

Bocce Skills

Athletes in this program are learning basic bocce skills. Athletes new to bocce will typically start at the skills level. Many of the athletes in skills require more attention than the team based soccer programs.

Intro: Bocce Skills for Low to High ability athletes. The activities will work to improve consistency with the bocce ball and also works on all technical areas of the delivery. In the virtual skills program, athletes will be given a tennis ball in place of a bocce ball in order to practice safely in their home.

ACTIVITY 1 1.1 THE LINE DRILL (Low to High Ability Athletes)

Equipment: 1 Tennis Ball, 2 Cones, Measuring Tape, Chalk

Set up: On a flat surface, athlete will measure out 2 cones, exactly 1 foot apart from each other. Using chalk, athlete will draw a straight line from the center of the 2 cones to the farthest throwing position. Athlete, or coach, will mark each throwing point so athlete knows where to stand during the drill.

Description: Athlete will stay behind the first, and closest, throwing line to begin. Athlete will roll ball towards the 2 cones with intentions of getting the ball between the 1 f foot gap between the cones. In **1.1**, the first throw will be from 5-meters away, the second from 10-meters, and the last and final throw will be from 15-meters from the cones. In **1.2**, the first throw will be from 10-meters away, the second from 20-meters, and the last and final throw will be from 30-meters away

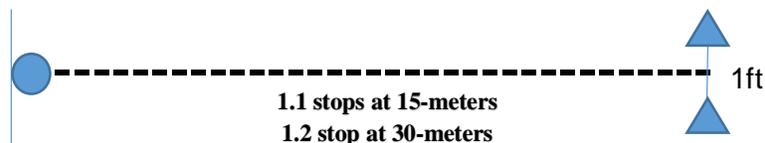
Adaptation: Wheel chair athletes can achieve drill with similar accommodations. A coach will retrieve balls after thrown and reset cones when needed.

1.1 (Lower Ability Athletes)

- 1st throw- 5-meters
- 2nd throw- 10-meters
- 3rd throw- 15-meters

1.2 (Medium to High Ability Athletes)

- 1st throw- 10-meters
- 2nd throw- 20-meters
- 3rd throw- 30-meters



Scoring: Athlete will be awarded points based on number of balls successfully passed through cones.

# of Balls thrown between cones	Points
1 Ball	5pts
2 Balls	10pts
3 Balls	15pts

ACTIVITY 2: TARGET ROLL (Low to High Ability Athletes)

Equipment: 1 Tennis Ball, 1 Large Cups, Measuring Tape, Chalk

Set up: Set cup at designated areas and distance on the field. (Distance varies for lower ability and higher ability see below)

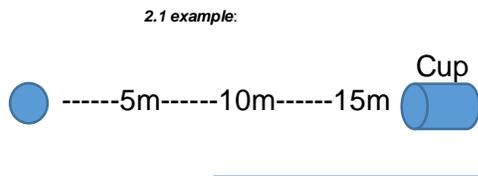
Description: Athlete will take 3 rolls from each distance to try to get the ball in the cup.

Note: Coach may have to reset cup if when knocked out of place.

Adaptation: Wheel chair athletes can achieve drill with similar accommodations. A coach will retrieve balls after thrown and reset cup when needed.

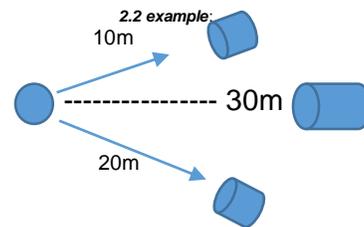
2.1 (Lower Ability Athletes)

- 1st throw- 5-meter Center
- 2nd throw- 10-meter Center
- 3rd throw- 15-meter Center



2.2 (Medium to High Ability Athletes)

- 1st throw- 10-meter Left
- 2nd throw- 20-meter Right
- 3rd throw- 30-meter Center



Scoring: Athlete will be scored by using chart below:

Target Drill Conversion Chart	Points
Ball in cup	20pts
Hit the cup	15pts
1 ft. of the cup	10pts
2+ ft of the cup	5pts

ACTIVITY 3: PALLINO SHOT (Low to High Ability Athletes)

Equipment: 1 Tennis Ball, 1 small ball (Pallino), 1 Large Cups, Measuring Tape, Chalk

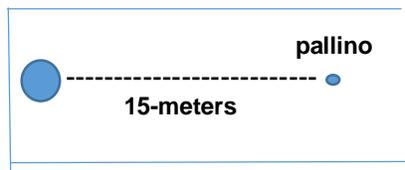
Set Up: Set pallino (small ball) at designated areas and distance on the field (Distance varies for lower ability and higher ability see below)

Description: Athlete will attempt to roll ball as close to the pallino as possible.

Adaptation: Wheel chair athletes can achieve drill with similar accommodations. A coach will place pallino in designated area and be responsible for measuring distance of thrown ball from pallino after each attempt.

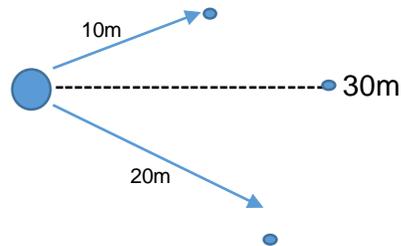
3.1 (Lower Ability Athletes)

- 1st throw- 5-meter Center
- 2nd throw- 10-meter Center
- 3rd throw- 15-meter Center



3.2 (Medium to High Ability Athletes)

- 1st throw- 10-meter Left
- 2nd throw- 20-meter Right
- 3rd throw- 30-meter Center



Scoring: Athlete will be scored based on how close to the pallino his or her thrown ball lands. Using measuring tape, place the zero end of the tape measure at the center base of the tennis ball and pull the measuring tape back until it is directly above the pallino. Record this distance by rounding to the nearest foot. (ex: athlete measures 3 feet and 4 inches, it will round down to 3 feet and athlete may receive max amount of points for that throw.)

Pallino Shot Conversion Chart	Points
0-3 feet	15pts
4-10 feet	10pts
11+ feet	5pts

Equipment Needed:

Tennis Ball (1)
Pallino (1)
Cones (2)
Cups (1)
Measuring Tape (1)

Safety Precautions:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- wearing the right shoes
- using the correct equipment
- drinking water and staying hydrated
- warming up and stretching properly
- being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- maintaining social distancing rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- shortness of breath
- a rapid or irregular heartbeat