

Learning Intention

To practice and refine accuracy of rolling or throwing a ball towards a target.



Skill Focus

Throwing, rolling, shot placement

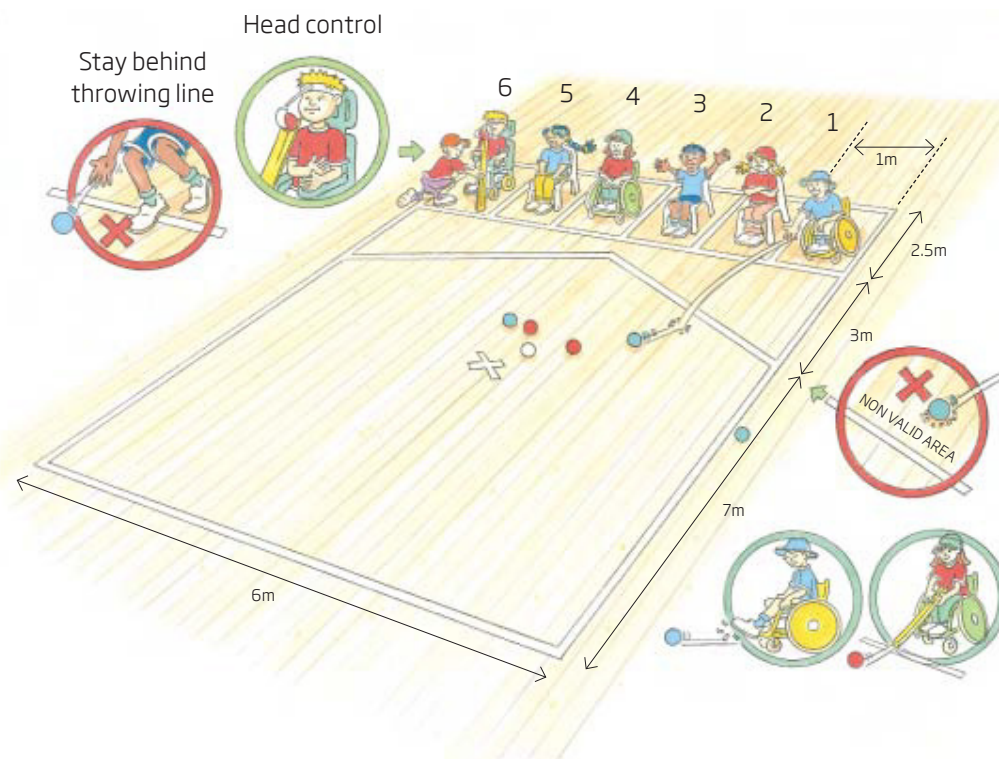
What you need

- Boccia balls or alternatives (see Equipment)
- Suitable indoor or outdoor playing area



What to do

- Divide players into teams of 2-3 or play individually. All players should be seated.
- Players can roll or throw the ball, propel it with their feet, or roll down a ball-sending ramp (assistive device).
- Team colours are usually red or blue. The side playing red 'throws' the first jack and it must land in the valid area of the court.
- Players propel two balls each which correspond to their team colour.
- Aim to score as many points as possible by getting as many of your own Boccia balls closer to the jack (or target ball) than your opponent.





Teaching Style · Rules · Equipment · Environment

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

Teaching style

- Encourage players to try different ways to propel the ball:
 - rolling the ball
 - underarm throw
 - overarm throw.
- Think of ways players can improve their aim:
 - aim in front of the target and let the ball roll in
 - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- If the jack is thrown or knocked out of court it is replaced on the cross and play continues.
- If 2 or more balls are equally close to the jack at the finish of an end they each score 1 point.
- If scores are level after 6 ends, a tie-breaker (extra end) is played. The jack ball is placed on the cross and sides toss a coin to determine the order of play.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Items such as 'plastic guttering' can be used as a ball-sending ramp.

