

Bocce



Learn to Train



Learn to Train Bocce

April 2016

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The Special Olympics Canada *Learn to Train: Bocce* resource has been adapted from the "*Bocce - Multisport*" program produced by Special Olympics Ontario.



INTRODUCTION AND OVERVIEW

The "*Learning to Train*" Bocce resource provides sport specific training for athletes with an intellectual disability. The Learn to Train program has been created to be the next step in the athlete development pathway and is designed to act as a continuation for those athletes aged 13-18 who have graduated from the FUNdamentals program and/or are new to Special Olympics programming.

This program focuses on developing sport-specific skills that will help transition athletes into community programs while introducing sport specific techniques, skills and events. Learning to Train is considered to be a transition point in LTAD. Athletes may choose to stay at this stage for an extended period of time before progressing to the next stage, which could be Active for Life or Training to Train. If the choice is Training to Train, an increased commitment will be necessary. Should participants choose to move to Active for Life, they have all the necessary fundamental motor skills to be able enjoy a variety of activities.

Although the following lesson plans were developed to be turn-key, they are designed as an introduction to the sport of bocce. Included in each practice plan is a break down of skills and drills, inclusive of timing. Understanding that this resource will be used by a great variation of athletes and coaches it is expected that these times only act as a guideline and the coach's expertise will dictate when to change activities. Some drills may take longer or shorter and should be adjusted based on athlete engagement, success and most of all fun.

If athletes in your program are interested in bocce please contact your local Provincial/Territorial Chapter to better understand opportunities that may be available. A large thank you to Special Olympics Ontario for developing a majority of the content and allowing Special Olympics Canada to partner and collaborate on the production and distribution of this guide.

Bocce Session 1: Introduction



BOCCE SESSION 1: INTRODUCTION TO COURT, EQUIPMENT AND RULES OF BOCCE

Basics and Aim of Bocce

Bocce is played with a set of eight large balls and one small target ball called a pallina (Italian for little ball). The pallina is sometimes also called a jack, kitty, cue ball or pill. Each of the opposing team's balls are of two distinct different colours and sometimes have markings. The different markings assist people who may have a visual impairment and require touch to differentiate balls.

Bocce can be played in a number of formats; singles, doubles or teams (any more on a court can lead to overcrowding). A game is begun by the toss of a coin to establish who goes first. Once the initial toss has been made, the pallina and the first ball of that team is rolled. The opposition will then roll their first ball down the court and hope that they get closer to the pallina.

If the opposition is successful in their attempt, the first team will try and better it again. If they are not successful, they will continue to try until they achieve their goal or have rolled all their balls. Each team gets to roll or toss their four larger Bocce balls towards the pallina.

The object of the game is to get as many of your balls as close to the pallina as your opponent. After both teams have thrown all their balls, the frame has ended and the distances between the Pallina and the Bocce balls are considered and points awarded. Only one team can score in each frame or end.

Scoring is one point for each ball that is closer to the pallina than the opponent's balls. In this way you can score up to four points in each frame or end.

Competition games are usually scored up to 12 or 16 points per game; however, scoring in recreational games is limited only by the time players have to spare. It can be from three or four ends to nearly 30, depending on the number of points awarded following completion of each end. Depending on the skill of the players, a game can last anywhere from 15 minutes to an hour.

Benefits of Bocce

Even when played on official courts, bocce is not a physically demanding sport. There is no pounding on the spine and knees as in basketball, no sprinting and sliding as in athletics or softball.

Although not the most strenuous Special Olympics sport the element of physical fitness will help control the fatigue factor, as per any competitive sport. On the other hand, the mental and social benefits of bocce are incalculable. Competing in any sport fosters a healthy outlook on life. Bocce is a great sport to encourage involvement and participation throughout a lifetime and provides an option for athletes to stay Active for Life.

Bocce Attire

Appropriate bocce attire is required for all competitors. As the coach, you should discuss the types of sport clothes that are acceptable and not acceptable for training and competition. Discuss the importance of wearing properly fitted clothing, along with the advantages and disadvantages of certain types of clothing worn during training and competitions. For example, jeans or jean shorts are not proper bocce attire for any event. Explain that athletes cannot perform their best while wearing jeans that restrict their movement. You can set the example, by wearing appropriate attire to training and competitions and being prepared for each practice.

- The athlete should always wear comfortable clothing.
- Clothes should always allow freedom of movement of all parts of the body.
- Players are not permitted to wear shoes which may damage or disrupt the court surface.
- Players are not permitted to play without shoes and must wear closed toed shoes.
- Players should be advised of the need for sun screen, hats and other protection from the sun's rays when playing outside.

Bocce Equipment

Bocce requires the type of sporting equipment listed below. It is important for athletes to be able to recognize and understand how equipment for the specific events works and impacts their performance. Have your athletes name each piece of equipment as you show it and give the use for each. To reinforce this, have them select the equipment used for their events as well.

- Bocce balls
- Pallina
- Measuring Device
- Ping Pong Paddle (used to indicate what team is throwing)
- Scoring Devise
- Timer
- Pinnies
- Coin (for "coin toss")

Outdoor/Indoor

Bocce is part of the Special Olympics Canada Summer Games but can be played year-round. A number of companies sell indoor bocce kits that work well in gym settings and can be used to introduce the game. When being played outside with standard bocce equipment the court surface may be composed of stone dust, dirt, clay, grass or artificial surface, provided there is no permanent or temporary obstruction in the court that would interfere with the straight line delivery of a ball from any direction.

