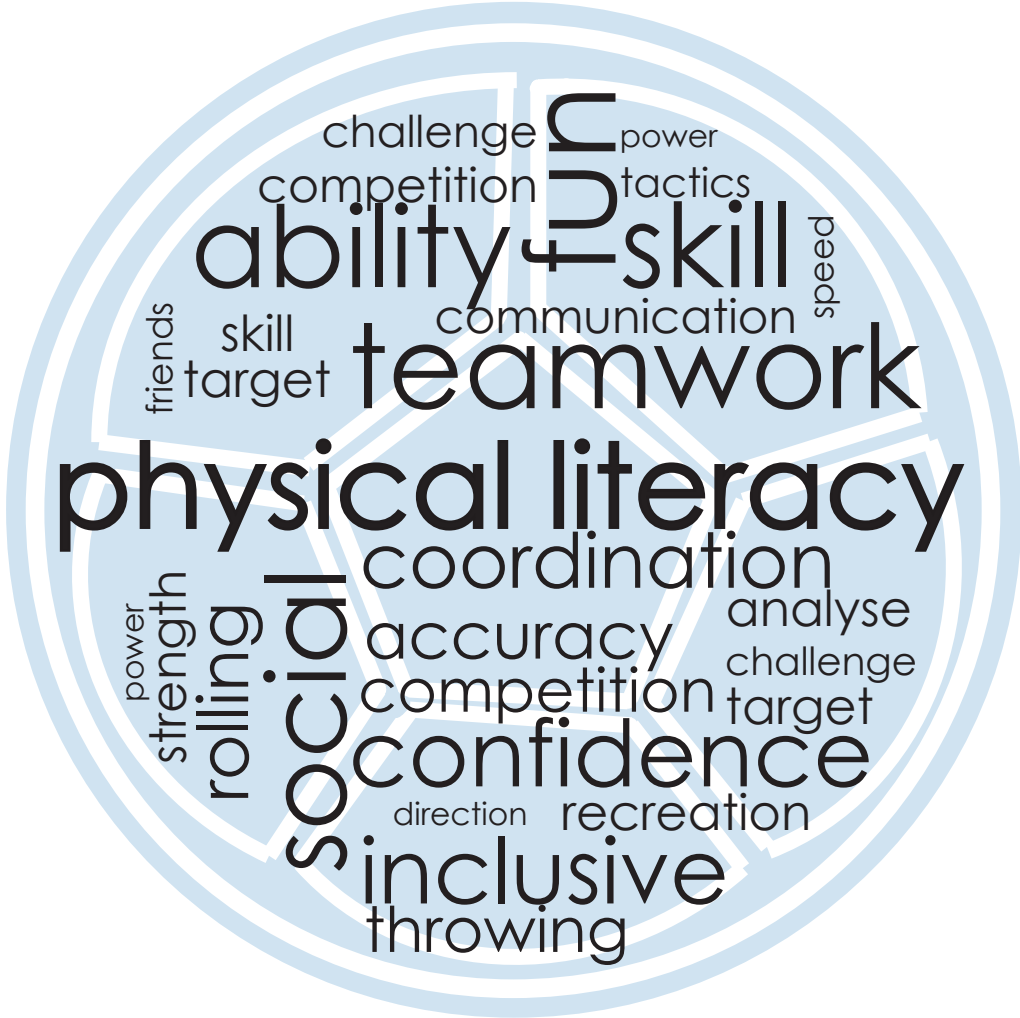# BOCCIA COACHING RESOURCE

SPORTABILITY
CP SPORTS OF BC

challenge fun power
competition tactics
ability + skill speed
friends skill communication
target teamwork
physical literacy
coordination
power strength rolling social accuracy analyse
competition challenge
target
confidence recreation
direction
inclusive
throwing

TABLE OF CONTENTS

INTRODUCTION

This resource is designed to help you play the game of Boccia. Boccia is a target sport and a game of strategy, which can be played by everyone. It requires minimal space and minimal equipment. It is an excellent game to guarantee inclusion and develop physical literacy skills for all children, regardless of their abilities.

This resource has been designed to help you deliver Boccia in a fun and social environment. The cards are simple to use and can help enhance your Physical Literacy program within your school, club, or community centre. The games and practices can all be adapted to suit the needs of your participants and each card details how you can do this.

INTRODUCTION

These cards are designed to develop Boccia skills within stages 1-4 of the Long-Term Athlete Development (LTAD) model embedded in the Candian Sport for Life Approach.

Stages 1-4 include:
- Active Start Stage/Awareness
- FUNdamentals/First Contact
- Learning to Train
- Training to Train

HISTORY

Boccia (pronounced Botcha) is a Paralympic sport that was founded in 1978 by the Cerebral Palsy International Sports and Recreation Association.

To be eligible to compete in Boccia at national or international level, athletes must have a disability and be in a wheelchair, as a result of cerebral palsy, or another neurological condition that has similar effects, such as muscular dystrophy or traumatic brain injury. For competition purposes athletes are classified into one of five classifications to allow for equal competition. At local and provincial level of competition, there is an additional "Open" category which allows anyone to play.

3

BOCCIA BASICS

Boccia is played from a seated position. Individuals, pairs, or teams play using red or blue balls and aim to get their balls closer to the white Jack Ball than the opposition.

The red team always begins each match. The Jack is thrown first and then the first coloured ball is played by the person who threw the Jack ball. After which, the side furthest away from the Jack plays in an attempt to get closer to the Jack and it continues in this fashion. Each end continues until one side has played all their balls. The opposing side will play their remaining balls aiming to score as many points as possible. All balls must be played to complete an end.
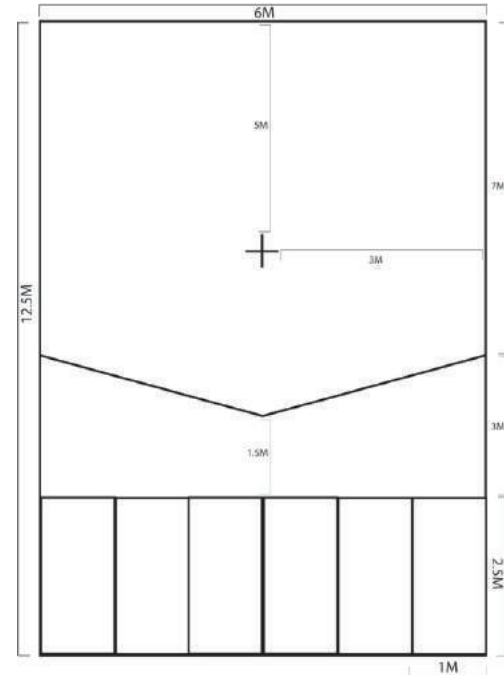
BOCCIA BASICS

The game can be played:

Individually	1-on-1 6 balls each 4 ends
In Pairs	2-on-2 3 balls each 4 ends
As a Team	3-on-3 2 balls each 6 ends

Court Dimensions:

Boccia Ramp:


5
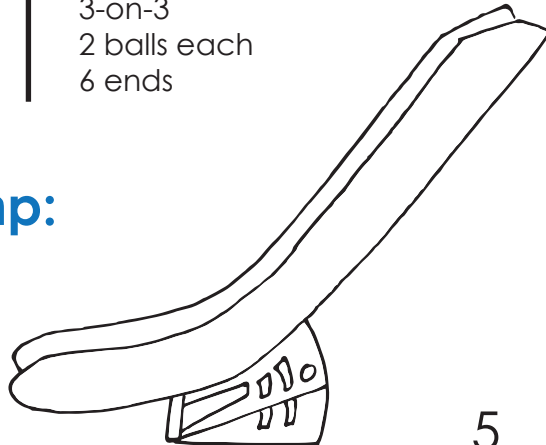
SCORING

1. All balls should be used by both players before points are awarded.
2. The ball closest to the Jack will score one point and each ball of that same colour, which continues to be closer to the Jack will score another.
   See diagram.
3. After each end is complete, one player/team will be awarded points as described in no.2. Points are carried over and the match winner is the player/team with the accumulative highest score.
4. A tie break game can be used if scores are equal.
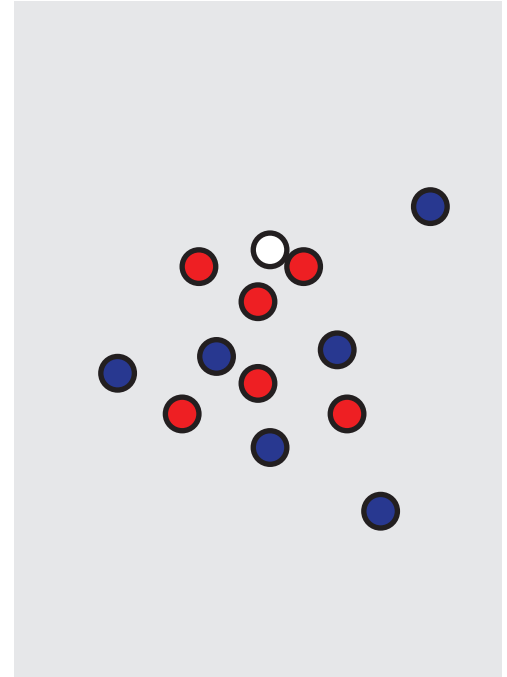
The score in this game is 3-0 for red.

POINTS TO OBSERVE

When working with a person with a disability, observe how each athlete throws/delivers the ball. For example:

- What hand do they use?
- Do they throw overhand or underhand?
- How smooth is their throwing motion?
- Is their joystick getting in the way of their throw?
- How much movement does a ramp player have?
- How does a ramp player communicate with their assistant?

You will need to work one-on-one with players to come up with the best ball delivery style for their needs. Ramp players may have to experiment with several ramps and pieces of add-on equipment to determine what works best for them.

PHYSICAL LITERACY

Physical and Health Education Canada defines physical literacy as:

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

- Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
- They are able to demonstrate a variety of movements confidently, competently, creatively, and strategically across a wide range of health-related physical activities.
- These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment.

Source: http://www.phecanada.ca/

8

PHYSICAL LITERACY AND BOCCIA

Boccia supports the development of physical literacy due to the range of shots played within the game. Amongst many essential skills, Boccia develops an individual's ability in throwing, aiming, rolling, kicking, coordination, power, and speed. Boccia is an excellent activity to encourage individuals to practice and refine these skills due to the repetitive nature of the sport. Boccia is also a great way for children and adults with disabilities to build strength and confidence.

