

# Boccia:

## A Sport for All

Boccia (pronounced “botcha”) is a precision ball sport similar to pétanque and bowls, whereby players throw, kick or use a ramp to propel a ball onto a court to get close to a target ball (jack).

Played indoors from a seated position using soft leather balls on a smooth rectangular court, boccia can be played as individuals, pairs or teams of three. Boccia is a game of skill and strategy and is a truly inclusive sport available to all people of all ages and abilities.

Boccia is a Paralympic sport with no Olympic counterpart and designed specifically for athletes with a disability affecting locomotor function.



**W:** [boccia.org.nz](http://boccia.org.nz)

# Red v Blue

Boccia is played:



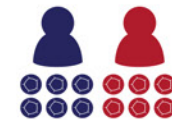
**In teams (3v3)**

In this format, each player has two coloured balls



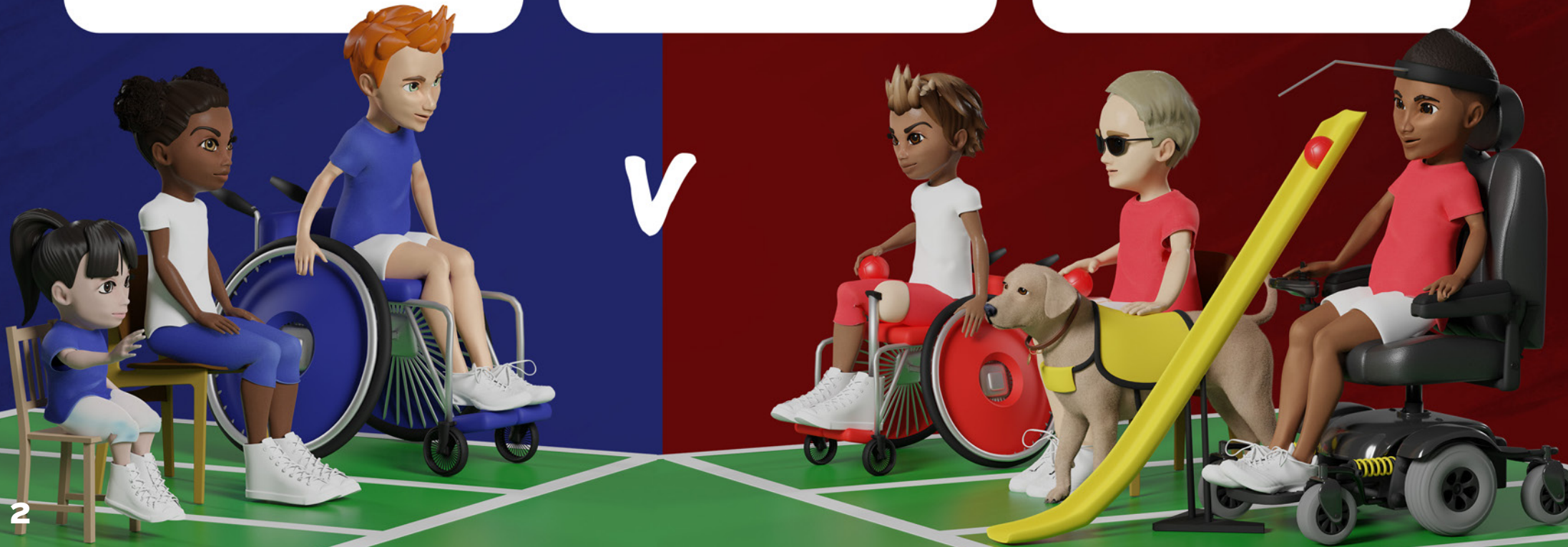
**In pairs (2v2)**

In this format, each player has three coloured balls



**Individually (1v1)**

In this format, each player has six coloured balls





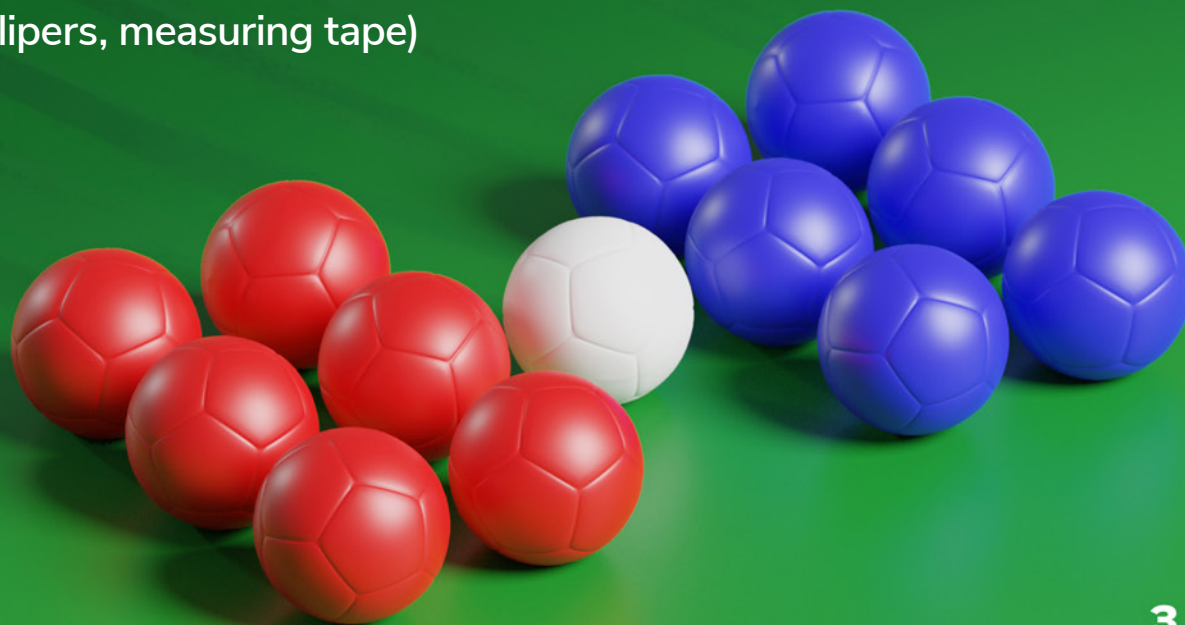
# Equipment

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

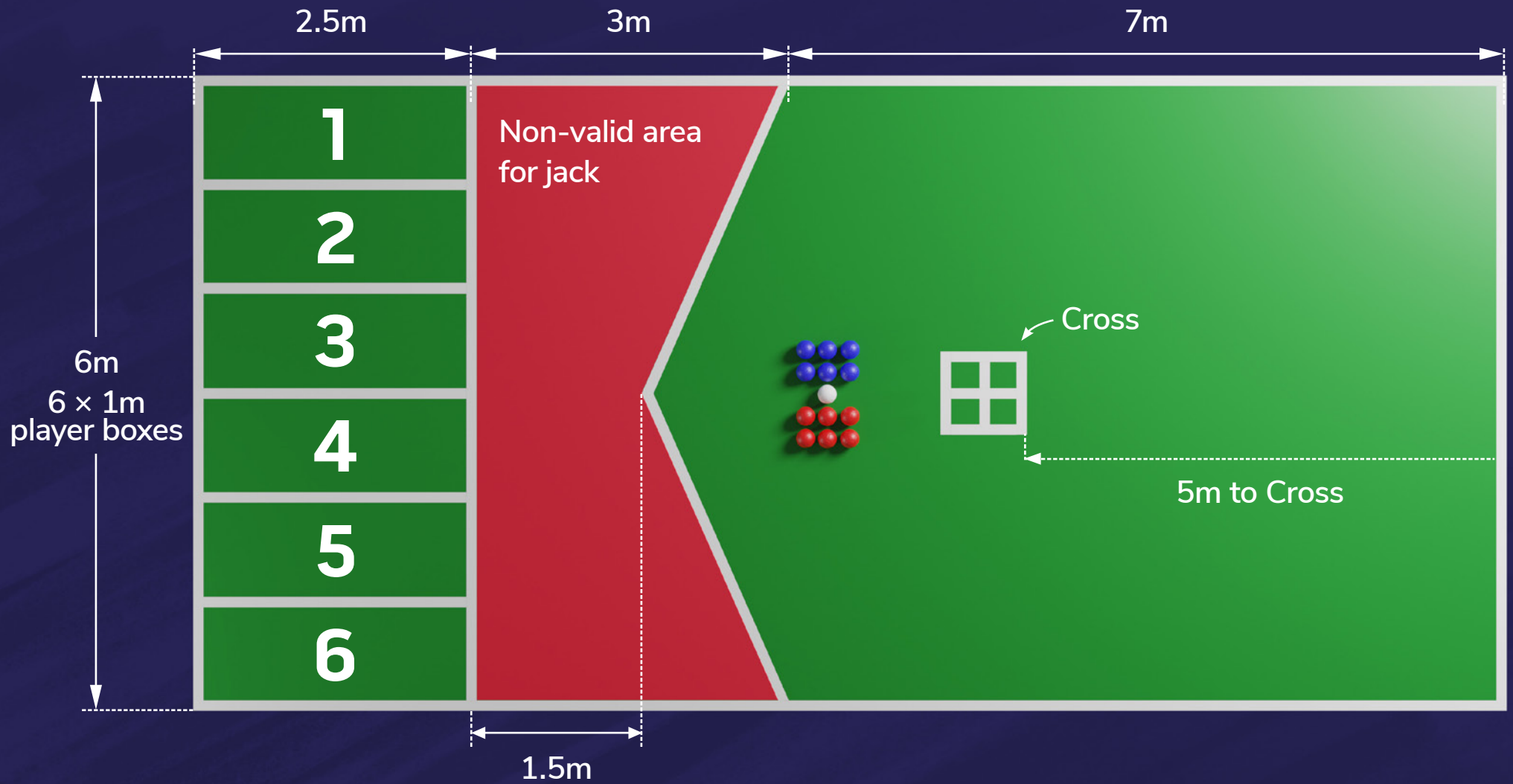
Boccia balls are generally made of leather or similar material and are filled with tiny plastic pellets.

