



Session Plan Examples

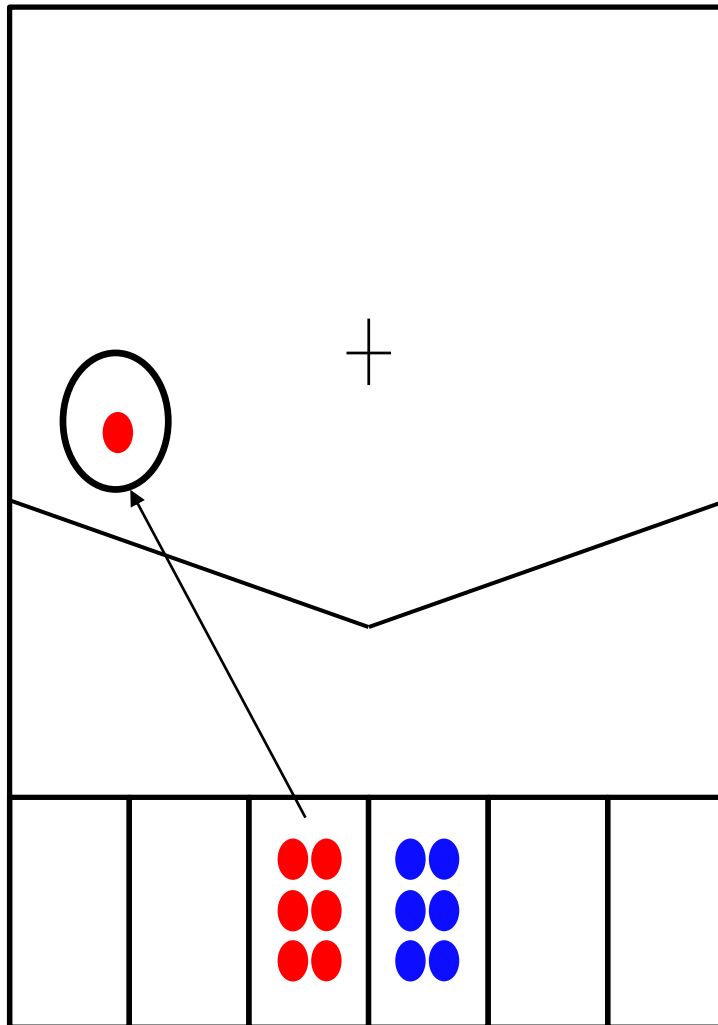
Session 1 - Drawing

Warm-up game:

Targets, Zones, Up the Ladder, Line Up.

Skill practice:

Practice drawing your balls so they stop on the target.



Key points:

Throwers / Kickers

Turn chair to face target
Relax body and focus on smooth swing and release
Finish by pointing at target
"Kiss the jack"

Rampers

Turn chair to face target
Move the ramp up or down then sideways
Finish by checking line of ramp with target
"Kiss the jack"

Skill game:

Targets, Zones, Up the Ladder, Line Up.

Targets

How to play:

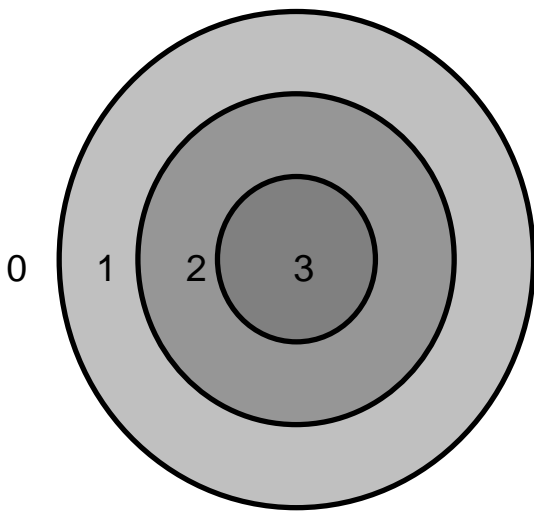
A target is placed on court and players are to take turns at trying to stop their Boccia balls on it.

After all balls have been played, the points are added up to determine the winner.

Note: this can be done as a team or as individuals.

