

Boccia New Zealand

BOCCIA Coaching Manual

join the
ACTION



www.boccia.org.nz

Basic Coaching

The aim of the Boccia is to finish with as many of your coloured balls closer to the jack than your opposition.

Remember to:

- Position your wheelchair to benefit the shot you are playing.
- Play the jack to your strengths (and away from your opponent and their strengths).
- Place your first shot in front of, if not touching, the jack.



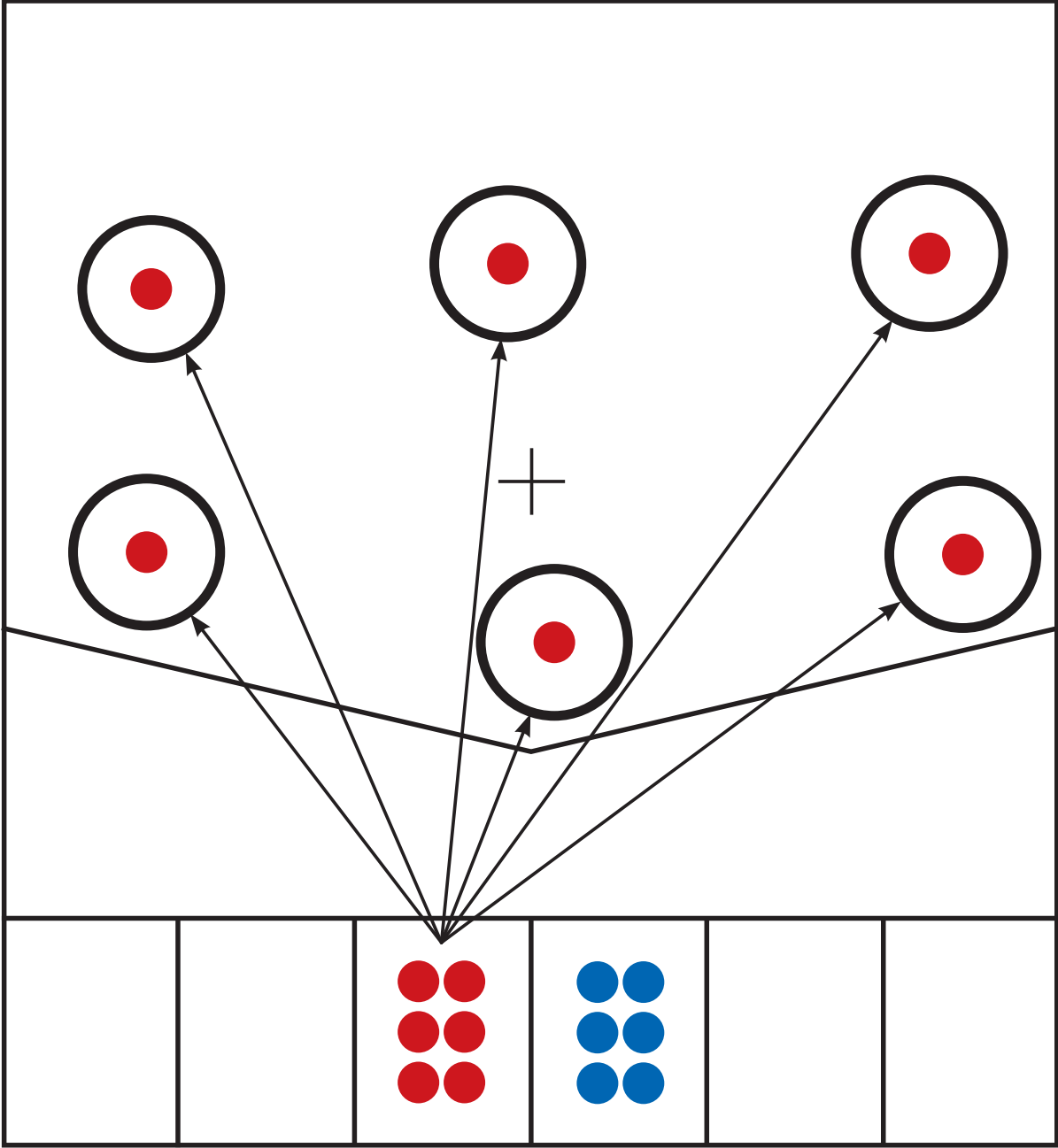
Some basic shots you can employ are as follows:

- Drawing – playing a ball to stop at a specific length.
- Driving – hitting one of your own balls closer to, or your opponents away.
- Blocking – strategically playing a ball to stop in the way of opponent to prevent them from scoring.
- Play-away – deliberately playing a ball into to a safe area of the court to avoid hitting one of your balls away or your opponents closer.

