

Gotcha Boccia



Session Plans
for the Community

Having
a ball!



A Collectively Stronger Together partnership between:



INTRODUCTION AND ACKNOWLEDGEMENTS

Gotcha Boccia is an introductory, fun and inclusive community Boccia programme. This resource is intended for public use, and has been developed to support the activation of Gotcha Boccia, which contains session plans recommended over a six week period to:

- introduce new participants to Boccia
- offer participants with different abilities and learning styles many ways to play Boccia
- utilise modified activities and game ideas that develop specific and targeted skills within Boccia
- provide programme activators easy-to-follow Boccia session plan structures that contain week-to- week lesson progression.

Gotcha Boccia session plans vary between 55-75 minutes. Not all games in each session are required to be delivered. The number of games will depend on factors such as session time, ability level and engagement of participants. Programme activators should use their discretion to mix and match activities or games in each session to develop basic skills and knowledge for Boccia, whilst maintain positive engagement of participants.

The development of this Gotcha Boccia Resource has been funded by the Paralympics New Zealand Strengthen and Adapt plan, through a collaboration with Boccia New Zealand, Disability Sport and Recreation Hawkes Bay, ParaFed Manawatu, and ParaFed Taranaki to collaboratively co-design and stage a regional community Boccia programme across three regions in 2023.

This document is designed to complement other Boccia resources, providing ideas for the adaptation of environments, and equipment for skill and game learning in Boccia.



WHAT IS BOCCIA?

Boccia (pronounced botcha) is a precision ball Para sport similar to bowls whereby athletes throw, kick or use a ramp to propel a ball onto court aiming to get close to a target ball (the jack).

Played from a seated position using soft leather balls on a smooth rectangular court, Boccia is a game of skill and strategy which is fun to learn, easy to play, and is a truly inclusive sport where individuals of all genders, ages and abilities can play together.

Boccia balls are leather and are filled with tiny plastic pallets, so they don't bounce but will roll.

Boccia is a Paralympic sport with no Olympic counterpart and is a sport for all to enjoy.

FUNDAMENTALS OF BOCCIA:

- Accuracy
- Power
- Rebound / ricochet
- Strategy / tactics
- Communication and teamwork
- Game sense

Boccia New Zealand Inc is the governing body for the Para sport of Boccia in New Zealand. For further information find out more at boccia.org.nz

HOW TO PLAY

The aim of Boccia is to get closer to the jack than your opponent.

One individual, pair or team has six red balls, and their opponent has six blue balls.

The jack (white) ball is played first and must land within the valid area of the court. The side playing red always plays the first jack ball into a valid area of the court at the start of a match. Blue then plays the jack ball at the next end and alternates in turn for the duration of the match.

The individual who plays the jack ball, must then play the first coloured ball. The opposition side then plays their first coloured ball and following this, whichever side is not closest to the jack ball continues to play until they get closer or run out of coloured balls.

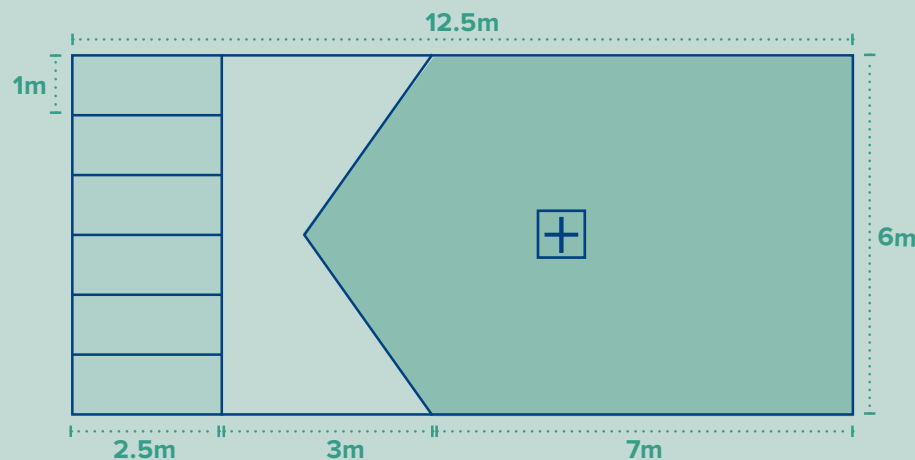
Once all balls have been played a side receives one point for every ball closer to the jack ball than their opponent's closest ball.

An end (round) consists of all 13 balls being propelled onto court (the jack, 6 red and 6 blue).

Once the end is scored the game moves on to the next end. Individuals and pairs play 4 ends per match and teams play 6 ends per match.

The final score is the cumulative score across all ends within the match.

Boccia Court Set-up:



BOCCIA CLASSIFICATION AND PLAYER PATHWAY

Para sport is sport within the Paralympic Movement for people with a disability. Athletes competing in Para sport have a health condition that presents as an impairment and leads to a competitive disadvantage in sport.

The purpose of classification is to define who is eligible to compete in Para sport and groups athletes with an eligible impairment into sport classes, according to how much their impairment affects their ability to carry out the fundamental activities in a specific sport.

Classification is integral to Para sport as it provides a structure for fair and equitable competition and ensures that the impact of impairment is minimised, so that the success of an athlete is determined by skill, fitness, power, endurance, tactical ability and mental focus.