Variations:

Change shape and size of targets.



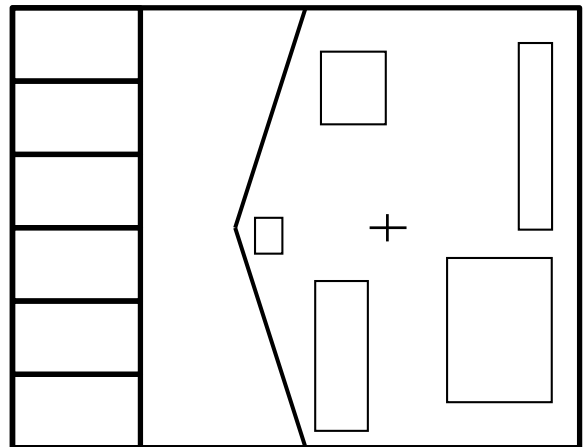
Zones

How to play:

The court is divided into zones that are designated into different points depending on size and difficulty to land in that area.

Players then take turns at trying to score as many points as possible.

The winner is the player who scores the most points after all balls have been played.



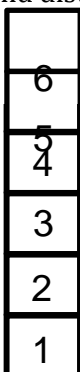
Up the Ladder

How to play:

Progress from boxes 1 – 6 in the fewest number of shots possible.

Variations:

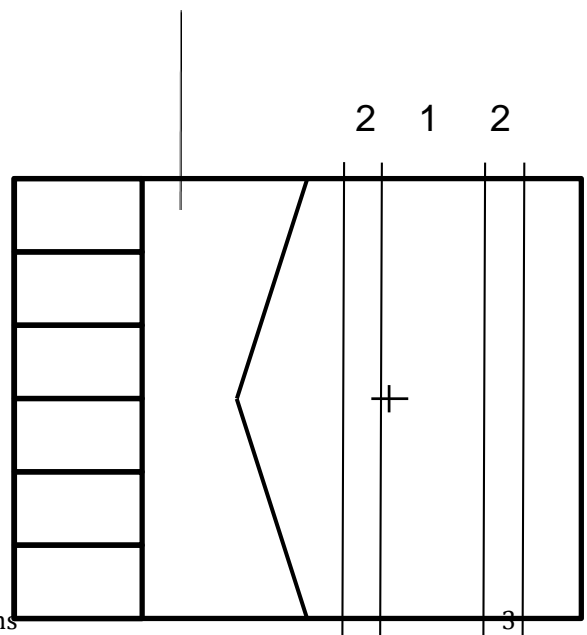
- A race between individuals, pairs or teams.
- Race in a set time or determined number of attempts.
- Change size and distance of each box.



Line Up

How to play:

Tape / mark lines across the court at various distances and players are to try and stop it within the lines to score points.