PHYSICAL LITERACY AND BOCCIA

It is important that you consider how you can include people with disabilities in your sessions so that they have the same opportunities to develop their Physical Literacy skills.
Below are examples of things to consider that a person with a disability might find more challenging and suggested solutions:

The amount of time set	Set a min and max time - By doing this you are allowing individuals to work at their own pace.
Picking up or retrieving a ball	Buddy system - Use an able bodied participant to support. This helps develop friendships, communication, and confidence.
Task	Make the task challenging but achievable.
Space	Allow adequate space for wheelchair users, participants with sensory disorders, as well as room for personal space and pre- or after-shot movements which may be related to their conditions.
Leader communication	It is important to ensure those with disabilities are not isolated. Make sure everyone can see and hear you and importantly can see your demonstrations. Buddy systems can also be a useful tool. Check for understanding.
Participant communication	Encourage all participants to communicate with each other and monitor for positive communication.

10

DIFFERENTIATING PRACTICE

It is important that you adapt practices and games to allow everyone to be included. Through differentiating practices you can ensure that all participants are involved, challenged, learn, achieve, and have fun. You can effectively do this by providing participants with different rules within the same practice. This approach ensures that all individuals are included, they do not get bored, and that all participants are learning.

Each resource details "Ready for a challenge?" and "Need support for success?", which will help you adapt the games/practices to suit the needs of the participants.

DIFFERENTIATING PRACTICE

TIP: A simple approach to differentiating practices is to adapt any of the points in the simple acronym STEPS:

Space
Time
Equipment
People
Success

By changing any of these, you can make the practice easier or harder. It is important to challenge individuals, introduce opportunities for progression, and allow individuals to experience success. By adopting these principles you will increase participant engagement and likelihood of staying involved in the sport long-term.

PLANNING A SESSION

When planning an individual session, or term of sessions, ensure you set learning outcomes which are progressive and involve suitable skills and practices for the age and ability levels of the participants you are working with.

This approach is embedded within the Long-Term Athlete Development Model of Canadian Sport for Life.

As a general guide, if you have a 60 minute session, you should aim to set 2-3 learning outcomes. For example, this could include 2 fun practices focusing on 2 different skills, followed by games where the skills are then put into practice. The third learning outcome could be a game specific skill.

PLANNING A SESSION

- Card numbers 20-24 tell you which practice or game relates to which skill development in Boccia. Use these cards to help you plan your session.

- Allow around 15 minutes for each practice.

- Make sure you always finish your session with an actual game of Boccia. This should make up 40-50% of the time.

SHOT TYPES

Lay up to the Jack: A shot played to a specific target or target area

Knock on: A shot played to drive a player's own ball into a scoring zone or into play. This shot may also be used to knock on the Jack ball.

Knock off: A shot played to remove an opponent's ball from a scoring zone or out of play.

In-Off: A shot played to rebound off a ball and into a scoring zone.

Lob: A shot played to move a target ball by attacking over a ball (relevant to throwing only).

Blocking: A shot played to land in front of the scoring zone or target. It blocks the opponent's path.

DELIVERY METHODS

Over-Arm The ball is usually delivered by one hand when throwing over-arm. The ball will start at shoulder height, the hand will move forward as the elbow extends. The trunk will often be used to help generate additional power.

Dart The ball is usually delivered by one hand when throwing with the dart throw. The ball starts close to shoulder level and is thrown using the extension of the elbow with small wrist flexion to finish the movement. There is very little or no movement at the shoulder during the throw. The trunk will sometimes be used to help generate additional power.

Chest The chest throw can be delivered using one or two hands; but two hands are more often used. The ball will start at chest height with the ball being released through a pushing movement away from the chest. The chest throw is similar to a chest pass in basketball. Trunk movement may also be used to create additional propulsion.

DELIVERY METHODS

Under-Arm   The ball is usually delivered close to the court level using one hand. There is little back swing before the ball is released because the arm is locked. The movement comes from the shoulder and there will be little or no elbow movement. A player will sometimes use trunk movement.

Pendulum   The ball is released onto the court close to court level using one hand. In a pendulum throw, the backswing will move back as far as possible to create momentum. The arm may also swing back and forth several times before being released forward. The player may also use trunk movemet as additional propulsion.

DELIVERY METHODS

Ramp & Hand   The ball can be controlled and released using the hand. The ball may be held by the player and the ball is released when the player removes their hand. The ball may also be supported by a strap or block that the player must push the ball over to release it.

Ramp & Stick   The ball can be controlled and released with a stick that the player controls. The stick will hold the ball in place and the player will remove it to deliver the ball into play. The ball may also be held in place by a block or strap that the player must push the ball over using the stick.

Ramp & Head-Pointer   The ball can be controlled and released using a head-pointer. The head-pointer will hold the ball in place and the player will remove it to deliver the ball into play. The ball may also be held in place by a block or strap that the player must push the ball over using the head-pointer. The head-pointer is the most consistent form of delivery when using a ramp. It also allows the player to reach the maximum height on the ramp.

DELIVERY METHODS

Kick: Instep   In an instep kick the ball is delivered using one foot. The assistant will place the ball down in front of the player and they will use the inside of their foot to push the ball into play.

Kick: Toe   In a toe kick the ball is delivered from one foot after being placed on the floor by the assistant. The player will use their toes to push the ball into play. Players are allowed to add a flat edge to the front of the player shoe to aid more consistent and straight delivery.

Assistants   When a player has an assistant, the assistant must not look at the game being played.

SKILL DEVELOPMENT

Skills in Boccia: Pushing, placing, accuracy, communication, teamwork, controlled strength*, direction, speed*, throwing*, rolling, timing, blocking, moving chairs.

*Controlled Strength: Managing movement - e.g. an individual with CP has to work very hard to control their movement compared to an able bodied individual.

*Speed: Encouraging participants to release their ball under set time which develops their ability to control their disability. It will need to be individually based and developed. Assume that no one should take more than a min to release the ball and at a professional level players take on average 35 seconds.

*Throwing: Encouraging players to try different methods of releasing the ball so they learn which is best for different distances.

SKILL DEVELOPMENT

For individuals with disabilities, getting involved in Boccia can help with their Holistic development and can include:

- Improved confidence in wheeling and being in social environments.

- Learning breathing exercises, which allow individuals to control their breathing.

- Learning new communication and interpersonal skills.

- Lifting their mood through a sense of belonging, accomplishment, and community.

Warm-Up Games: p. 25, 27, 29

	Pushing	Placing	Accuracy	Commun-ication	Teamwork	*Controlled Strength	Direction	*Speed	*Throwing	Rolling	Timing	Blocking	Moving Chairs
21 (p.31)			■			■							
Battleships (p.33)	■			■									
Bingo (p.35)		■							■	■			
Block Breaker (p.37)	■			■	■								
Block the Lane (p.39)					■	■						■	
Blockbusters (p.41)	■						■						
Boccia Ball (p.43)			■	■							■		
Boccia Golf (p.45)	■	■	■			■	■	■	■	■	■	■	■
Boccia Hockey (p.47)		■	■			■	■	■	■	■			
Boccia Rules Bingo Style (p.49)		■	■	■		■			■	■			

SKILL DEVELOPMENT

	Pushing	Placing	Accuracy	Commun-ication	Teamwork	*Controlled Strength	Direction	*Speed	*Throwing	Rolling	Timing	Blocking	Moving Chairs
Centre Court (p.51)			■		■		■						■
Down the Lane (p.55)		■	■			■	■	■			■		■
Drill Box Relay (p.57)			■				■						■
Find the Path (p.59)							■	■					■
Hit the Target (p.61)	■		■						■				
Knocking Onto the Jack (p.63)			■			■	■						
Knock Your Spots Off (p.65)		■				■							
Land the Line (p.67)		■				■							■
Minefield (p.69)		■							■				■
Moving the Jack (p.71)	■			■	■								

SKILL DEVELOPMENT

	Pushing	Placing	Accuracy	Commun-ication	Teamwork	*Controlled Strength	Direction	*Speed	*Throwing	Rolling	Timing	Blocking	Moving Chairs
Nomination (p.71)		■							■	■			
Not in My Backyard (p.73)				■	■						■		
Push ups (p.75)		■				■					■		
Sitting On The Wall (p.77)	■		■						■				■
Steal the Treasure (p.79)	■							■			■		■
Ten Pin Boccia (p.81)	■							■			■		
The Chair (p.83)			■				■		■				
Up, Up and Away (p.85)		■					■		■				
Volcanoes and Craters (p.87)				■			■						■
Wall Builder (p.89)		■				■						■	

CAT & MOUSE

Aim of the Game

Playing 1-on-1 or as an individual, participants are always aiming to hit the last ball they released.

How to Play

1. Each person should have 6 balls.
2. They start by throwing the Jack ball short.
3. Participants then throw their first ball to knock the Jack ball.
4. The next ball they throw should aim to hit the ball they just released.
5. The game continues in this fashion.

25

CAT & MOUSE
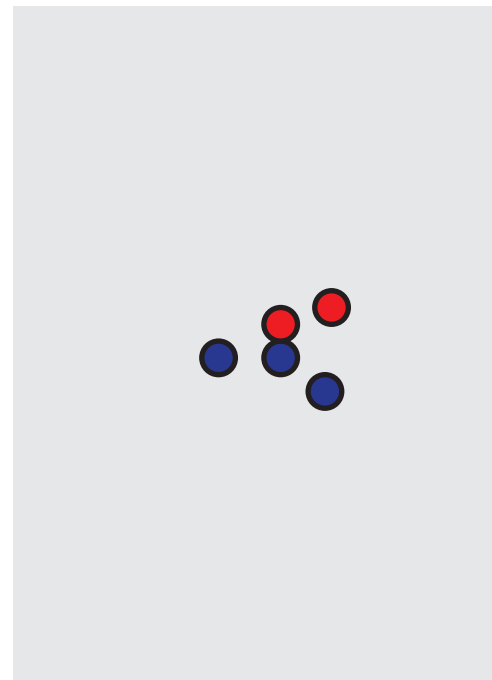
Ready for a Challenge?
- Increase distance or make the angle more challenging.
- Introduce more players.

Need Support for Success?
- Use larger equipment as targets.

Equipment
- Boccia Balls

KING OF THE RING

Aim of the Game

Participants aim to knock the large ball out of the hoop.

How to Play

1. Place a large sponge ball in a hoop in the middle of the court.
2. All participants throw their balls at once to try and knock the ball out of the hoop.
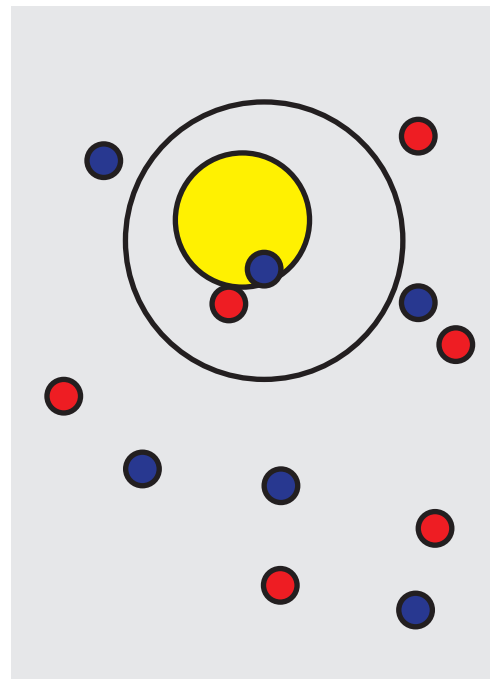
KING OF THE RING

Ready for a Challenge?

