

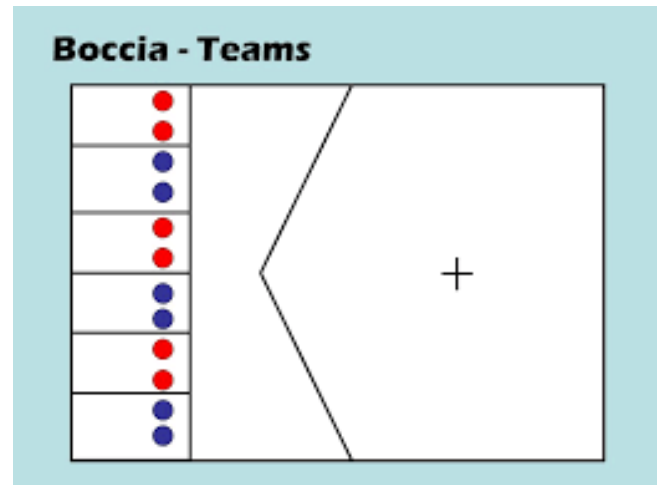
# Boccia-USA.Com

## How to Play Boccia!

- Boccia is a Paralympic throwing sport. It is highly competitive and is fun for ALL! The balls can be thrown, rolled or put in play with a ramp.
- You sit next to your opponent on a boccia court. Each side get 6 colored balls, red or blue. Red will throw the white ball (Jack) out on court. And then the same person who served will throw their first red ball out on court. Can be played in lots of combinations  
Can be played on any hard service and any size court.

*THE OBJECT IS TO GET AS CLOSE TO THE white "JACK" BALL AS POSSIBLE. "Kiss the Jack"*

- **Order of play:** Whoever is farthest from the JACK throws next until they get closer or run out of balls. You can bounce your ball off any other ball to get closer. If the Jack is hit out of bounds, it is placed in the middle.
- **Scoring:** After all balls are thrown the end is scored. Players will get as many points as they have balls closer than their opponent's closest ball. The score accumulates after each end. After four ends, the team with the highest score wins. If there is a tie, one additional end is played.



## Boccia Strategies for success:

- Serve the Jack ball on *your* side of the court. This makes the angle and distance more difficult for your opponent.
- Follow the serve as close to the Jack as possible. It puts your opponent on the defense. Try to stay in front of the Jack.
- When your following your opponents serve, get as close to the Jack as possible. Sometimes your best defense is to limit the number of points your opponent can score.
- Find your sweet spot. With each athlete, the way you throw, or roll, depends on your unique body. With practice you can find what works for you.

## Common Rule Violations:

- Throwing a ball when it is not your turn: Wait for the official to show your color!
- Having your chair on the line of the box while throwing.
- Moving when it is not your turn. Unless the official asks you to move so your opponent can throw.

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## Skill Development for Success

*BISFED uses the following Names for different shots a Boccia athlete will need to use in a match. Set up Scenarios where you practice these shots.*

1. **"First Ball."** Practice serving the Jack ball and placing your "First Ball" in front of Jack to make difficult the next shot for your opponent. Do this over and over where you want to serve.
2. **"Push On"** Put your color ball between two others and take a shot where you "push" your ball into position. Set up different scenarios across the court.
3. **"PUSH OFF"** A shot in which the play pushes opposition ball from target.
4. **"SMASH"** Sometimes you need to break up cluster of balls. This is a power shot best used with Pendulum Throwers along the ground.
5. **"Ricochet"** Like Billiards. Practice rebounding off another ball to get into the target area.
6. **"Bounce Over"** An aerial trajectory shot aimed at bouncing over a barrier ball to get to reach a specific target.
7. **"Roll on top or Roll up and over"** A shot with the intention of playing the ball and it remains on top of another ball or rolling over into target area
8. **"Lob Shot"** An Aerial shot played to move the Jack ball away for opponents ball.

The following are tactical ideas to consider when competing.

