

**BOCCIA**



# Getting Started

## Who can play?

**EVERYONE.** Boccia is a seated sport which can be adapted to include all disabled people. The sport is loved by people of all ages and is a great way to get the least active involved in sport.

## What equipment do I need to play?

A boccia set consists of six red, six blue and one white leather balls but any small balls will do. If your players cannot throw a ball they can still play using a ramp.

## The court

**Boccia can be played on any flat surface**

A true boccia court looks like figure 1.

But a boccia court can also look like figure 2.

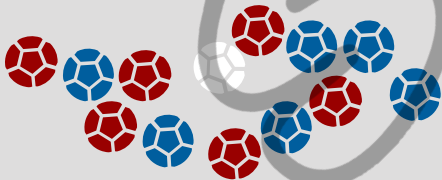
## The game

- 1 A player throws the white ball into the court
- 2 The same player throws their first coloured ball to try and get as close to the white ball as possible
- 3 The opposing player throw a coloured ball towards the white ball
- 4 The side who is not closest to the jack will then play next. This pattern is continued until all the balls have been played
- 5 Players get a point for every ball they have closer than the opposition (see example below)
- 6 The primary rule you need to stick to is that boccia is a seated sport

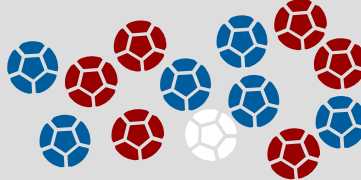
**Boccia can be played as an individual, in pairs or as teams of 3.**

## SCORING EXAMPLES

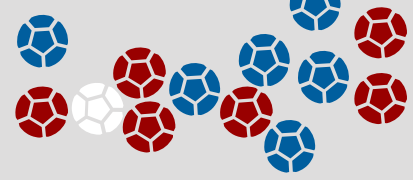
Score 1 - Red



Score 2 - Blue



Score 3 - Red



**Boccia Boost provides a range of support to clubs available online including additional resources and accreditation**



[www.bocciaengland.org.uk/pages/category/clubs](http://www.bocciaengland.org.uk/pages/category/clubs)

## WHAT NEXT?

Why not book a Boccia Leaders Award, find a local club, enter your first competition or purchase some equipment? Visit [www.bocciaengland.org.uk](http://www.bocciaengland.org.uk) for more information.

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# PLAYING

## Targets

Aiming at any style or type of target will help your players develop valuable boccia skills.

## Different types of targets

Targets can include point scoring mats, buckets, balloons, cones, skittles, hoops, beanbags and really anything.

If you have a limited budget you can use pieces of paper, taped up sections of the floor or plastic bottles.

## Ever decreasing target

A target game with great progression uses a sheet of newspaper. Place the newspaper out flat on the floor. Once the players are successful, fold the paper in half making the target harder to reach. Again, once they are successful fold the paper in half and continue this process until they can no longer reach the target or the paper is too small to fold.

## £10 Challenge

If you are feeling brave the £10 challenge is a great way to end a session. Place a £10 on the floor. Ask players to try and land a ball on the £10. If they succeed they get to keep the money. If more than one player lands on the money they get a share of the £10 e.g. ten players get £1 each.

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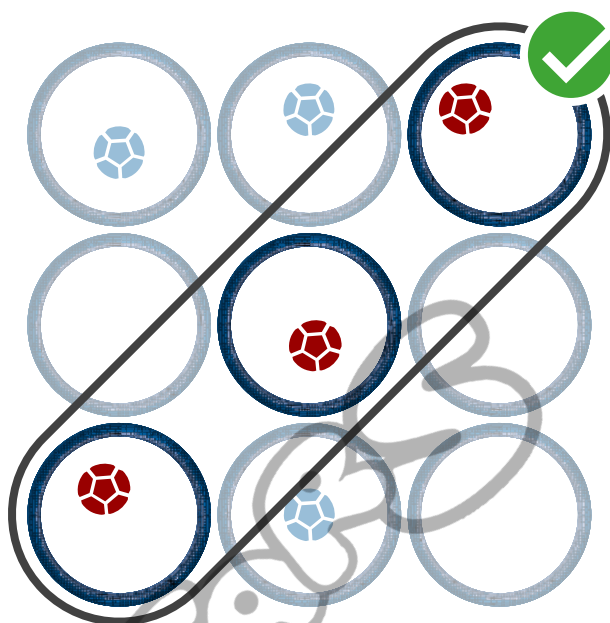
# PLAYING

## Hoops 1

Hoops make great targets to aim at. They come in a range of different sizes and can be really good fun to practice with.

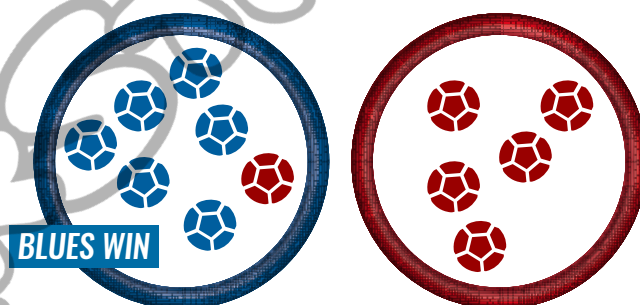
## Noughts and crosses

Why not try setting them up like noughts and crosses and challenge players to get three boccia balls in a line.



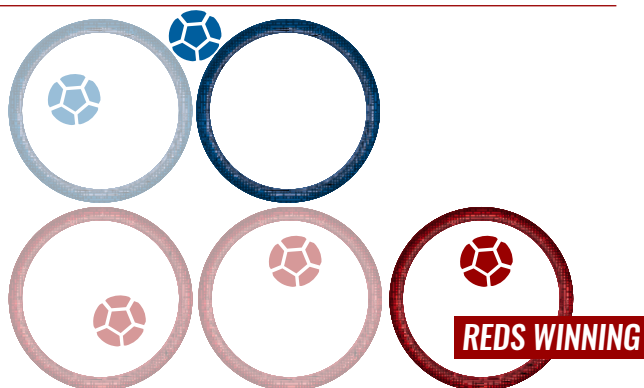
## Reds & blues

Another great game involves using red and blue hoops placed close together. Players on the red team get one point every time they get a ball in a red hoop but lose all their points if they land in a blue hoop and vice versa.



## Boccia flip it

If you need something a bit more active why not play Boccia Flip It. Teams have one hoop in front of them. Every time their ball lands in the hoop they flip it over. The winner is the first team to get their hoop to reach a certain point.



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