- Make the ball smaller.
- Move the hoop and ball further away.
- Add a block in front of the hoop.
- Use a Jack ball in the centre of the hoop that has to be moved out of the hoop.

Need Support for Success?

- Use a lighter ball (ie. sponge ball).
- Use a bigger ball.
- Move the hoop closer to the participants.
- Ask them to throw one at a time so the target can stop moving before the next person throws.
- Use more than one hoop with a ball in the centre.

Equipment

- Boccia Balls
- Hoops
- Sponge Balls
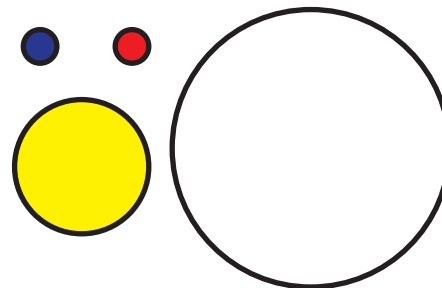
TARGET PRACTICE

Aim of the Game
Participants aim to hit a cone.

How to Play
1. Set up a row of cones in a straight line with participants facing each other, as shown in the disagram.
2. Participants aim to roll their ball over a cone, or hit one with their ball.

29
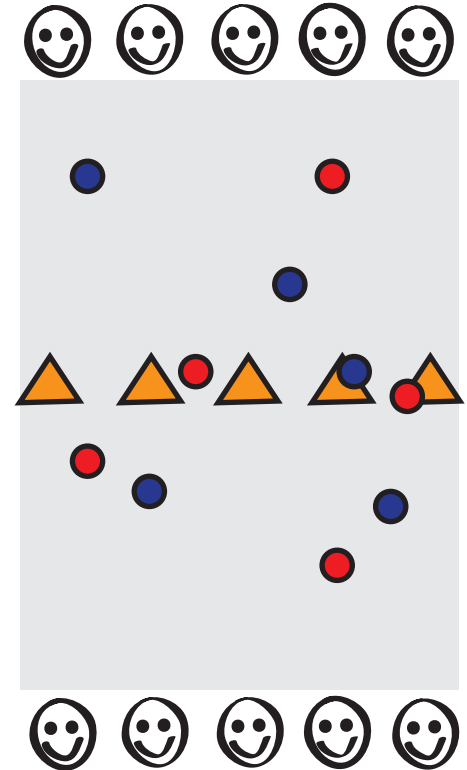
TARGET PRACTICE

Ready for a Challenge?
- Remove the cones as they get hit so there are less targets and more difficult angles.
- Time how long it takes participants to hit all of the cones. Repeat to beat score.

Need Support for Success?
- Move cone(s) closer to participant.
- Put two or three cones next to each other to make the target larger.

Equipment
- Boccia Balls
- Cones
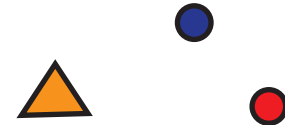
Aim of the Game

Participants play 1-on-1 to score points by landing their ball in their opponent's bucket.

How to Play

1. Each person has 6 balls.
2. Set up a bucket inside a hoop at each end of the court.
3. Participants take turns to land their ball in the bucket to obtain 3 points. If it lands in the hoop they get 1 point.
4. Once all six balls have been used, switch ends and keep playing until a player reaches 21 (or a score of your choie).

N.B. If a player is using a ramp, place the bucket on its side.

31
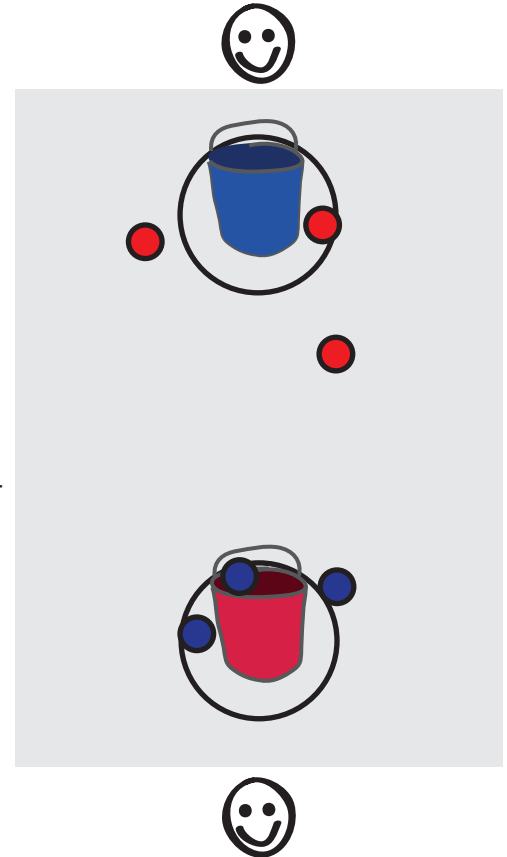
Ready for a Challenge?
- Increase the distance.
- Give players less balls.

Need Support for Success?
- Decrease the distance.
- Provide more balls.

Equipment
- Boccia Balls
- Hoops
- Cones or ramps
- Sponge Balls
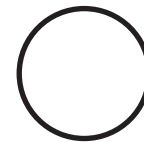
BATTLESHIPS

Aim of the Game

Participants are aiming to knock down their opponents' "battleships".

How to Play

1. Create a short, medium, and long zone on the court. A total of six targets are needed, of which three should be of one kind and three of another.
2. Place two different targets in each zone. These represent each team's "battleships" and each team has three.
3. One at a time, teams take turns to knock down their opponents' battleships.
4. Teams should communicate before releasing the ball to decipher who has the easiest shot.
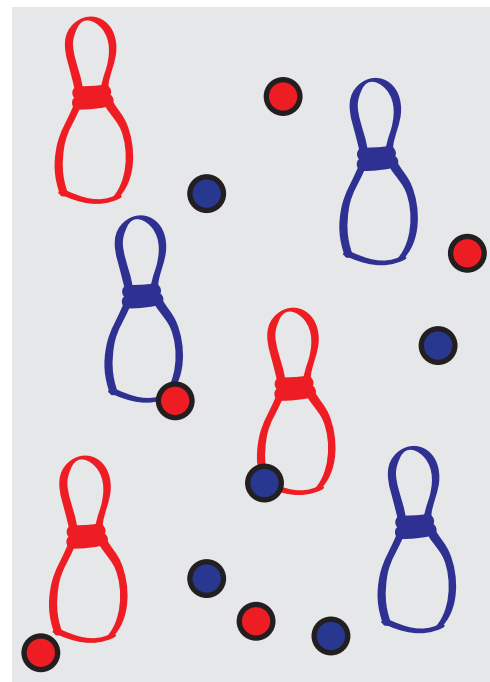
BATTLESHIPS

Ready for a Challenge?

- Increase the number of battleships, but keep the same number of balls.
- Decrease the number of balls that a team can use.
- Change from knocking battleships over to landing the balls in hoops or on spots.

Need Support for Success?

- Increase the number of balls a team has.
- If a team is consistently losing, move their target closer using the short and medium areas of the court and move the opposition's targets further away.

Equipment

- Boccia Balls
- Bowling pins
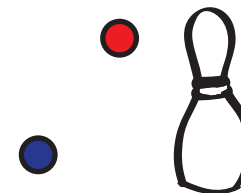
BINGO

Aim of the Game
Participants need to land their balls in the squares which add up to their given number!

How to Play
1. All the zones should have a number in it.
2. Ask participants to choose a number (greater than any of the numbers on the sheets of paper). They have 6 balls and should aim to land their ball on various numbers to add up to the total they have chosen.

35

BINGO
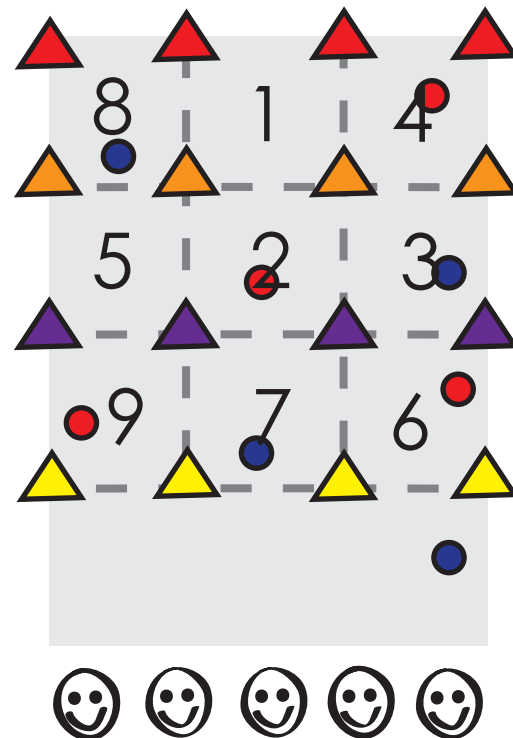
Ready for a Challenge?
- Make the zone sizes smaller.
- Place higher numbers at the back and ask the participant to choose a larger number.
- Provide less balls.
- Create a block for some of the zones for participants to get around.

Need Support for Success?
- Increase the zone sizes.
- Have fewer zones for the participants to throw into.
- Give them a total number, which is within the existing 9 or below 15, so they have a greater chance of succeeding.

Equipment
- Boccia Balls
- Cones or tape to mark zones
- Paper (for number zones)
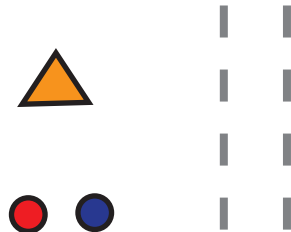
BLOCK BREAKER

Aim of the Game

The participants need to work together to break the block which has been set up in front of the Jack ball.

How to Play

1. Each player needs 2-3 Boccia balls.
2. Place the Jack ball with two Boccia balls in front of it on the court to create a "block".
3. Participants are aiming to move the coloured Boccia ball out of the way so they create a clear shot to the Jack.
4. Participants should talk to each other to ascertain who has the best angle to knock the ball away from the Jack.

