

SPORTS ABILITY

Boccia

Boccia 5-3-1

A team target game that develops shot accuracy
and an understanding of scoring.

Learning Intention

To refine shot placement and accuracy and to develop strategies for working as a team to create high scoring opportunities.



Skill Focus

Throwing, rolling, shot placement



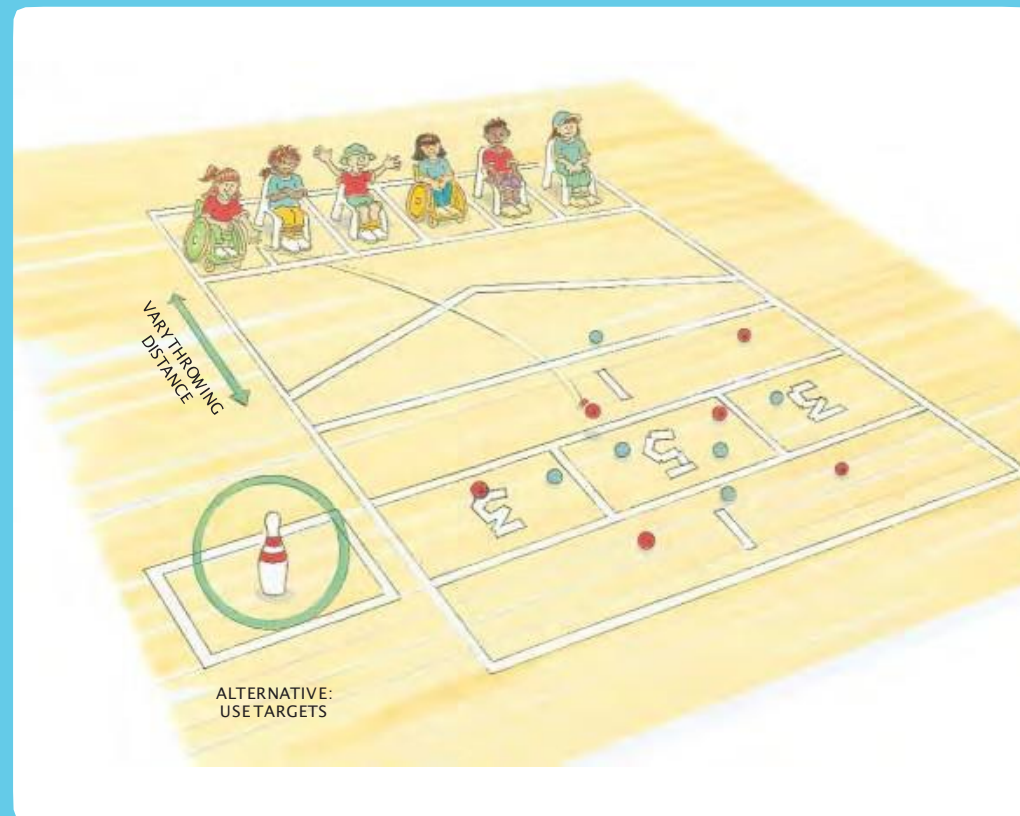
What you need

- Boccia balls or alternatives (see Equipment)
- **Boccia court, or tape or chalk to mark out target**
- Suitable indoor or outdoor playing space



What to do

- Divide players into two teams of 2 or 3 players.
- All players should be seated.
- Players are given two Boccia balls each.
- **Each player in Team A takes turns from the throwing line until all their balls have been thrown.**
- **When Team A has finished, scores are added up (1 point for each ball static in a square).**
- Team B then throw in turn, trying to beat Team A's score.
- Balls on the line are given the highest score.





Teaching Style · Rules · Equipment · Environment

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

Teaching style

- **Encourage teams to find ways of working together to improve** their score. For example, identifying strengths of each player. Some can aim at the furthest target, others the nearest, those who are very accurate can aim for the highest score target.

Rules

- Play alternately e.g. teams can **choose to score or knock** their opponent's balls out **of a scoring position.**
- Vary the scoring system, **e.g. a score in the same box as** the preceding player doubles the score.
- Agree on the number of rounds to be played.

Equipment

- Boccia ball alternatives include **objects such as bean bags, paper** and tape balls or Koosh balls.
- Place a corresponding number **of skittles or plastic bottles in** each target box to increase the **difficulty.**
- Use larger or smaller balls to **make hitting the target easier or** harder.

Environment

- Increase or decrease the distance between the players **and target. Foreexample:**
 - move the throwing line closer **or further**
 - **players of different abilities throw from different** distances.
- Vary the size of the targets e.g. smaller boxes will increase the challenge.

Safety

- No one enters the target area during play.
- **Ensure players know who is throwing next.**

Ask the players

- **How can your team make it difficult for the other team to score?**
- Is it best to choose a target with the **lower or higher points? Why?**
- **When should you try and knock** your opponent's ball out of a scoring position rather than score points with **your shot?**