

What is Boccia?

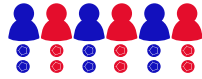
Boccia (pronounced “botcha”) is similar to bowls, and other ball-tossing games.

The basic principle is to score as many points as possible by getting as many of your own boccia balls closer to the jack (or target ball) than your opponent.

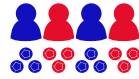


Boccia
CYMRU WALES

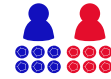
Boccia can be played:



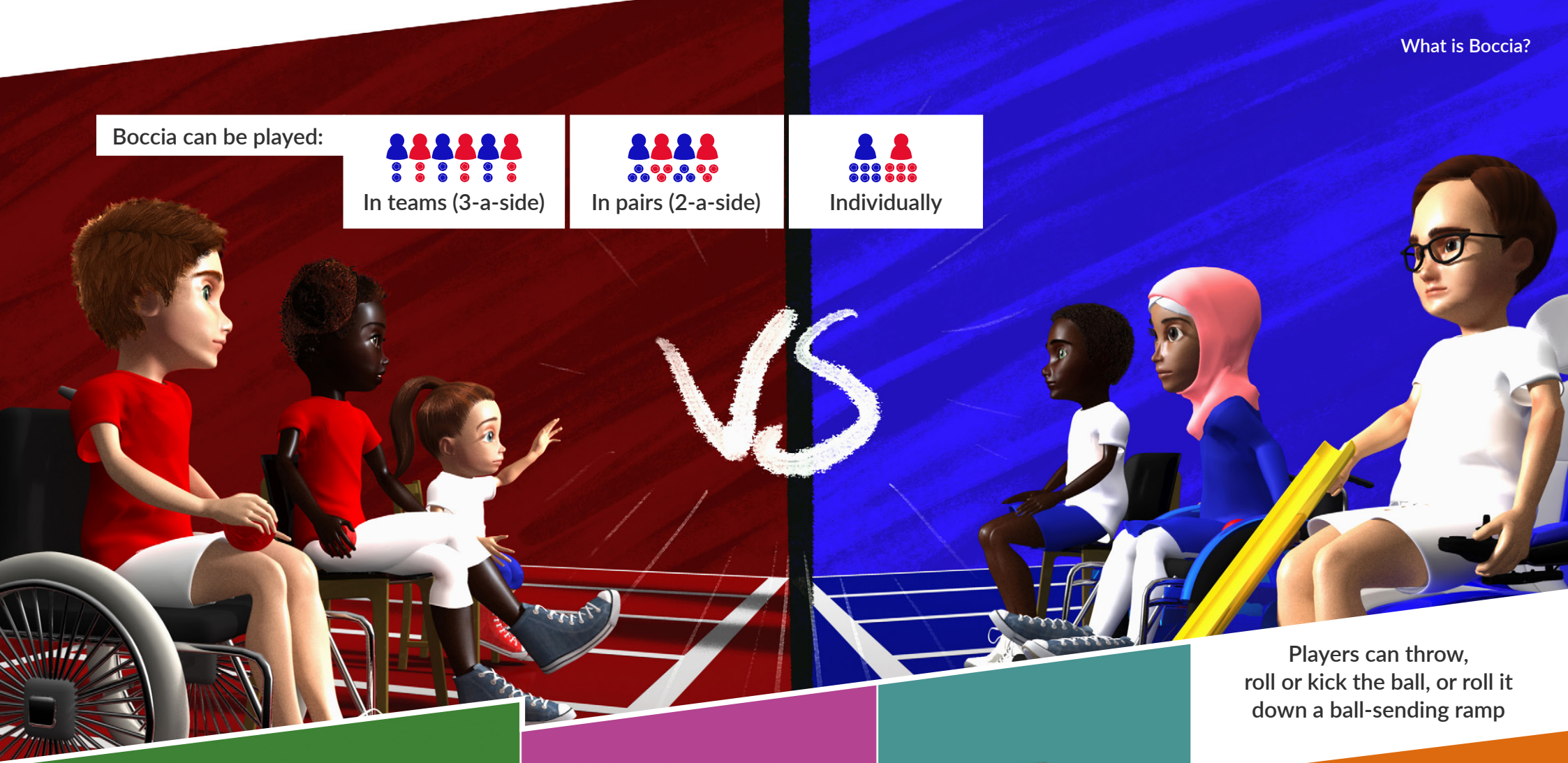
In teams (3-a-side)



In pairs (2-a-side)