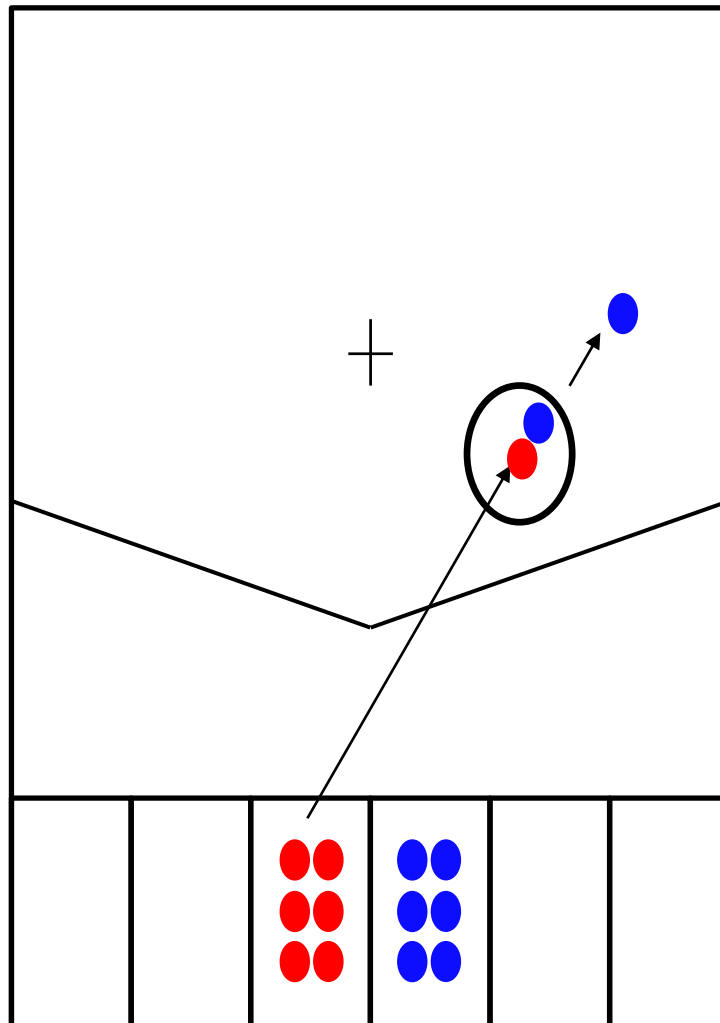
Session 2 - Driving

Warm-up game:

Driving Supreme, Hit down.

Skill practice:

Practice driving your balls so they hit and remove another ball from a target



Key points:

Throwers / Kickers

Turn chair to face target
Relax body and focus on smooth swing and release
Finish by pointing at target
"Hit the jack"

Rampers

Turn chair to face target
Move the ramp up or down then sideways
Finish by checking line of ramp with target
"Hit the jack"

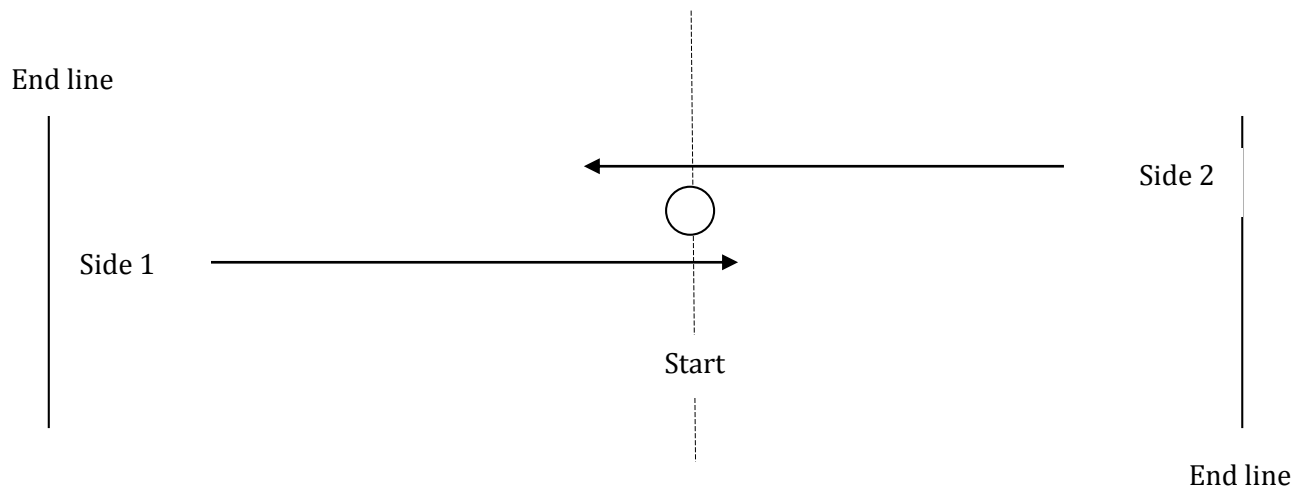
Skill game:

Driving Supreme, Hit down.