BLOCK BREAKER
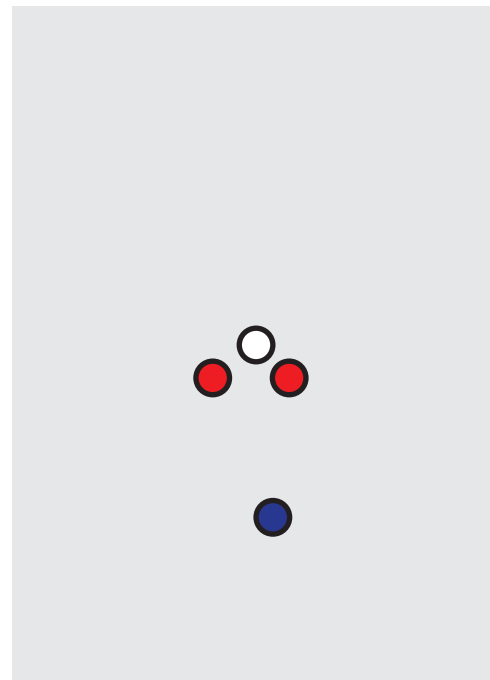
Ready for a Challenge?
- Increase the number of balls blocking the Jack.
- Change the distance and angle of the Jack and block.

Need Support for Success?
- Start with easier blocks that are more spaced out around the Jack.
- Use bigger soft balls which are easier to move.

Equipment
- Boccia Balls
- Sponge balls
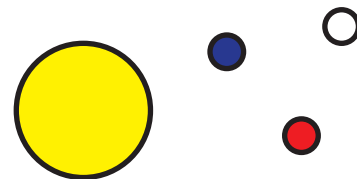
BLOCK THE LANE

Aim of the Game

Teams propel balls down the lane with the aim of getting their ball to land in the end zone set (at the end of their line). The other team has the opportunity to block the lanes.

How to Play

1. Place cones in aisles as shown in the diagram.
2. Each player has a lane to work down as demonstrated in the diagram.
3. Red team are provided with two/three boccia balls each. They should try and land their boccia ball in a lane to block the blue team's attempt to get their ball to the end.
4. Both teams must roll their balls.

39
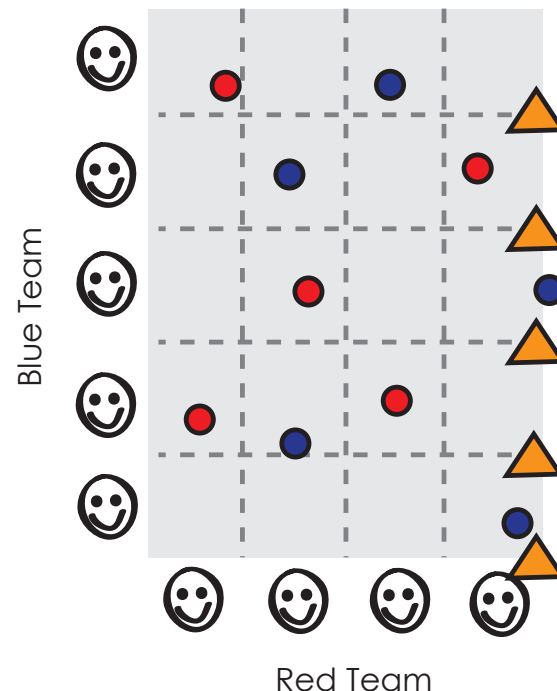
BLOCK THE LANE

Ready for a Challenge?
- Make the aisles narrower and longer.

Need Support for Success?
- Increase the width of the aisles and make them shorter.

Equipment
- Boccia Balls
- Cones or tape

BLOCKBUSTERS

Aim of the Game

Participants are aiming to split apart the Boccia balls which are set up as blocks.

How to Play

1. The participant should aim to split the "block" closest to them, before continuing onto the next block.

41

BLOCKBUSTERS
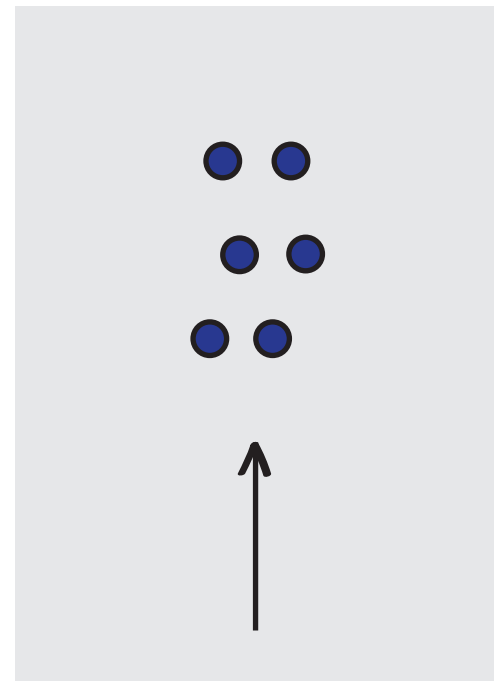
Ready for a Challenge?
- Change the angle.
- Add in a third ball, to create a line, or a bunch of three Boccia balls to split.
- Create an end zone, target or Jack ball which participants have to land their ball next to after splitting all of the "blocks" you have created.

Need Support for Success?
- Use sponge balls instead of Boccia balls to create a block.
- Move blocks closer to the participant.
- Keep the blocks directly in front of the participant rather than creating an angle.

Equipment
- Boccia Balls

BOCCIA BALL

Aim of the Game

To make the sponge ball roll and cross a designated line or pass through goals on the opposite side of the court.

How to Play

1. Split the group into two teams and have them sit at opposite ends of the court.
2. Place a large sponge ball in the centre of the court.
3. Assign a captain who must call out a player's name before they can throw.
4. Only one team should throw at a time!

43
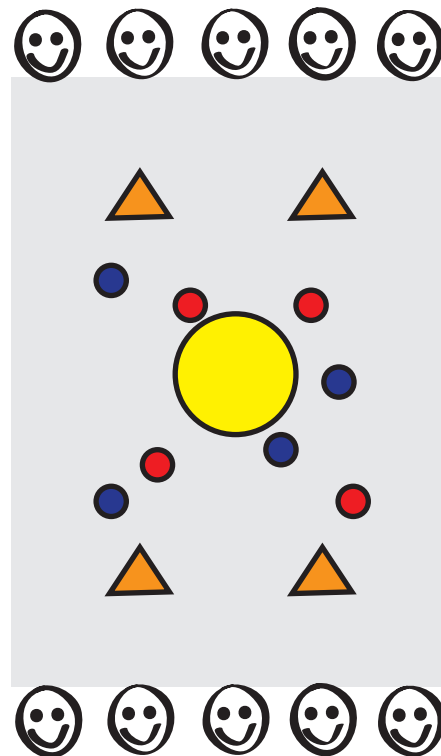
BOCCIA BALL

Ready for a Challenge?

- One team builds a defence by playing their balls on to the court first.
- The attacking team must try to navigate the big ball around the defence to the goal line or the goals and then swap over.

Need Support for Success?

- Set a goal line instead of using goals which will increase the scoring rate.
- Increase the size of the ball.
- Remain with one player throwing at a time.

Equipment

- Boccia Balls
- Cones
- Sponge Ball
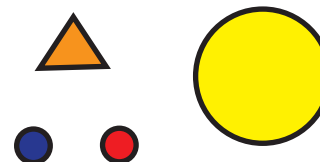
BOCCIA GOLF

Aim of the Game

Participants try to get the Boccia ball into the "hole" in as few shots as possible.

How to Play

1. Set up an 8-hole "Boccia Golf" course around the gym using spots or hoops as targets.
2. Create a "T-off" zone for each hole (as depicted by "x" on diagram).
3. Participants aim to land their ball on the "hole" in as few shots as possible.

45
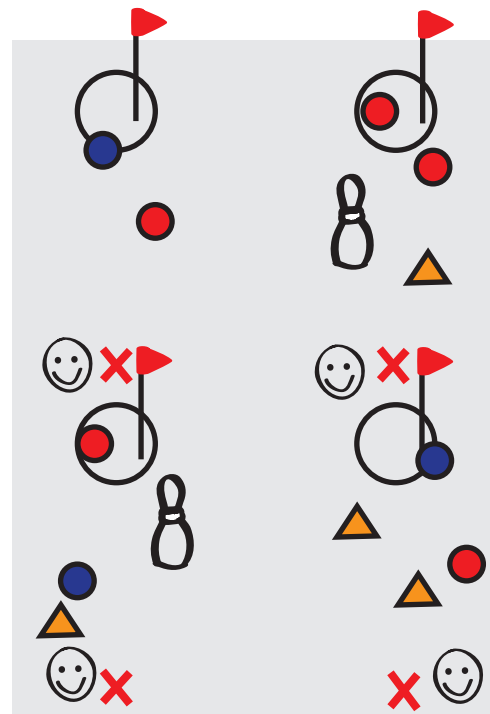
BOCCIA GOLF

Ready for a Challenge?
- Add in a par score (ex. Hole 1 is "Par 2").
- Add obstacles in front of hole.

Need Support for Success?
- Allow for more shots.
- Create smaller course.

Equipment
- Boccia Balls
- Hoops
- Obstacles (ex. cones)
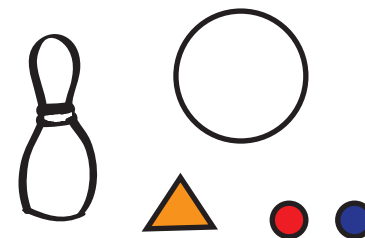
BOCCIA HOCKEY

Aim of the Game
Players need to defend the Jack ball.

How to Play
1. Set up a goal line as shown in the diagram (the goal line represents the "Jack").
2. Playing 1-on-1, one player is given two blue balls, and the other is given three red balls.
3. Blue starts and aims to land their balls as close to the goal line as possible.
4. The red player then plays all their balls and aims to land their ball in between the blue balls and the goal line (not over it).
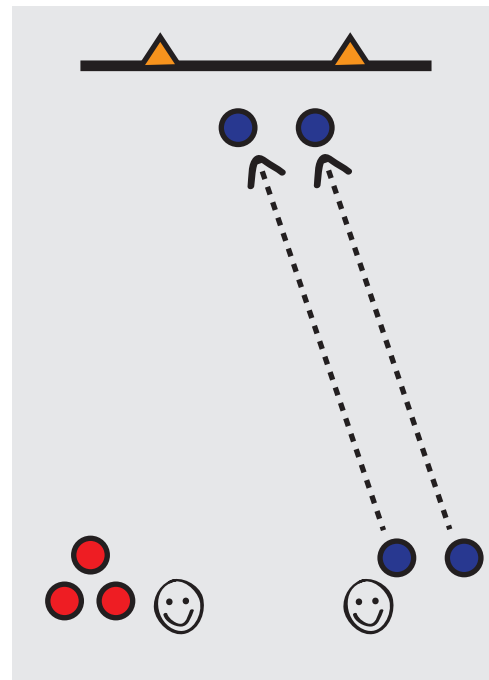
BOCCIA HOCKEY

Ready for a Challenge?

- Move the line further away.
- Create an angle for both the players.
- Make the line wider.

Need Support for Success?

- Give the blue player three balls and the red two.
- Make the line shorter.

Equipment

- Boccia Balls
- Cones
- Goal Line

BOCCIA RULES BINGO STYLE

Aim of the Game

Players need to answer questions correctly to collect points.