Environment

- Adjust the playing area and distances to make the game easier or harder.
- The illustration shows recommended court dimensions but Boccia can be played on any suitable sized area.
- The cross is marked 5 metres from the mid point of the back line.
- The apex of the non-valid line is marked 1.5m from the mid point of the throwing line.
- Players boxes are 1m wide.

Safety

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

Ask the players

- What technique is most effective in getting closest to the jack?
- How can you make it difficult for your opponents to get closer to the jack than you?



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SPORTS ABILITY

Boccia

Target Boccia

A basic target game that encourages different styles of shots to reach a target.

Learning Intention

To create targets that challenge opponents to try different types of shots to get closest to the target.



Skill Focus

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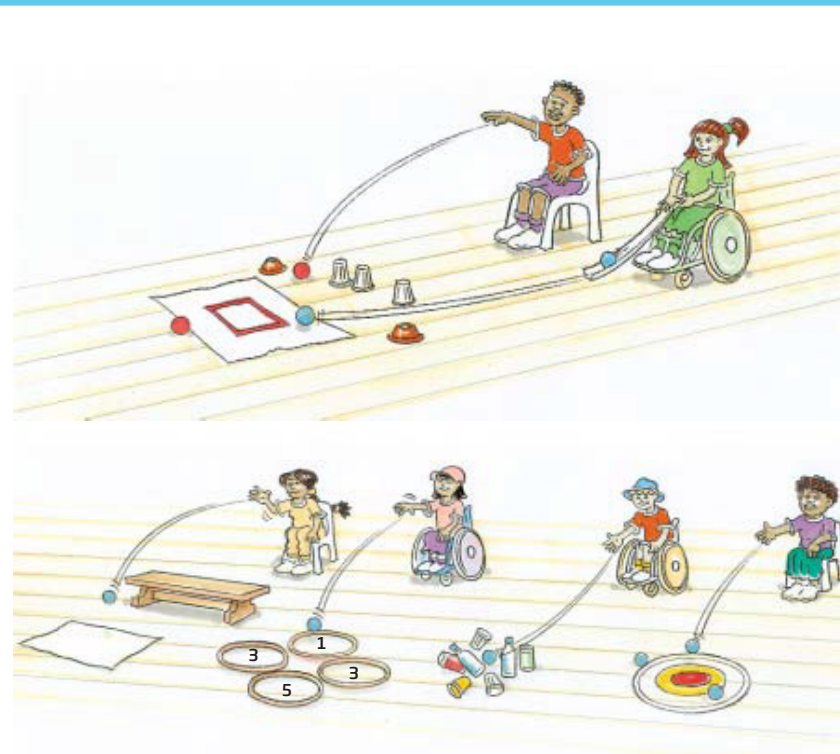
What you need

- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing area



What to do

- Divide players into pairs or small groups.
- All players should be seated.
- Each pair or group uses the equipment or objects available to design and make their own target.
- When targets are made, players agree a distance from the throwing line to the target.
- Players score points by throwing or propelling their balls to get closest to the target.
- Keep a record of the best score at each target.
- Combine all the targets into a 'course'.



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

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Teaching Style · Rules · Equipment · Environment

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Teaching style

- Encourage players to try different styles of propelling the ball:
 - rolling the ball
 - underarm throw
 - overarm throw.
- Think of ways in which players can improve their aim:
 - aim in front of the target and let the ball roll in
 - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- Work with the players to agree rules for each target.
- Agree scoring systems e.g. highest score wins with points allocated to each target or lowest score wins, as in golf.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Use any safe materials that may be available to create targets, e.g. mats, chairs, boxes or buckets.
- Use benches, boards or other objects to 'channel' the balls towards the target.

Environment

- Increase or decrease the distance between the targets and the players.
- Ensure targets provide options for different types of players, e.g. those who are rolling the ball and those who are throwing.

Safety

- No one enters the target area during play.
- Ensure players know who is throwing next.
- If possible, play towards a wall or away from other players.
- Leave space between each target to move around safely.

Ask the players

- Where should you aim the ball to get as close as possible to the target?
- How can you position your shots to make it easier for your balls to get close to the target?
- How can targets be changed to challenge the players to:
 - throw the ball high?
 - roll the ball along the floor?