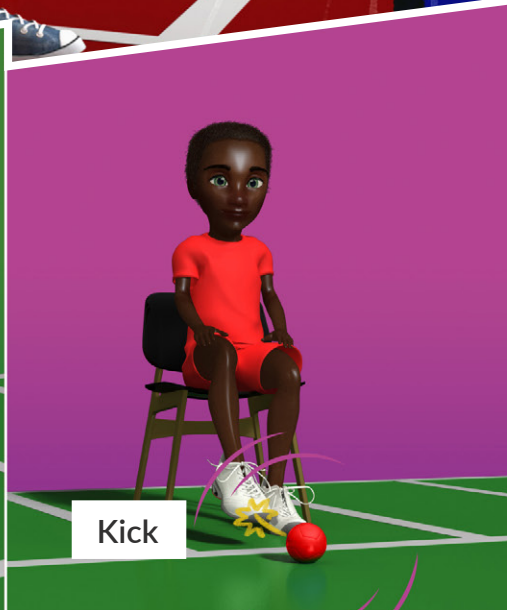
Individually



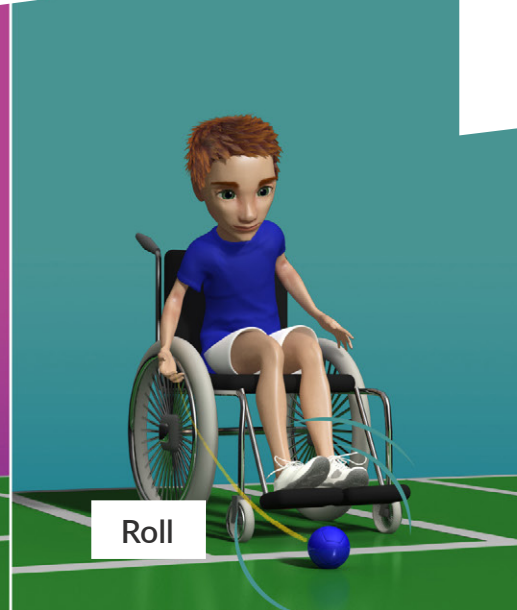
Players can throw, roll or kick the ball, or roll it down a ball-sending ramp



Throw



Kick



Roll



Ramp

Equipment

A boccia set consists of 13 balls: 6 red, 6 blue and a white jack or target ball.

Boccia balls are generally made of leather, vinyl, or plastic and filled with sand or similar material.



Players must remain within their box during play.

Ramp Users

Ramps are a great adaptation to the game of Boccia as it enables players of all abilities to play.

Players who are unable to throw or kick a Boccia ball can use a ramp

When playing with a ramp, the Boccia player has to decide on what type of shot they wish to play.

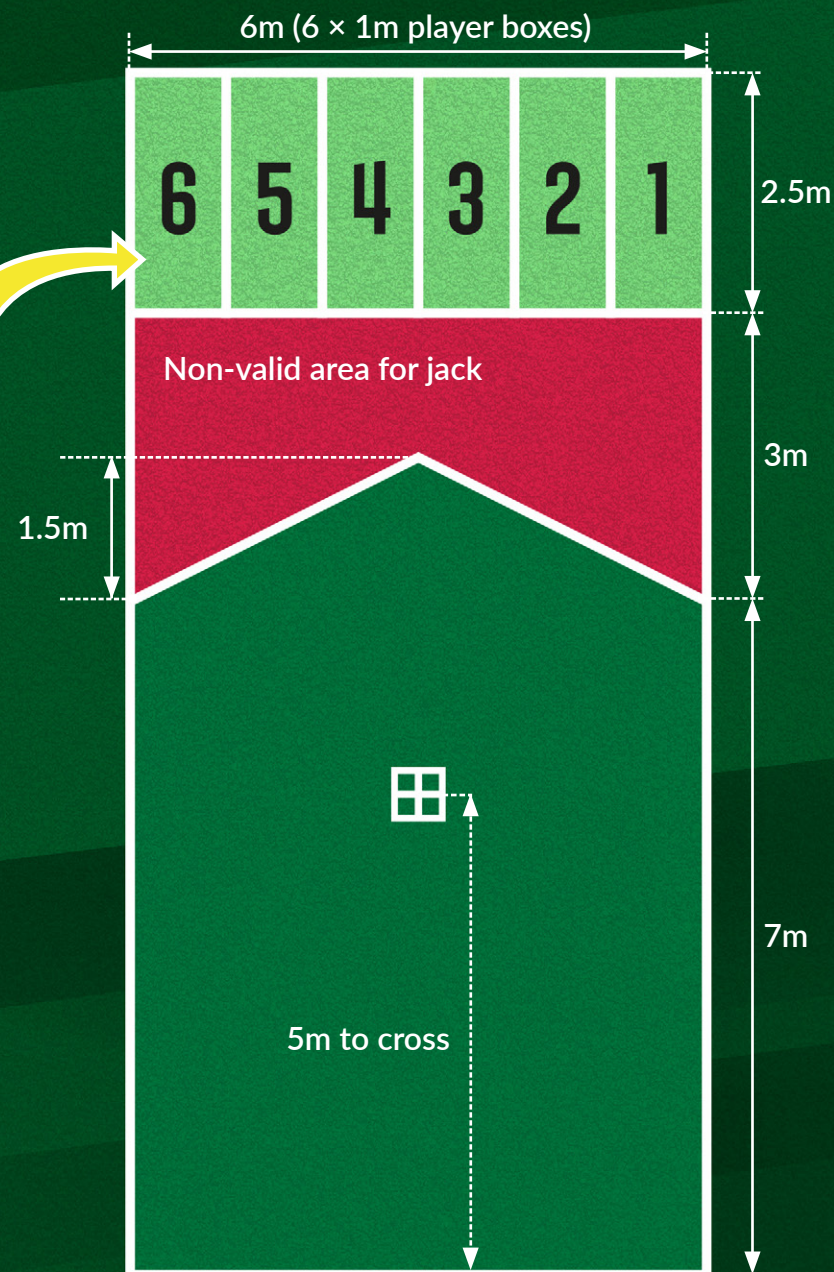
The Boccia player has to decide on the following:

- Where to aim the ramp
- What angle the ramp is positioned at
- Where the ball is placed on the ramp

A ramp user is allowed support to help them with the above if they are unable to, but the support can't offer any advice on their chosen shot.



Boccia Court



How to Play



Boccia is a target game.

The recommended court dimensions are illustrated overleaf, but boccia can be played on any suitably sized area, and surface, indoor or outdoors.



In team boccia (3-a-side), each player throws two balls corresponding to their team colour - red or blue.



Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (i.e. the ball cannot be struck with an implement, or released by a mechanical contraption).

6

In team boccia, each game consists of 6 **ends**. An end is completed when all 13 balls have been played.