Note: information included in this manual is intended as a guide only.
For more information, please refer to www.boccia.org.nz

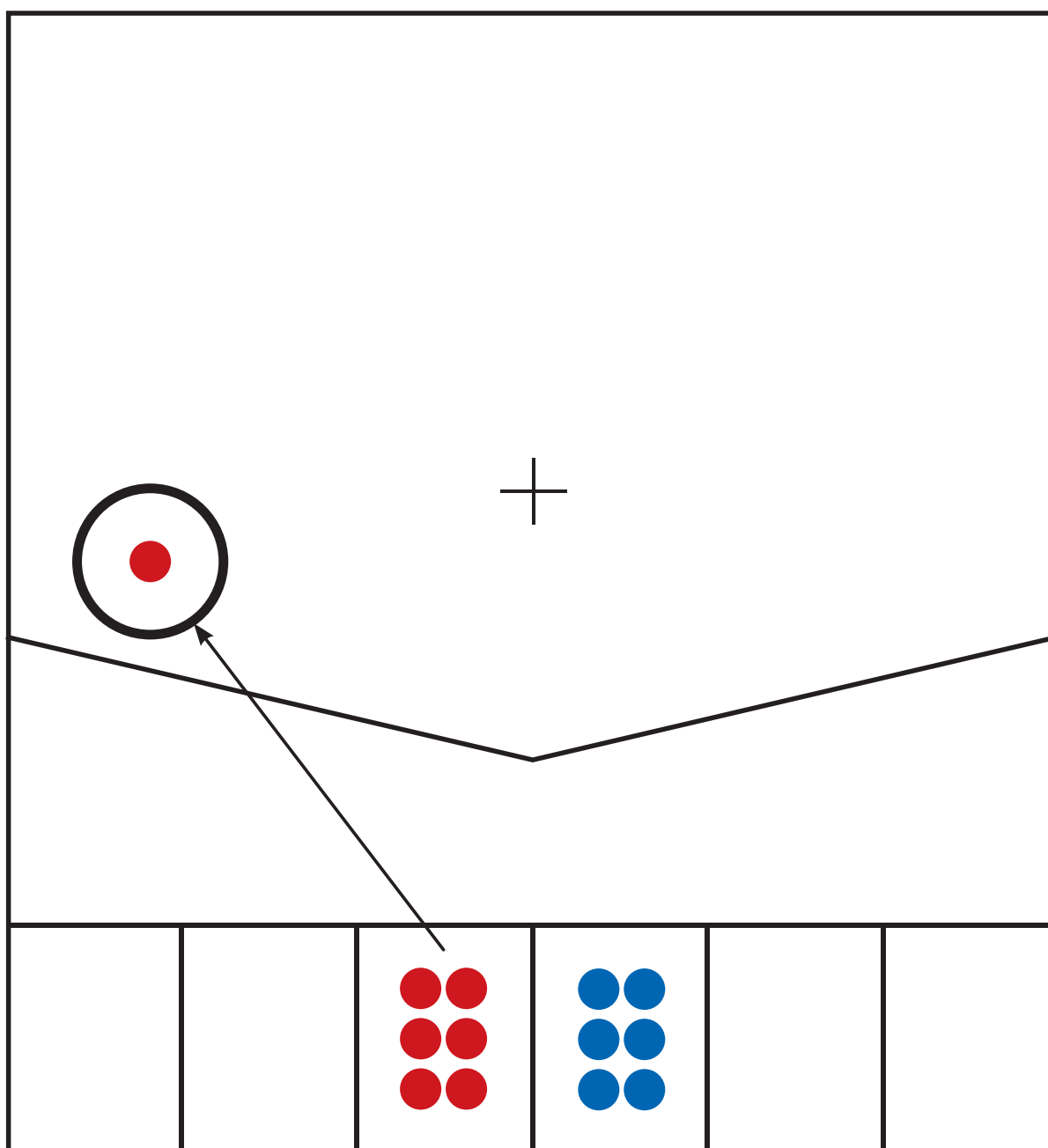
Warm-Up Routine

Practice drawing your balls at different areas around the court to ensure you are familiar with playing at different distances and angles.