Boccia is played competitively by athletes who are wheelchair users living with physical impairments affecting all four limbs. Common health conditions associated with Boccia athletes include both neurological and non-neurological conditions:

- Cerebral Palsy
- Muscular Dystrophy
- Muscular Atrophy
- Arthrogryposis Multiplex Congenita
- Stroke
- Spinal Cord Injury

Boccia is a Paralympic sport and therefore offers a Paralympic pathway. However, not every individual aspires to become a Paralympian and thus Boccia opportunities can be offered at a local community, regional and national level, through to the international level. All Para athletes wishing to compete in Boccia must have a sports specific class. For further information, resources and steps to gaining classification, find out more at paralympics.org.nz

COMMUNITY / LOCAL:

Individuals may play at school and/or at their local club, and may participate in primary or secondary school competitions, the Halberg Games or inter-regional opportunities. Individuals are introduced to the basic rules and skills of boccia and do not require a classification.

Step 1: **REGIONAL LEVEL:** Individuals are participating regularly at their local club and understand basic rules, skills, and tactics. Individuals are introduced to competition procedures and may participate in regional sanctioned events which require a provisional classification.

Step 2: **NATIONAL LEVEL:** Individuals are participating regularly at their local club and understand the rules, skills, tactics, and competition procedures. Individuals own their playing equipment which best accommodates their impairment and playing style. Individuals are regularly participating in regional sanctioned events and make the step up to national level competitions including the New Zealand National Boccia Championships and Boccia Australia National Titles which require a national classification.

Step 3: **INTERNATIONAL LEVEL:** Individuals are committed to Boccia as their chosen sport and have an individualised training plan. Individuals take part in national training camps and have a comprehensive understanding of the rules, skills, tactics, and competition procedures. Individuals are regularly winning at regional and national sanctioned events and make the step up to international competition which requires an international classification.

STEP

The *STEP* principle assists inclusion in physical activity by adapting the following four variables to increase participation.

SPACE: Consider the activity surface, surroundings, size, colours, obstacles, distractions

TASK: Consider the activity task, rules, roles, time, pace, positions

EQUIPMENT: Consider the equipment type, size, shape, weight, texture, sound, colour, obstacles

PEOPLE: Consider the people roles, groups, friendships, partnerships, numbers size, skills, ability



	MAKE THE ACTIVITY EASIER	MAKE THE ACTIVITY HARDER
S SPACE	<ul style="list-style-type: none"> • Use multiple target objects • Decrease the size of the activity area • Decrease the spacing between target objects • Decrease the distance to a target area or target object • Place target area or target objects straight in front of participants 	<ul style="list-style-type: none"> • Reduce the number of target objects • Increase the size of the activity area • Increase the spacing between target objects • Increase the distance to a target area or target object • Place target area or target objects at different angles
T TASK	<ul style="list-style-type: none"> • Increase the size of the target area • Increase the number of target objects • Keep activity rules and scoring simple • Play to less points e.g. first to 3 points • Ensure a clear (unobscured) path to the target area or target object 	<ul style="list-style-type: none"> • Decrease the size of the target area • Reduce the number of target objects • Have more than one smaller target areas • Add penalty points e.g. for out-of-bounds shots • Introduce obstacles which obscure the target area or target object
E EQUIPMENT	<ul style="list-style-type: none"> • Use multiple target objects • Use multiple throwing objects • Decrease the number of obstacles • Increase the size of the target object • Use lighter throwing objects or target objects 	<ul style="list-style-type: none"> • Use the jack ball as the target object (harder to hit and move) • Reduce the number of target objects • Increase the number of obstacles • Decrease the size of the target object • Use throwing objects that are varying in hardness
P PEOPLE	<ul style="list-style-type: none"> • Increase the number of participants on one team • Players keep their own score and try to beat their own best • Match participants up based on similar ability 	<ul style="list-style-type: none"> • Decrease the number of participants on one team • Players compete against each other • Encourage participants to challenge themselves and test their limits

EQUIPMENT

Equipment can be modified or adapted to provide a better quality experience for particular participants or particular situations.

This can apply to an individual or the entire group of participants where their ages and impairment types might be a consideration. Adaptations can be phased out as skills and confidence increase. Safety considerations are always a priority for each individual and the entire group.

THROWING / PROPELLING OBJECTS

- Boccia balls
- Boccia ramp
- Hacky sacks
- Bean bags
- Kush balls
- Tennis balls
- Foam balls

TARGET OBJECTS

- Jack balls
- Skittles
- Tin cans
- Soft balls
- Hula hoops
- Croquet gates
- Inflatable balls
- Flat marker spots
- Bottles (filled with water or sand)

ACTIVITY AREA / COURT OUTLINE

- Rubber lines
- Inflatable frame
- Cones with rope
- Pool noodles
- Tape (masking / painters)

MEASUREMENT TOOLS

- Measuring band
- Measuring caliper



SKILL FOCUS:

ACCURACY

Accuracy is a foundational skill within the sport of Boccia and refers to the ability to accurately propel a Boccia ball (or other similar object) to an intended target area.

Accuracy is important when looking to get close to the jack, when looking to play a ball to score, or when playing a defensive shot to block the opposition.



ACTIVATOR TIPS

- Encourage participants to explore a variety of methods of propulsion to find the method they are most comfortable with
- Ask participants which methods of propulsion were more effective for short and long distances
- Focus on praising the process as opposed to the outcome, because propelling a ball to a target area is a difficult task



EQUIPMENT NEEDED

- Boccia balls or similar objects
- Hula hoops
- Cones, marker spots, rope, tape



INTRODUCTION (5 minutes)

- Welcome all participants
- Engage all participants with activation options where possible, as follows:
 - » **Head exercise:** Participants to slowly turn their head to one side, return to center, and then the other side
 - » **Shoulder exercise:** Participants to lift up their shoulders to their ears and then relax
 - » **Forearm exercise:** Participants to rotate their forearms inward and outward whilst placed on their lap
 - » **Wrist exercise:** Participants to extend their wrists backwards and forwards
 - » **Trunk exercise:** Participants to rotate their upper body to one side, return to center, then the other side
 - » **Leg exercise:** Participants to extend one leg forward, then the other side
 - » **Feet exercise:** Participants to point their toes downward, then raise their toes upward
 - » **Breath exercise:** Participants to inhale from their nose, then exhale through their mouth