Driving Supreme

How to play:

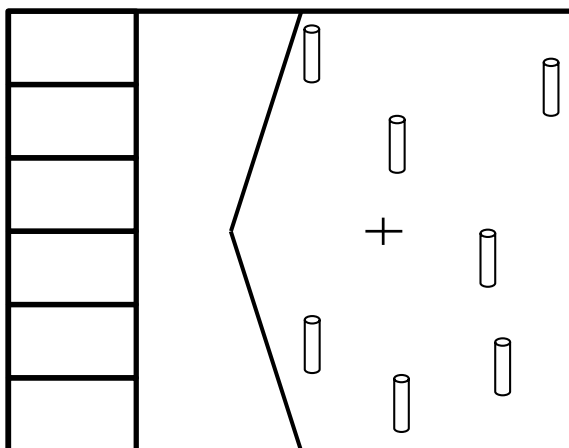
- Two sides sit at opposite ends of the court with a jack ball positioned half way between.
- Players then take turns at trying to 'drive' the ball towards their opponents' end line.
- The winner is the side who hits the jack the furthest from the middle line after all balls or when the jack ball in the middle crosses the end line.



Hit Down

How to play:

- Place skittles or cones out around the court and have players try and knock them over like in bowling.
- Points awarded for who can hit the most over in 6 attempts.



Session 3 – Shortened Games of Boccia (B2)

Boccia is an attack and defend game with two sides competing over a set number of ends. The aim of boccia is to get your coloured balls as close as possible to the white ball (called the jack).

Before the match

A coin toss is done with the winning side choosing to be red or blue.

First end

- The red side starts the first end by playing the jack (white ball) into court.
 - The jack ball must cross the 'v-line' to be in play.
- The red side then plays their first coloured ball.
- The blue side then plays their first coloured ball.
- The colour not closest to the jack must play until they either manage to get closer to the jack, or run out of coloured balls.
- The side with remaining coloured balls then plays out.
- The end is completed when all coloured balls from both sides have been played.
- The score is determined by awarding one point for every ball of the same colour close to the jack than the nearest opposing coloured ball.

Second end

- The blue side starts the second by playing the jack (white ball) into court.
 - The jack ball must cross the 'v-line' to be in play.
- The blue side then plays their first coloured ball.
- The red side then plays their first coloured ball.
- The remainder of the end is repeated in similar fashion to the first end.

After both ends have been completed, the winning side will be the one with the higher accumulative score. If the scores are equal, a tie-break will be played.

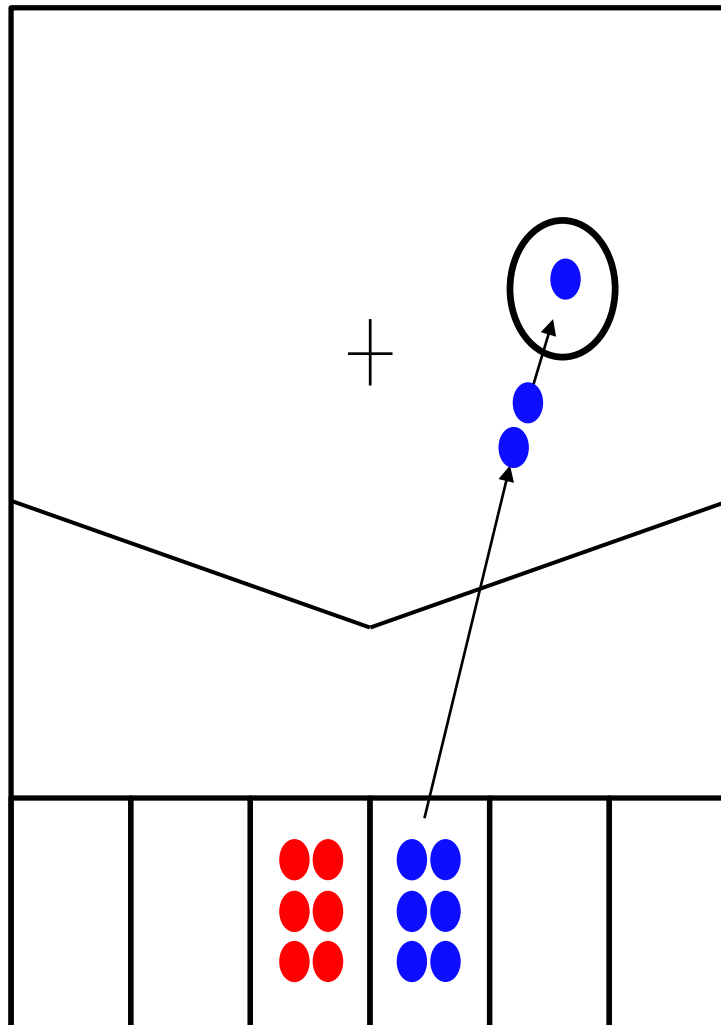
Session 4 – Drawing and Driving

Warm-up game:

Boccia Noughts and Crosses, Targets 2.