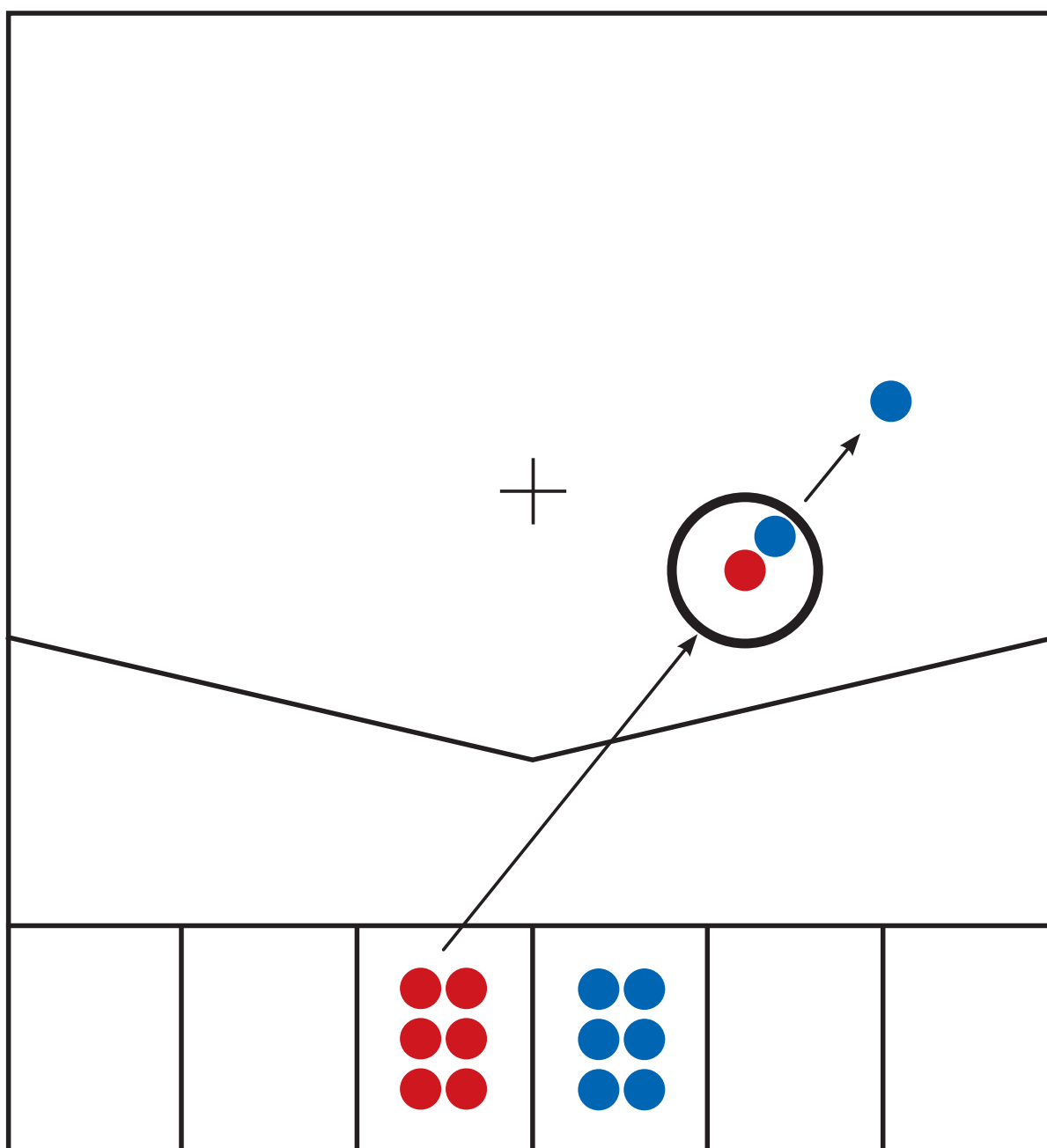
Introductory Skills

Place a target on court and draw your balls so that they stop on the target.