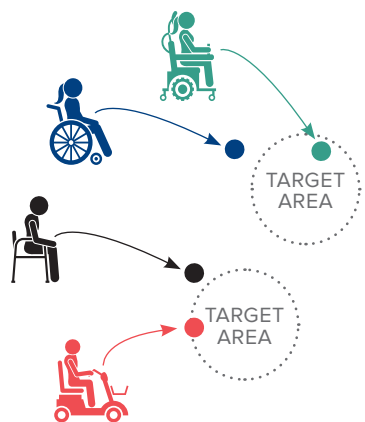
SESSION

1



WARM-UP ACTIVITY (10-15 minutes)

Get to Know your Throw



ACTIVITY SETUP

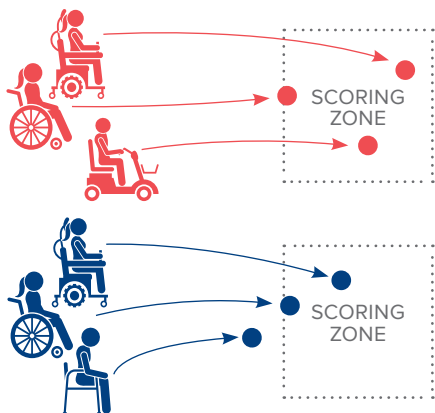
- Played as individuals
- Identify / mark out an activity space
- Participants can be seated in different areas of the activity space
- Place several targets on the activity space at different distances and angles

HOW TO PLAY S T E P

- Participants propel a ball or similar object toward any target, exploring different methods of propulsion e.g. kick (foot flick), ramp (pointer for head, mouth, or hand), overarm and underarm (palm up / palm down)
- Participants can all propel their ball at the same time or alternate turns

SKILL ACTIVITY 1 (10-15 minutes)

Make it Score



ACTIVITY SETUP

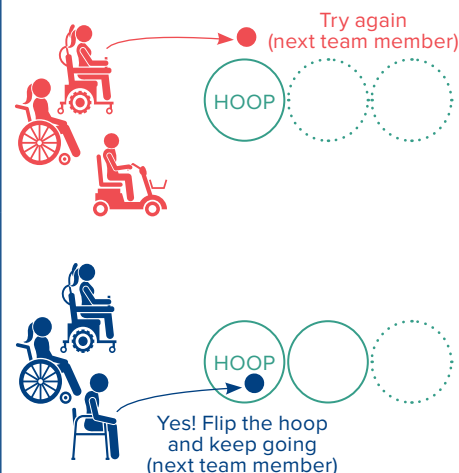
- Played as individuals, pairs or teams
- Participants are seated at one end of the activity space
- Create two 'scoring zones' by marking out areas of equal size within the activity space

HOW TO PLAY

- Participants propel a ball or similar object into their own 'scoring zone'
- Participants can all propel their ball at the same time or alternate turns
- The individual, pair or team with the most stationary balls in their own 'scoring zone' wins

SKILL ACTIVITY 2 (10-15 minutes)

Hoop Flip



ACTIVITY SETUP

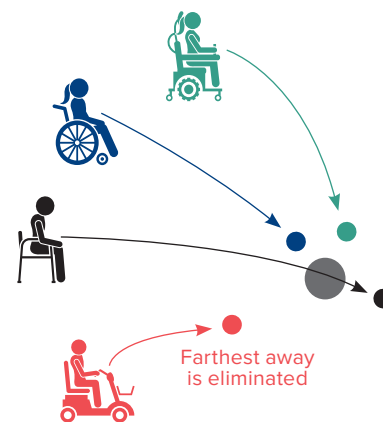
- Can be played as individuals, pairs or teams
- Participants are seated at one end of the activity space
- Place a hoop in front of each individual, pair or team
- Identify a specific number of times the hoop must be flipped or a certain point the hoop must be flipped past

HOW TO PLAY

- Participants take turns to propel a ball or similar object into their hoop.
- Each time their ball or similar object lands (stops) in their hoop they flip it over (making it further away)
- The first individual, pair or team to flip their hoop a specific number of times or past a certain point wins

SKILL GAME (10-15 minutes)

Only One will Remain



ACTIVITY SETUP

- Played as individuals
- Participants are seated at one end of the activity space
- Place one target ball or similar object on the activity space

HOW TO PLAY

- Participants take turns to propel a ball or similar object, aiming to get as close as possible to the target ball
- Once everyone has played their ball, the player whose ball is farthest from the target ball is eliminated
- The individual who is eliminated, places the target ball for the next round
- One player is eliminated each round until "only one remains"



PACK-UP AND REVIEW QUESTIONS (5 Minutes)

- Pack equipment away ensuring all equipment is returned
- One thing the group learned, liked, and disliked

SKILL FOCUS:

POWER

Power is a foundational skill within the sport of Boccia and refers to the ability to manipulate balls which are on court. Power is important when looking to both attack and defend and is often necessary to open a clear line of sight to the target ball.

This can include pushing a ball into a new position or to disperse multiple balls which may be surrounding the target ball.