## Included in this Kit

- Set of Boccia Balls (6 red, 6 blue, 1 white)
- Referee kit - coloured paddle, measuring callipers, measuring tape)
- 10 coloured marker spots (5 x red, 5 x blue)
- Inflatable ball
- A4 laminated booklet



# The Boccia Court



# How to Play

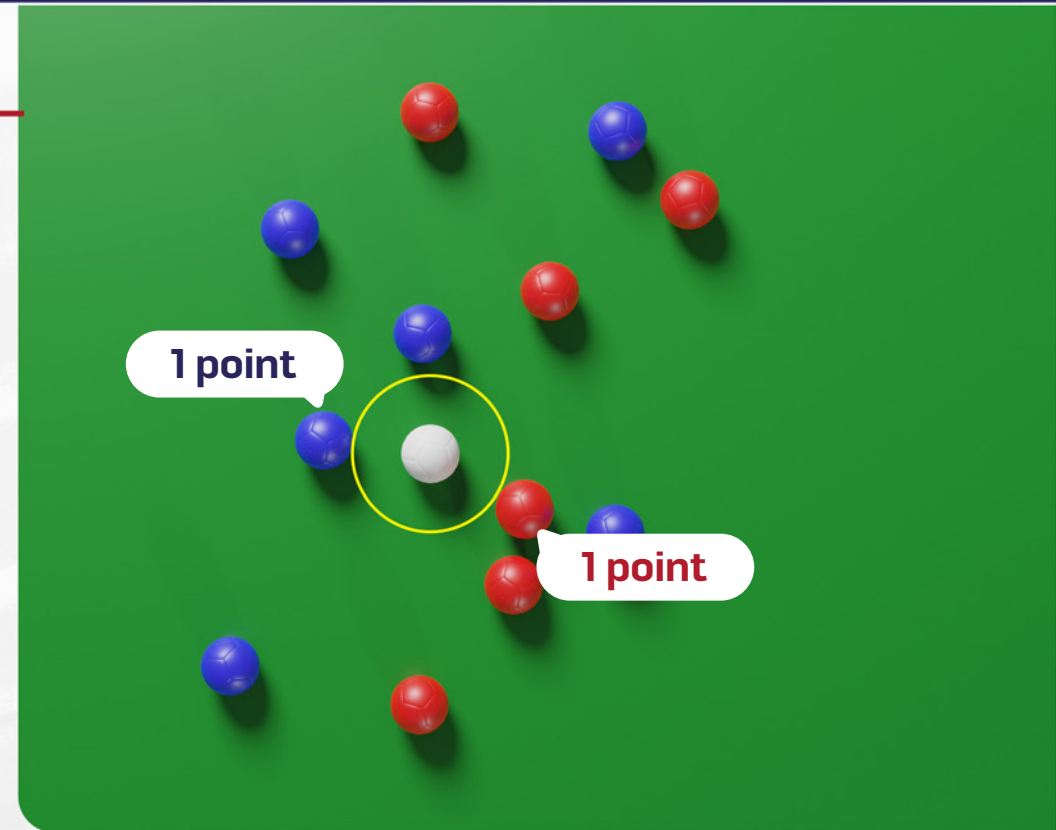
- Boccia is a target game, played **Red** vs **Blue**. Played 1v1, each player has six coloured balls. In team formats, the balls are split equally. For example, if there are three players on a team, each player propels two balls each.
- The recommended court dimensions are on Page 4, but boccia can be played on any suitably sized area and surface, indoor or outdoors.
- 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 mechanism).
- Each game consists of 6 **ends**. An end is completed when all 13 balls have been played.
- The side playing **Red** plays the first jack in the first end. The ball must land in a valid area of the court. The opposing 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.