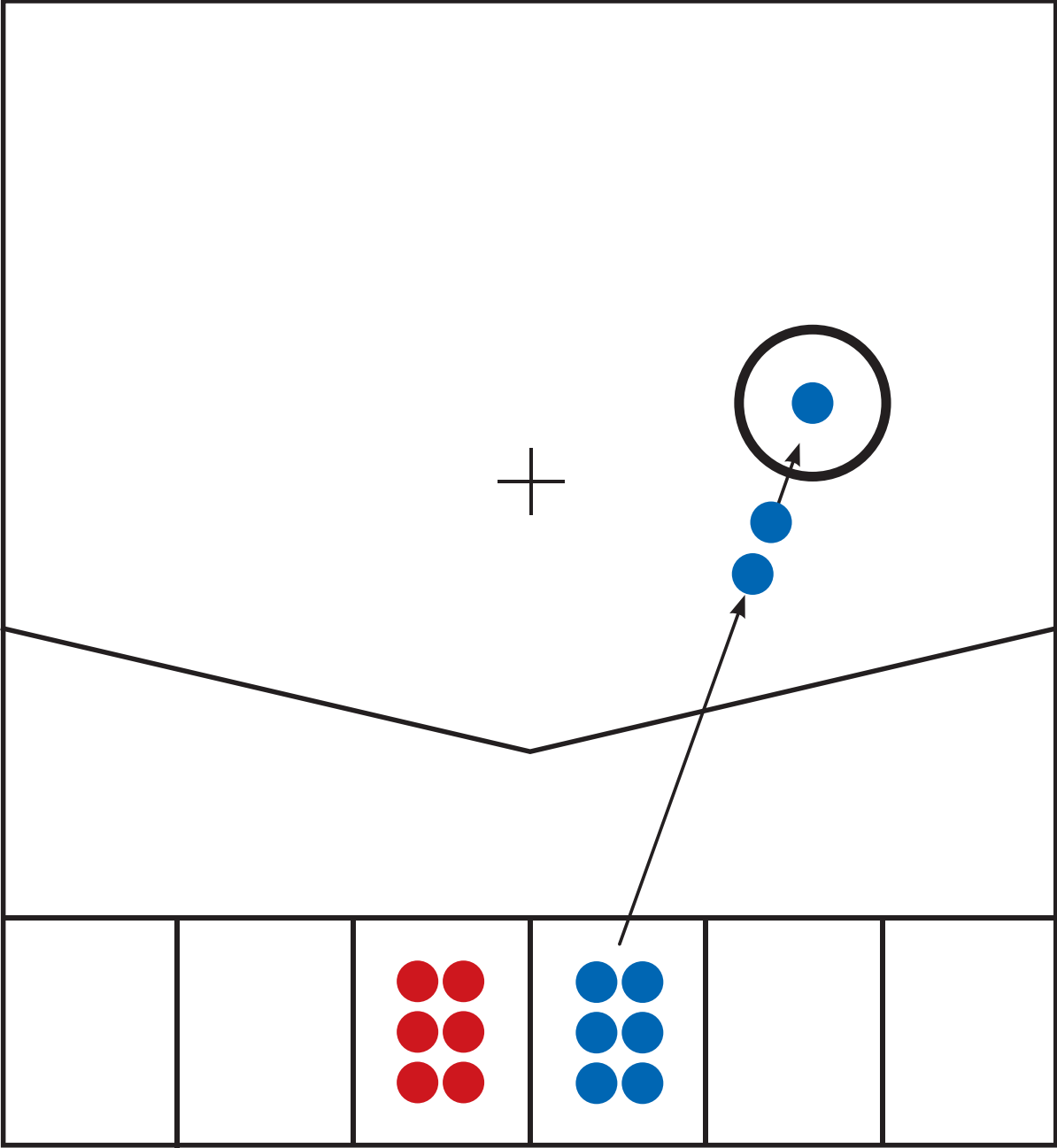
Introductory Skills

Drive your balls to hit and remove another ball from a target.