ACTIVATOR TIPS

- Encourage participants to try hard and soft balls to find out which one is more effective to play a power shot
- Encourage participants to try roll the balls along the surface and throwing the ball through the air to find out which one is more effective to play a power shot
- Encourage participants to stabilise their body and follow through toward the target whilst performing a power shot to ensure accuracy remains



EQUIPMENT NEEDED

- Boccia balls or similar objects
- Skittles or similar objects
- Inflatable balls or soft balls
- Cones or markers
- Tape



INTRODUCTION (5 minutes)

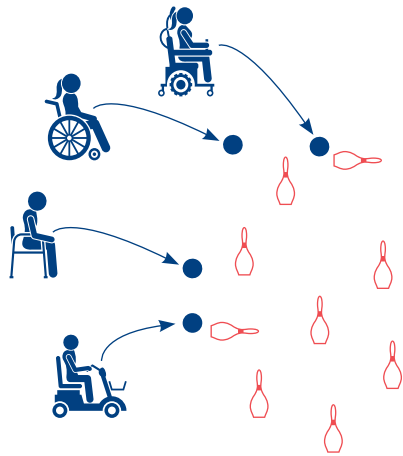
- Welcome all participants
- Engage all participants with activation options where possible, as follows:
 - » **Head exercise:** Participants to bend their head to one side, return to center, then the other side
 - » **Shoulder exercise:** Participants to lift their shoulders and move them backwards in circular motion
 - » **Forearm exercise:** Participants to raise their hands (palm down) from their lap to shoulder height, then return hands to the lap
 - » **Wrist exercise:** Participants to bend their wrists to one side, return to center, then the other side
 - » **Trunk exercise:** Participants to lean to one side, hang their arm beside their chair on the same side, return to center, then the other side
 - » **Leg exercise:** Participants to extend both legs in parallel
 - » **Feet exercise:** Participants to clench and unclench their toes
 - » **Breath exercise:** Participants to inhale longer into their chest and abdominal, then exhale through mouth

SESSION 2



WARM-UP ACTIVITY (10-15 minutes)

Skittle Chaos



ACTIVITY SETUP

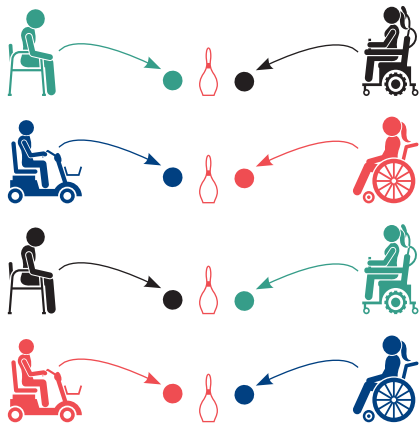
- Played as a team
- Participants can be seated in different areas of the activity space
- Place several skittles or similar target objects out on the activity space at different distances and angles

HOW TO PLAY S T E P

- Participants propel a ball or similar object aiming to knock down any skittles
- Participants can all propel their ball at the same time or alternate turns
- The goal is for all participants to work together to knock down all the skittles as quickly as possible
- An added challenge is to see which team can knock all skittles down in the fastest time and/or the least amount of shots

SKILL ACTIVITY 1 (10-15 minutes)

Knock 'Em Down



ACTIVITY SETUP

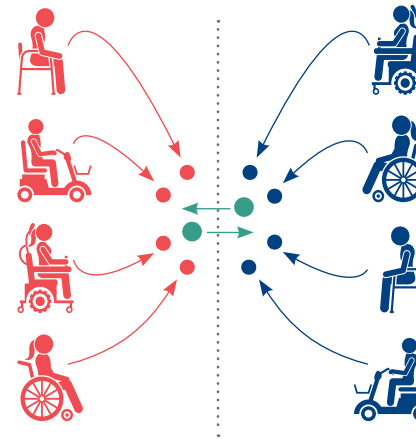
- Played as individuals
- Participants are seated opposite each other at each end of the activity space
- Place one skittle between two players

HOW TO PLAY

- Participants propel a ball or similar object trying to knock down the skittle in front of them
- Participants race to propel their ball, and the first individual to knock down the skittle wins
- Participants can then switch position to play against other individuals

SKILL ACTIVITY 2 (10-15 minutes)

First Past the Line



ACTIVITY SETUP

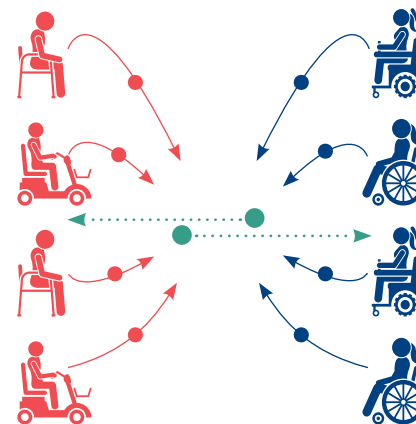
- Played as teams
- Participants are seated next to their teammates, opposite another team at each end of the activity space
- Place an inflatable ball or soft ball in front of each team
- Mark a line in the middle of the activity space

HOW TO PLAY

- Participants propel a ball or similar throwing object aiming to hit and drive the inflatable ball or soft ball forwards
- The first team to knock their inflatable ball or soft ball past the midway line is the winner

SKILL GAME (10-15 minutes)

Force Back



ACTIVITY SETUP

- Played as teams
- Participants are seated next to their teammates opposite another team at each end of the activity space
- Place an inflatable ball or soft ball in the middle of the activity space

HOW TO PLAY

- Participants propel a ball or similar throwing object aiming to hit and drive the inflatable ball or soft ball towards their opposition's end of the activity space
- The team that keeps the inflatable ball or soft ball in their opponent's end of the court for the longest period wins

PACK-UP AND REVIEW QUESTIONS (5 Minutes)

- Pack equipment away ensuring all equipment is returned
- One thing the group learned, liked, and disliked



SESSION 3

SKILL FOCUS:

REBOUND / RICOCHET

The rebound or ricochet is a foundational skill within the sport of Boccia and refers to the ability to manipulate balls which are on court to access a scoring position.

