

Boccia Training Games & Ideas

Warm Ups:

Take the Challenge! (purpose: warm up, expand skills, have fun)

Players and coaches suggest various ways to propel the ball. Everybody has to try it. Giving it a 'special name' gets you 'extra credit'.

Throw-a different-way- overhand, underhand, high lob, bend and low, side arm, backwards

Ramroll-a different-way- lean and reach, high and drop

Targets! (purpose: warm up, expand skills, be independent)

Place vinyl circles or newspapers or seasonal cut-outs on the court- some long some short. Players throw "at will". The balls are to stay on the target.

Range of Motion and Stretching! (purpose: warm up, target specific muscle groups)

Have each athlete contribute a stretch that has been effective for them.

Introductory Game:

'Texas Marbles'. A great game to introduce scoring (Scott Brown, Pensacola Fla.)

Set up: Put kids in a big circle, divide the boccia balls among them. (usually they get only one ball). Place Jack in the center. Introduce the vocabulary: boccia and jack. Tell them they are to try to get as close to jack as possible.

Everyone can throw at once. Cheer for the ones that get close and after all balls have been thrown, show them how to score.

Scoring lesson: The color closest to jack scores. Then the number that they have closer than their opponent tells how big the score is. Announce the score, 2 for blue, 3 for red, etc.

Repeat: Return balls, replace jack to center and signal for the throw, cheer and score.

Skills games:

Target Practice: (purpose: accuracy)

Athletes throw, roll or kick the ball at a target. Target ideas: 2 or 3 of the athletes or coaches, tin cans, bowling pins, large beach balls, therapy balls.

Attack and Defend: (purpose: accuracy, speed of throw)

If there is a large group of players- athletes can sit on either end of the boccia court and aim at large beach balls which are initially placed at center court. The object is to make the balls roll and touch the team members on the opposite side. After all balls are thrown, (or call a 'cease fire'), Coaches retrieve balls and return them to the throwers. Another signal allows the throwing to begin again. Coaches also keep the target beach balls in bounds.



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Bombs Away: (purpose: practice long shots)

Place a target near the back of the court. Initially, these targets could stand up if the athletes need it for a visual cue. Players shoot at will at the target.

Keep track of balls that make it to the target. (Strategy- players learn that throwing harder makes the ball go further, they learn that harder balls go farther, etc. Ramp players learn that changing the position of the ramp, or releasing the ball from different places on the ramp, makes the ball go further.)

Easy Does It: (purpose: practice short shots)

Place several targets, lying flat, near the front v-line on the court. Players shoot at will at the target. Keep track of balls that stay on the target. (Strategy-Players learn that throwing softer changes the distance thrown. They experiment with arm and wrist positions to shorten their shot. Ramp players learn that changing the position of the ramp, or releasing the ball from different places on the ramp, makes the ball play shorter.)

Precision Boccia: (purpose: accuracy at several points on the court)

Set up 4 paper targets approximately 1 meter by 1 meter. Place 2 deep and 2 short court. Each target could also have a smaller target drawn inside. Number the targets 1, 2, 3 and 4. The athlete gets 6 balls. The athlete calls his target and then takes his shot. If he touches his target at all, he gets 5 points, if he stops on the target he gets 10 points and if he stops on the target within the target he gets 25 points. Highest total is the winner.

What's the Score!: (purpose: accuracy and strategy)

Select a target. Place it on court. Divide the balls between the players. Set a timer allowing approximately 1.5 minute per ball (example if players have 2 balls each, timer is set for 3 minutes) A signal is given and the players fire at will aiming at the target. When the timer goes off the game is scored- one point for each ball on the target!

Play 4 to 6 ends! This game helps to teach strategy. They use their balls to knock their opponent off the target, they may try to place a ball on target and then set up blocks. It encourages them to think not only about their skills, but about their opponents' skills.

Up in the air: (purpose: to try different types of throws and releases)

Place a box or bench out on the court. The players try to make the ball land on the item.

Place a target (hoop, towel, paper) on the other side of the box or bench, the players try to throw their ball over the bench and make it land on the floor target.



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In between the lines: (purpose: accuracy)

Place upright targets like bowling pins or cones and throw, kick or roll you ball between the targets.

Hit the Spot: (purpose: to try different types of throw and release)

Place a target on the wall and players throw, kick or roll to hit the target.

Ricochet: (purpose: learn about bank shots)

Place 2X4's or tables laid on their side out on the court and request that player hit against the sidewalls to bounce onto a target.

King of the Hill: (purpose: competition simulation)

2 players compete, sitting in the two center playing boxes. Red in box 3 and Blue in Box 4 (as in individual competition). The referee signals Red to serve the Jack and then signals red again to throw their red ball close to the Jack. Blue is signaled to play. The color that is NOT closest plays until they get closer. The end is completed according to the official boccia rules.

Play 1 or 2 ends. The winner stays on court and the next challenger comes to play. Whoever is left on court at the end of the practice session is King of the Hill.