BOCCE LESSON PLAN S:1

Objectives:

- To introduce the necessary equipment to play bocce (bocce balls, pallina, coin toss)
- To introduce athletes to the bocce court
- To introduce athletes to the basic rules of Bocce

Equipment:

- Bocce Balls (varying weights if available)
- Pallina
- Tape
- Cones
- Scoreboard
- Ping Pong Paddle

Keys to the Practice:

- Introduce the equipment (bocce balls, pallina, coin for coin toss, etc.)
- Introduce athletes to the bocce court
- Introduce athletes to the basic rules of bocce
- Introduce equipment piece by piece and have athletes repeat how each piece of equipment in the game of bocce
- Ensure athletes understand some, if not all of the bocce terms outlined in session one.

The Grip:

- **HINT:** You may have to help the athlete who has smaller hands and may not be able to grip the ball correctly and therefore has little/no control of the bocce ball.
- **HINT:** If holding the ball is uncomfortable the ball can also be held in inverted position, although this is not entirely suitable for players with small hands
- **CUE:** As a test to see if an athlete is ready to play with an inverted grip, ask the athlete to invert their hand, with a ball held in it, to ensure the ball is sitting securely and doesn't drop from their hand.
- **ADAPTATION:** If necessary use a softball or baseball for athletes with smaller hands

The Stance:

- Athlete will be able to spread legs into a triangle formation however will not be square to the target.
- **HINT:** Stand shoulder width apart, not too wide, not too narrow.
- **CUE:** Make a triangle with your legs. The leg in front will be the opposite of the corresponding throwing arm. Some players prefer to use the same leg forward as throwing arm and can be based on personal preference.

NOTE: This session can be condensed based on athletes abilities and understanding. Could easily be combined with Lesson Plan 2.

Time	Activity	Description
15 minutes	Introduction- Warm Up & Stretches	<p>Athletes should jog, run or walk around the gym/field for 5 minutes while you collect the necessary equipment (bocce kits and court). Have athletes do stretches such as touching their toes, moving their arms, legs and stretching out shoulders and neck. Include a couple squats and leg lunges explaining that the legs and arms will be important to the game of Bocce.</p> <p>Introduce bocce. Many will not have heard of the sport before. The best comparison will be to have them think of bowling.</p>
15 minutes	Whose Bocce is it Anyway?	The game of Bocce will need quite a bit of explanation because most athletes will be learning this for the first time.
5 minutes	Getting a Grip	<ul style="list-style-type: none"> • Holding a Bocce Ball • Pick up and bring to waist level • Ensure ball is sitting in the palm of your hand • Ensure fingers are spread evenly across bottom of ball • Thumb is used to hold ball in place, not as a pressure point • Slightly close all fingers evenly around ball • Have the athletes toss the ball with no target
5 minutes	The Stance	<ul style="list-style-type: none"> • Mark a line or utilize a pre existing marker • Line each athlete up instructing that their toes should not pass the front line • CUES: • Just HOLD the bocce ball during this exercise • Ensure your feet are pointing toward the target • Ensure the stance isn't too narrow, the stance should be slightly narrower than shoulder width. • Ensure that you hold the shoulders level and the body square to target, with weight evenly distributed. • Take one step forward before moving arms • The one step forward should be on the opposite leg to the arm with which you will roll, i.e. a right-handed athlete steps with the left foot forward. • Ensure the step is not too large, slightly narrower than shoulder width. • Bend knee slightly to encourage relaxation. • Ensure your feet are pointing toward the target, and your eyes are focused
5 minutes	Grip-Hop Stance-Go!	<ul style="list-style-type: none"> • Have athletes stand in a circle with instructor in the centre. • Have all athletes grab a bocce ball and place it in front of them. • Instructor will say "Grip" and athletes will bend down to grab the ball in the proper grip outlined above. • The instructor says, "Hop" and athletes will hop up and down with the ball in grip. • When the instructor says, "Stance" athletes will hop into the proper stance outlined above. • When the instructor says "Stop" athletes will pause. • When the instructor says "GO!" athletes will place the bocce ball at their feet and run until the instructor says "Stop" again.
10 minutes	CoolDown- Stretches, Nutrition Break	<p>Have athletes gather in a stretch circle stretching out wrists, hands and legs. Have athletes grab some water and cool down.</p>