Rebound / ricochet is important when there is numerous balls in front of the target ball. This can include pushing a ball into a new position or accessing a target area which is blocked, by rebounding the thrown ball off another ball/s.



ACTIVATOR TIPS

- Encourage participants to control and vary the pace of the ball to achieve an effective rebound / ricochet shot
- Encourage participants to combine the skills of accuracy and power to push balls into different positions
- Encourage participants to place as many balls as possible to the jack ball in comparison to their opponents in a Boccia game situation



EQUIPMENT NEEDED

- Boccia balls or similar objects
- Cones or markers
- Rope or tape



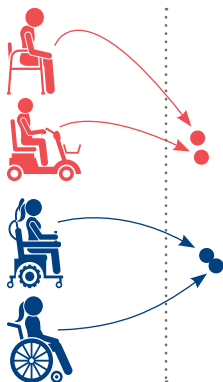
INTRODUCTION (5 minutes)

- Welcome all participants
- Engage all participants with activation options where possible, as follows:
 - » **Head exercise:** Participants to bend their head to one side, hang their opposite arm beside their chair, return to center, then the other side
 - » **Shoulder exercise:** Participants to lift their shoulders and move them forwards in circular motion
 - » **Forearm exercise:** Participants to raise their hands (palm up) from their lap to shoulder height, then return hands to the lap
 - » **Wrist exercise:** Participants to clench and unclench their fists
 - » **Trunk exercise:** Participants to lean forward and backward
 - » **Leg exercise:** Participants to kick both outstretched legs alternately
 - » **Feet exercise:** Participants to tap the floor with their toes
 - » **Breath exercise:** Participants to inhale for a count of up to four, hold for a count of up to four, then exhale for a count of up to four



WARM-UP ACTIVITY (10-15 minutes)

Clump the Balls



ACTIVITY SETUP

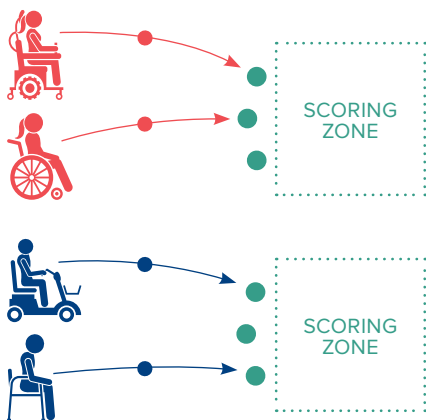
- Played as pairs or teams
- Participants are seated at one end of the activity space
- Create a 'valid area' by marking a horizontal line at least 2m in front of the participants

HOW TO PLAY S T E P

- Participants take turns to propel a ball or similar object into the 'valid area' creating a cluster (grouped close together) of their own balls
- The pair or team with the most balls touching together wins

SKILL ACTIVITY 1 (10-15 minutes)

Push to Score



ACTIVITY SETUP

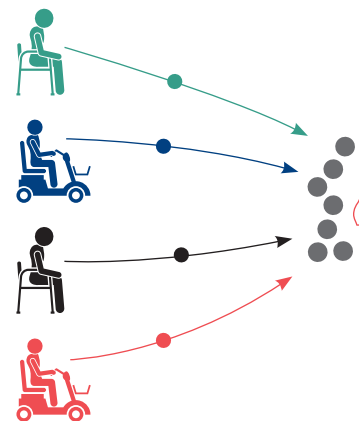
- Played as teams
- Participants are seated at one end of the activity space
- Create two 'scoring zones' by marking out areas of equal size between the teams
- Place a group of three target balls or similar objects in front of each 'scoring zone' for each side

HOW TO PLAY

- Participants take turns to propel a ball or similar object toward the cluster of three target balls, aiming to push the balls from outside the 'scoring zone' into the 'scoring zone'
- The first team to push all three target balls inside the 'scoring zone' wins

SKILL ACTIVITY 2 (10-15 minutes)

Closest to the Pin



ACTIVITY SETUP

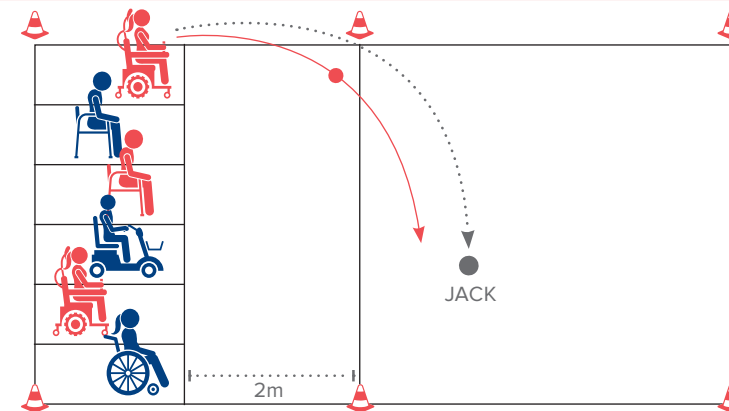
- Played as individuals
- Participants are seated at one end of the activity space
- Place a skittle or similar object out on the activity space
- Place a group of balls each side and slightly forward of the skittle to block any clear line of sight to the skittle

HOW TO PLAY

- Participants take turns to propel a ball or similar object toward the group of balls, aiming to push the ball off one of the grouped balls and land it closest to the skittle
- The individual to push a ball closest to the skittle without knocking it over wins

SKILL GAME (10-15 minutes)

Let's Play Boccia



ACTIVITY SETUP

- Played as individuals, pairs or teams
- Participants are seated at one end of the activity space alternating red, blue, red, blue, red, blue
- Place cones, rope or tape on the activity space to mark out a rectangular playing court
- Create a 'valid area' by marking a horizontal line at least 2m in front of the participants

HOW TO PLAY

- The side playing red starts by playing the jack ball onto court which must cross the 'V' or horizontal line
- The same participant playing red who played the jack ball then propels their first coloured ball toward the jack ball then alternate turns with any participant playing the blue side
- The participants to push their coloured balls closest to the jack ball wins



PACK-UP AND REVIEW QUESTIONS (5 Minutes)

- Pack equipment away ensuring all equipment is returned
- One thing the group learned, liked, and disliked

SESSION 4

SKILL FOCUS:

STRATEGY / TACTICS

Strategy can be defined as the overall game plan, and tactics can be defined as the specific actions taken to accomplish the strategy.