# How to 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.
- 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.

# Using STEP

Ways you can adapt the activity or game so everyone can play

	Make the game/activity easier 	Make the game/activity harder 
<b>S</b> Space	Decrease the distance of the playing area. Increase the size of each scoring zone.	Increase the distance of the playing area. Decrease the size of each scoring zone.
<b>T</b> 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. Add obstacles for players to throw over.
<b>E</b> Equipment	Increase the size of the target ball. Use a lighter target ball. Use bean bags so that objects stay on target.	Decrease the size of the target ball. Use a “jack” ball as the target ball.
<b>P</b> People	Increase the number of players on one team. Play to beat your own score.	Decrease the number of players on one team. Players compete against each other.

# Boccia Skills Coaching Tips

## Coaching tips for players:

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- Find a comfortable position in your chair and use legs / feet and / or grip chair to create a stable platform to propel the ball from.
- Ensure chair / body / ramp is in line with the target.
- Follow through towards target area.

## Coaching tips for coaches:

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- Use explanation to share verbal information e.g. overview of an activity or drill.
- Use demonstration to provide a visual representation of an action, behaviour or movement e.g. demonstrating different throwing techniques.
- Communication should focus on praising the process rather than the outcome, throwing accurately to a target is a difficult skill. For example, “Great job lining up your chair.”



## General Coaching tips

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- Acoustics-make sure you can be clearly heard.
  - Minimise noise as some visually impaired players rely significantly on sound.
  - Use verbal cues e.g. “the ball is on your left.”
  - Verbalise instructions, some may not be able to see hand movements or facial expressions.
  - Provide detailed, concise, accurate explanations of drills, rules etc.
  - Good lighting; not too much or too little.
  - Remove obstacles or verbally indicate where others are e.g. walls, give time to get familiar with the space.
  - Use high colour contrast, e.g. use bright tape.
  - Minimise visual clutter, e.g. posters on walls behind target.
  - Use a tactile grid i.e. a handheld grid referencing system that enables a player to feel where their ball is in relation to the target and to their competitors.
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# Boccia Activities

The activities on the following pages can be done using the equipment in your Boccia Kit:

<b>Warm Up: Get to Know Your Throw</b>	<b>Page 11</b>
<b>Activity 1: Scoring Zones</b>	<b>Page 12</b>
<b>Activity 2: Forceback</b>	<b>Page 13</b>
<b>Activity 3: Attack/Defend</b>	<b>Page 14</b>
<b>Activity 4: Rebounders</b>	<b>Page 15</b>
<b>Activity 5: Last Person Remaining</b>	<b>Page 16</b>

## Warm Up Activity:

# Get to Know Your Throw

### Pétanque style



### Underarm



### Overarm



## Purpose

For players to explore methods of propulsion including – overarm, underarm and pétanque style, to identify which technique is most comfortable and works best for them.

## Method

Players should try each method 2-3 times.

## Outcome

Players discover their preferred propulsion method to use in the following drills.





## Activity 1: Scoring Zones



### Purpose

The purpose is to focus on accurately throwing to a target area.

This is a core shot type called the “Approach Shot”

### Outcome

The team with the most coloured balls in their own area wins.