THE COURT AND EQUIPMENT

Court

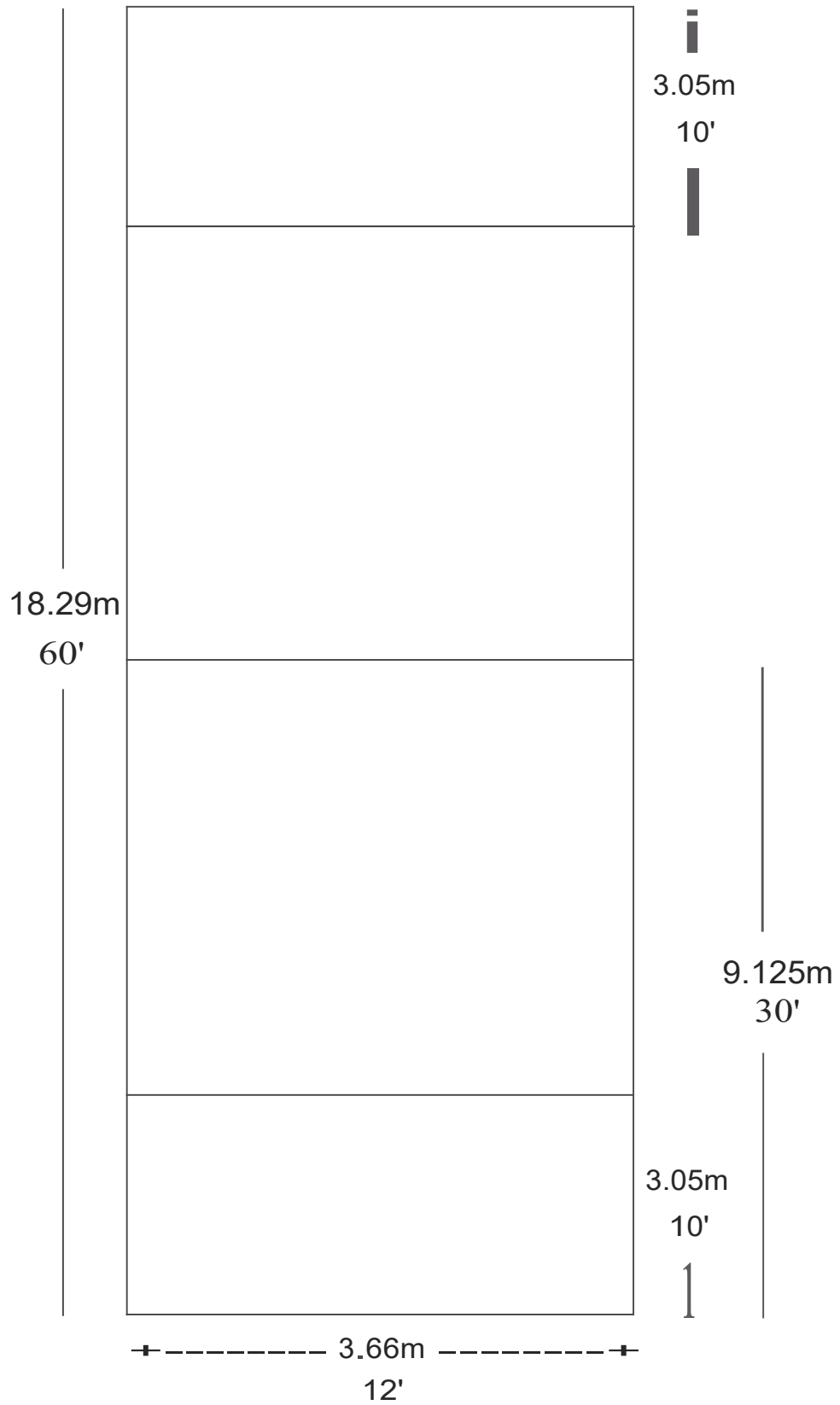
The court is an area 3.66 meters (12 feet) wide by 18.29 meters (60 feet) long.

The court surface may be composed of stone dust, dirt, clay, grass or artificial surface, provided there is no permanent or temporary obstruction in the court that would interfere with the straight line delivery of a ball from any direction. These obstructions do not include variations in grade, consistency or terrain.

The court can include walls or may be marked with tape, rope or an outdoor bocce court.

- Foul line for pointing or shooting (hitting) — 3.05 meters (10-foot line) from the back of the court.
- Half-court marker — minimum distance pallina is played at the start of the frame. During the course of play, the position of the pallina may change as a result of normal play; however, the pallina may never come to rest closer than the half-point marker (30-foot line) or the frame is considered dead.
- The 10-foot and 30-foot lines should be drawn from the side to side.

BOCCE COURT



Bocce Session 2: Movements— Body Positions for Throwing



BOCCE LESSON PLAN S:2

Objectives:

- To teach athletes about shifting body weight to adjust their stance
- To teach athletes about adjusting their body positioning to reach a target
- To teach athletes about adjusting the strength of their throw to reach a target
- For athletes to start grasping the rules and the general overview of the Bocce Game
- For athletes to learn proper grip technique

Equipment:

- Bocce Balls (varying weights if available)
- Pallina
- Tape
- Cones
- Bean bags

Keys to the Practice:

- Make sure the athlete identifies their ball by the colour.
- Make sure the athlete has control over the weight/size of ball (if available).
- While the athlete is holding the ball, look at the spread of fingers underneath the bocce ball.
- Ensure ball is sitting on front portion of hand rather than nearly the back, by wrist.
- Emphasize that the hand controls the ball's direction, speed and distance, so it is important that the ball is held correctly to ensure a good result.

Time	Activity	Description
15 minutes	Introduction-Warm Up & Stretch	Athletes should jog, run or walk around the gym/field for 5 minutes while you collect the necessary equipment (bocce kits and court) Have athletes do stretches such as touching their toes, moving their arms, legs and stretching out shoulders and neck. Include a couple squats and leg lunges explaining that the legs and arms will be important bocce. Many will not have heard of bocce before. The best comparison will be to have them think of bowling or lawn bowling. Curling will be the best example of how the scoring will work. Explain slowly encouraging lots of questions.
15 minutes (Throwing)	Bocce Cone Toss	<ul style="list-style-type: none"> • Mark two or three 10 ft. x 12ft. squares with tape or cones on the gymnasium floor/field/court. • Set up 10 cones in horizontal lines at various distances away from box you've created. 2 cones should be placed 12ft apart at 10ft, 20ft, 30ft, 40ft, and 50 ft. Tape/string can be placed from one cone to the other to help athletes judge distance across the court. • Split athletes into two or three groups depending on how many squares you were able to make in the space available • Line athletes up one behind each other to take turns throwing at the cones. • Athletes should have four bean bags, or indoor bocce balls or bocce balls depending on wrist/arm strength and location. • The first round each athlete will attempt to throw to the 10ft cone, and then proceed to the 20ft, 30ft, 40ft and 50ft cones. • Once they achieve all 5 levels, proceed to the next activity. • If athletes have difficulty stop the activity when athletes have pushed their ability to the maximum potential. • GOAL: Athletes should be building on their stance, and bocce ball
5 minutes (Understanding)	Bocce Basics	<ul style="list-style-type: none"> • Create a Bocce Court with tape or using a Bocce Court Outline • Have a mock game demonstration using a few athlete volunteers. Review difficult concepts from Session 1. • Athletes may struggle with "Whose Bocce is it Anyway?" and will need additional instruction on which team is in play when.
10 minutes (Awareness)	CoolDown-Stretches, Hydration	Have athletes gather in a stretch circle stretching out wrists, hands and legs.