Tactics is important when applying specific skills against an opponent to execute an overall strategy based on a side's strengths or their opponent's weaknesses. This could include playing the target ball long, or to a preferred side of the court (further from an opponent), and/or deciding whether to play attacking or defensive shots based off the game situation.



ACTIVATOR TIPS

- Encourage participants to play to their own strengths and balance it out with playing to their opposition's perceived weakness
- Encourage participants to apply the skills of accuracy, power, rebound / ricochet at different parts of the game (e.g. decision making can be influenced by the score)



EQUIPMENT NEEDED

- Bocchia balls or similar objects
- Skittles or similar objects
- Hula hoops or similar objects
- Cones or markers



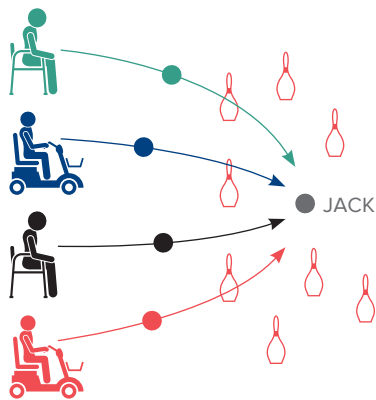
INTRODUCTION (5 minutes)

- Welcome all participants
- Engage all participants with activation options where possible, as follows:
 - » **Head exercise:** Participants to bend their head to one side, raise their opposite arm upward, return to center, then the other side
 - » **Shoulder exercise:** Participants to lift both arms from their lap, outstretched in front of their body to shoulder height, then return arms to their lap
 - » **Forearm exercise:** Participants to rotate their forearms inward and outward whilst placed on their lap
 - » **Wrist exercise:** Participants to move their wrists in circular motion, then the opposite motion
 - » **Trunk exercise:** Participants to rotate their upper body to one side, return to center, then the other side
 - » **Leg exercise:** Participants to extend one leg forward, then the other side
 - » **Feet exercise:** Participants to move their soles inward and outward
 - » **Breath exercise:** Participants to inhale from their nose, then exhale through their mouth



WARM-UP ACTIVITY (10-15 minutes)

Avoid the Junkyard



ACTIVITY SETUP

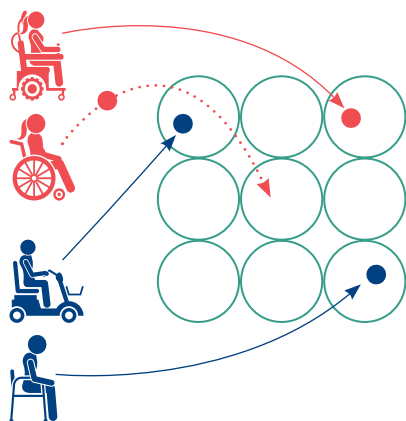
- Played as individuals
- Participants are seated at one end of the activity space
- Place skittles or similar obstacles in different parts of the activity space and place the jack ball as the target object

HOW TO PLAY S T E P

- Participants take turns to propel a ball or similar object toward the jack ball whilst avoiding contact with the obstacles
- The participant who finishes with the closest ball to the jack ball wins

SKILL ACTIVITY 1 (10-15 minutes)

Noughts and Crosses



ACTIVITY SETUP

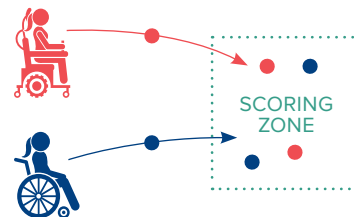
- Played as individuals, pairs or teams
- Participants are seated at one end of the activity space
- Place nine hula hoops in a 3 x 3 grid on the activity space

HOW TO PLAY

- Participants take turns to propel their ball toward a vacant part of the grid, aiming to get three balls in a row either horizontally, vertically or diagonally
- Participants can also decide to attack by knocking opposition balls off the grid, or defend by pushing their ball toward the front of the grid to block their opposition

SKILL ACTIVITY 2 (10-15 minutes)

Attack and Defend



ACTIVITY SETUP

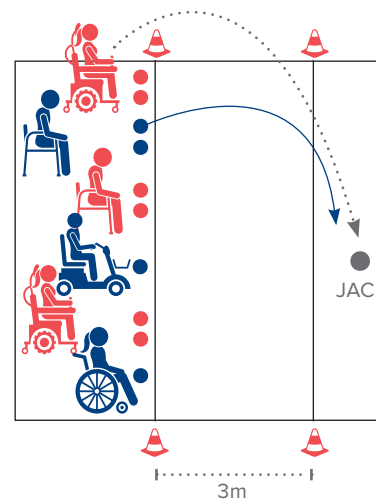
- Played as individuals, pairs or teams
- Participants are seated at one end of the activity space
- Create one 'scoring zone' (smaller than the Noughts and Crosses grid) by marking out areas of the activity space

HOW TO PLAY

- Participants take turns to propel a ball or similar object into the 'scoring zone' and/or knock opposition balls out of the 'scoring zone'
- The individual, pair or team with the most balls in the 'scoring zone' wins

SKILL GAME (10-15 minutes)