Skill practice:

Practice driving your balls so they hit one of your own balls onto a target somewhere on court.



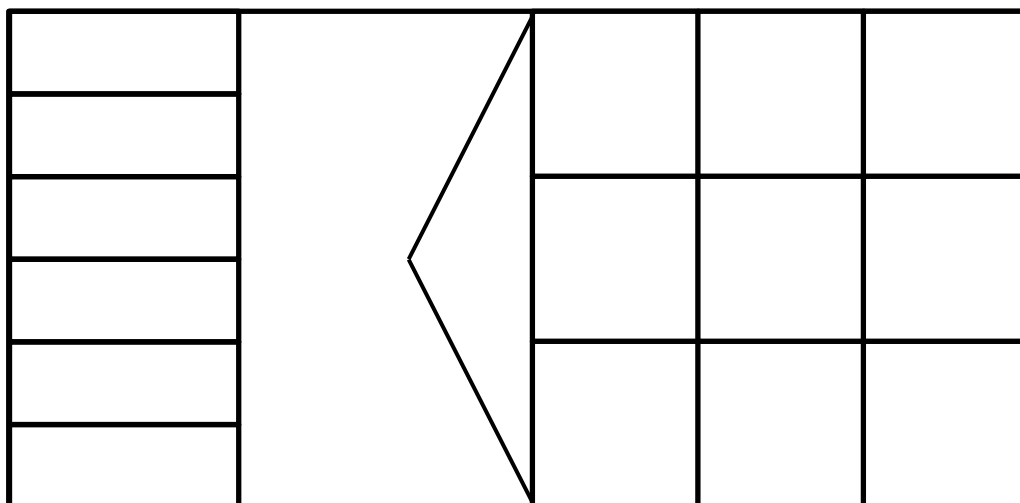
Skill game:

Boccia Noughts and Crosses, Targets 2.

Boccia Noughts and Crosses

How to play:

- Divide the court up into 9 even squares.
- Sides then take alternate turns at trying to place three of their coloured balls in a line as in noughts and crosses.
- If a side wishes to take over a square occupied by the opposition, they must drive the ball out.
- The winner is the side who manages to get three in a row.

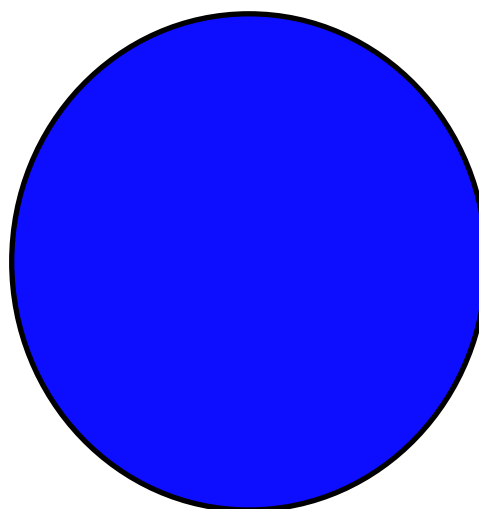
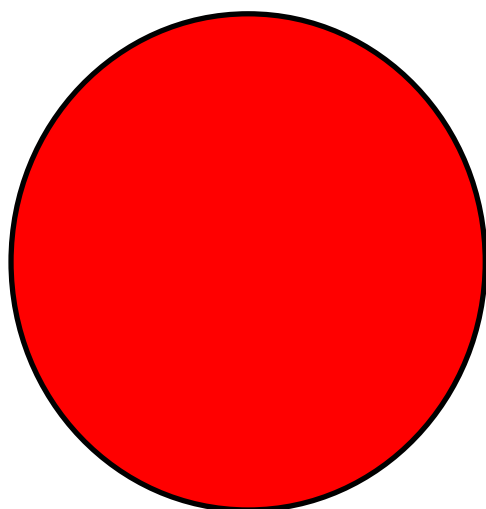


Targets 2

How to play:

Two targets are placed on court and players are to take turns at trying to stop their Boccia balls on their own colour whilst preventing the opposition from doing the same.