BOCCE CONE TOSS

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A 50'

A

D 40'

A

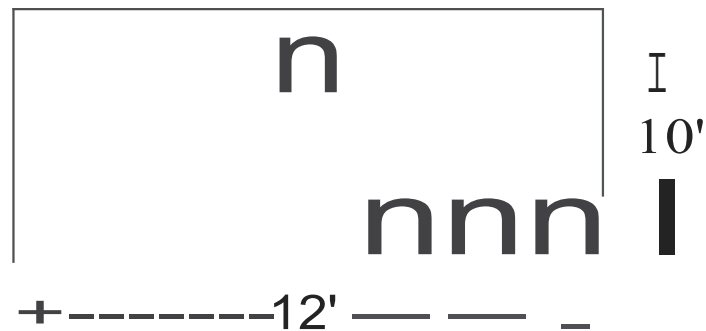
A 30'

A

D 20'

D

A 10'



Bocce Session 3: Aim for Success— Throwing with Aim



BOCCE LESSON PLAN S:3

Objectives:

- Shifting body weight to adjust stance
- Adjusting body positioning to reach a target
- Adjusting strength of throw to reach a target
- Grasping the rules and general overview of the Bocce Game

Equipment:

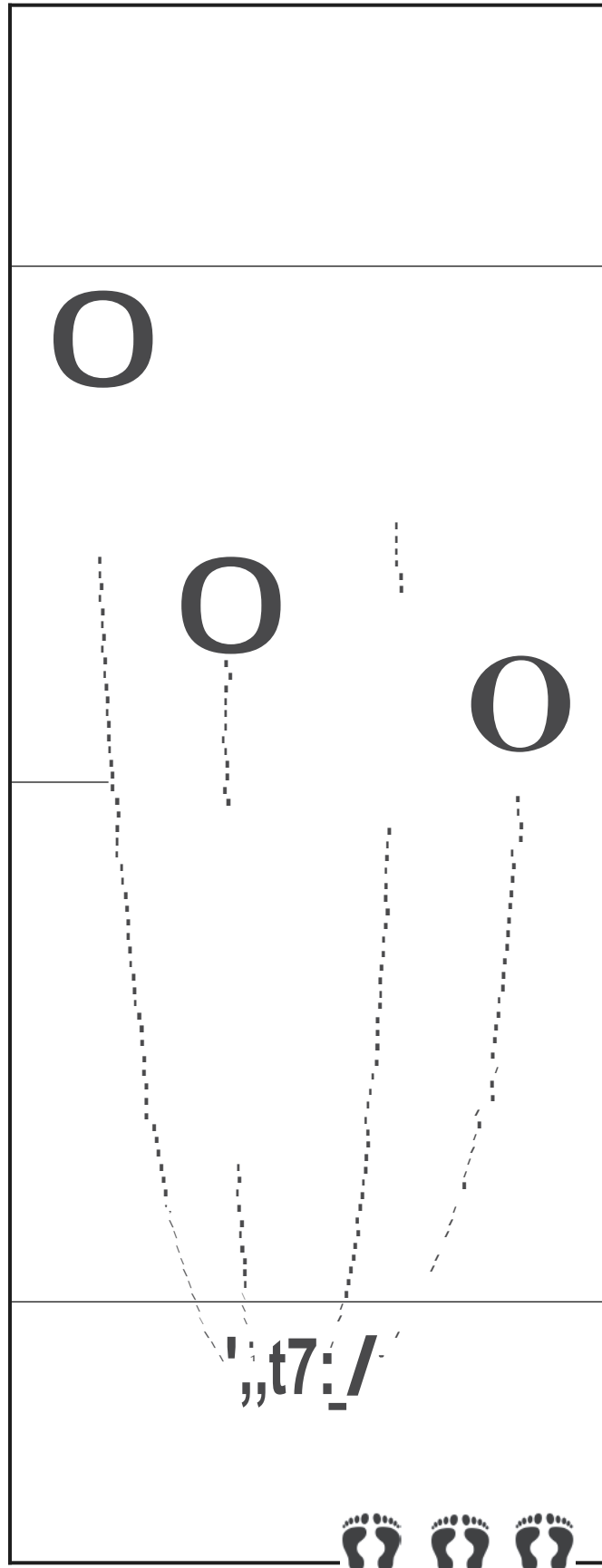
- Bocce Balls (varying weights if available)
- Pallina
- Tape
- Cones

The Stance:

- Stand behind the athlete and help them get the correct stance
- Ensure athlete is facing directly at the target
- Adjust athlete's shoulders to be square to the target
- Ensure athlete keeps their head as still as possible
- Emphasize a good wide balance during the whole movement of delivering the bocce ball
- Ensure the athlete doesn't overstep, i.e. step too far forward or step to a too-narrow base