6 vs 4 Boccia



ACTIVITY SETUP

- Played as individuals, pairs or teams
- Participants are seated at one end of the activity space alternating red, blue, red, blue, red, blue
- Create a 'valid area' by marking a horizontal line at least 3m away from the participants

HOW TO PLAY

- The red side has access to 6 red balls, whilst the blue side only gets access to 4 blue balls
- Participants on the red side begin by propelling the jack ball onto a valid area of the activity space, then participants on the blue side propel the first blue ball toward the jack ball, then alternate turns with the red side until all balls are propelled
- The side playing 6 balls needs to capitalise on their 2-ball advantage by playing attacking shots
- The side playing 4 balls needs to decide whether to attack or defend in an attempt to limit the scoring potential of their opposition who have 6 balls
- Once all balls have been played each side receives one point for every ball closer to the jack ball than their opponent's closest ball



PACK-UP AND REVIEW QUESTIONS (5 Minutes)

- Pack equipment away ensuring all equipment is returned
- One thing the group learned, liked, and disliked

SKILL FOCUS:

COMMUNICATION / TEAMWORK

Communication is a foundational skill within Boccia and can refer to communication between player and coach, player and sport assistant or two teammates.

Communication includes both verbal and non-verbal and is important as to ensure messaging is clear, concise and understood. Non-verbal communication can include hand signals, head signals and body language. Teamwork is crucial within Boccia because teams and pairs must work together to identify and execute the best shot to achieve the best outcome.



ACTIVATOR TIPS

- Adapt and use a variety of communication styles with each participant
- Encourage participants to confirm whether messaging is understood, don't assume it is
- Encourage participants to communicate on what they see on the activity space, how they would like to play their next shot, and which teammate to play the next shot
- Encourage players to communicate with each other on what shot they think should be played



EQUIPMENT NEEDED

- Boccia balls or similar objects
- Skittles or similar objects
- Flat marker spots
- Inflatable frame

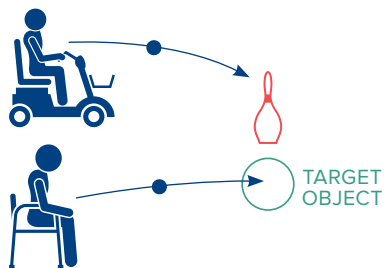


INTRODUCTION (5 minutes)

- Welcome all participants
- Engage all participants with activation options where possible, as follows:
 - » **Head exercise:** Participants to bend their head to one side, raise their opposite arm upward, return to center, then the other side
 - » **Shoulder exercise:** Participants to lift both arms from their lap, outstretched above their head, then return arms to the lap
 - » **Forearm exercise:** Participants to raise their hands (alternating palm up and palm down) from their lap to shoulder height, then return hands to the lap
 - » **Wrist exercise:** Participants to move their wrists in circular motion, then the opposite motion
 - » **Trunk exercise:** Participants to rotate their upper body to one side, return to center, then the other side
 - » **Leg exercise:** Participants to kick both outstretched legs alternately
 - » **Feet exercise:** Participants to tap the floor with their toes
 - » **Breath exercise:** Participants to inhale longer into their chest and abdominal, then exhale through mouth

WARM-UP ACTIVITY (10-15 minutes)

Takes Two to Tango



ACTIVITY SETUP

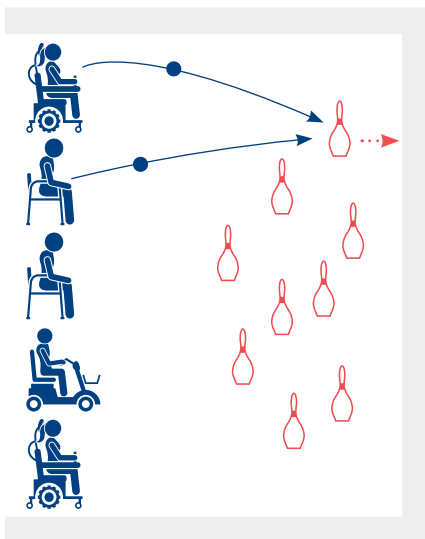
- Played as pairs
- Participants are seated at one end of the activity space
- Place one skittle and one other target object in front of each pair

HOW TO PLAY

- Participants take turns to propel a ball or similar object, aiming toward the target object and to knock down the skittle
- Participants can communicate with their teammate on which target they wish to aim for
- Participants can also communicate with their teammate on how to play their shots
- The first pair to propel their ball onto the target object and to knock down the skittle wins

SKILL ACTIVITY 1 (10-15 minutes)

Snooker Boccia



ACTIVITY SETUP

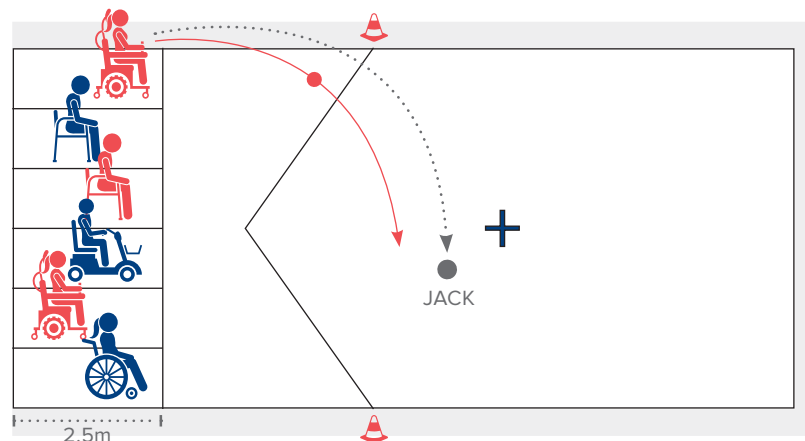
- Played as a team
- Participants can be seated in different areas of the activity space
- Place several skittles or similar target objects in the middle of the activity space