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SPORTS ABILITY

Boccia

Choose the Target

A game to develop accuracy and game strategies.

Learning Intention

To refine shot placement and accuracy and to develop and practice team strategy for scoring the highest points.



Skill Focus

Throwing, rolling, shot placement



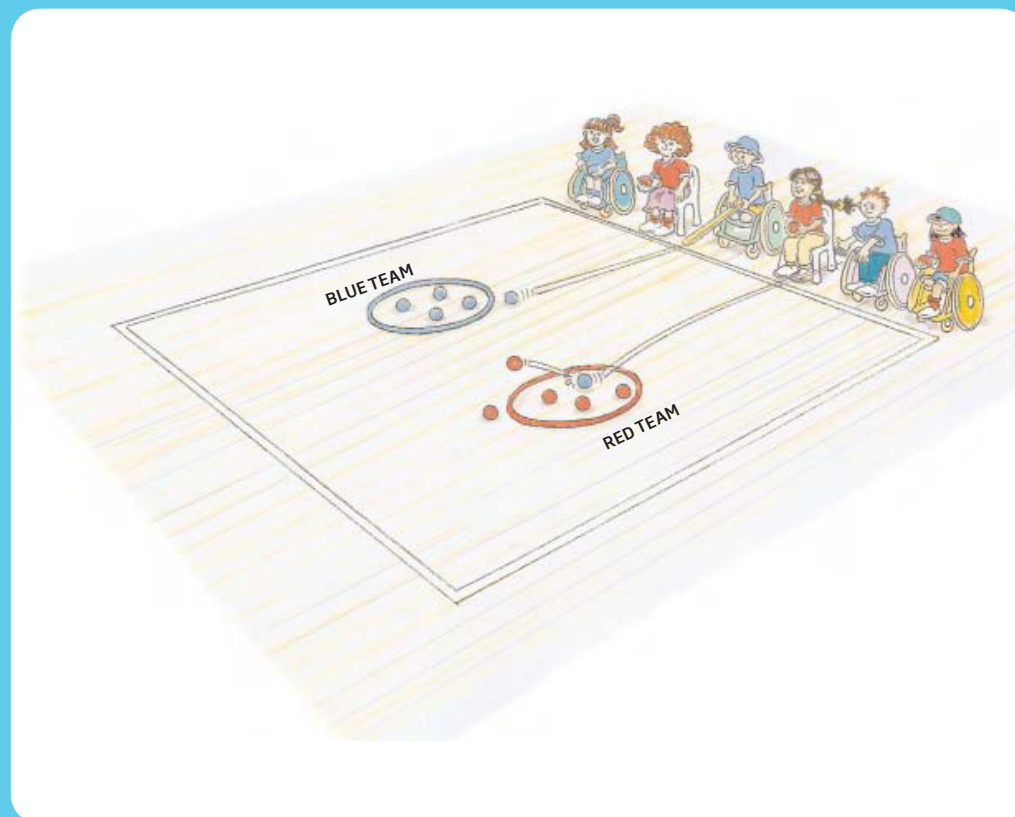
What you need

- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing space



What to do

- Divide players into two equal teams.
- All players should be seated.
- Teams sit at one end of the playing area.
- Targets are placed at a suitable distance, one for each team.
- Players aim at their own colour target area (score 1 point for each ball in the target) or they can choose to aim at the other team's target and knock their opponent's balls out.
- After everyone has thrown, add up the scores.
- Play to an agreed number of throws, or use a time limit.



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- Encourage players to try different styles of propelling the ball:
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- Think of ways in which players can improve their aim:
 - aim in front of the target and let the ball roll in
 - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- Introduce rules gradually, e.g. players aim only at their own hoop at first.
- Designate certain players as 'strikers', only they can attack the opposing team's target. Alternate strikers every game.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- If possible use different coloured targets - ideally, red for the team with red Boccia balls, blue for the opposition team.
- Experiment with different types of targets, e.g. elevate the target area to change the angle of the throw.
- Use obstacles e.g. for every successful scoring throw, the other team can place an obstacle in front of the opposing team's target.