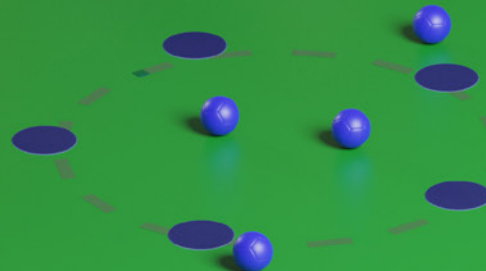
Red Team

Target Area



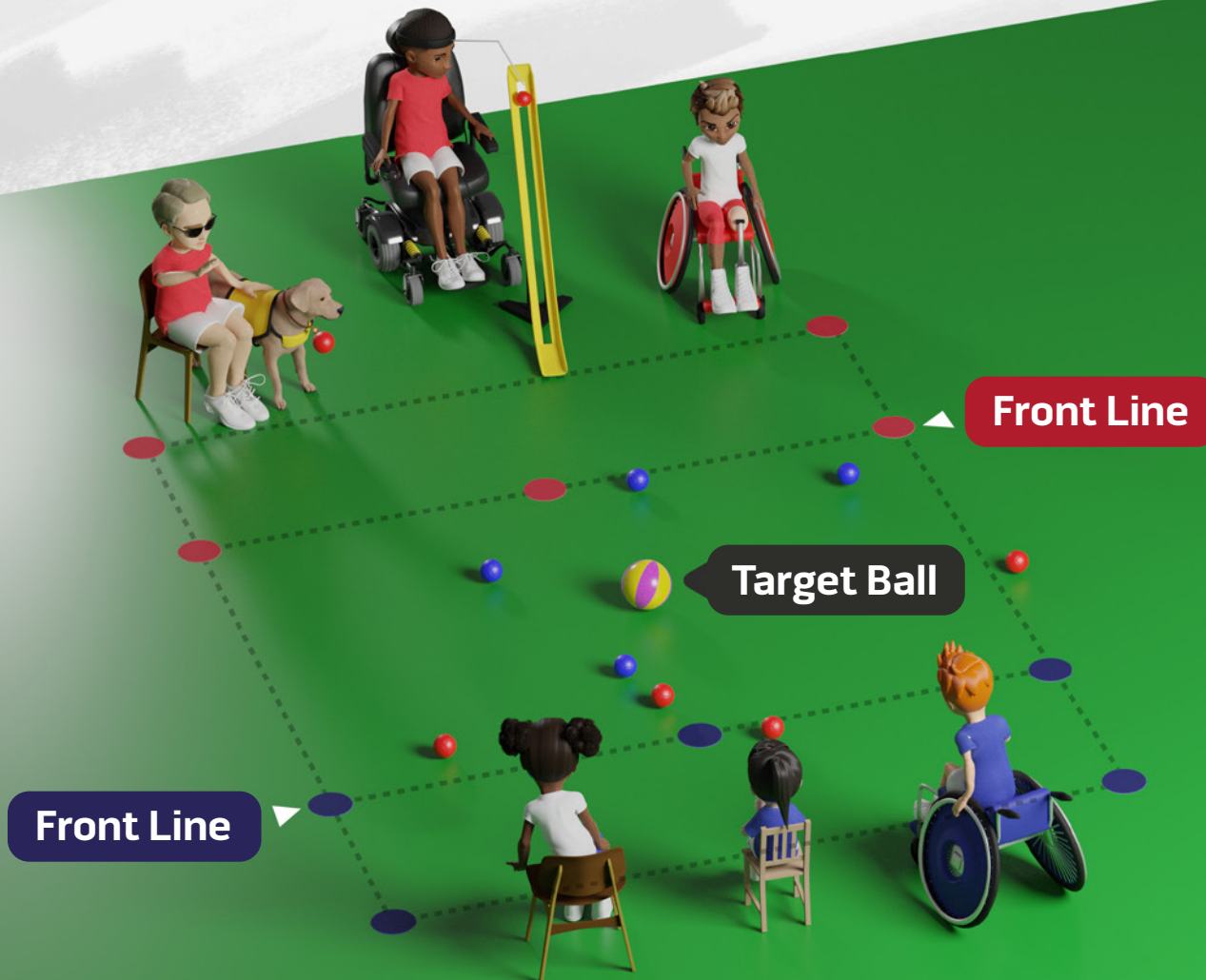
Blue Team

Target Area



## Activity 2:

# Forceback



## Purpose

Purpose is to focus on driving/knocking the target ball back towards the opposition. This is a core shot type in bocchia called “Knock Off and Knock On”

## Outcome

Teams score by knocking the target ball across the opponents’ front line.

If the target ball hasn’t crossed a front line when all balls have been played, the team with the most balls closest to the target ball wins.

## Activity 3: Attack/Defend



### Purpose

Players combine the Approach Shot and Knock Off Shot from Activity 1 and 2, with some strategy of whether to attack your opposition target area or defend your own area.

### Outcome

The team with the most balls matching their team colour in their own target area wins.