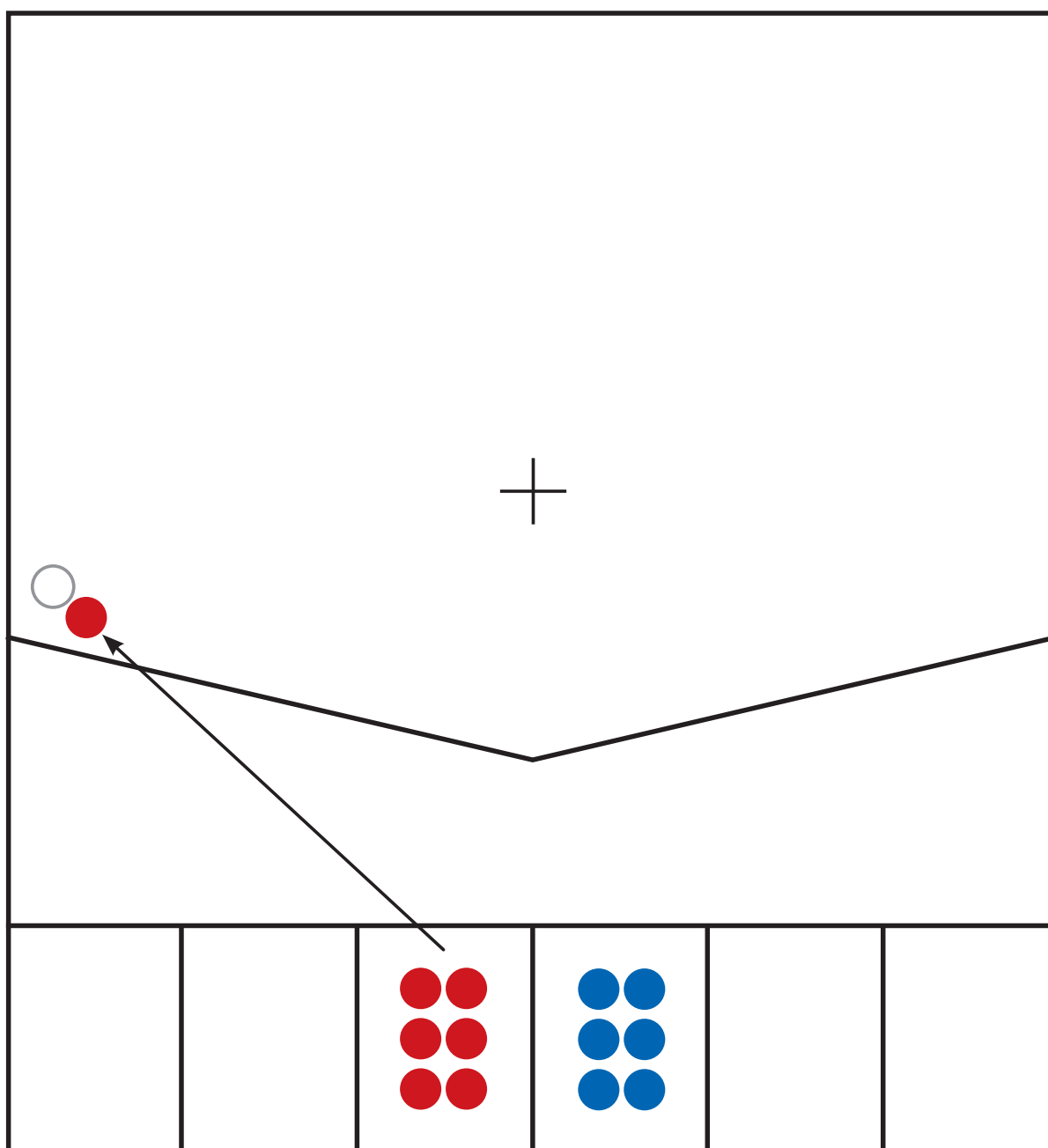
Introductory Skills

Drive your ball to hit one of your own balls onto a target somewhere on court.



