



Boccia Skills Teaching Guide

Throwers / Kickers:

- Line your chair up to the jack
- Keep wheelchair inside the box
- Both brakes are on
- Double check chair position
- Sitting straight and back in the seat
- Choose the right ball* for the type of shot
- Hold boccia ball comfortably in hand
- Grip chair with other hand (if needed) for extra stability
- Relax body and focus on smooth swing and release
- Take your time and concentrate on what you are doing
- Follow through towards jack or target

Ramp users:

- Line the ramp up to the jack
- Keep all equipment inside the box
- Both brakes are on
- Move the ramp up or down then sideways
- Look down ramp line to boccia ball
- Double check ramp line
- Choose the right ball* for the type of shot
- Add extensions if needed
- Relax body and focus on smooth ball release
- Take your time and concentrate on what you are doing
- Check again down ramp line after shot

* Harder balls are more difficult to grasp but roll further, whereas softer balls are easier to grasp but do not roll as far. Furthermore, harder balls are generally favoured for driving shots, whereas softer balls are more suited for drawing shots,