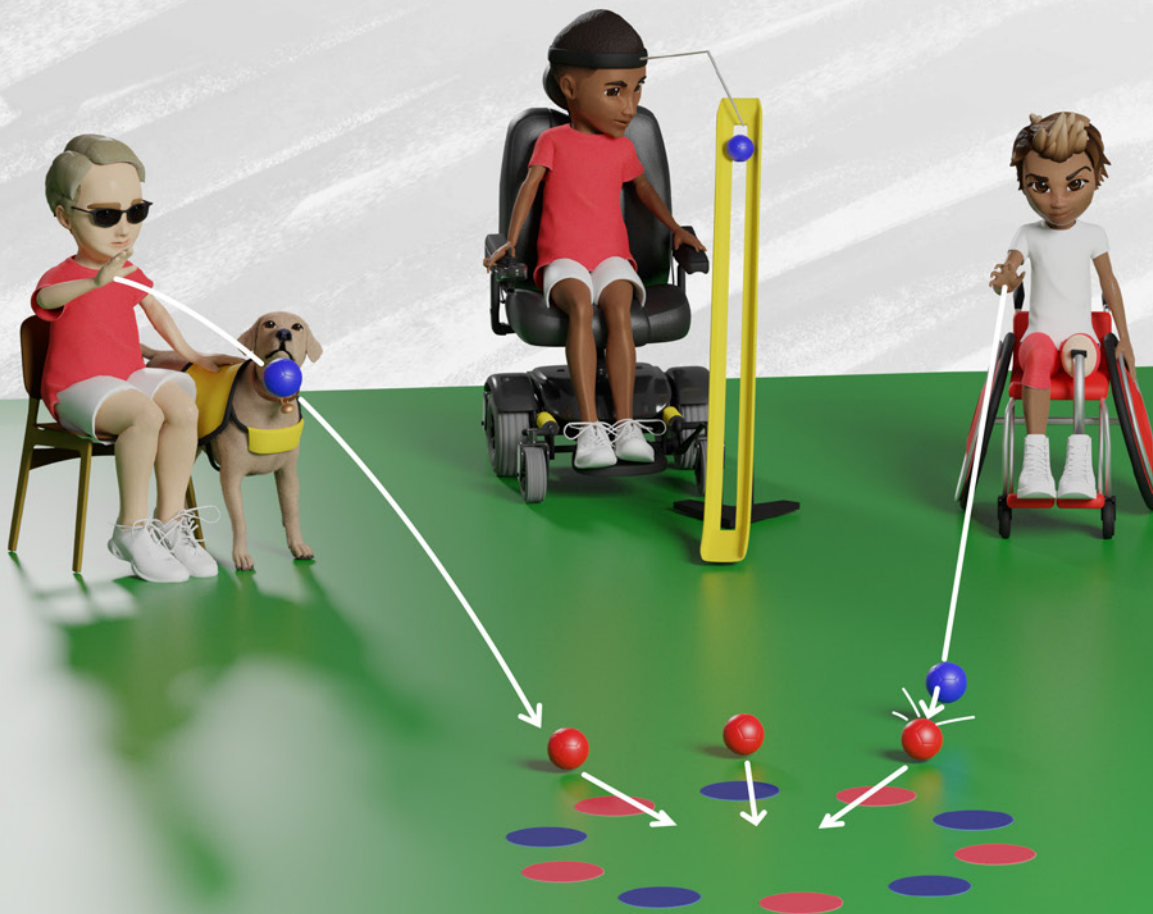
**Red Team**  
Target Area

**Blue Team**  
Target Area



## Activity 4:

# Rebounders



## Purpose

Focus on pushing your own coloured ball from a position outside the scoring area to a position inside.

Each player has six shots and has to try to knock three balls into the target area.

This is a core shot type in boccia called “Push Shot.”

## Outcome

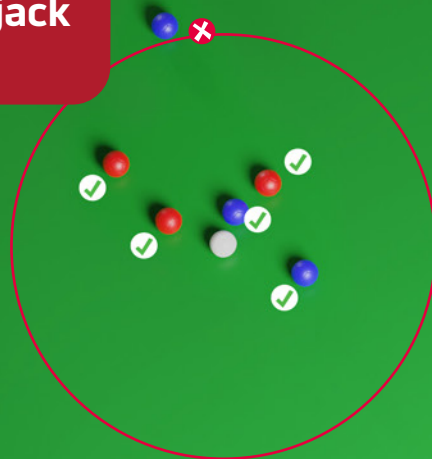
The player who gets the most balls into the target area, and in the fewest shots, wins.

## Activity 5:

# Last Person Remaining



Furthest from the jack is knocked out



## How To Play

All participants sitting in a line play one after the other at the jack ball.

The coloured ball furthest from the target is eliminated in each round until there is only one player left.

The player who is eliminated in each round gets to position the jack ball for the next round and all eliminated players are the referees.

# Boccia Activities

The activities on the following pages require equipment which is not included in the Boccia Kit, but are commonplace:

## **Activity 6: Skittles**

**Page 18**

Requires skittles, or equivalent objects that can be knocked over, such as drink bottles

## **Activity 7: Flip It**

**Page 19**

Requires hula hoops or equivalent

## **Activity 8: Noughts and Crosses**

**Page 20**

Requires hula hoops or equivalent

## **Activity 9: Game of Boccia**

**Page 21**

Requires a hula hoop or equivalent to apply a recommended STEP adjustment



## Activity 6: Skittles

### Purpose

Focus on accuracy and power by knocking over skittles.

Players work together to try and knock down all the skittles in 1 round.  
e.g. 12 balls to knock over 8 skittles.