1

The side playing red plays the first jack. The ball must land in a valid area of the court.

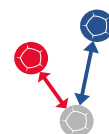


The jack ball is thrown by each player in turn at the start of each end. The player in Box 1 (left hand box when facing the court) starts the first end, and Player 6 starts the sixth and final end.

The side throwing the jack also play the first coloured ball.

2

The opposite side then play their first coloured ball onto the court.



The side furthest from the jack continue playing their balls until get nearer (or run out of balls) at which point the other team play.



The side with the most balls closest to the jack scores 1 point for each scoring ball (i.e. each ball closer than the opposing team's nearest ball).



At the completion of 6 ends, the points scored on each end are added together - the team with the highest total score wins.

7*

If the total score is level after 6 ends, a tie-break (extra end) is played. The jack ball is played on the cross, sides toss a coin to determine the order of play.

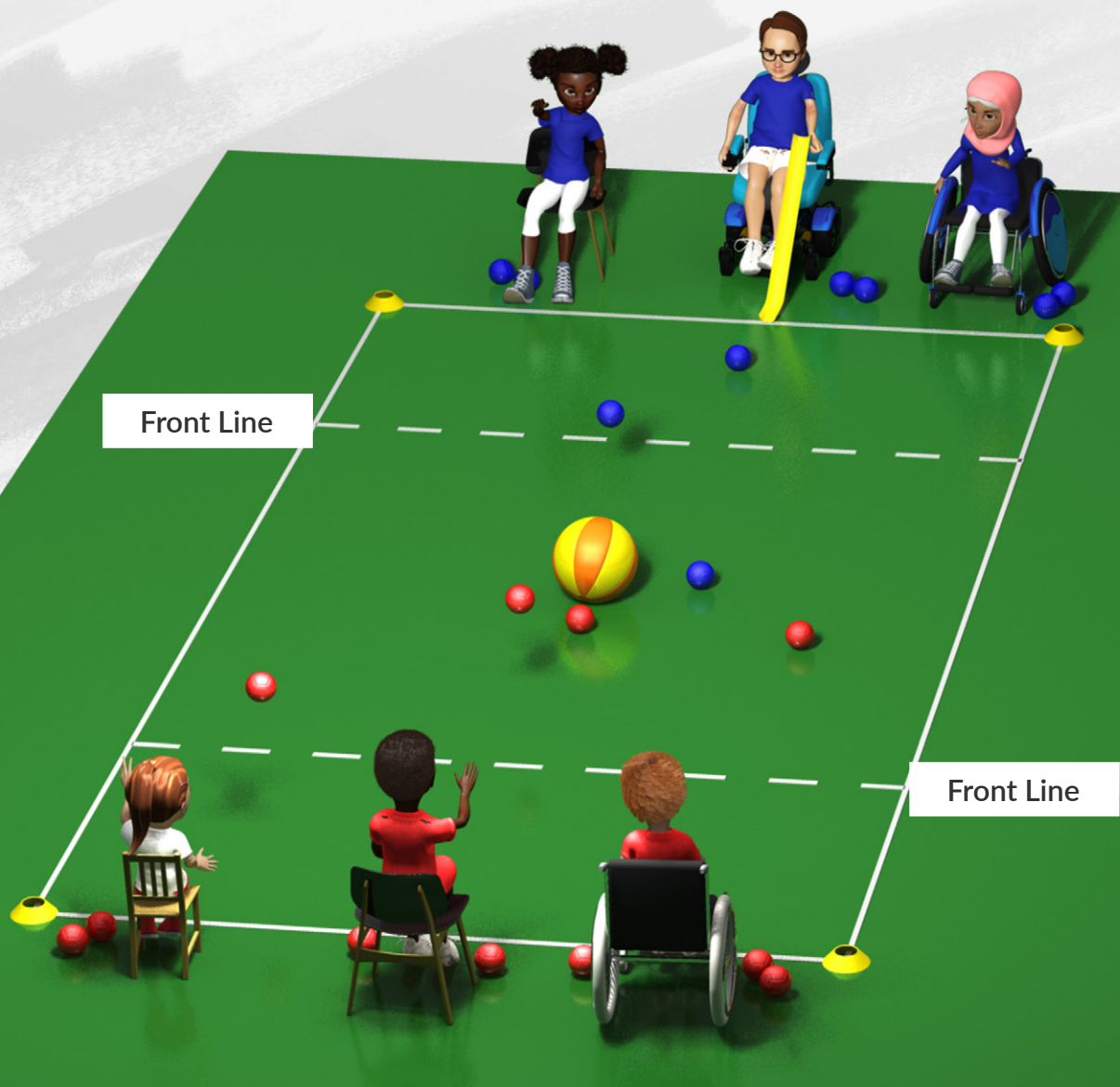


If the jack is thrown or knocked out of the court during play, it is replaced on the cross, and play continues.



If two or more balls are equally close to the jack at the end of an end, they each score 1 point.

Attack and Defend



How to Play

Number of players:



Two teams of 3 or more.



Mark out three zones.



Each team occupies the outer zones.

Score by:



Knocking the target ball across the opponents' front line



Having balls closer to the target ball after all balls have been used



No player must go over the front line.

Equipment

Throwing Objects:



Boccia balls, bean bags, ramps (if required)

Targets:



Target ball. Can be large or small.



Did you try to ensure teams were evenly matched?

Did you play as a team?

Coaches Top Tips

Ramp users can use this exercise to judge distances and placement on the court.

Communicate with team mates to see who is in the best position to play.

Ensure forceful shot to knock target ball into scoring area.

