



SPORTS ABILITY

Boccia

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Boccia (pronounced 'botch-ya') is a target game with similar rules to Bocce or Lawn Bowls. Boccia is a Paralympic sport.

Learning Intention

To practice and refine accuracy of rolling or throwing a ball towards a target.



Skill Focus

Throwing, rolling, shot placement



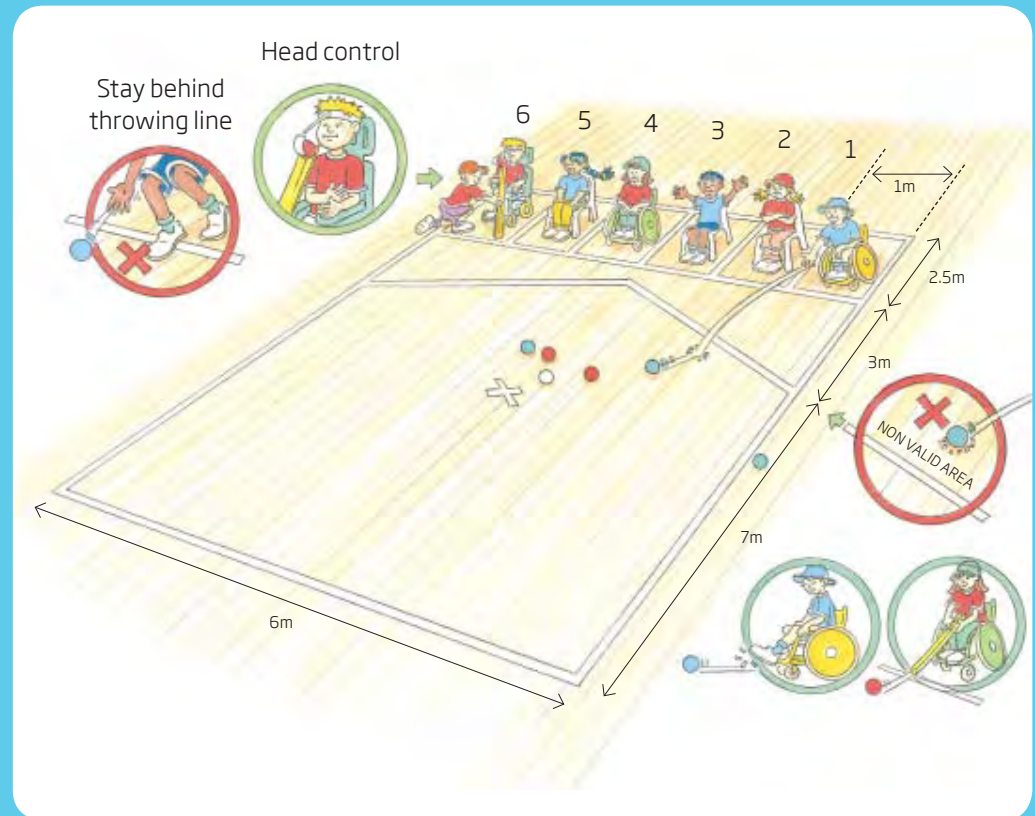
What you need

- Boccia balls or alternatives (see Equipment)
- Suitable indoor or outdoor playing area



What to do

- Divide players into teams of 2-3 or play individually. All players should be seated.
- Players can roll or throw the ball, propel it with their feet, or roll down a ball-sending ramp (assistive device).
- Team colours are usually red or blue. The side playing red 'throws' the first jack and it must land in the valid area of the court.
- Players propel two balls each which correspond to their team colour.
- Aim 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.



Curriculum links

ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

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Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage players to try different ways to propel the ball:
 - rolling the ball
 - underarm throw
 - overarm throw.
- Think of ways players can improve their aim:
 - aim in front of the target and let the ball roll in
 - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- If the jack is thrown or knocked out of court it is replaced on the cross and play continues.
- If 2 or more balls are equally close to the jack at the finish of an end they each score 1 point.
- If scores are level after 6 ends, a tie-breaker (extra end) is played. The jack ball is placed on the cross and sides toss a coin to determine the order of play.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Items such as 'plastic guttering' can be used as a ball-sending ramp.

Environment

- Adjust the playing area and distances to make the game easier or harder.
- The illustration shows recommended court dimensions but Boccia can be played on any suitable sized area.
- The cross is marked 5 metres from the mid point of the back line.
- The apex of the non-valid line is marked 1.5m from the mid point of the throwing line.
- Players boxes are 1m wide.

Safety

- No one enters the target area during play.
- Throwing is confined to the designated area.

Ask the players

- What technique is most effective in getting closest to the jack?
- How can you make it difficult for your opponents to get closer to the jack than you?