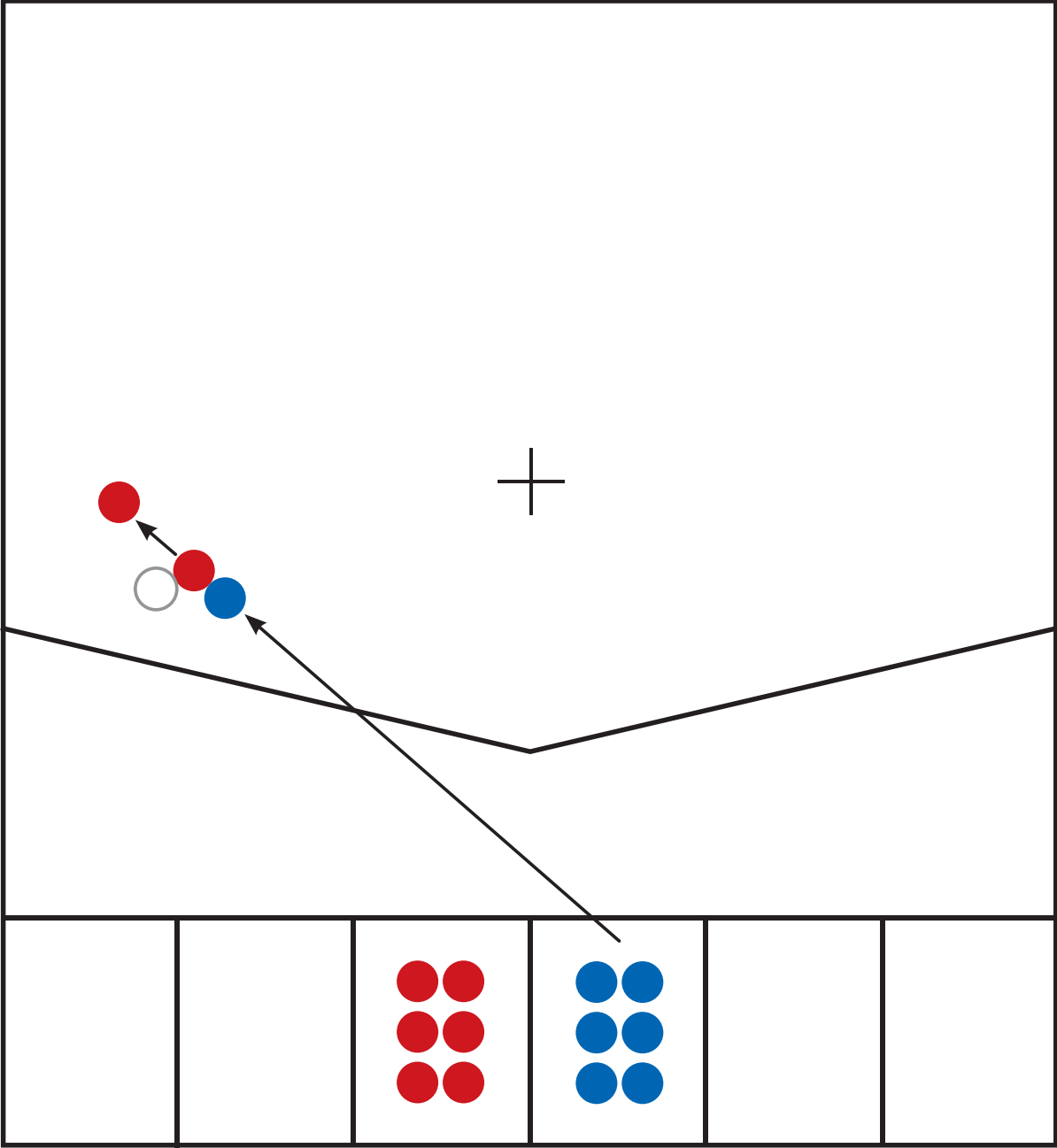
Developmental Skills

Play your jack and draw your first ball, aiming to get them as close as possible.