What success looks like

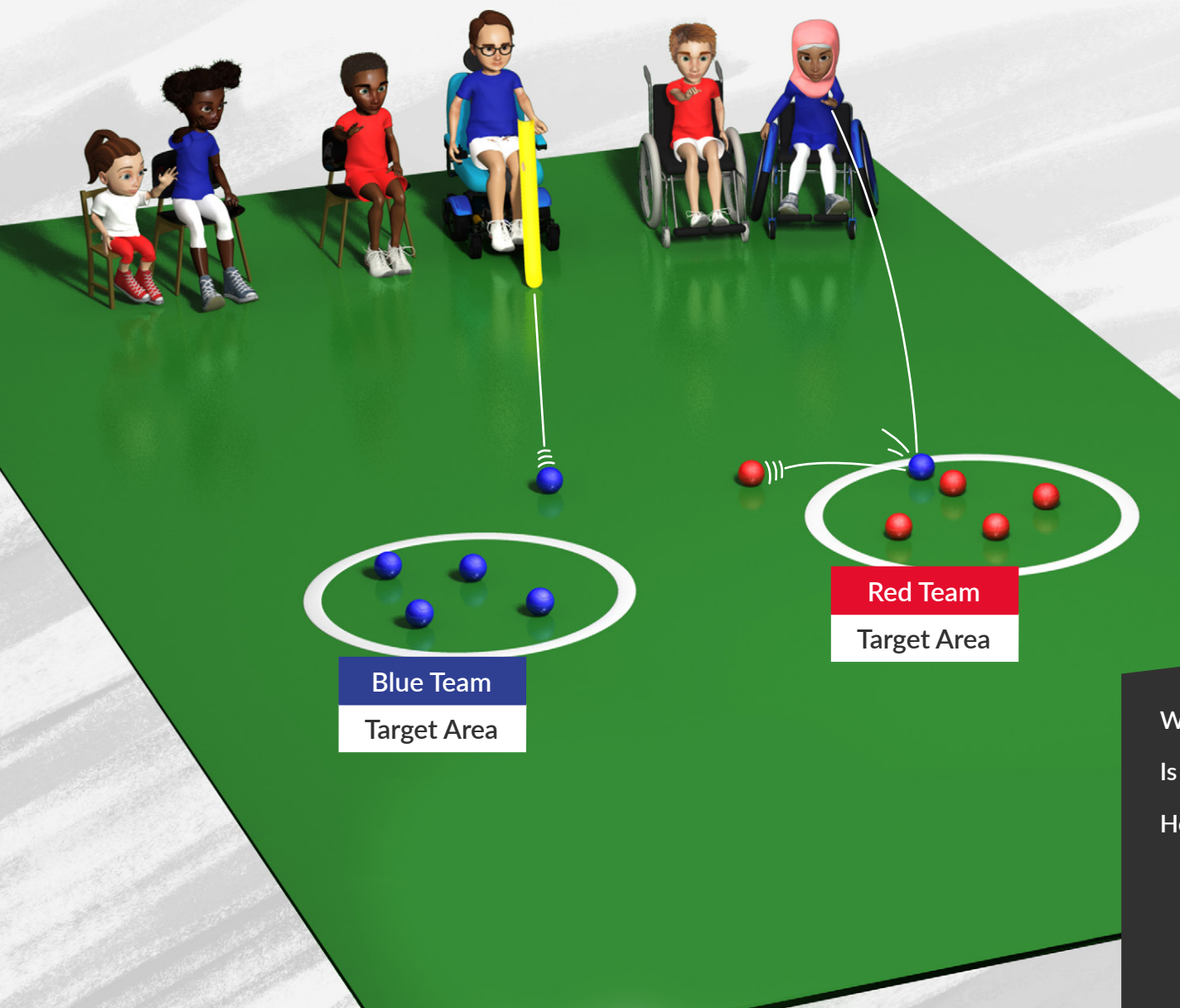
- ✓ Hitting the target
- ✓ Smash Shot – this shot removes any blocking balls in the way of the target
- ✓ Blocking Shot – a shot to block the opposition from hitting the target ball

STEP

Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease the distance of the playing area	Increase the distance of the playing area
Task	Players have to throw their ball into a scoring zone rather than hit the target ball	Have two or more target balls on the playing area
Equipment	Increase the size of the target ball Use a lighter target ball	Decrease the size of the target ball Use a "Jack" ball as the target ball
People	Increase the amount of players on one team	Decrease the amount of players on one team

Defending Your Area



How to Play

- Players aim toward their own target area.
- Players can choose to propel their balls toward the other team's target area and knock their opponents' balls out of the target.
- Score by counting the balls when time is up. This can be after an agreed time, or after a certain number of balls have been thrown by each team.

Equipment

- Throwing Objects:
- Boccia balls, bean bags, ramps (if required)
- Targets:
- Hoops, cones, Chalk, Pillow cases etc.



What tactics can you use to play this game?

Is it better to choose your area, or attack your opponents'?

How could more people play this game?

Coaches Top Tips

Aim just in front of the target area.

Aim to block your opponents target to stop entry.

Ensure forceful shots to knock oppositions ball out of area.

What success looks like

- ✓ Use a range of propelling techniques e.g. roll, throw, lob etc
- ✓ Knocking an opponent's ball
- ✓ Accuracy – placing your ball within the target

STEP

Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease the distance to the target	Increase the distance to the target
Task	Players can only aim at their own target	Add more targets into the game
Equipment	Increase the size of the target	Decrease the size of the target
People	Decrease the number of players taking part	Teams can sit at either end of the playing area

Boccia Golf

Equipment

Throwing Objects:

 Boccia Balls, Bean Bags, Ramps, Tennis Balls

Targets:

 Hoops, Mats, Cones, Chalk, Skittles, Plastic Milk Bottles, Chairs etc.