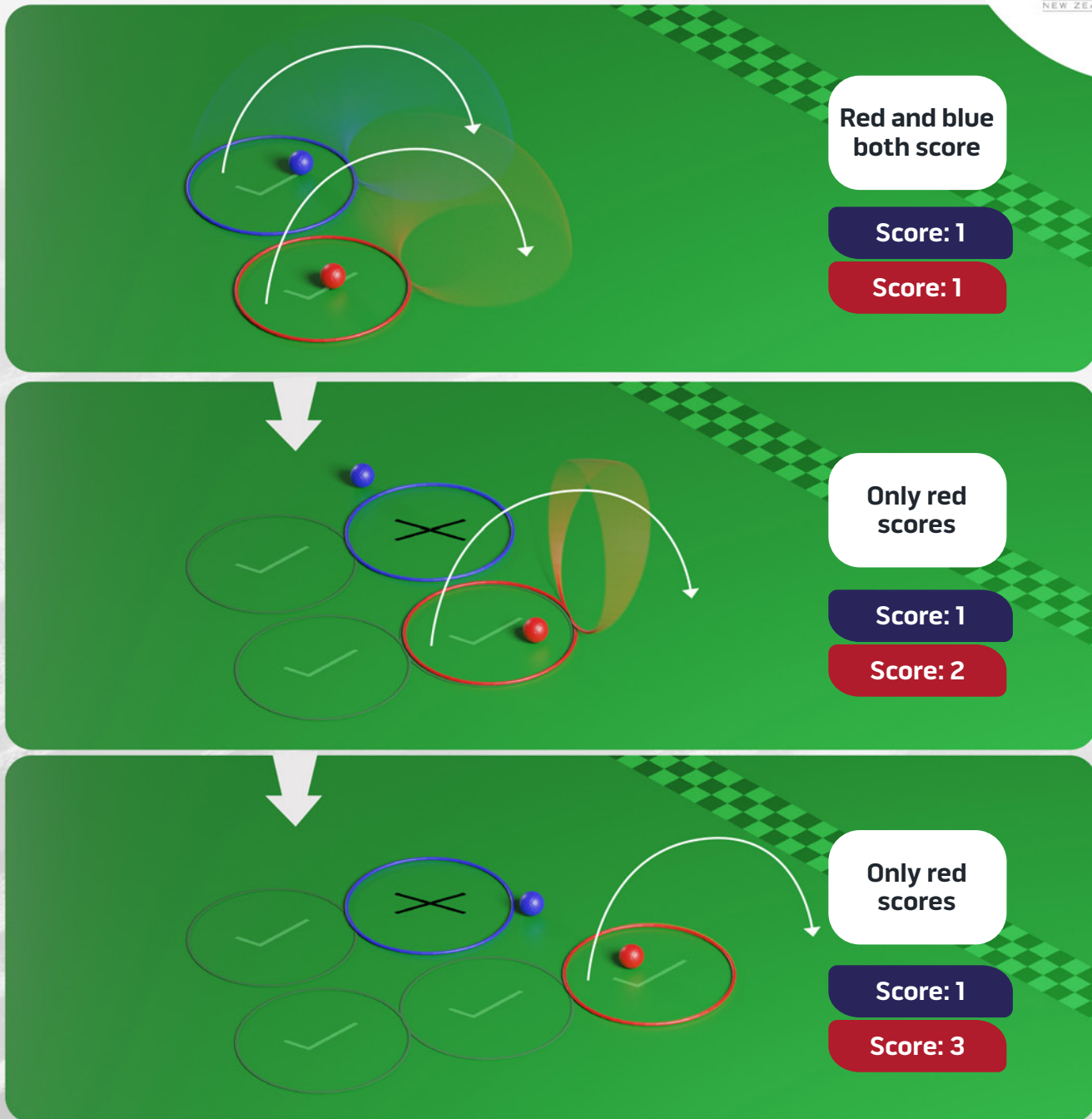
# Activity 7: Flip It

## How To Play

Players have one hoop in front of them.

Every time their ball lands in the hoop, they flip it over. This moves the hoop further away to make the shot increasingly more challenging.

The winner is the first person to get their hoop to a certain point.