HOW TO PLAY

- Participants take turns to propel a ball or similar object aiming to manipulate the placement of all the skittles
- Participants can communicate with their teammate on which target they wish to aim for
- The goal is for all participants to communicate with other participants to support the propulsion and direction of their balls to effectively push all skittles toward the edges of the inflatable frame

SKILL GAME (20-30 minutes)

Game of Boccia



ACTIVITY SETUP

- Played as teams
- Participants are seated at one end of the activity space alternating red, blue, red, blue, red, blue
- Place an inflatable frame on the activity space to mark out a rectangular playing court
- Create a 'valid area' by marking a 'V' line in front of the participants

HOW TO PLAY

- The side playing red starts by playing the jack ball onto court which must cross the 'V' line
- The same participant playing red who played the jack ball then propels their first coloured ball toward the jack ball then alternate turns with any participants playing the blue side
- Whichever side is not closest from the jack ball continue playing their coloured balls until they get closer or have played all their coloured balls
- The end is complete once all coloured balls have been played by each side
- Each side receives one point for every ball closer to the jack ball than their opponent's closest ball
- Up to 6 ends can be played to determine the overall winning team

PACK-UP AND REVIEW QUESTIONS (5 Minutes)

- Pack equipment away ensuring all equipment is returned
- One thing the group learned, liked, and disliked



SESSION 6

SKILL FOCUS:

GAME SENSE

Game sense incorporates all previously modified game strategies and concepts to continue developing skills and tactics of Boccia.

Game sense is a learning method to provide match scenarios that are generally fun and motivating.



EQUIPMENT NEEDED

- Various throwing / propelling objects including Boccia balls or similar objects
- Various target objects including jack balls or similar objects
- Various activity area / court outline including inflatable frame, tape or similar objects



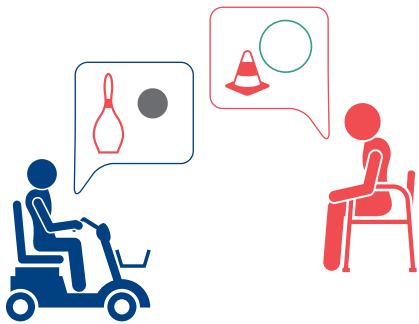
INTRODUCTION (5 minutes)

- Welcome all participants
- Engage all participants with activation options where possible, as follows:
 - » Participants to roll a ball in their hand in different directions (forward, backward, sideways)
 - » Participants to swing their arm in different directions (forward, backward, sideways) whilst holding the ball
 - » Participants to balance a bean bag on a body part (head, arm, foot)
 - » Participants to pass a bean bag from one hand to the other hand
 - » Participants to throw a bean bag upward and catch it on their lap or with both hands
 - » Participants to follow the activator's command to tap their head, shoulder, knees and toes



WARM-UP ACTIVITY (10-15 minutes)

Be Your Own Boss



ACTIVITY SETUP

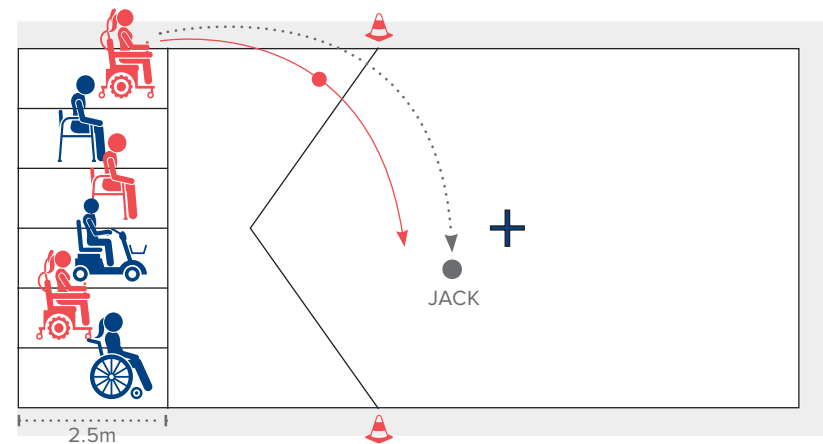
- Can be played as individuals, pairs or teams
- Participants to choose their own equipment (maximum 6 items) and negotiate with others on how they wish to set up the seating positions, activity space and target areas
- Activator to facilitate discussions and place target objects as agreed with participants

HOW TO PLAY

- Participants to propel the ball or similar object within their agreed turn and space

SKILL GAME (40-50 minutes)

Game of Boccia



ACTIVITY SETUP

- Played as individuals
- Create six numbered player boxes by marking rectangles the size of 1m x 2.5m per box at one end of the activity space
- Participants are seated within the player boxes alternating red, blue, red, blue, red, blue
- Place an inflatable frame on the activity space to mark out a rectangular playing court
- Create a 'valid area' by marking a 'V' line in front of the participants

HOW TO PLAY

- The side playing red starts by playing the jack ball onto court which must cross the 'V' line
- The same participant playing red who played the jack ball then propels their first coloured ball toward the jack ball then alternate turns with any participants playing the blue side
- Whichever side is not closest from the jack ball continue playing their coloured balls until they get closer or have played all their coloured balls
- The end is complete once all coloured balls have been played by each side
- Each side receives one point for every ball closer to the jack ball than their opponent's closest ball
- Up to 4 ends can be played to determine the overall winner



PACK-UP AND REVIEW QUESTIONS (5 Minutes)

- Pack equipment away ensuring all equipment is returned
- One thing the group learned, liked, and disliked



Gotcha Boccia

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