How to Play

- By using all the skills you've learnt in the other Boccia Activity Cards, create your own Boccia Golf Course
- Set up a number of target holes
- Agree what par for the course should be and how many rounds should be completed
- Players will play take their turn from wherever their Boccia Ball finishes until they complete the hole.

Players complete every hole on the course and aim to finish with the lowest number of turns



Did you add your score up as you went round the course?

Or did you and your partner check each other's score?

Hole 2

Hole 1

Hole 3

Coaches Top Tips

What type of shot suits each hole best?
e.g. roll, throw, lob

Can you block the opposing player's
shot with your ball?

Can you aim to rebound your ball off an
object into a hole?

What success looks like

- ✓ Trial different throwing styles
- ✓ Create your own holes using different equipment
- ✓ Knocking your ball off a object into the hole

STEP

Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease the distance of the holes Increase the size of the holes	Increase the distance of the holes Decrease the size of the holes
Task	Decrease the number of holes	Add "out of bounds" obstacles where players are penalised one shot for landing on them
Equipment	Decrease the number of obstacles on each hole Ensure obstacles don't block ramp users and are fair for everyone	Increase the number of obstacles on each hole Create smaller gaps between obstacles for ramp users to aim through
People	Players keep their own score and try to beat their own personal best	Players to compete against each other

In the Scoring Zone

Equipment

Throwing Objects:
 Boccia Balls, Bean Bags, Ramps

Targets:
 Parachute, Hoops, Cones, Chalk, Pillow Cases.

How to Play



Number of players:

Can be played in small groups, pairs, or individually.

- Mark out a scoring zone, with different points allocated to each area within the zone.
- Players score by propelling balls into scoring zones.
- Players throw alternately.



Variation: move to a different position

What tactics could a team use in this game?

How could you make it harder for the other team to score?

Could you have teams at either end of the court?

Coaches Top Tips

Try to block the opposition from scoring.

Discuss with your team mates who is in the best position to play.

Aim in front of the target so the ball doesn't roll too far.

What success looks like

- ✓ Aiming for the highest scoring zone
- ✓ Working together as a team
- ✓ Beating your top score

STEP

Using STEP to adjust the game's difficulty:

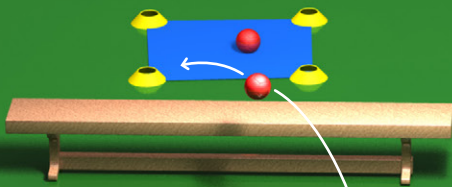
	Easier ★	Harder ★★★
Space	Decrease the distance to the target Increase the size of each scoring zone	Increase the distance to the target Decrease the size of each scoring zone
Task	Decrease the number of scoring zones	Increase the number of scoring zones Add obstacles for players to throw over
Equipment	Increase the size of the target area Use bean bags in order for objects to stay on the target	Decrease the size of the target area
People	Decrease the number of players taking part	One team attacks and one team defends by blocking the scoring zones with their balls

Target Boccia

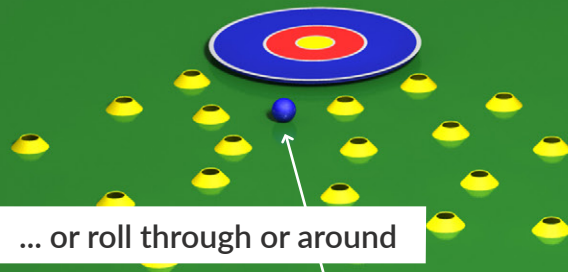


Is the game too easy or difficult?
How can the game be made
more challenging and interesting?

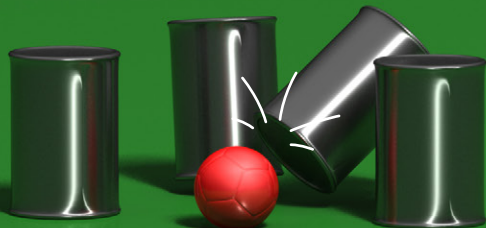
Throw over obstacles...



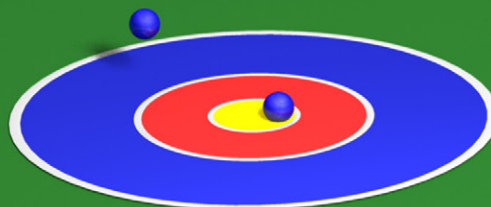
... or roll through or around



Skittles



Floor Target



How to Play

- Place a number of hoops or target mats on the floor.
- In pairs, participants work cooperatively or compete against each other.
- Discuss and agree the scoring system.
- Play to gain the highest number of points.

Equipment

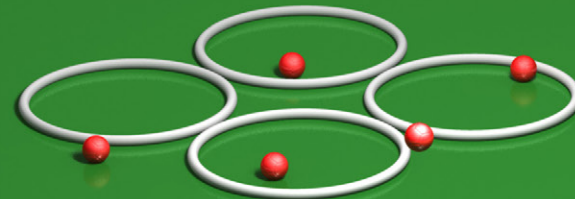
Throwing Objects:

- Boccia balls, bean bags, ramps

Targets:

- Hoops, Cones, Chalk, Pillow Cases, Boxes, Plastic Bottles, Skittles, Benches, Chairs

Hoops



Coaches Top Tips

Practice ways of propelling the ball e.g. roll, throw, lob, kick.

When throwing, try to release the ball when the hand is extended towards the target.