Environment

- Change the distance of the targets, e.g. near or far.
- Change the size of the targets, e.g. bigger or smaller.
- Vary player positions:
 - players form a circle around the targets, with players standing alternately
 - teams face each other with the targets between them.

Safety

- No one enters the target area during play.
- Ensure players know who is throwing next.
- If using a circle formation ensure all players are watching play in case a shot is misdirected across the circle.

Ask the players

- What strategies can your team use to score the most points?
- How can you make it more difficult for your opponents to score points?



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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



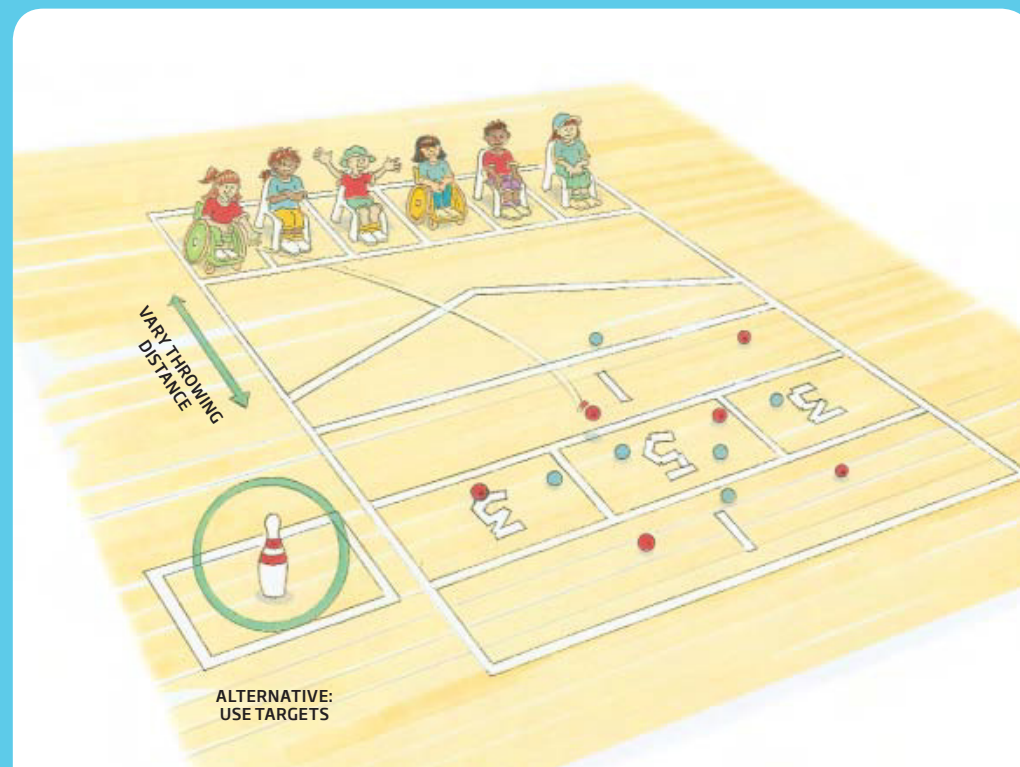
What you need

- 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.



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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. For example:
 - 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?



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SPORTS ABILITY

Boccia

Learning Intention

To refine accuracy of shots at targets from different distances and develop strategies for scoring as a team.

What you need

- Boccia balls or alternatives (see Equipment)
- Tape or chalk to mark a playing area
- Suitable indoor or outdoor playing space

What to do

- Aim is to place 3 balls across, down or diagonally as in the game Noughts and Crosses.
- Divide into two teams of 2-3 players (6 balls per team) who take turns throwing.
- All players should be seated.
- Balls that do not reach or come to rest in occupied squares are 'foul balls' and removed from the area.
- Players wanting to 'take over' a square occupied by the opposition must nominate the square prior to taking a shot. If the ball does not land in the nominated square it does not count and is removed.
- After all balls have been played scores are added up.
- One point for each occupied square, plus 5 points for three in a row. When one team achieves a winning line the 'end' is over.