How to Play

1. Set up a grid using cones and aim for around 9-12 squares.
2. Each square should have a piece of paper in it with a question about the Boccia rules.
   (E.g. "How many balls does a player have in an individual match?")
3. Ask players to throw their ball and land it in a square.
4. The leader turns over the paper and asks the question. If the player gets it right, they can collect the piece of paper to gain one point.
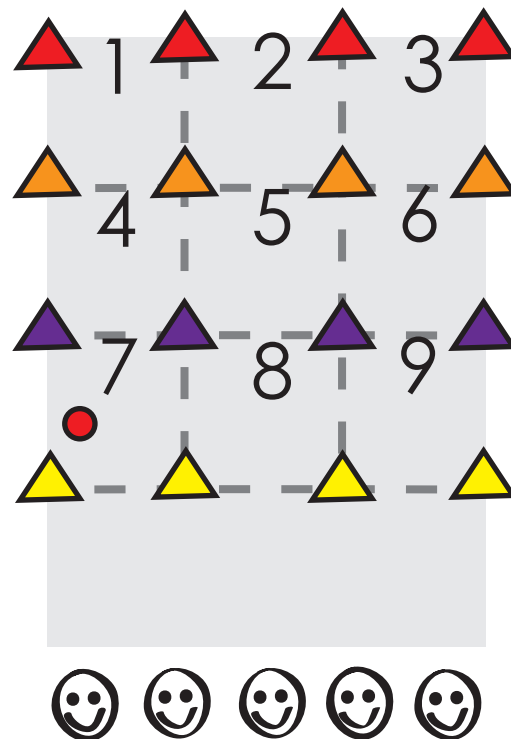
BOCCIA RULES BINGO STYLE

Ready for a Challenge?
- Make the zone sizes smaller.
- Make the questions harder.
- Add in more rules.
- Create a block for some of the zones for participants to get around.

Need Support for Success?
- Increase the zone sizes.
- Make the questions easier.

Equipment
- Boccia Balls
- Cones or tape to mark zones
- Paper (for rules)

CENTRE COURT

Aim of the Game
Participants aim to land their balls as close to the Jack ball as possible.

How to Play
1. Participants sit in a large circle with the Jack in the centre.
2. All participants can throw at once or one at a time.
3. Red vs. Blue. Keep the scoring the same as a Boccia game.

51

CENTRE COURT
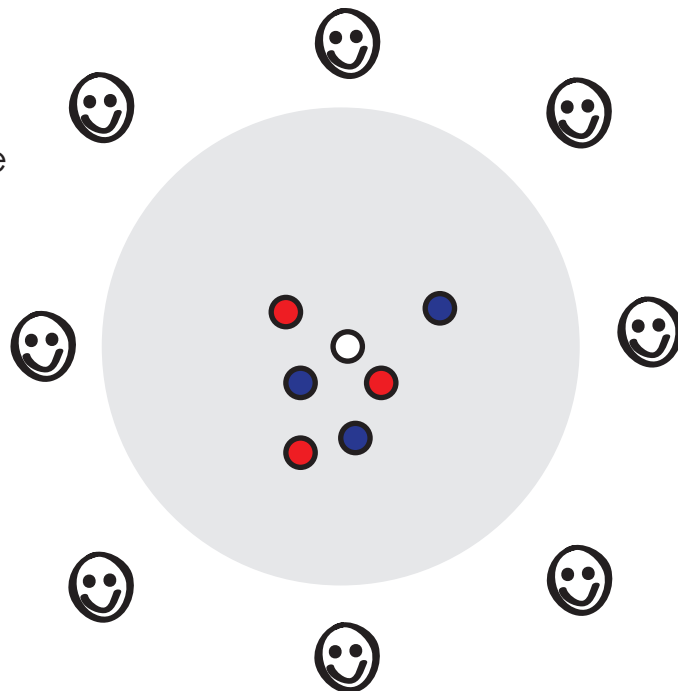
Ready for a Challenge?
- Move chairs further away.
- Place the Jack in different areas of the court to allow participants to work on shorter/longer throws.

Need Support for Success?
- Move closer.
- Introduce larger balls for those who are finding the activity harder. (Keep the small Jack ball as the target for those who are managing).

Equipment

- Boccia Balls
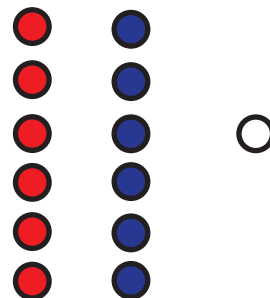
DOWN THE LINE

Aim of the Game

Participants aim to release their ball down the channels to get the ball to reach the target.

How to Play

1. Each player has their own channel set out in front of them. They should release their ball aiming to land it in the target at the end.
2. Change the direction of the line they are rolling the ball down.
3. Add in a sponge ball which they need to "knock on" to reach their target.

53
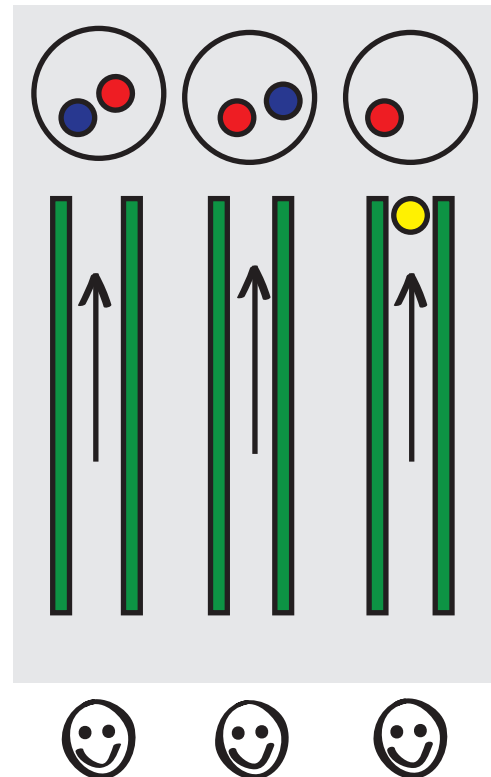
DOWN THE LINE

Ready for a Challenge?
- Increase the distance that the paricipants have to throw.
- Make the ball, which they "knock on", smaller (introduce a Boccia ball).

Need Support for Success?
- Reduce the length of the channel.
- Increase the width o the channel.
- Use a larger ball to "knock on".

Equipment
- Boccia Balls
- Hoops
- Cones or ramps
- Sponge Balls
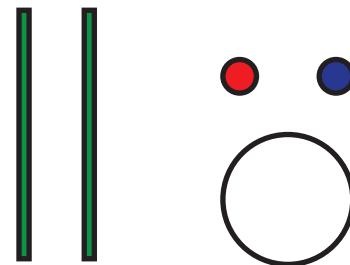
DRILL BOX RELAY

Aim of the Game

Players need to release their ball while keeping their chair and equipment in the box.

How to Play

1. Divide players into two teams.
2. Set up two playing boxes with 4 pylons.
   Ensure that the boxes are 1m x 2.5m in dimension.
3. Set up a cone about 5m from each box and set up a circle target in front of each team (see diagram).
4. On "Go", players leave the box, go around their centre cone, and return to their box and throw a ball at the target. As soon as they have thrown, they exit the box for the next person to go.
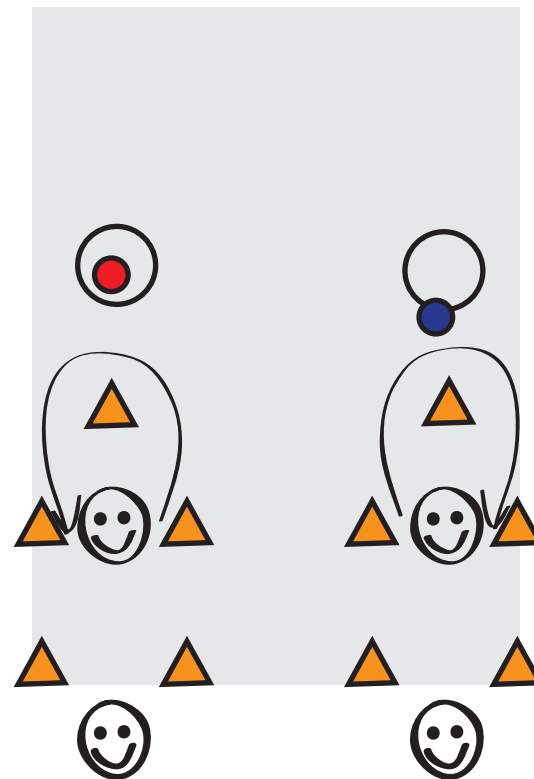
DRILL BOX RELAY

Ready for a Challenge?
- Increase distance of target and/or cone.
- Time the activity.
- Ask players to throw more than one ball.
- Ask players to hit a target.

Need Support for Success?
- Decrease the distance of the target.
- Provide more time for the athlete to get ready.

Equipment
- Boccia Balls
- Cones
- Target
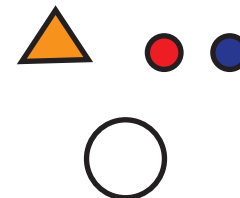
FIND THE PATH

Aim of the Game
Participants aim to roll their balls through a maze of cones to reach the end zone.

How to Play
1. Place cones out on the floor with pathways through them.
2. Participants aim to roll the ball through the maze of cones, without their ball touching the cones, to reach the end zone.
3. Participants should be encouraged to move their chair, within their box, to find the best angle through the "maze".

57
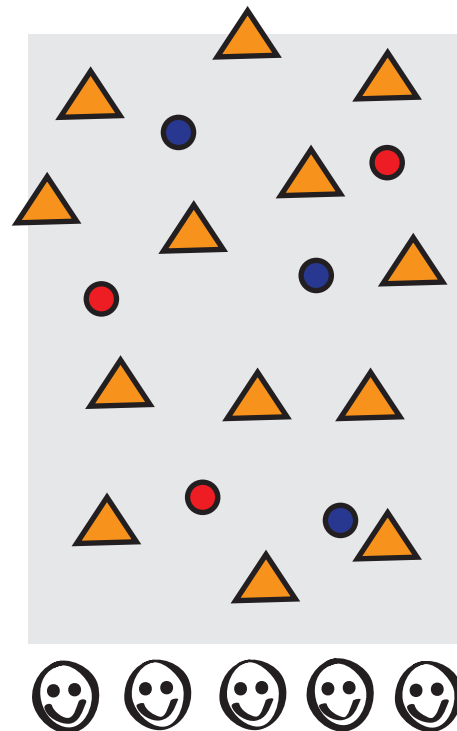
FIND THE PATH

Ready for a Challenge?
- Increase the number of cones.

Need Support for Success?
- Decrease the number of cones used in a larger area.
- Allow participants to move along one edge of the playing area (not just in their own box).