Aim in front of the target in order to not over throw.

What success looks like

- ✓ Use a range of shots
- ✓ Communication between pairs
- ✓ Hitting the target with the least number of shots

STEP

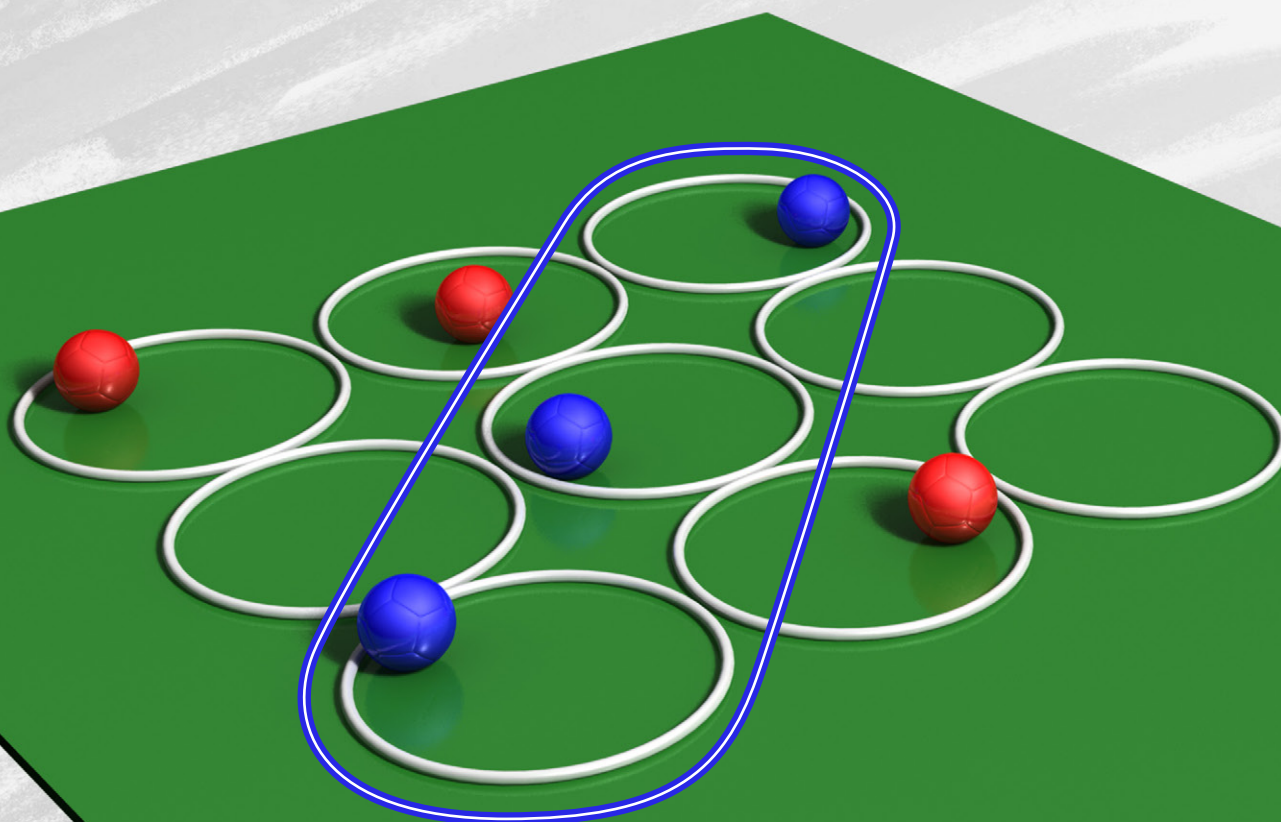
Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease the distance to targets	Increase the distance to targets
Task	Increase the number of targets Ensure targets are accessible for players who can only roll the ball	Introduce obstacles
Equipment	Increase the size of the targets	Decrease the size of the targets
People	Work as a team to knock all the targets down	Compete against each other to see who can hit more targets

Noughts and Crosses

Hoops make great targets to aim at. They come in a range of different sizes and can be really good fun to practice with.

Why not try setting them up like Noughts and Crosses, and challenge players to get boccia balls in a line of three?



How to Play

-  Place 9 hoops in a 3x3 grid
-  Players take it in turns to throw one ball at a time
-  Players have to get three balls in a row to win

Equipment

- Throwing Objects:
 -  Boccia balls, bean bags, ramps
- Targets:
 -  Hoops, Cones, Chalk, Pillow Cases, Paper etc.