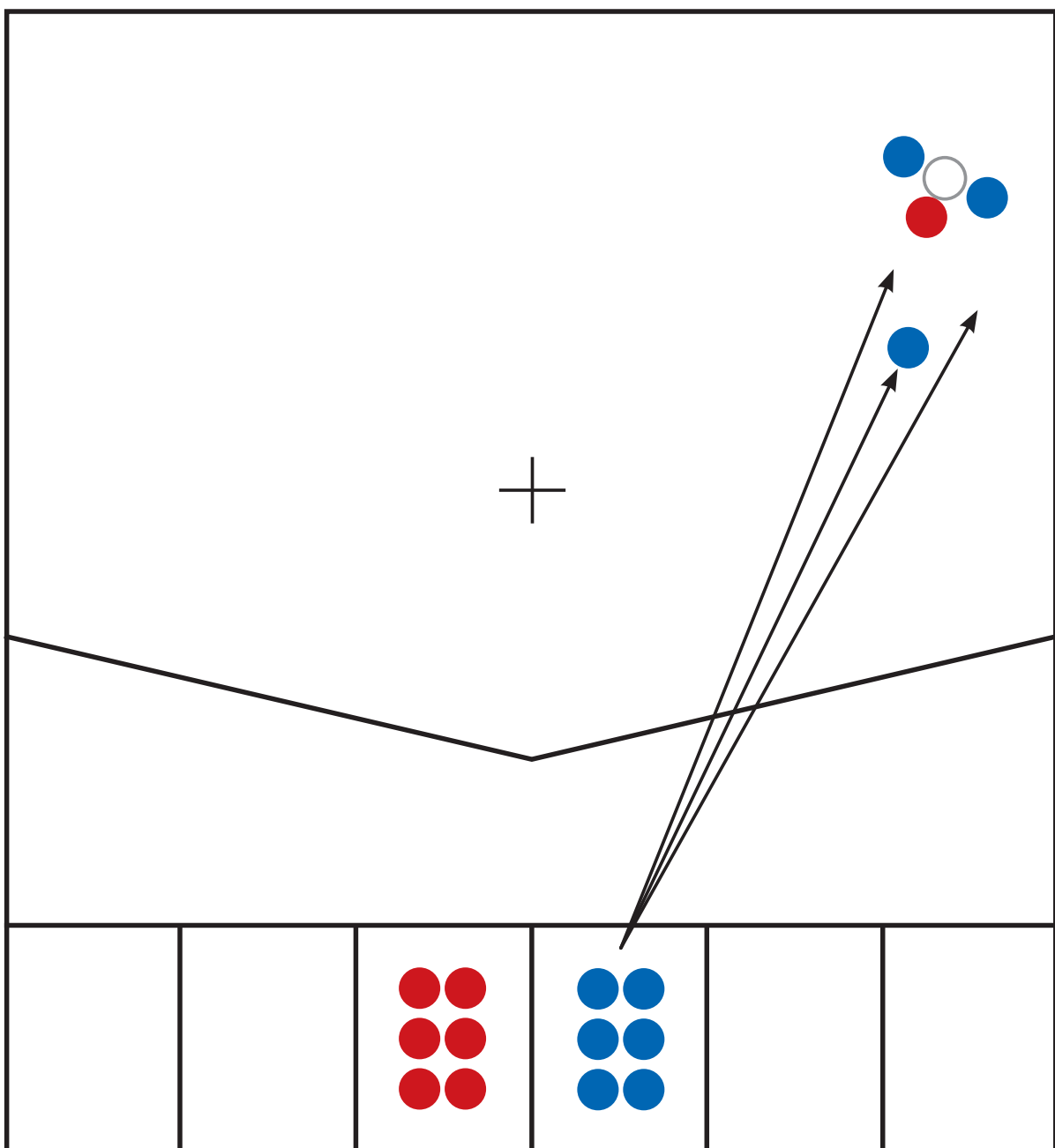
Developmental Skills

Drive your opposition's ball away from the jack.



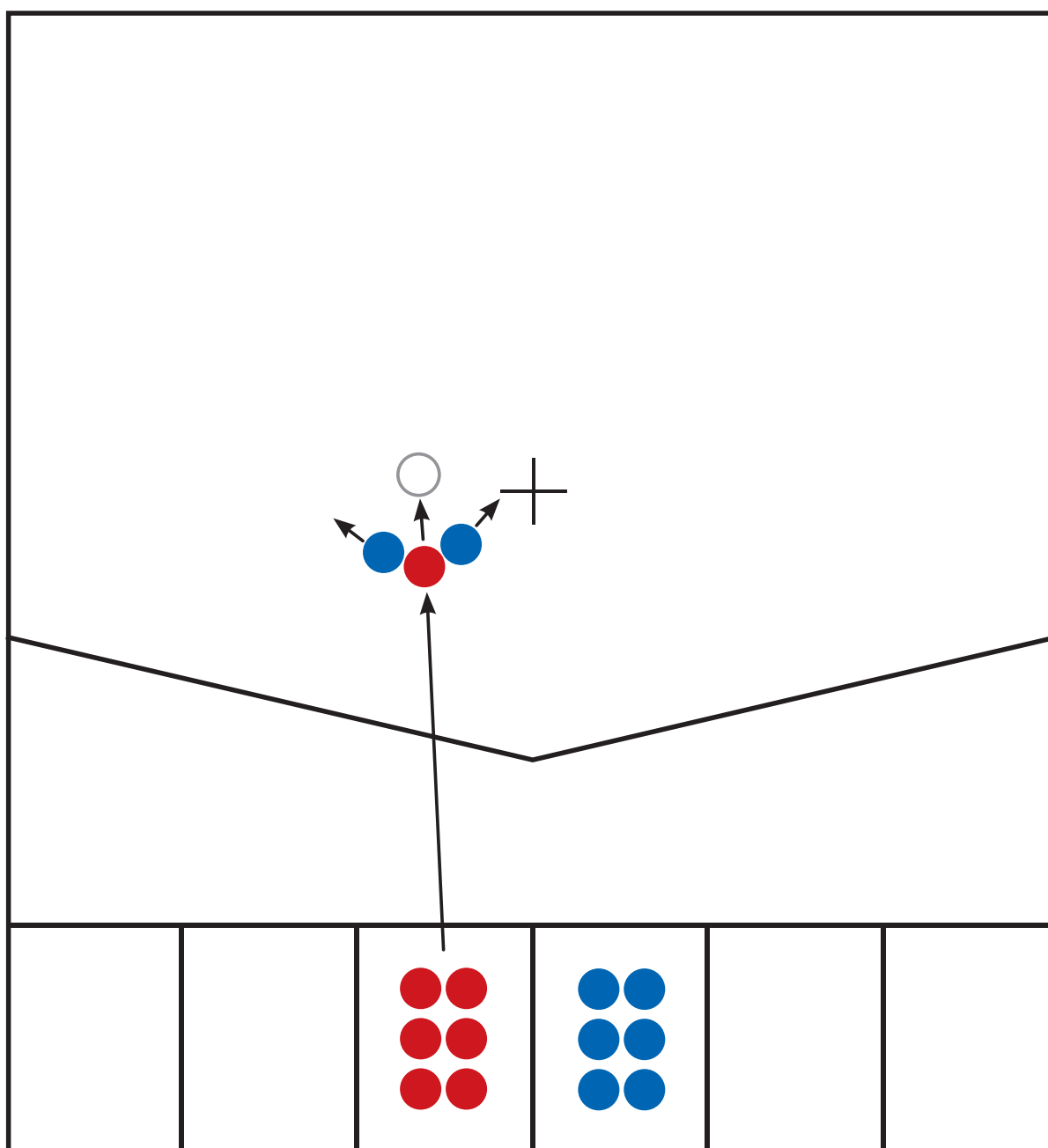
Developmental Skills

Play your balls so they block the jack and stop your opposition from getting closer.