Equipment
- Boccia Balls
- Cones

HIT THE TARGET

Aim of the Game

To hit the target using a variety of propelling techniques.

How to Play

1. The targets may be spots, skittles, target mats, big balls, or anything that you can use.
2. Participants take turns to throw balls, or can throw all at the same time for maximum participation.
3. Add points to the various objects and ask participants to keep their score.
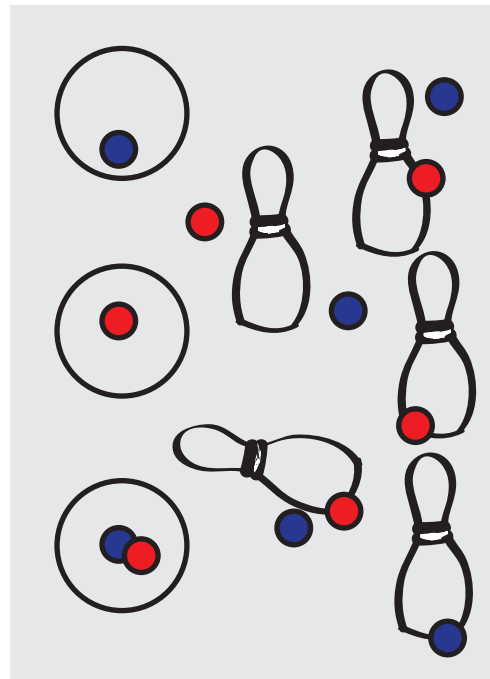
HIT THE TARGET

Ready for a Challenge?
- Spread targets out.
- Move the targets around the hall to practice different types of throws, speed of release, and angles.
- Make targets smaller.

Need Support for Success?
- Move the targets closer to participants
- Increase the target size (ie. use hoops instead of spots).
- Give participants more balls.
- Move targets closer together.

Equipment
- Boccia Balls
- Hoops
- Bowling pins
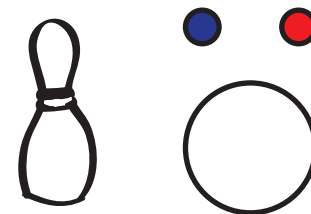
KNOCK YOUR SPOTS OFF

Aim of the Game
Participants aim to knock Boccia balls off the floor spots.

How to Play
1. Scatter spots around the court and lay one Boccia ball on each.
2. Participants aim to knock the Boccia balls off the spots.
3. Create a red vs. blue game. Teams need to work together to knock their colour off the spots. Only one ball should be thrown at a time.
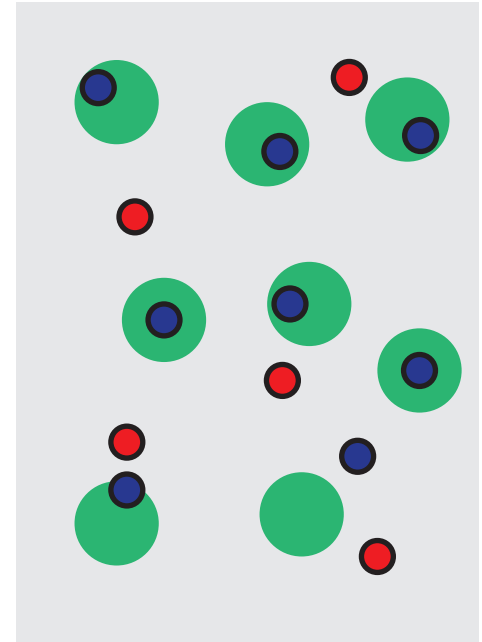
KNOCK YOUR SPOTS OFF

Ready for a Challenge?
- Change distance and angles of spots.
- If one team is consistently winning the game, move their balls to the furthest away spots.

Need Support for Success?
- Use lighter balls.
- Reduce the distance.

Equipment
- Boccia Balls
- Spots
- Soft Balls
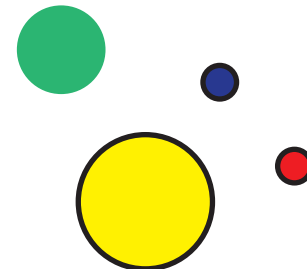
KNOCKING ONTO THE JACK

Aim of the Game

Participants are aiming to knock their own ball closer to the Jack.

How to Play

1. Place a Boccia ball around 30cm in front of the Jack ball.
2. Participants use the remaining Boccia balls to try and knock this ball onto the Jack, aiming to get it as close as they can. (It might be easier to use two different coloured balls for this task to easily identify the ball being "knocked-on").

63
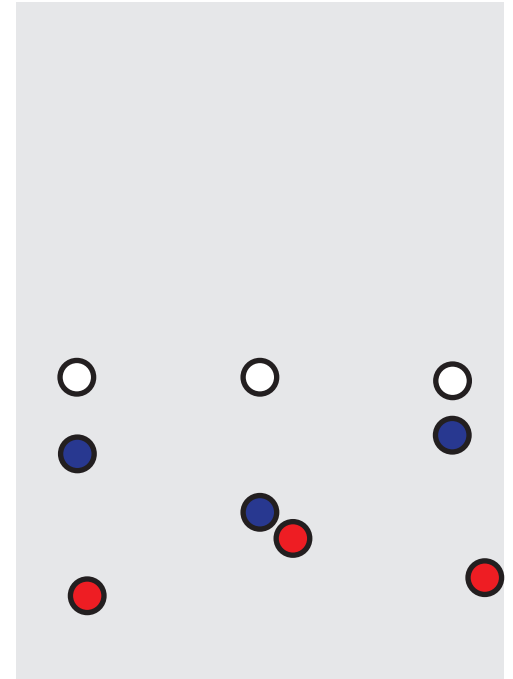
KNOCKING ONTO THE JACK

Ready for a Challenge?
- Change the distance and angle of the balls.
- Give the participants less balls to complete the challenge.

Need Support for Success?
- Keep the Jack close to the ball that is being "knocked on" and gradually move it away.
- Start with a soft ball as the target to be "knocked on" to the Jack ball.

Equipment
- Boccia Balls
- Soft Balls
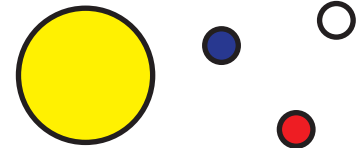
LAND THE LINE

Aim of the Game

Playing 1-on-1, participants are aiming to land their ball between their nominated number of cones.

How to Play

1. Blue player throws first, aiming to land their ball between their two cones.
2. Red player does the same.
3. Repeat until all balls have been used.
4. The winner is the person with the most balls between their two cones.

65
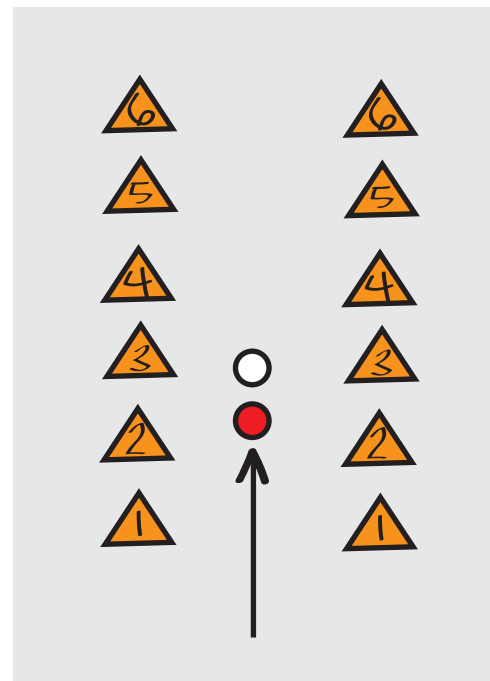
LAND THE LINE

Ready for a Challenge?
- Narrow the path and place balls closer together.
- Play "Push Ups" (p. 77)

Need Support for Success?
- Widen the path and place balls further apart.
- Use cones instead of balls for the channel

Equipment
• Boccia Balls
• Cones
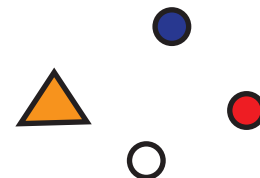
MINEFIELD

Aim of the Game

Participants are to land in the safe zones and miss hitting the minefields!

How to Play

1. Use bowling pins as the "minefields" so they will fall over (explode) if they get hit. Spots or hoops can be used as "safe zones", which participants should aim to land their ball in.
2. Give the participants six balls and challenge them to see how many they can get in the "safe zone" without knocking over the pins.

67
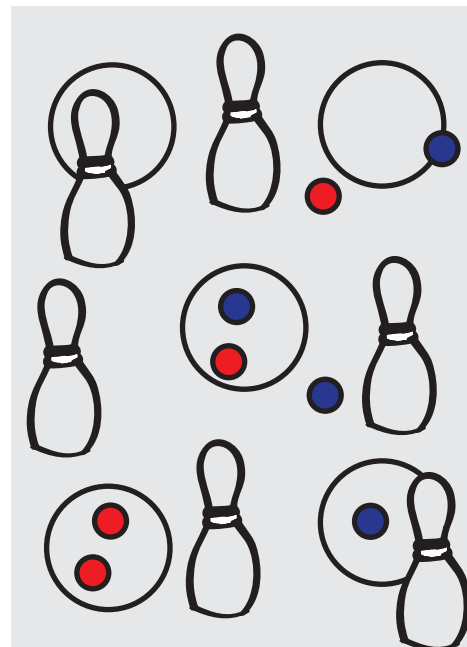
MINEFIELD

Ready for a Challenge?
- Close the distance between safe zones and minefields
- Place minefields in front of safe zones to encourage higher shots
- Decrease the number of safe zones
- Increase angle and distance

Need Support for Success?
- Less minefields and more safe zones
- Spread the minefields further away from safe zones
- Decrease distance and angle

Equipment
- Boccia Balls
- Bowling Pins
- Hoops
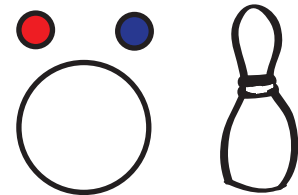
MOVING THE JACK

Aim of the Game
To work as a team to move the Jack to the finish line at the other end of the court.

How to Play
1. Start with sponge balls as targets. One player at a time releases a Boccia ball aiming to hit the sponge ball and move it towards the line.
2. Continue to do this until the ball reaches the line.