Time	Activity	Description
15 minutes	Introduction— Warm Up & Stretch	Athletes should jog, run or walk around the gym/field for 5 minutes while you collect the necessary equipment (bocce kits and court). Set up the Bocce Court, or tape the outline onto the floor. Have athletes do stretches such as touching their toes, moving their arms, legs and stretching out shoulders and neck. Include a couple squats and leg lunges explaining that the legs and arms will be important bocce.
15 minutes (Throwing to Aim)	Hula Hoops and Bean Bags Relay “Pointing Shot”	Once the hula hooping has concluded have athletes place 4 hula hoops in each court at varying distances past the half court line. Have athletes line up in the front box of the bocce court and shoot bean bags into the hoops while staying within the box—making sure their toes don't cross. This will be a relay style activity. Each team will have 4 athletes to replicate the amount of athletes that will be on each bocce team. Each student will have to toss 4 bean bags into 4 hula hoops. Once the student has tossed the next athlete will toss, until all 4 have completed the relay.
5 minutes (Understanding)	Upping the Ante	Athletes will complete the relay race again—this time using the indoor bocce balls/bocce balls (if available). This will increase the difficulty and bring the athletes back into the context of Bocce.
10 minutes (Awareness)	Cool Down— Stretches, Hydration	Have athletes gather in a stretch circle stretching out wrists, hands and legs.

HULA HOOPS/BEAN BAG RELAY



Bocce Session 4: That's the Shot!



BOCCE LESSON PLAN S:4

Objectives:

- To put the Grip, Stance and Throw Together
- To learn the Pointing and Hitting Shot
- To feel confident with the basic shot techniques

Equipment:

- Bocce Ball
- Pallina
- Bocce Court or Tape

Keys to the Practice:

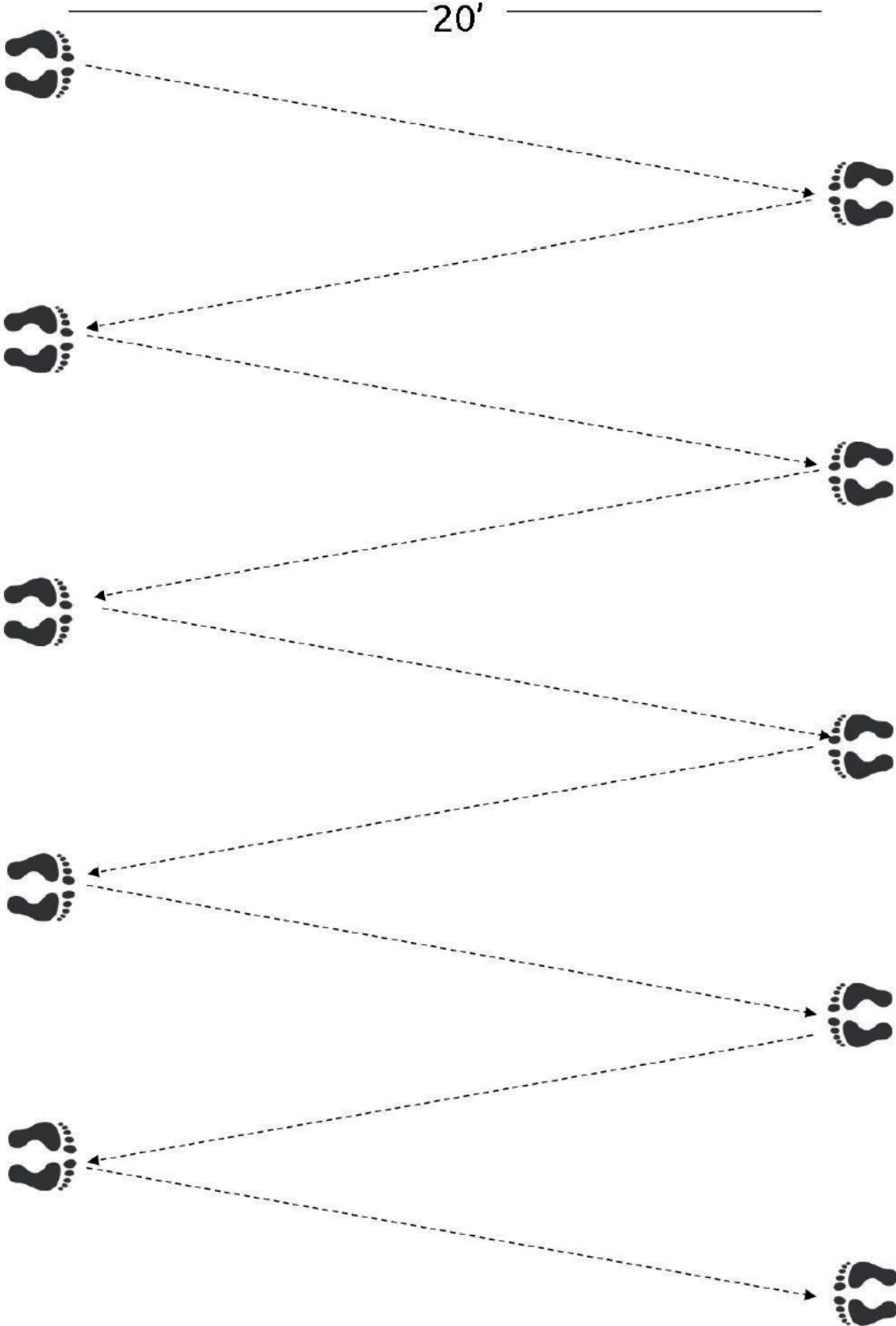
Once the athlete begins to use the proper movement from a standing position, if athletes want to progress to a moving shot, have the athlete get into an approach rhythm and count steps. Count “1” for first step and ball moves forward, “2” for second step and ball moves back, “3” for third step and ball comes forward, “4” for fourth step and “release the ball”. Do this without a ball a few times, increasing the speed of action each time. Repeat after a few times using a ball.