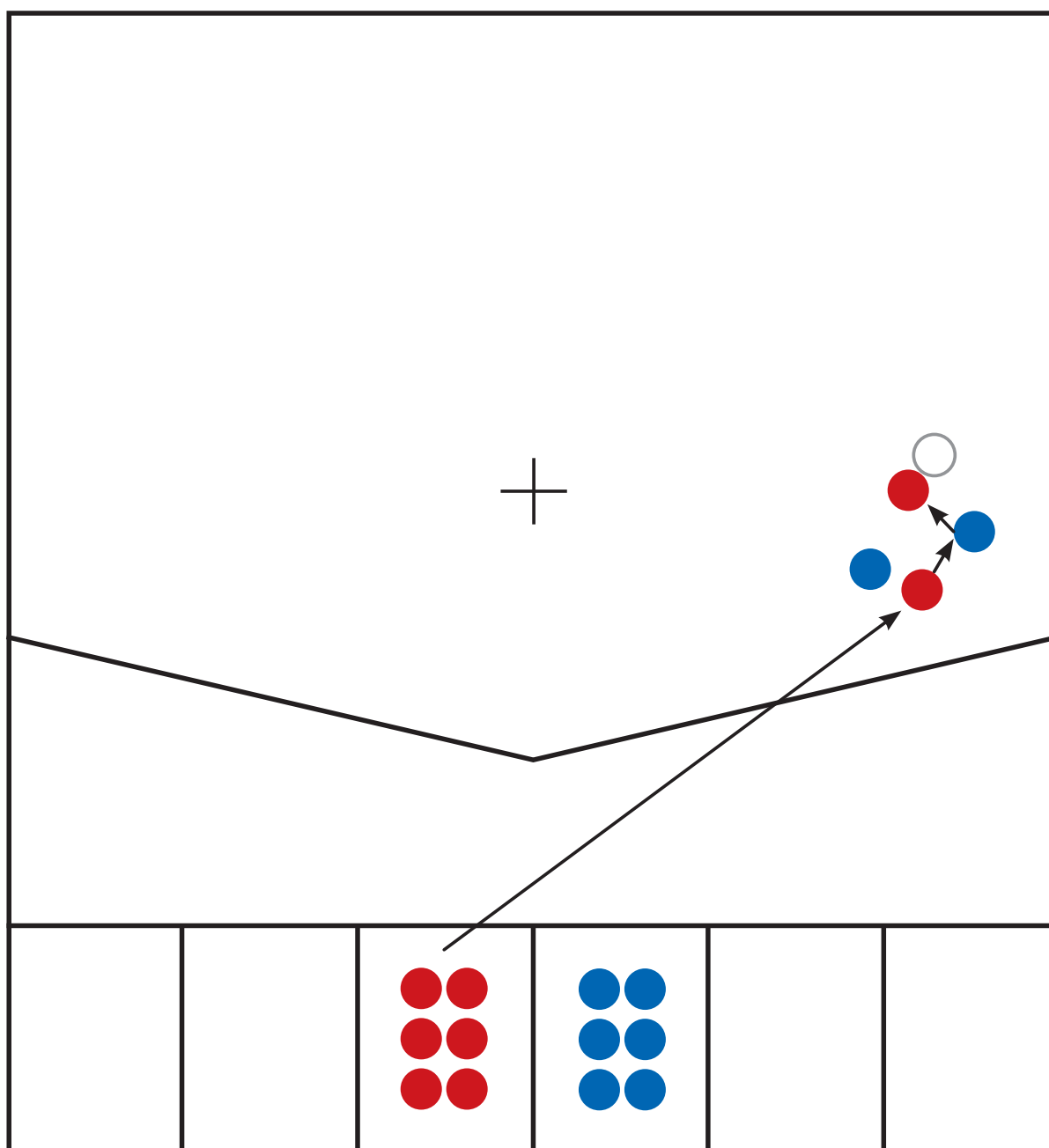
Advanced Skills

Play your balls through a gap to get closer to the jack whilst splitting your opponents apart.



Advanced Skills

Use your oppositions' balls to bounce your own balls in towards the jack to score.



For more information please contact:

Boccia New Zealand
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Visit the Boccia New Zealand website:
www.boccia.org.nz