Coaches Top Tips

Try to knock your ball into a target off another ball

Think about tactics and which target to aim for

Aim for the targets close to the front to act as blockers

What success looks like

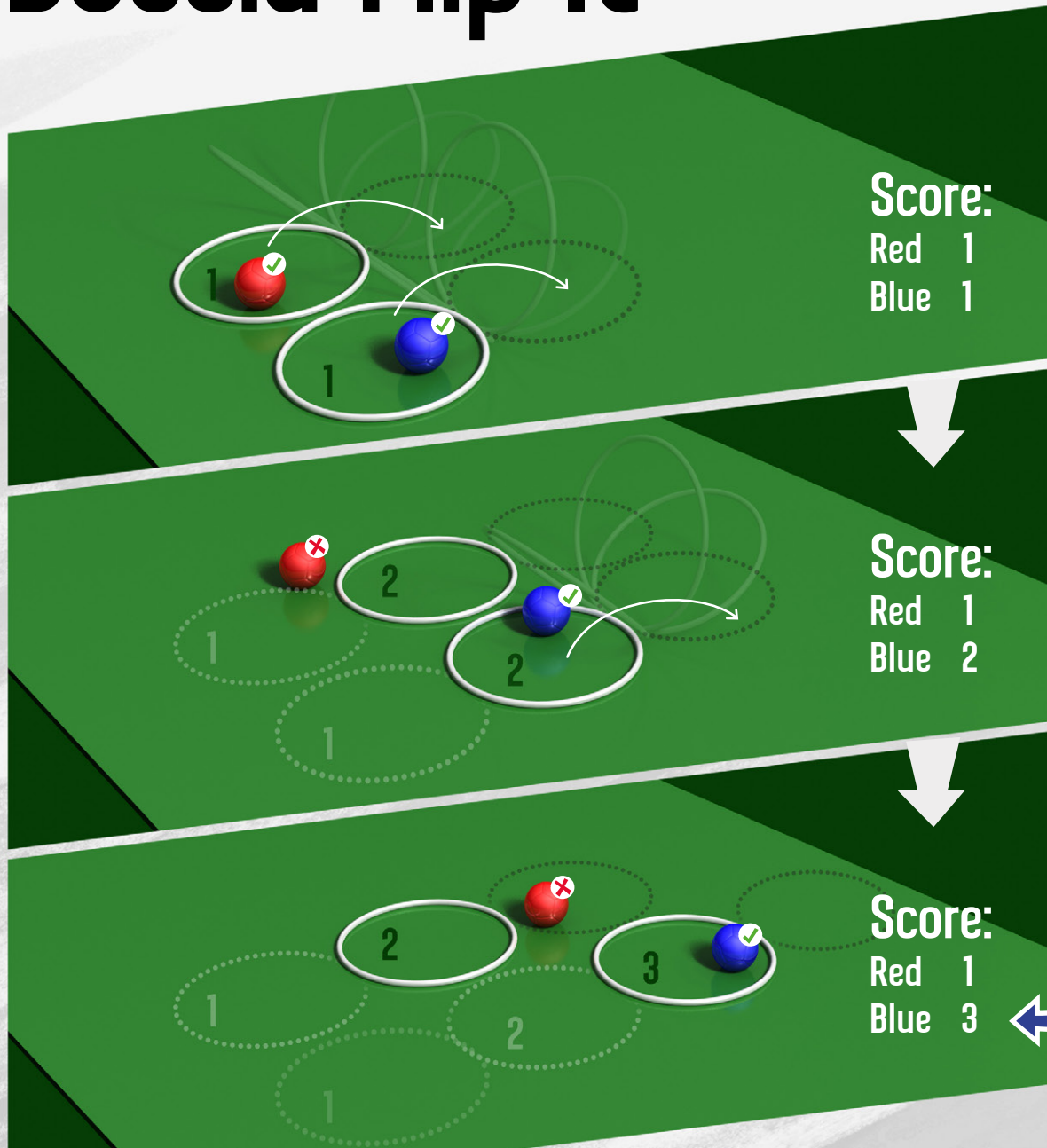
- ✓ Getting three in a row
- ✓ Blocking opposition player/s
- ✓ Knocking an oppositions ball out of the target area

STEP

Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease the distance to targets	Increase the distance to targets
Task	Take away a hoop to create a 2x2 grid	Add extra hoops to make a 4x4 grid
Equipment	Increase the size of each target	Decrease the size of each target
People	Players play against themselves	Increase the amount of players in one game

Boccia Flip It



How to Play

- Players have one hoop in front of them
- Every time their ball lands in the hoop, they flip it over
- The winner is the first person to get their hoop to a certain point.

Equipment

Throwing Objects:

- Boccia balls, bean bags, ramps

Targets:

- Hoops, Cones, Chalk, Pillow Cases, Paper etc.

Blue is winning

Coaches Top Tips

Practice different length of shots

Practice ways of propelling the ball e.g. roll, throw, lob

Try to block the opposition

What success looks like

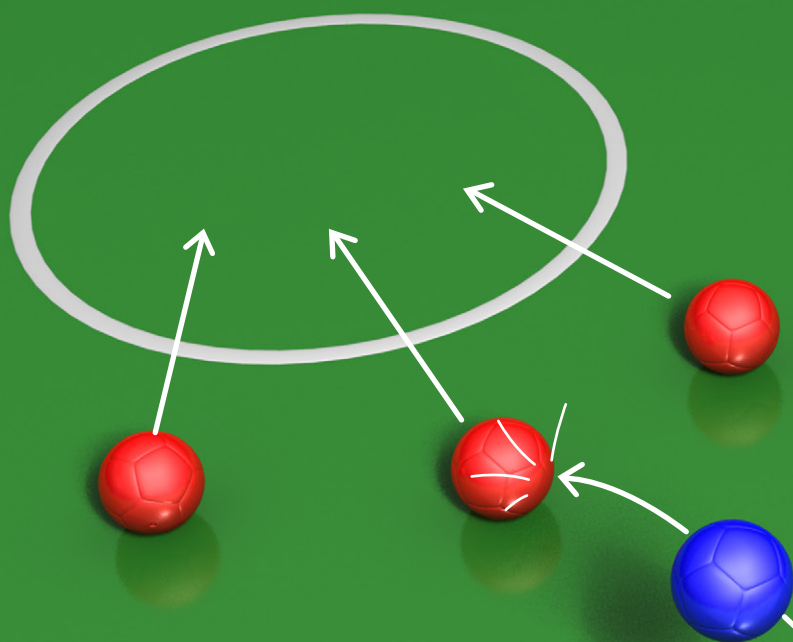
- ✓ Finishing the game in the least amount of shots possible
- ✓ Judging the change in distance correctly
- ✓ Using a range of shots for each distance

