

Activity Card 2

Value: Respect for sporting achievement
Activity: Practicing Boccia skills



GENERAL GOAL

Students gain respect for the sporting abilities related to precision and strategy required in the sport of Boccia.

SPECIFIC GOALS

- To learn about the rules of Boccia.
- To create understanding for the precision required of Boccia players.
- To create understanding for the strategic component of the sport.
- To explain the categories that are eligible to play Boccia.

ENVIRONMENT

Indoor or outdoor, flat/hard surface.

SUGGESTED EQUIPMENT

- Tape to mark the court lines (see diagram on page 2).
- Sets of Boccia balls (or other alternative e.g., bean bags).
- Different targets (cones, newspaper, painted target on a sheet, etc.).
- Chairs.
- Assistive device (ramp or chute).
- Video and photographs of a real Boccia game and athletes in action.

PEOPLE INVOLVED IN THE ACTIVITY

- Session leader, assistants and athlete (if available).

STARTING THE ACTIVITY

The session leader provides a basic introduction of Boccia to the students. The session leader explains that Boccia is a typical Paralympic Sport, played by athletes with a severe disability, mainly with Cerebral Palsy. In addition, he/she explains that despite their disability, these athletes succeed to reach a high level of precision/skill in their sport. In order to illustrate this, photographs and video material (provided on the PSD DVD) and/or a 'live' demonstration of an athlete should be shown.



RUNNING THE ACTIVITY

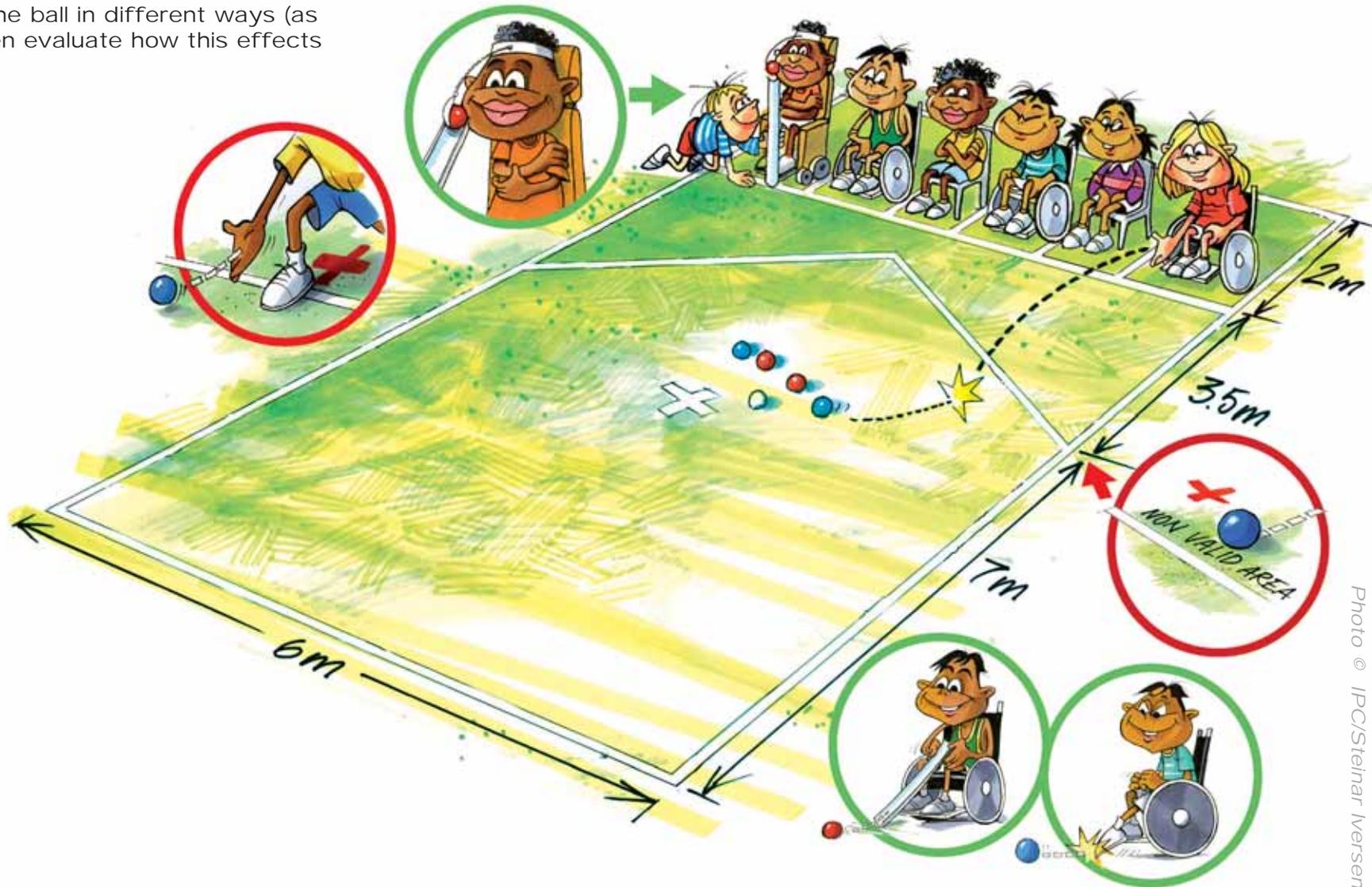
Targeting games:

The children are divided in small groups over several courts.

On each court a specific targeting game is played:

- Drop the ball one centimetre from the wall without touching the wall.
- Aim for various cones, placed at different distances on the court (length).
- Aim for newspapers, placed horizontally within the court (width).
- Aim for concentric circles on the floor.
- Aim for the ball on the floor which is been dropped by a classmate.

While playing try throwing the ball in different ways (as many ways as possible) then evaluate how this effects the performance.



Bocchia game

In the second half of the activity students participate in a real (or modified) Bocchia game. The session leader should explain the basic rules such as the order of throwing and measurements (see page 4) of the game while two Bocchia players or two selected students demonstrate the actions. The session leader or Bocchia athlete describes basic strategic actions used in actual Bocchia games (eg, throw the jack, kick out opponents' ball or block the jack). Note: It is beneficial if experienced Bocchia players can take part in the game.



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GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Shorten the distance between the student and the target.
- Use colourful pictures as a target, for example, paint a large flower on a sheet, various points are allocated when the students get the ball into the stem, leaves, petals and heart.

GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- Students act as referees during the game.
- Students increase the use of the chute and assist each other with utilising the chute.

REFLECTION

The session leader initiates a final discussion wherein he/she tries to use the experiences of the students during this activity to reflect. The reflection will focus on such topics as the precision required in a Boccia game and the fact that athletes with a severe disability are able to reach such a high level of precision.

Sample Questions:

- How did you feel playing Boccia? What was most difficult?
- Would you like to play Boccia?
- Is it easy to become an elite Boccia player?
- What are some of the criteria to become an elite Boccia athlete?
- How would you describe a person with a severe disability?
- What difficulties do you think they might encounter in their every day life?
- How might they overcome their difficulties?

boccia rules

Objective: For students to place their coloured ball (red or blue) as close to the white target ball (jack) as possible.

Scoring: Every ball which lands closer to the jack than the opponent's ball scores one point.

Winner: The player or team with highest score after four rounds wins.

How to play: Throw/kick/use a chute.

Format: Games can be individual (1-1), pairs (2-2) or teams (3-3).

assistance

Assistance may be offered in various forms for athletes who are unable to effectively throw the ball on the court independently.

Equipment: Ramp or chute, usually homemade made out of various materials such as PVC tube, wooden ramp or similar. Chutes can be no bigger than 2.5m x 1m.

Assistant: Holds the chute and follows all instructions of the athlete (e.g., up, down, left, right). Assistants must face the athletes at all times until the game is declared finished and cannot give any strategic suggestions during game play.

The official rules of Boccia can be found at www.bocciainternational.com.

LINKS

Website: www.paralympic.org/release/Summer_Sports/Boccia

PSD Manual: Section Two, Chapters 8 and 10

Did you know...?

The name of the sport is spelt
B-O-C-C-I-A
but it is pronounced "Botcha"!
It is unique to the Paralympic Games.