Curriculum links

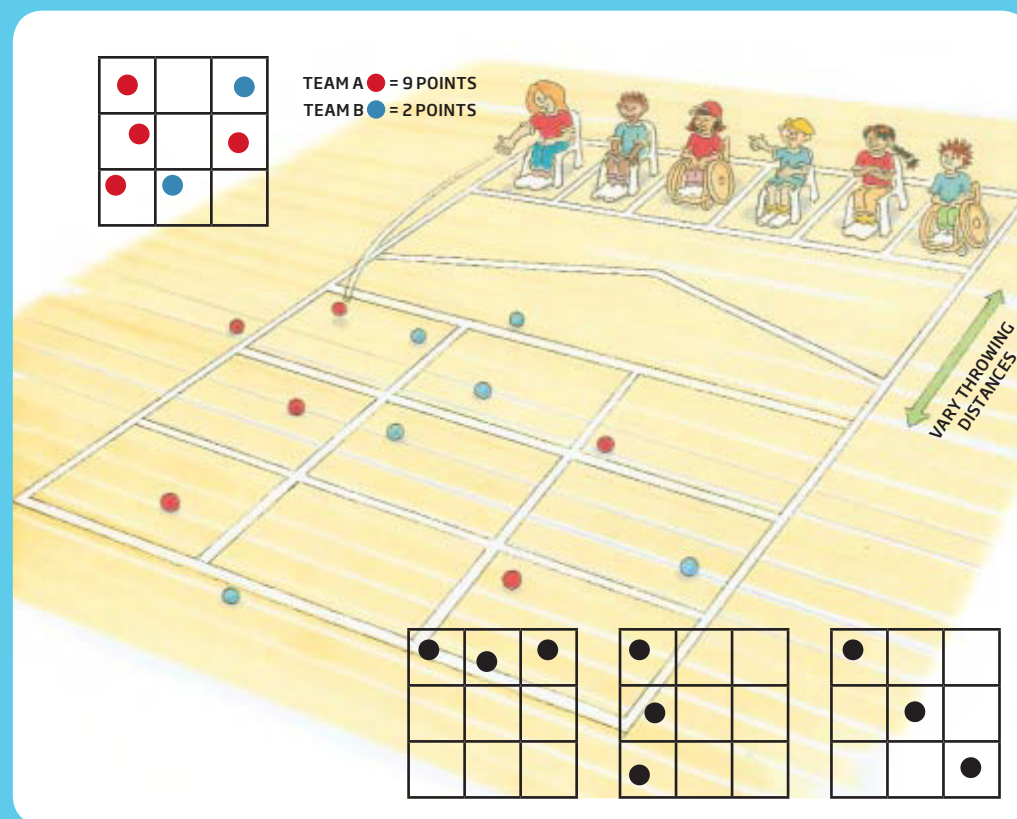
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Noughts and Crosses

A target game to develop shot accuracy and team tactics.

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

Teaching style

- Encourage teams to discuss tactics both at the start and during a game.
- Encourage sportsmanship. For example, if a ball lands on a line, players should agree in which box the ball should be placed.

Rules

- Modifying rules to suit different abilities, e.g. some players can have more attempts (balls to use).
- Give teams the choice of either throwing to score or to knock opposing balls out of scoring boxes.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Use beanbags or non-bouncing/rolling objects to make it easier to score points.
- To increase the challenge place skittles in each square. If a skittle is knocked over, the scoring ball is placed in the square and the skittle removed.

Environment

- Increase or decrease the box sizes.
- Place the throwing line closer or further from the target boxes.
- Players can play from different positions, for example, teams at opposite sides of the target boxes.

Safety

- No one enters the target area during play.

Ask the players

- How can you cooperate to ensure you do not block your teammates?
- How do you decide which box to aim for?
- What do you need to think about when you choose the box you are going to aim for?