STEP

Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease the distance to target	Increase the distance to target
Task	Target moves sideways instead of further away	Increase number of balls needed in each target before it can be flipped If you land your ball in the opposition's target, they have to flip it back to its previous position
Equipment	Increase the size of the target	Decrease the size of the target
People	Everyone works as a team to flip the target	Distance to targets can vary for each player

Rebounders



How to Play

- Place 3 balls by a target
- Each player has 6 shots
- The aim is to knock the 3 red balls onto the target

Equipment

Throwing Objects:

● Boccia balls, bean bags, ramps

Targets:

● Hoops, Cones, Chalk, Pillow Cases

Coaches Top Tips

Use enough force to knock the red balls onto the target

Pick one ball at a time to aim for

Try different types of shot and find out which one works best for you to move the red balls

What success looks like

- ✓ Hitting the red balls
- ✓ Knocking the red balls onto the target
- ✓ Finding your preferred type of shot to knock the red balls

STEP

Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease distance between the targets	Increase distance between the targets
Task	Players have to just hit the red balls rather than knocking them onto a target	Players have to get the 3 red balls onto the target as well as 3 of their own
Equipment	Use larger/lighter balls to knock on to the target	Increase the amount of red balls around the target
People	Work as a team to knock the balls onto the target	Play against other players, first team to have all of their balls on the target wins

Boccia Snooker

Equipment

- Throwing Objects:
Boccia Balls, Bean Bags, Ramps
- Targets:
Hoops, Cones, Chalk, Pillow Cases,
Plastic Bottles, Buckets

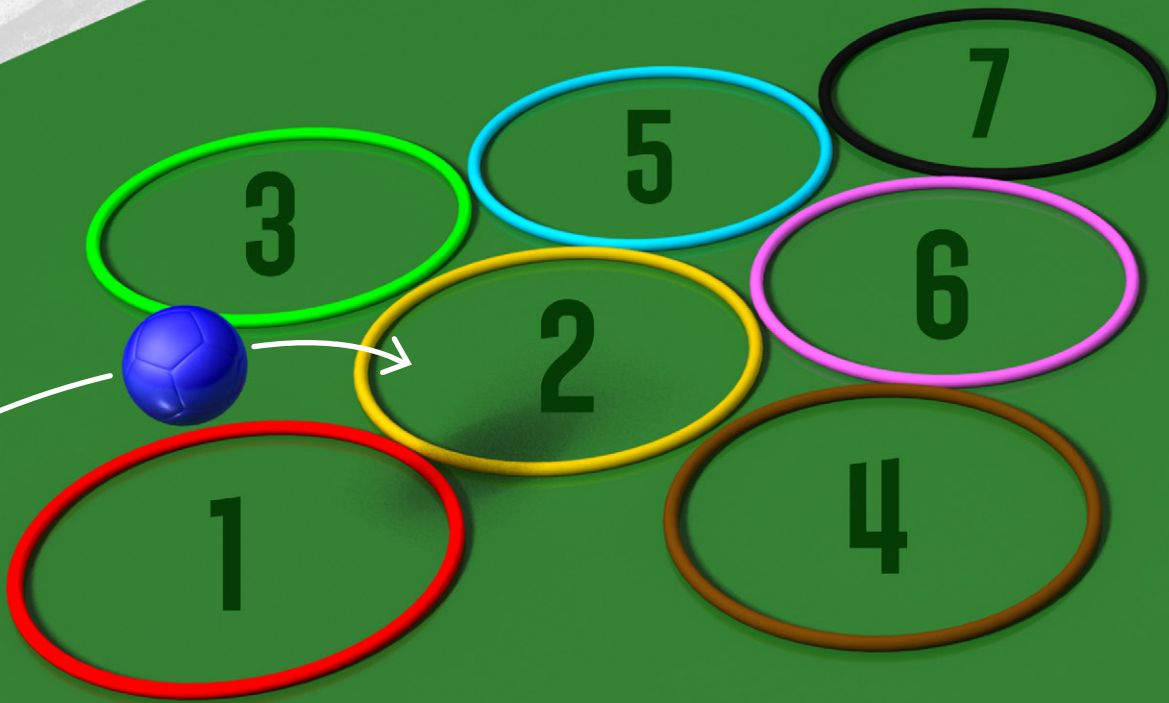
How to Play

- Place 7 different targets out in front of the player

Each target represents a colour:

Red	1 point
Yellow	2 points
Green	3 points
Brown	4 points
Blue	5 points
Pink	6 points
Black	7 points

- Players have to aim for the red target, if they hit the red target, they receive 1 point
- After hitting the red target they can then aim for any other colour
- If they hit that colour, the points associated with that colour get added to their score. E.g red (1) + pink (6) = 7 points
- Players take it in turns
- If you miss the red ball, it is the turn of your opponent



Coaches Top Tips

Aim for the closer targets to begin with

Progress on to aiming for the targets further away

Practice different length shots

What success looks like

- ✓ Hitting the targets
- ✓ Beating your Personal Best score
- ✓ Consistently getting 8 points

STEP

Using STEP to adjust the game's difficulty:

	Easier ★	Harder ★★★
Space	Decrease distance to the targets Decrease the spacing between targets	Increase the distance to the targets Increase spacing between the targets
Task	Players can start by hitting any coloured target Ensure all of the targets can be hit by a rolled shot	Players have to hit the colours in order of points score Place higher scoring targets in harder to reach areas e.g. behind another target
Equipment	Increase the size of the targets	Decrease the size of the targets
People	Play to beat your own personal best	Players can leave blockers in front of targets