Calibration – BC3 Athletes

**Aim:**

“Calibration” is the term we use to describe the process of measuring the lengths balls roll in accordance with reference points on the ramp.

Each ball you use will have different characteristics and will roll down the ramp and on the court differently. As you progress as an athlete, you will also have different balls for different purposes; For example, a hard knock out ball, medium utility balls and soft drawing balls.

We use calibration as a reference tool so we know how far each ball is going to roll from specific points on the ramp, which in turn allows us to play accurately to different lengths on the court.

**Method:**

Calibration can be performed via a number of different methods. Below is listed the most common method used by many successful international athletes:

1. Reference the ramp by marking a horizontal line (on the top side wall of the ramp) with a pen/pencil every 2cm along the entire length of the ramp and extensions. At every 10cm interval, draw a more pronounced line and demarcate with a number; numbers should start at “1” and ascend accordingly at every 10cm interval.
2. Prepare a blank “calibration sheet” (for an example, see relevant document).
3. Roll each ball in an attempt to have it finish at each of the following lengths:
* 1.7m
* 2m
* 3m
* 3.5m
* 4m
* 4.2m
* 5m
* 6m
* 7m
* 8m
* 9m
* 10m

Mark on the calibration sheet the position on the ramp each ball is released from to achieve each length.