**Red and blue both score**

Score: 1

Score: 1

**Only red scores**

Score: 1

Score: 2

**Only red scores**

Score: 1

Score: 3

## Activity 8:

# 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.

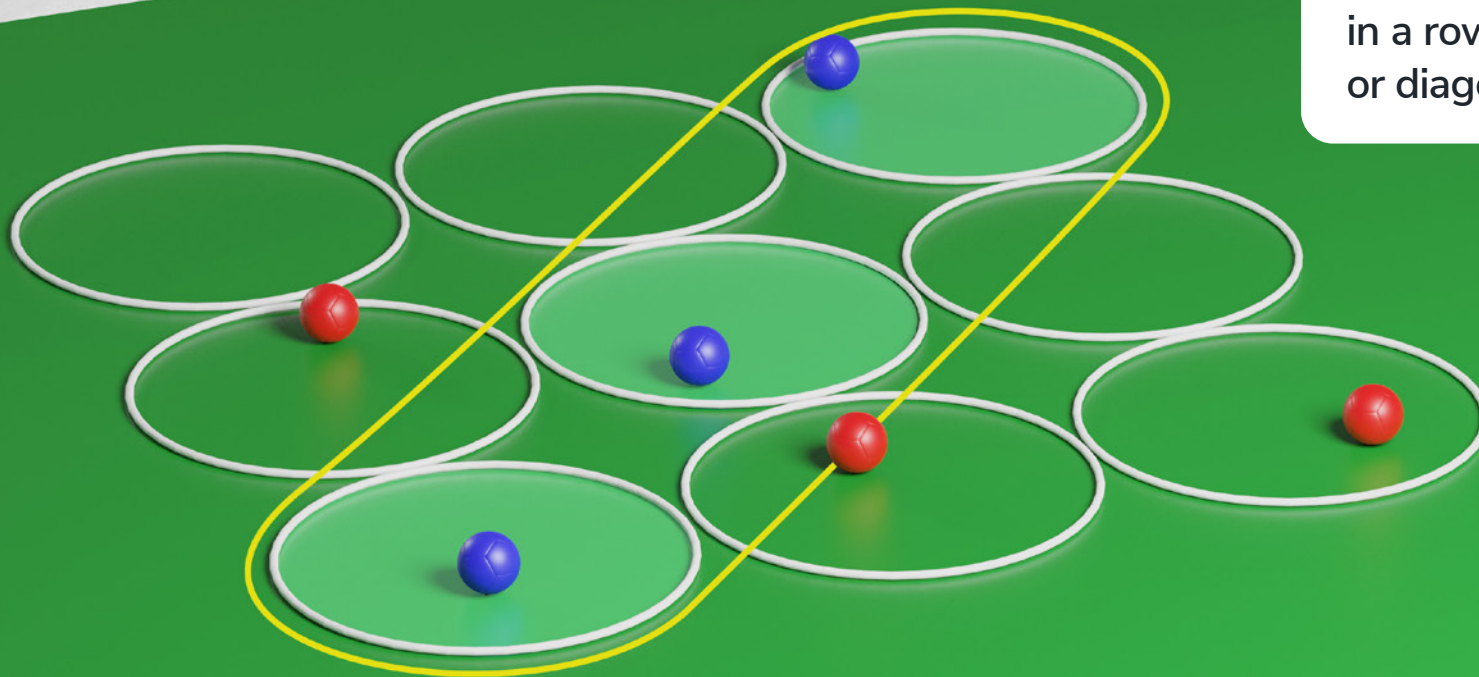
Why not try setting them up like Noughts and Crosses, and challenge players to get boccia balls in a line of three?

## 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 horizontally, vertically or diagonally to win.





## Activity 9:

# Game of Bocchia

### How To Play

Bocchia game rules can be found on Page 4.

Players sit alternating red, blue, red, blue etc.

### Consider using STEP

To make the game more accessible, you could:

- Shrink the court so all players can access the entire court.
- Use a scoring circle. Once all balls have been played, place a hula hoop centred over the jack ball and every coloured ball inside or touching the hoop scores a point.



# Regional Directory

## North Island

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### Auckland

**W:** [disabilitysportauckland.co.nz](http://disabilitysportauckland.co.nz)



### Gisborne

**W:** [facebook.com/ParafedGT](https://facebook.com/ParafedGT)



### Manawatu

**W:** [parafedmanawatu.com](http://parafedmanawatu.com)



### Taranaki

**W:** [parafedtaranaki.co.nz](http://parafedtaranaki.co.nz)



### Wellington

**W:** [dsport.nz](http://dsport.nz)



### Bay of Plenty

**W:** [parafedbop.co.nz](http://parafedbop.co.nz)



### Hawke's Bay

**W:** [facebook.com/DSRHB](https://facebook.com/DSRHB)



### Northland

**W:** [parafednorthland.com](http://parafednorthland.com)



### Waikato

**W:** [parafedwaikato.co.nz](http://parafedwaikato.co.nz)

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## South Island

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### Canterbury

**W:** [parafedcanterbury.co.nz](http://parafedcanterbury.co.nz)



### Southland

**W:** [facebook.com/InclusiveActivityMurihiku](https://facebook.com/InclusiveActivityMurihiku)



### Otago

**W:** [parafedotago.com](http://parafedotago.com)



### Tasman

**W:** [sporttasman.org.nz](http://sporttasman.org.nz)







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Originally developed by Disability Sport Wales  
and adapted by Boccia New Zealand