69
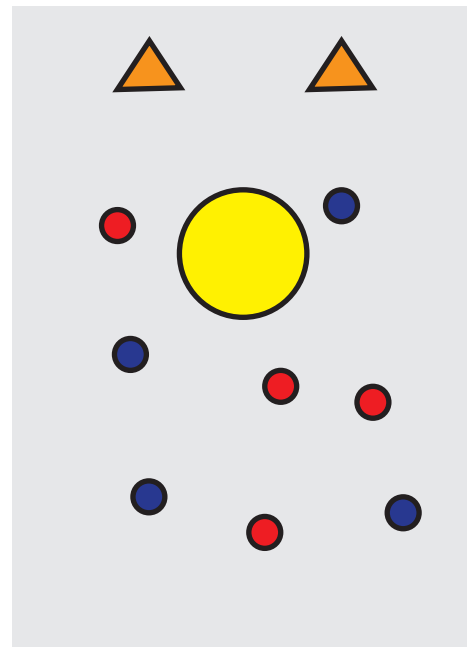
MOVING THE JACK

Ready for a Challenge?
- Increase the distance of the end line
- Introduce smaller soft balls.
- Introduce Boccia balls.
- Team only gets two balls each to complete task.
- Time the team and challenge them to beat their time.

Need Support for Success?
- Give participants as many balls as possible.
- Use a larger and/or lighter ball (eg. sponge ball).
- Bring line closer.

Equipment
- Boccia Balls
- Cones
- Sponge Balls
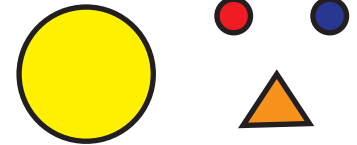
NOMINATION

Aim of the Game

Participants nominate the zone that they are going to land their Boccia ball in.

How to Play

1. Participants choose the zone that they are going to aim for before they throw.
2. If successful at landing in the zone, put down a post-it note or bit of paper to show that it has been used. They need to try and land a ball in all the zones until they have been filled.
3. This game can be played as singles, pairs, and team match.

NOMINATION
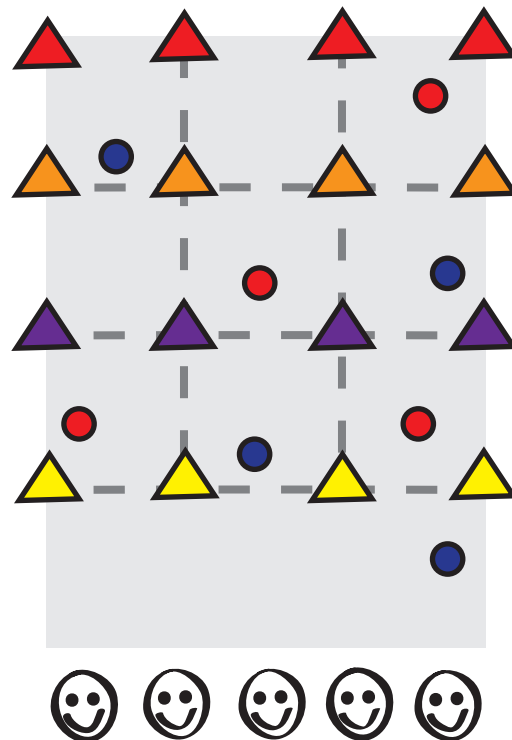
Ready for a Challenge?
- Make the zone sizes smaller.
- Create a block for some of the zones for participants to get around.
- Add in a central target to each zone, such as a cross, that the ball has to land on.

Need Support for Success?
- Increase the zone sizes.
- Have fewer zones for the participants to throw into.

Equipment
- Boccia Balls
- Cones or tape to mark zones
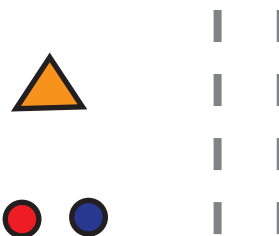
NOT IN MY BACKYARD

Aim of the Game

Working in teams, participants should aim to move all of the soft balls into their opponents' "yard" (half of the court).

How to Play

1. You can either time this activity or give each participant a set number of balls. (N.B. If you time the game you need volunteers to collect the Boccia balls to give back to players).
2. Lay softballs across the middle of the court with participants sitting opposite each other in teams.
3. When the coach shouts "Start!", participants aim to knock the Boccia balls into their opponents' yard. They need to continue to knock balls out of their own half until time is up or they have used all their balls.
4. The winner is the team with the least balls in their own half of the court.

73

NOT IN MY BACKYARD
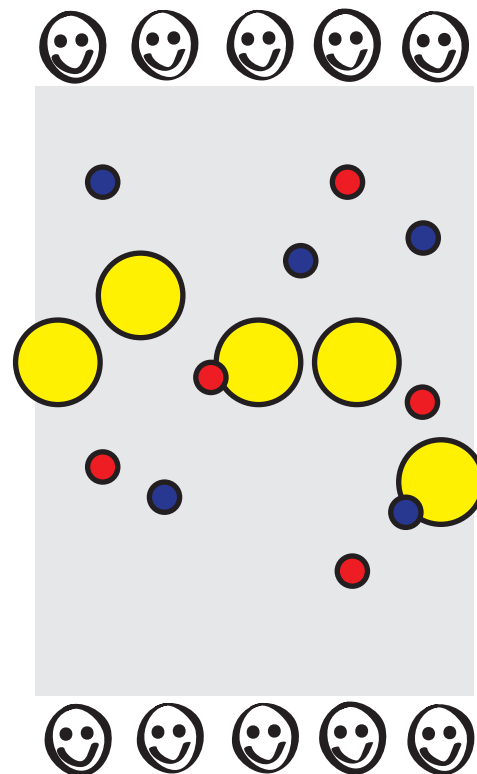
Ready for a Challenge?
- If one team are consistently winning, move the centre line further away from them.
- Give the other team a head start.

Need Support for Success?
- Move the line closer.
- Make their "yard" smaller and the other team's larger.
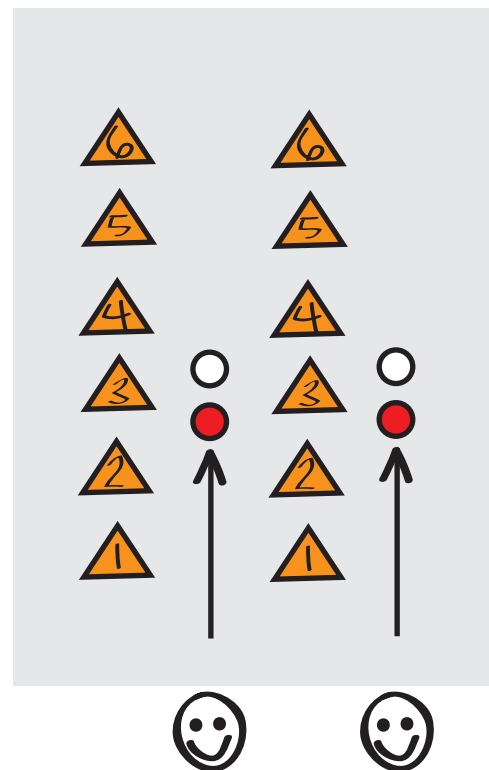
Equipment
- Boccia Balls
- Sponge Balls
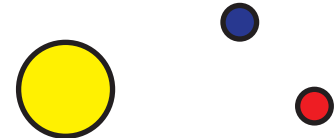
PUSH UPS

Aim of the Game

Playing 1-on-1, participants aim to push their
Jack ball as far up the line as possible to gain points.

How to Play

1. Each participant has 6 Boccia balls.
2. All the cones should be numbered to provide
   points based on where the Jack ball lands.
3. One player at a time should throw their Boccia ball.
   Their aim is to push the Jack ball up the line to
   achieve the highest score.
4. Decide how many rounds will be played. Add all the
   scores together to decide a winner.

PUSH UPS

Ready for a Challenge?
- Create more distance between the cones to make the line longer.

Need Support for Success?
- Decrease the distance between the cones to make the line shorter.

Equipment
- Boccia Balls
- Cones
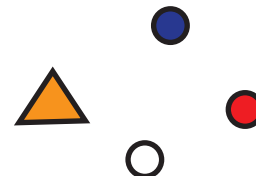
SITTING ON A WALL

Aim of the Game
Participants aim to knock targets off a bench.

How to Play
1. Place targets along the bench.
2. Participants use various throws to knock targets off a bench.
3. Tell participants the type of throw to use. (If you have ramp users, lay targets in front of the bench or on top of cones on the floor).
4. You can make this a team challenge by only providing enough Boccia balls to knock down one target each.
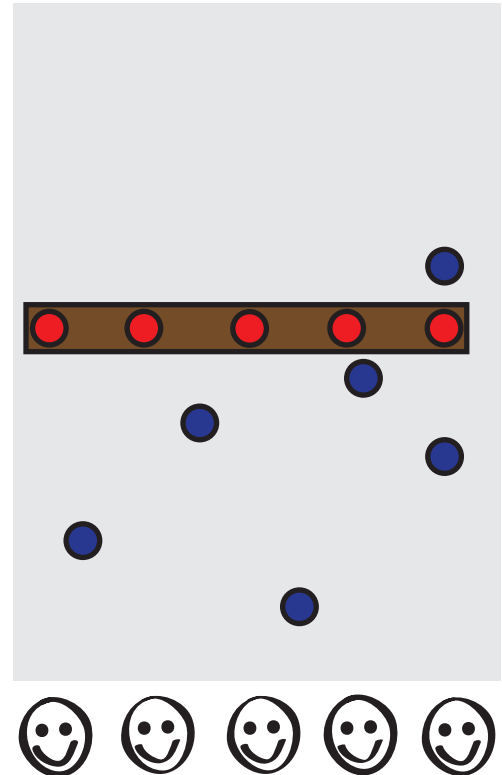
SITTING ON A WALL

Ready for a Challenge?
- Reduce the size of the targets or use Boccia balls as targets.
- Increase distance and change angle of bench.

Need Support for Success?
- Move bench closer.
- Use large and light targets.

Equipment
- Boccia Balls
- Bench
- Targets
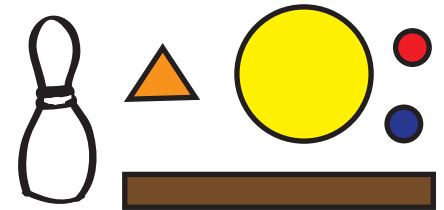
STEAL THE TREASURE

Aim of the Game
Participants are aiming to "steal" their opponent's treasure!

How to Play
1. Each person starts with three cones in a row in front of their chair.
2. One at a time, participants roll the ball aiming to hit one of their partner's cones.
3. When a cone is hit, the cone is "stolen" by the player who released the ball and is added to their line.
4. Keep playing until one player has 5 cones in a row, or you can time the activity.
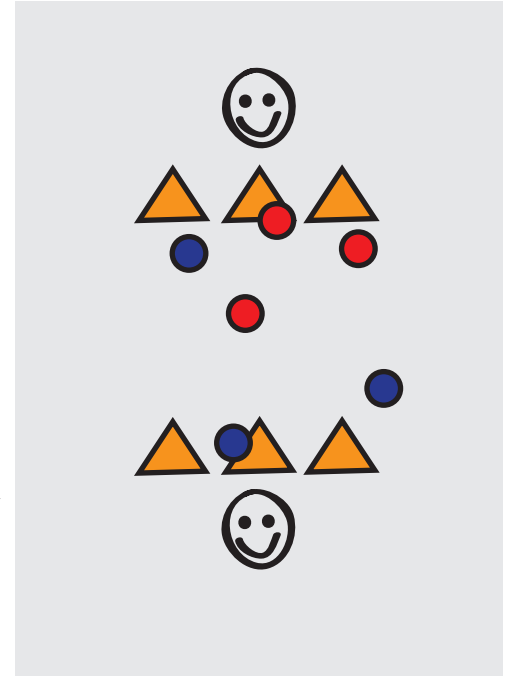
STEAL THE TREASURE

Ready for a Challenge?
- Hit the cone two times before they can steal it.
- Spread the cones out.
- Place obstacles in front of the cones.

