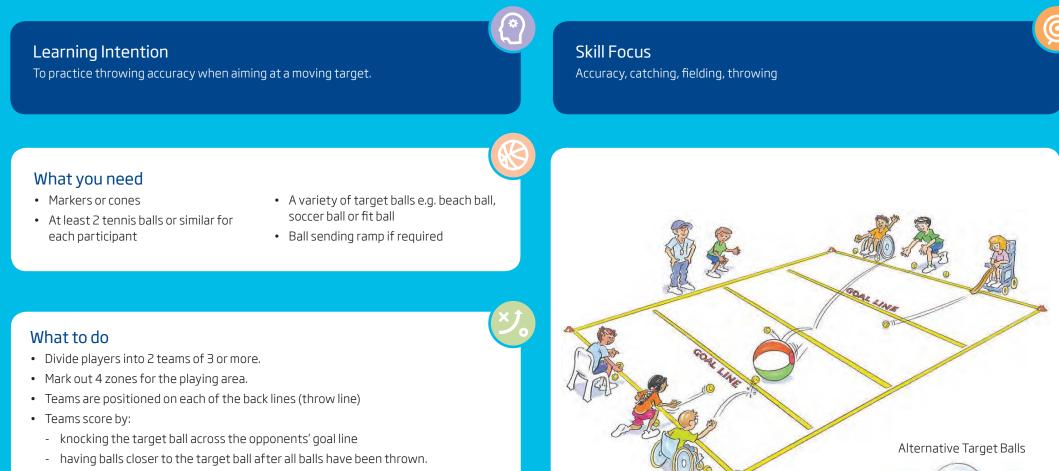


# **SPORTS ABILITY** Target Games

### Attack and Defend Boccia

A game that develops teamwork, accuracy and tactics.



• Players must use an underarm throw, propel ball with foot or use a ball sending ramp.



## **SPORTS ABILITY**

TREE

### Attack and Defend Boccia

### Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

#### Teaching style

- Encourage teamwork e.g. players who can throw the ball further 'attack', while others 'defend' by throwing when the target ball approaches their goal line.
- Develop tactics e.g. nominate a defender to keep a ball to defend.
- Encourage players to aim just in front of the ball in the direction it is moving.

#### Rules

- To make the game easier. Each team has 3 turns at throwing before the other team has their turn.
- To increase difficulty:
  - specify the method of propelling the ball, e.g. ramp only or backspin only
  - teams take alternate turns at throwing

#### Equipment

- Increase the amount of balls per player.
- Use a bigger, lighter target ball for greater success e.g. a slightly deflated beach ball.
- As skills increase, use a smaller or heavier target ball and limit the amount of balls per team.

#### Environment

- Shorten the distance between teams to increase the chance of success.
- To increase the challenge, lengthen the distance between the teams.
- Position a player from each team outside the playing area to collect loose balls. They return the balls to their team mates who use to continue playing the game.

#### Safety

- No balls propelled above waist height.
- No overarm throws.
- Players must stay out of playing area when the game is in play.

#### Ask the players

- Where did you aim your throw to hit the moving ball?
- How could you work as a team to defend your line?
- How could you work as a team to attack your opponent's line?
- What throwing technique was best for hitting the ball back towards your opponent's line?