The Hitting/Spocking Shot:

- This shot is played with the same motion as the pointing shot except that it is played with more force.
- Have the player swing the ball forward, and ensure the ball is being released in a smooth motion.
- Here the emphasis is to deliver the bocce ball with greater force than for a “Pointing” delivery.
- For the player to establish good speed through the final stage of delivery, they need to start with the ball high in the back swing to gain force behind the ball.
- Ensure that the athlete is square to the target and keeps their eyes on the target to ensure an accurate shot.

Time	Activity	Description
15 minutes	Introduction-Warm Up & Stretch	Athletes should jog, run or walk around the gym/field For 5 minutes while you collect the necessary equipment (bocce kits and court). Set up the Bocce Court, or tape the outline on the Floor. Have athletes do stretches such as touching their toes, moving their arms, legs and stretching out shoulders and neck. Grab water if need be. Explain the session's activity.
15 minutes	Tossing Line (might not be ideal for all groups) Enforce safety	Divide athletes into pairs. Have athletes stand opposite each other 20Ft apart. Using the bocce ball throwing skills learned in sessions 1-3 have athletes throw indoor bocce balls or bean bags to each other. Using proper technique the athletes will pass back and forth to each other. Once athletes have maintained confidence begin the Tossing Line activity. Athletes will stand opposite of each other and angle their bodies to pass to the person in front and left of them. Start 5 bocce balls down the line and when students have reached the end of the line with the last ball, proceed to The Pointing Shot
5 minutes	The Pointing Shot	The Pointing Shot is played more as a gentle smooth shot. It is generally rolled, as opposed to being thrown/tossed, and is used to either gain a point or increase the number of points already held. This is in contrast to trying to displace other balls through a forceful delivery. Have an athlete throw the pallina into each court you've setup. Once the pallina has been thrown, have athletes line up in groups of 4 in the front section of the bocce court. Athletes will take turns throwing into the court practicing their Pointing Shot.
5 minutes	The Specking/Hitting Shot	The hitting or specking shot is played more as a power shot. It is rolled/ thrown with great force to displace the balls to either gain the point by displacing the opponent's balls or reduce the number of points the opponent is holding. This is in contrast to trying to get your ball closer through a slow gentle roll-up. CUES: <ul style="list-style-type: none"> • The athlete spreads feet slightly apart, the width of the shoulders • Take one step forward on the opposite leg to the arm with which they roll, i.e. a right-handed athlete steps with left foot forward. • Ensure your feet are pointing toward the target and remember to always focus your eyes on the target. • Push the ball forward to approximately eye level followed by a downward swing. • Bring your arm straight back, close to your body. Keep your elbow straight and take your weight mainly on the back foot. • As you smoothly bring your arm straight forward, transfer your weight to your front foot. • As your arm passes close to your leg, your weight should be balanced between both feet.
10 minutes	CoolDown- Stretch and Hydration	Have athletes gather in a stretch circle stretching out wrists, hands and legs.

BOCCE TOSSING LINE



Bocce Session 5: We're on a Roll



BOCCE LESSON PLAN S:5

Objectives:

- To improve the athlete's ability to deliver consistently well-directed balls using both the previous skills drills for distance and direction
- For athletes to roll bocce balls on cue to specific areas of the court
- For athletes to recall the different types of shots
- For athletes to revisit the proper form of throwing/tossing
- To highlight whether an athlete requires further instruction on playing a ball to one particular part on the court, i.e. an athlete may find it easy to roll to a position nearer a wall than in the middle of the court, as they may use the walls to guide the ball up the court

Equipment:

- Bocce Balls
- Tape
- Bocce Court
- Cones

Keys to the Practice:

- CUE: Keeping all the various lines of the body movements as straight as possible assists in getting good results.
- CUE: Encourage strong follow through when the ball leaves the hand.

Rolling:

- Athletes need to understand the significance of the speed of delivery, and coaches should place an emphasis on this
- The further down the court a ball is rolled, the greater the push needed to get it there
- A softer roll means a lesser distance traveled by the ball
- Smoothness through all stages of the arm pendulum swing is key
- Emphasize keeping eyes on the target to ensure an accurate roll
- In order to aim the roll, athletes need to understand the significance of the initial set up prior to the delivery and coaches should place an emphasis on this factor

Time	Activity	Description
10 minutes	Introduction-Warm Up & Stretches	Athletes should jog, run or walk around the gym/field For 5 minutes while you collect the necessary equipment (bocce kits and court). Set up the Bocce Court, or tape the outline on the floor. Have athletes do stretches such as touching their toes, moving their arms, legs and stretching out shoulders and neck. Have athletes do arm swings to get them ready to roll! Grab water if need be. Explain the session's activity.
Set-up	On a Roll Set Up!	Mark off nine 1ft X 1ft squares in the court all in the "in play" section of the court past the centre line. 1 in the top right, one in the top left one in the top centre, one at the middle right, one at the middle center, one at the middle left, one about 1st past the center line to the right, center and middle. If athletes have difficulty seeing the squares have a coach stand or place cones where the athlete should be aiming. (see example on next page).
10 minutes (Throwing)	The Close Roll	Have athletes line up behind designated courts. Athletes must aim for the close right, then close middle and then close left. Once completed they move to the back of the line. Once all athletes have completed this exercise they will begin to practice the mid-roll.
15 minutes (Locomotion)	The Mid-Roll	Have athletes line up behind their designated courts. Athletes must aim for the middle right, then middle center, and then middle left. Once athletes roll three times they move to the back of the line. Once all athletes have completed this exercise they will begin to practice the far-roll.
15 minutes	The Far Roll	Have athletes line up behind their designated courts. Athletes must aim for the Far right, then Far center, then Far left. Once athletes roll three times they move to the back of the line.
10 minutes (Awareness)	CoolDown-Stretch and Hydration	Have athletes gather in a stretch circle stretching out wrists, hands and legs.