Need Support for Success?
- Cluster the cones.
- Add more cones to allow more opportunities to hit.
- Move opponent's cones closer.
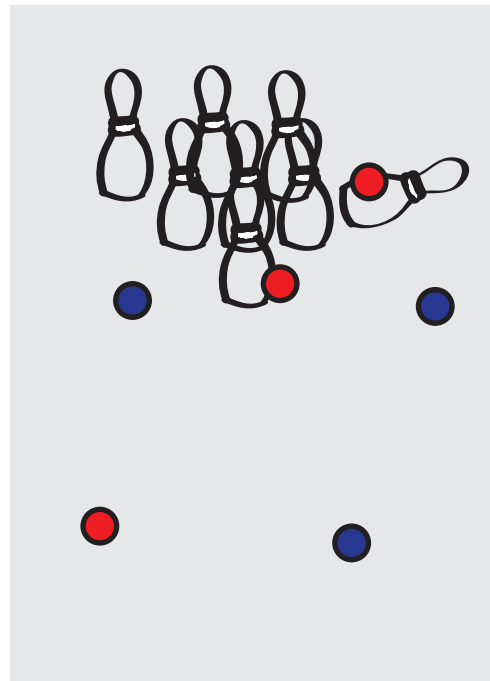
Equipment
- Boccia Balls
- Cones
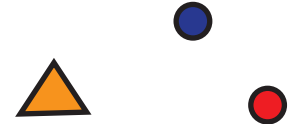
TEN PIN BOCCIA

Aim of the Game

Participants need to knock down the bowling pins.

How to Play

1. Set up a lane with bowling pins at the end.
2. Participants have to roll the ball to knock down the pins.

81

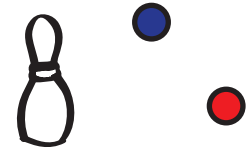# TEN PIN BOCCIA

Ready for a Challenge?
- Increase distance.
- Spread out pins.

Need Support for Success?
- Decrease distance.
- Cluster pins together.
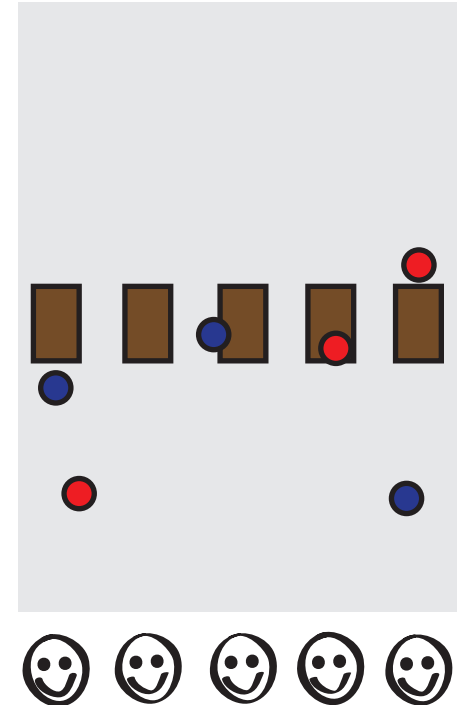
Equipment
- Boccia Balls
- Bowling pins

THE CHAIR

Aim of the Game

Participants use different throws to either land over, on, or under the chair.

How to Play

1. Participants are instructed to throw their Boccia ball over the chair, under the chair, or land on the chair.
2. Depending on the varying abilities of your participants, instruct them to lob, flick, or roll the ball to discover which type of throw provides the most success for different distances, heights, etc.

83

THE CHAIR

Ready for a Challenge?
- Change distance and angle of chair.
- Knock opponent's balls off or away from chairs.

Need Support for Success?
- Change angle and distance of chair.

**Equipment**
- Boccia Balls
- Chairs

UP, UP AND AWAY

Aim of the Game
The aim is to throw the ball over the obstacle.

How to Play
1. The participants must throw the ball over the obstacle using different throws.
2. Add in three targets that participants need to land the balls in as demonstrated in the diagram.
3. Give the participants 6 balls. Add in points which they can achieve if they land their ball in a hoop. Ie. Furthest = 3, Middle = 2, Closest = 1. Challenge participants to beat their score.
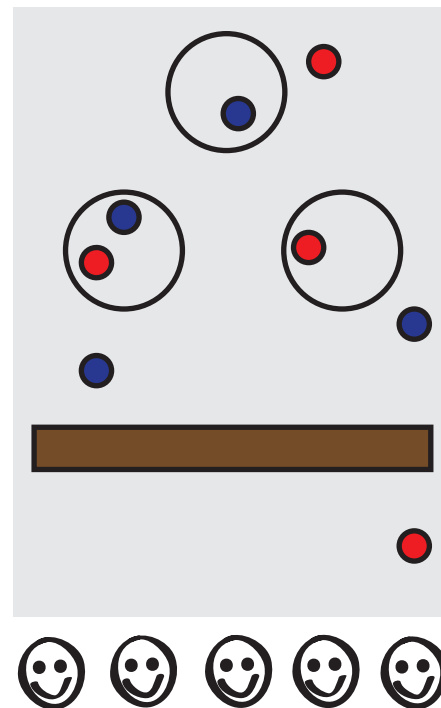
UP, UP AND AWAY

Ready for a Challenge?
- Vary the distance of the obstacle.
- Vary the height of the obstacle.
- Add in smaller targets.
- Aim to land the ball on the obstacle if it's a bench or a chair.

Need Support for Success?
- Lower or remove the obstacle.
- Move the obstacle closer to the participants.
- Put some hoops in front of the bench to allow all participants to be included.

Equipment
- Boccia Balls
- Hoops
- Bench or chairs
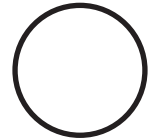
VOLCANOES AND CRATERS

Aim of the Game

Participants need to land the ball in or hit a "crater" to change it into a "volcano"!

How to Play

1. Set out a number of dome cones on the court. Place half upside down and others the correct way up. Upside down cones are "craters", correct way up are "volcanoes".
2. Participants have to land their ball in or hit the crater (if ramper).
3. Once crater has been hit it becomes a volcano.
4. All cones should finish as volcanoes.
5. Red vs. Blue (ex. How many volcanoes can you make with 6 balls or in one minute?).
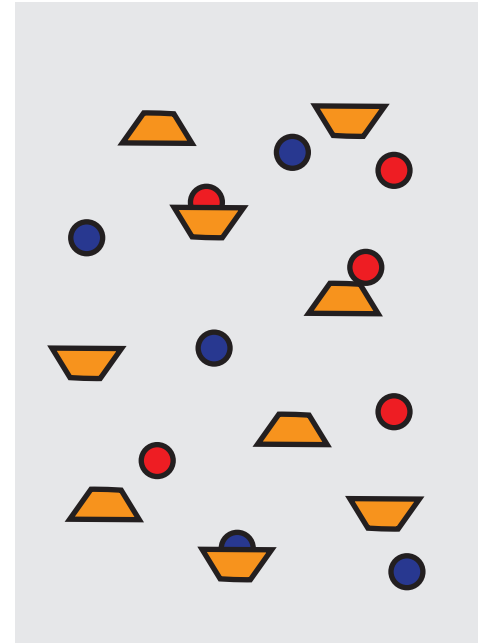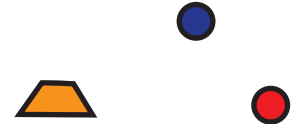
VOLCANOES AND CRATERS

Ready for a Challenge?
- Increase the number of craters.
- Provide fewer balls.
- Change distance and angle.

Need Support for Success?
- Decrease number of craters.
- Provide more balls.
- Decrease distance and angle.

Equipment
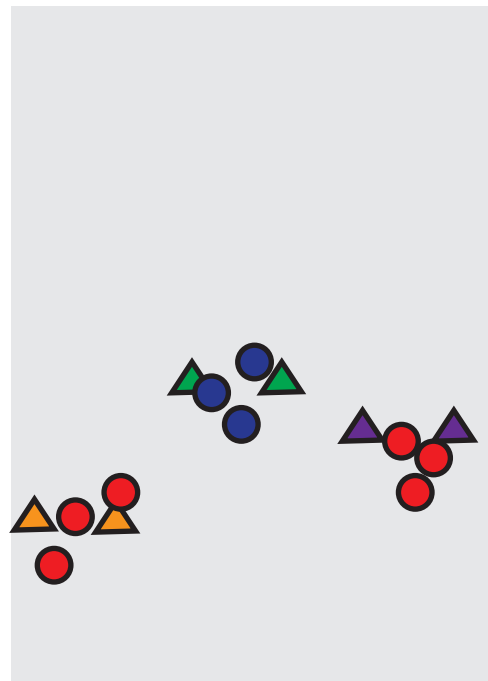- Boccia Balls
- Dome cones

WALL BUILDER

Aim of the Game
Participants aim to land their Boccia balls in a line to create a block.

How to Play
1. Place two cones in front of each participant, with a small gap between (as shown in diagram). Ask participants to land their Boccia ball between the two cones to create a line.
2. Move the cones to a different angle and repeat.

WALL BUILDER

Ready for a Challenge?
- Move the cones further from the player.
- Move the cones closer together.
- Use one Jack ball instead of cones, and ask players to land their two balls directly in front of the Jack ball to create a "block".

Need Support for Success?
- Move cones closer to participants.
- Increase the distance between the cones.
- Instead of landing the ball between the cones, ask participants to first of all propel the ball through the gates and gradually build up to the exercise of landing in a line between the cones.

Equipment
- Boccia Balls
- Cones
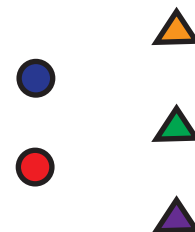
ADDITIONAL RESOURCES

For more information about Boccia and physical literacy, visit:

www.sportabilitybc.ca

[f] /sportabilitybc

[t] /sportabilitybc

[ig] /sportabilitybc

www.ccpsa.ca
www.phecanada.ca
www.candiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages

This initiative is made possible through financial contributions from
the Canadian Paralympic Committee and the Government of Canada.