- A. **"Play the Circle"** You do not always have to hit the Jack to win. Find out what is the closest ball of your opponent and move it out of the way or throw inside that circle.
- B. **"Use the Whole Box"** Adjusting your chair to different places in the box, changes the angle and opens shots that were not there before. Moving Back may set up a better shot that always up at the front.
- C. **"Go out on the court to see the placement of the balls"** On your time, you can assess the situation and decide what you need to do. I can also give you a mental break.
- D. **"You paid for 5 minutes (BC1) USE all of your time! Don't be in a hurry!"**
- E. **"Chew a stick of Gum"** if you are nervous. It is a simple trick to keep your mind occupied.
- F. **Celebrate** when you or your teammates make a great shot. Boccia is not Tennis or Golf! We get excited
- G. Check out Boccia competition on YOUTUBE! Learn from the best!

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## Boccia Games

## 2. First to 21!

Simple, Fun Games using Boccia Equipment.

### 1. Knock-Out – Knock IN

#### Skills Developed:

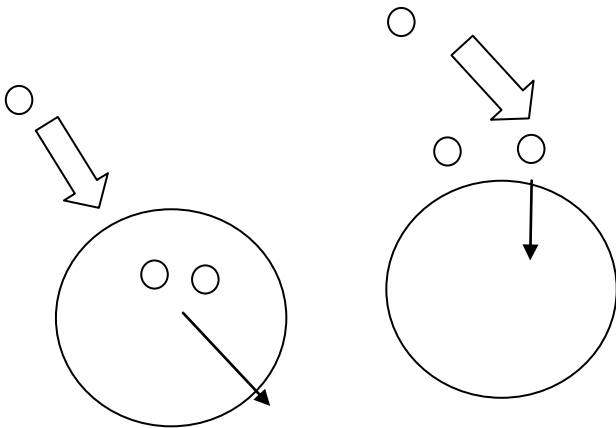
Team work, Strategic Play,  
Realistic boccia strategy

#### Equipment:

Boccia balls, Hoops or  
Mat, Chairs.

#### How to play:

- Place 2 boccia balls inside of the hoop or on the mat.
- Player rolls their ball to knock the Boccia ball off the mat or out of the hoop.
- Then reverse it. Put Boccia balls in front of the mat or Hoop and Knock them IN
- Move the targets to different locations.



#### Skills Developed:

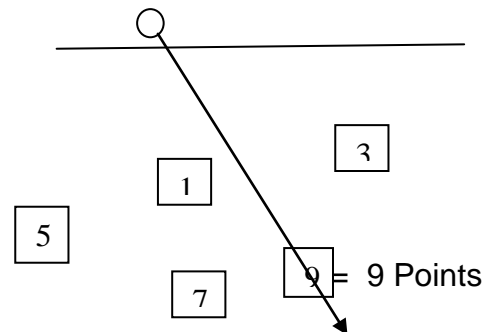
Accuracy skills, Numeric skills,  
team work and decision making

#### Equipment:

Boccia balls, set of laminated  
cards numbered 1 to 11.  
Chairs

#### How to play:

- Divide into 2 teams
- Each participant has 2 balls.
- Lay a set of 1 to 11 numbered cards in the space you have.
- In turn roll the balls over the cards from a seated position to gain the points on the card.
- First team to or closest to 21 WINS!



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## 3. Find your way HOME

### Skills Developed:

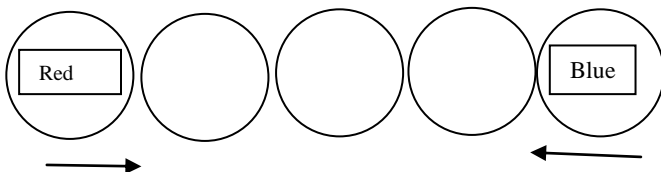
Listening to instructions. team work/communication skills and decision making

### Equipment:

Boccia balls, Chairs, hoops or mats

### How to play:

- Split the group into 2 teams: red and blue.
- All players sit in front of a row of hoops/mats. A hoop at one end is RED's home. A hoop at the other end is Blue's home.
- Red team start at the blue home and work across to their home. Blue team starts at Red home and works across to their home.
- Ball has to stay in the hoop before moving on.
- You can knock the other team out of their spot, they start back at the beginning.
- First Team with all balls home wins.



## 4. MINE-Field

### Skills Developed:

decision making, aiming for target and accuracy, Team work and communication skills.

### Equipment:

Boccia balls, Chairs, Cones or other obstacles

### How to Play:

- Scatter lots of cones around a defined area (mine field)
- Roll the balls from a seated position, players clear a pathway through the mine-field. Removing the hit cones, to create the pathway.
- First team to roll a ball through with out hitting any mines WINS.