"ON A ROLL" ACTIVITY

1c	3c	The Far-Roll	
1b	§]	3b	The Mid-Roll
1	W	3	The Close-Roll
f) f) f)			
f) f) f)			

Bocce Session 6: Colours and Courts in Context



BOCCE LESSON PLAN S:6

Objectives:

- To learn how to set up a bocce court
- For athletes to become confident to play at the right time/when it is their turn
- For athletes to understand the general rules of bocce
- For athletes, with guidance, to be able to practice their shots in a mock game
- To provide an overview of a game day scenario

Equipment:

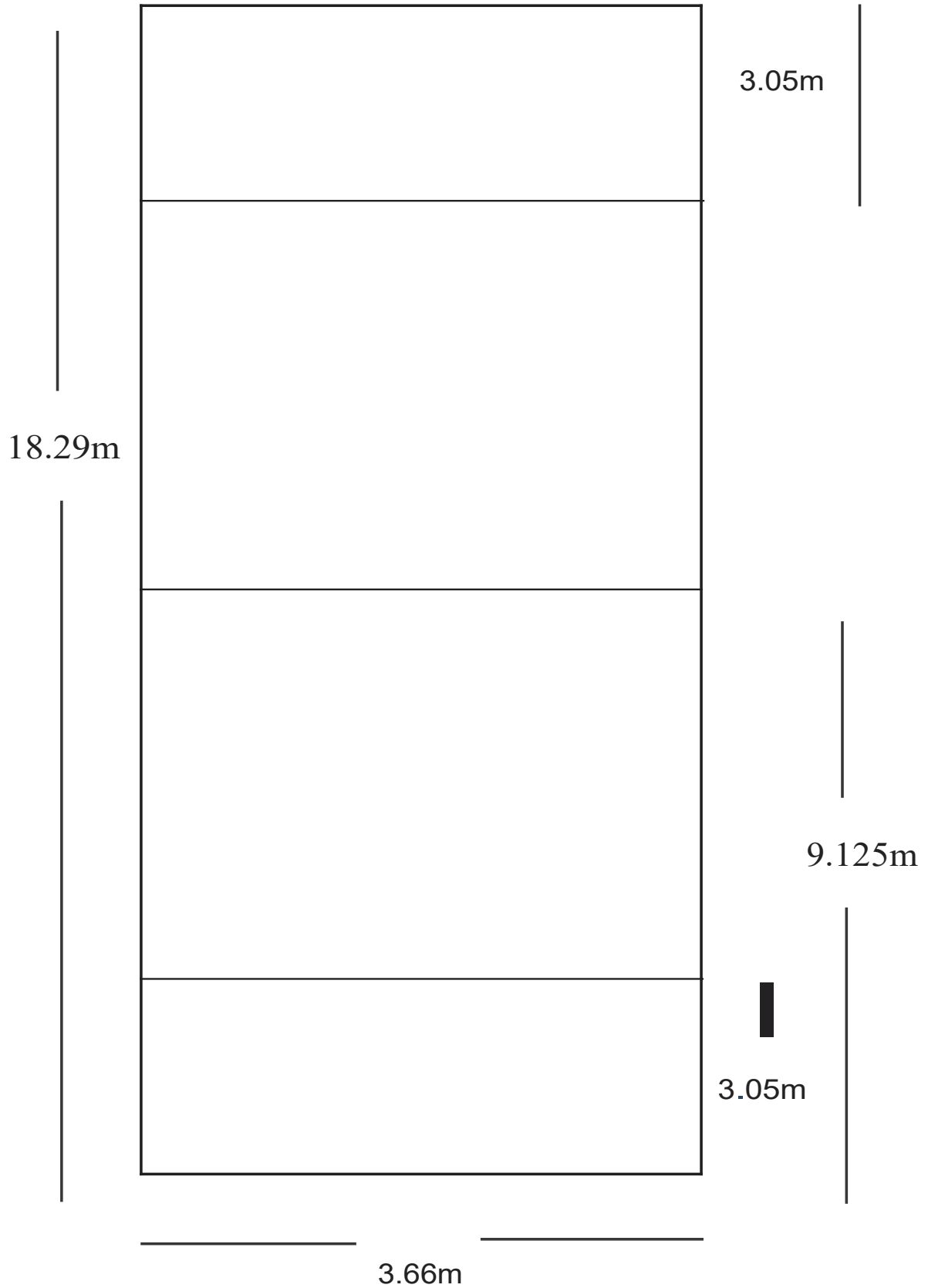
- Bocce Ball Set
- Bocce Court and/or Tape
- Colour coded paddle (ping pong paddle is ideal)
- Tape Measure

Keys to the Practice:

