



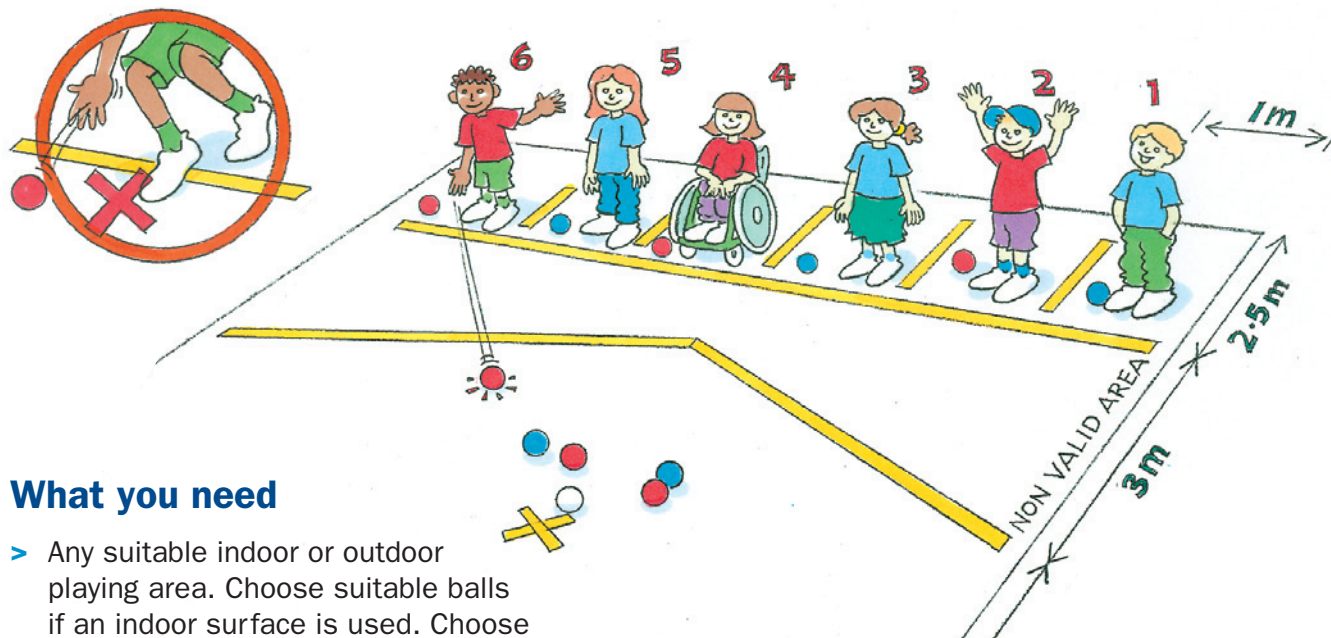
Australian Government
Australian Sports Commission

EASY MED HARD



Boccia

Pronounced 'botch-ya'. A target game requiring players to lob as many of their balls as close to a target ball as possible.



What you need

- > Any suitable indoor or outdoor playing area. Choose suitable balls if an indoor surface is used. Choose dimension to suit your situation
- > Playing area marked as shown
- > **For team Boccia** – 13 balls:
1 jack, 6 red and 6 blue
- > Boccia balls or alternative – bean bags, paper and tape balls, Koosh balls



What to do

SETTING UP

- > Play 2 v 2, 3 v 3 or individually. Allocate a team colour, red or blue. Red throws first.

PLAYING

- > The red team throws the target ball (called a 'jack') anywhere onto the 'valid area'.
- > The side throwing the jack also plays the first coloured ball.

- > The opposite side then plays their first coloured ball into court, then the teams take turns for a nominated number of bowls or until everyone has had a bowl.
- > If the jack is thrown or knocked out of court, it is placed on the cross and play continues.

A tie-breaker is used if scores are level at the end. The jack ball is placed on the cross and sides toss a coin to determine the order of play.

Scoring

- > The side with the most balls closest to the jack scores one point for each scoring ball (i.e. each ball closer than the opposing team's closest ball). If two or more balls are equally close, they score one point each.
- > The *winning team* – highest total number of points.

LESSON LINK

Boccia lends itself to inclusive participation. A useful companion to games like bowls.

SESSION PLANS

Combo > Start out WC 10b + Get into it TG 05 + Get into it TG 02
Mixed combo > Start out WC 10b + Start out SF 01b + Get into it TG 02

Skills > Accurate target throwing · Tactical play to 'lock out' opponents · Team communication to set tactics

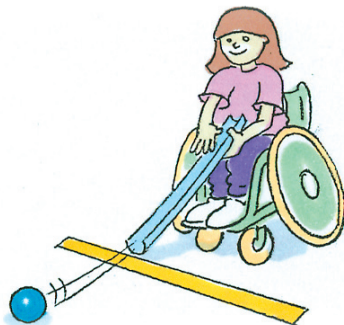
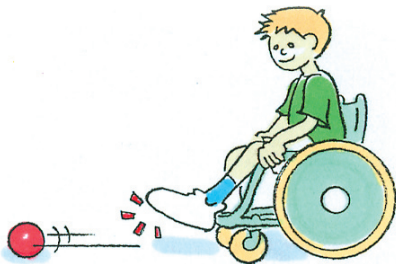
change it...

Coaching

- > Players choose a team captain. Rotate the role. The captain decides on the playing order.

Game rules

- > Propel the ball with a foot or use an assistance device such as a ball-sending ramp, if necessary.



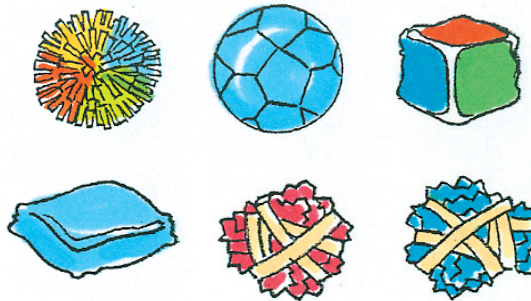
Vary the order of play – the side furthest from the jack continues playing their balls until they get nearer (or run out of balls), then the other team plays.

Play 6 ends – a round is called an 'end' and each player has a chance to throw the jack.

Number of rounds – vary.

Equipment

- > Use different types of balls.



- > Use an implement to propel the ball, e.g. rolled-up newspaper secured with tape.

Playing area

- > Adjust the playing area and distances to make the game easier or harder.

Safety

- > No one enters the target area during play.
- > Throwing is confined to the designated area.

**ASK THE PLAYERS****Throwers**

- > 'How can you make it difficult for your opponents to get closer to the jack than you?'
- > 'Will you throw long or short? Which of these options provides the best opportunity to be closest to the jack at the end of the game?'