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## 5. *Space Invaders*

### **Skills Developed:**

Rolling Balls, Attacking and Defending, Team work and communication skills.

### **Equipment:**

Boccia balls, Chairs, Skittles or Pins.

### **How to Play:**

- 5 feet from start line, set up 10 pins in a line with a small space in between each one.
- The pins are the space invaders
- Red Team are aliens, they roll a Their balls to make a wall to try to protect the space invaders.
- Blue Team try to knock out the space invaders by getting past the defense and hit the pins.
- Once all attacking balls are rolled, swap sides and set up a new game.

## 6. *New York Times*

### **Skills Developed:**

Aiming and accuracy

### **Equipment:**

Boccia balls, Chairs, News Paper

### **How to Play:**

- Place an open sheet of newspaper on the floor. (Target)
- Set the target appropriate distance for the group.
- Every ball that gets on to the target wins a point.
- Once everyone has thrown, collect the balls.
- Fold the Paper in Half and repeat! Keep folding until you can fold paper any more.
- Move to other location for more challenge.



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## 7. Darts

### Skills Developed:

Aiming and accuracy, Different throwing skills.

### Equipment:

Boccia balls, Chairs, Multi colored Parachute

### How to Play:

- Each team tries to get a ball on each color segment to win the game. One person from each team to throw one at a time.
- Red and Blue Teams
- Red choses a color segment on the parachute
- On player from each team attempts to get their ball into that section.
- Blue team now choses a segment and so on. Team to complete the circle wins.



## 8. Soccer

### Skills Developed:

Aiming and accuracy, Propelling ball into large area. Understanding distance, following instructions. throwing skills.

### Equipment:

Boccia balls, Chairs, Large Soft ball, 4 pins/skittles for goal posts

### How to Play:

- Teams at opposite ends of room
- Use the Pins for goal posts in front of players
- Each team can shoot at will but must remain seated.
- Hitting big ball with Boccia balls will send it down the court.
- Boccia ball must hit the ground first and roll to the big ball.
- The only way a team can defend is with a thrown boccia ball to send the soft ball in the opposite direction.
- If a ball goes out of bounds, the game is stopped, and balls can be collected in your own half of the court.
- You can use any color ball that end up in your own half.
- Game restarts after a go. Red and Blue Balls return to their teams and big ball placed in center.
- Penalty for anyone who throws standing up.
- Penalty=3 shots. Ball is place on offending teams goal line. Defending allowed

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## 9. Basketball

### Skills Developed:

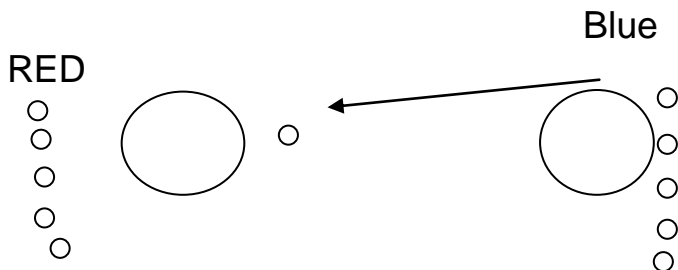
First experience of throwing a ball.  
Aiming and accuracy, Muscle Memory, Scoring. Attacking and Defending.

### Equipment:

Boccia balls, Chairs, Large Hoops

### How to Play:

- Teams sit opposite each other at either end of the court with hoop in front of them
- One player is chosen to defend, they roll their ball out in front of their hoop.
- Attacking team try to get balls in hoop passed defensive ball.
- Teams swap over, Most points win



## 10. Visually Impaired Boccia

### Skills Developed:

Aiming and accuracy, Muscle Memory, Listening to instructions. Different throwing skills.

### Equipment:

Boccia balls, Chairs, Eye Patches

### How to Play:

- 2 Teams. All but one player (director) on each team have eye covers so they cannot see.
- Red team Director throws the Jack ball on the court.
- Red Director tells team member where to throw one ball to try to get to the jack.
- Blue Director tells team member where to throw ball to try to get to the jack. Blue continues until they are closer or run out of ball.
- Red goes until closer or out of balls.
- Point for each ball closest to the Jack.
- Change Directors and play again.