- This session will be used as a game day overview
- Athletes will learn by doing and play Bocce in a slowed down pace where the mistakes will not be addressed as the athletes move through the plays
- Provide play by play instructions and quick in the moment explanations of areas for improvement
- Allow athletes to discover the game by actually going through the motions of game play

Time	Activity	Description
15 minutes	Introduction- Warm Up & Stretch	Athletes should jog, run or walk around the gym/field for 5 minutes while you collect the necessary equipment (Bocce kits and court). Don't set up the Bocce courts. Athletes will have a chance to learn to do this in the session. Have athletes do stretches such as touching their toes, moving their arms, legs and stretching out shoulders and neck. Grab water if needed. Explain the session's activity.
3 minutes	Diving Teams	Split the athletes up into teams of 4. Match up teams based on similar ability levels. This may be the athletes' first experience with team divisions. Explain why team division is important based on age and ability level to fair game play and competition.
5 minutes	Assigning Courts	At each court there will be one referee (use a coach/volunteer) who will hold the colour paddle and score board. For full scoring guidelines see Bocce Appendix. At each court there should be one full Bocce kit, 8 Bocce balls (4 of each colour), a pallina, and a coin for the coin toss. Preferably each court will have a coach or volunteer. Explain how the ball colours correspond to each team and that the paddle corresponds to the team who should be throwing.
10 minutes	Setting up the Bocce Courts	Athletes along with a coach or volunteer will set up the Bocce court outlines. Either with tape or with an official court outline. The 8 balls will be grouped with like colours, one colour will go on either side of the court. The pallina will be placed in the centre of the two sets of balls.
5 minutes	Assess and Review	Review the specific questions of athletes and the individual concerns that they may have. Use the assessment tools to review any concepts that the athletes have found challenging.
10 minutes	Game Demo	The coach for each court will go over the steps of a game. This will be one round. Once it is time for the teams to switch ends, as in a normal game of Bocce the teams will start the game over again. <ul style="list-style-type: none"> • Coin Toss • Team who wins coin toss throws the pallina • The team who threw the pallina will throw the first ball • The next team will throw their Bocce ball • The team whose ball is farthest from the pallina will throw next. <i>Utilize the coloured paddle to indicate which team should be throwing.</i> This will continue until there are no balls left • Once all the balls have been thrown, calculate points. (Ex. <i>If the green team has two Bocce balls closest to the pallina, they will receive 2 points for the round, red will receive no points. Refer to full scoring detail in the Bocce Scoring Section included in the Appendix.</i>) • Explain that the winner of the previous frame will have the pallina advantage (will throw the pallina and first ball of the next frame). • Continue until time runs out
10 minutes	Cool Down- Stretches	Have athletes gather in a stretch circle stretching out wrists, hands and legs.

BOCCE COURT



Bocce Session 7: Game Day



BOCCE LESSON PLAN S:7

Objectives:

- To cooperate in a competitive play environment
- To combine the skills learned in the past six sessions to successfully play a full 20 minute game of Bocce with Special Olympics Rules
- To demonstrate sportsmanlike qualities (encouraging others and accepting success and/or failure in a respectful manner)
- To show confidence and understanding of the rules of bocce game play

Equipment:

- Bocce Balls
- Bocce Court
- Colour Coded Ping Pong Paddle
- Measuring Tape
- Timer
- Score Chart
- Pencil and Paper

Keys to the Practice:

- Encourage team members to cheer on their team members and opposing teams
- Give directional tips to athletes when it is their turn to toss (if necessary)
- Make clear whose turn it is using the colour coded Ping Pong Paddle
- Explanation of how and why points are being awarded
- Encourage attempts to aim at the palina
- Body movement can be adjusted for close, mid and far throws
- Adjustments to proper stance/grip should be made at this stage

Time	Activity	Description
15 minutes	Introduction-Warm Up & Stretch	Athletes should jog, run or walk around the gym/field for 5 minutes while you collect the necessary equipment (Bocce kits and court). Don't set up the Bocce courts. Athletes will have a chance to learn to do this in the session with varying levels of support. Have athletes do stretches such as touching their toes, moving their arms, legs and stretching out shoulders and neck. Make sure athletes complete arm swings on both left and right side. Grab water if needed. Explain the session's activity.
5 minutes	Dividing Teams	Split the athletes up into teams of 4. Match up teams based on similar ability levels to make meaningful competition.
5 minutes	Court Set Up	Have athletes work together with coaches to set up the courts. The time frame of this activity may vary widely because of wider ranges of ability of the athletes participating in each session.
20 minutes	Game 1	<p>This session coaches will be the referees, scorekeepers and times. Athletes will play a full game of Bocce with a team of similar ability level. Game will last 20 minutes in total.</p> <ul style="list-style-type: none"> • Coin Toss • Team who wins coin toss throws the pallina • The team who threw the pallina will throw the first ball • The next team will throw their Bocce ball • The team whose ball is farthest from the pallina will throw next. <p><i>Reminder: Utilize the coloured paddle to indicate which team should be throwing. This will continue until there are no balls left.</i></p> <ul style="list-style-type: none"> • Once all the balls have thrown, calculate points. (Ex. If the green team has two Bocce balls closest to the pallina, they will receive 2 points for the round, red will receive no points. Refer to full scoring detail in the Bocce Scoring Section included in the Appendix). • Explain that the winner of the previous frame will have the pallina advantage (will throw the pallina and first ball of the next frame) • Switch sides and continue until time runs out <p><i>NOTE: Do not let time run out mid-frame. Ex. If there is 2 minutes left on the timer-end the game if you know the teams will not get through another frame before the 20 minutes is up.</i></p>