After all balls have been played, the number of balls on each target of the same colour is added up to determine the winner.



Session 5 - Tactical Play

Warm-up game:

Cat and Mouse

How to play:

- One side begins with 6 balls (cat) and the other side begins with 1 ball (mouse).
- Each end the 'cat' loses 1 ball (i.e. 6 – 5 – 4 – 3 – 2 – 1) and the 'mouse' gains 1 ball (i.e. 1 – 2 – 3 – 4 – 5 – 6).
- Rules and scoring as per normal.

Skill practice:

Play full game of boccia (see session 6) using **Simple Game Tactics** sheet.

Key questions:

- Where is the best place to play the jack?
- When can each different type of shot be used?
- Which is the most effective scoring option?
- What can you do to combat your oppositions' strengths?
- How can you use the existing balls on court to your advantage?
- How can you position your coloured balls to prevent your opposition from scoring?

Skill game:

Cat and Mouse

Simple Game Tactics

END 1	<p style="text-align: center;"><u>Draw</u> - to hold the scoring shot</p> <p style="text-align: center;">Too late...</p> <p style="text-align: center;"><u>Drive</u> - if you have more balls remaining than your opponent</p> <p style="text-align: center;">Can't...</p> <p style="text-align: center;"><u>Block</u> - to reduce the score</p> <p style="text-align: center;">If holding the shot...</p> <p style="text-align: center;"><u>Draw</u> - to score more points</p> <p style="text-align: center;"><u>Drive</u> - to move opposition balls out of the way</p>
ENDS 2&3	<p style="text-align: center;"><u>Draw</u> - to hold the scoring shot</p> <p style="text-align: center;">Too late...</p> <p style="text-align: center;"><u>Drive</u> - if you have more balls remaining than your opponent</p> <p style="text-align: center;">Can't...</p> <p style="text-align: center;">Would you need to score more than two per end to win after this end? YES - Examine your options to attack, save some balls for safety</p> <p style="text-align: center;">Playing out...</p> <p style="text-align: center;">Look for options to score more points</p>
END 4	<p style="text-align: center;"><u>Draw</u> - to hold the scoring shot</p> <p style="text-align: center;">Too late...</p> <p style="text-align: center;"><u>Drive</u> - if you have more balls remaining than your opponent</p> <p style="text-align: center;">Can't...</p> <p style="text-align: center;"><u>Block</u> - how many points can you concede and win?</p> <p style="text-align: center;">Remember points difference</p> <p style="text-align: center;">Playing out...</p> <p style="text-align: center;">Look for options to score more points</p>

Session 6 - Full Game of Boccia

Boccia is an attack and defend game with two sides competing over a set number of ends. The aim of boccia is to get your coloured balls as close as possible to the white ball (called the jack).

Before the match

A coin toss is done with the winning side choosing to be red or blue.

First end

- The red side starts the first end by playing the jack (white ball) into court.
 - The jack ball must cross the 'v-line' to be in play.
- The red side then plays their first coloured ball.
- The blue side then plays their first coloured ball.
- The colour not closest to the jack must play until they either manage to get closer to the jack, or run out of coloured balls.
- The side with remaining coloured balls then plays out.
- The end is completed when all coloured balls from both sides have been played.
- The score is determined by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball.

Second end

- The blue side starts the second by playing the jack (white ball) into court.
 - The jack ball must cross the 'v-line' to be in play.
- The blue side then plays their first coloured ball.
- The red side then plays their first coloured ball.
- The remainder of the end is repeated in similar fashion to the first end.

Subsequent ends are repeated following the first and second ends.

- Individuals = 4 ends
- Pairs = 4 ends
- Teams = 6 ends

After all ends have been completed, the winning side will be the one with the higher accumulative score. If the scores are equal, a tie-break will be played.