



Australian Government  
Australian Sports Commission

# SPORTS ABILITY

## Boccia

# Target Boccia

A basic target game that encourages different styles of shots to reach a target.

### Learning Intention

To create targets that challenge opponents to try different types of shots to get closest to the target.



### Skill Focus

Throwing, rolling, shot placement



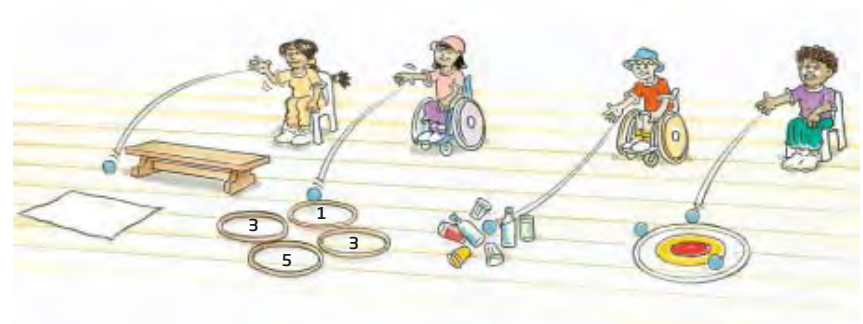
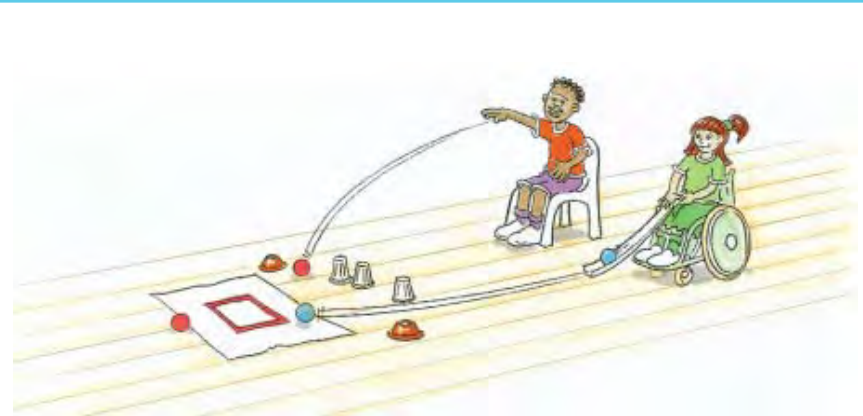
### What you need

- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing area



### What to do

- Divide players into pairs or small groups.
- All players should be seated.
- Each pair or group uses the equipment or objects available to design and make their own target.
- When targets are made, players agree a distance from the throwing line to the target.
- Players score points by throwing or propelling their balls to get closest to the target.
- Keep a record of the best score at each target.
- Combine all the targets into a 'course'.



### Curriculum links

ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F-2

3-4

5-6

7-8



## Teaching Style · Rules · Equipment · Environment

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

### Teaching style

- Encourage players to try different styles of propelling the ball:
  - rolling the ball
  - underarm throw
  - overarm throw.
- Think of ways in which players can improve their aim:
  - aim in front of the target and let the ball roll in
  - when throwing, try to release the ball when the hand/arm is extended towards the target.

### Rules

- Work with the players to agree rules for each target.
- Agree scoring systems e.g. highest score wins with points allocated to each target or lowest score wins, as in golf.

### Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Use any safe materials that may be available to create targets, e.g. mats, chairs, boxes or buckets.
- Use benches, boards or other objects to 'channel' the balls towards the target.

### Environment

- Increase or decrease the distance between the targets and the players.
- Ensure targets provide options for different types of players, e.g. those who are rolling the ball and those who are throwing.

### Safety

- No one enters the target area during play.
- Ensure players know who is throwing next.
- If possible, play towards a wall or away from other players.
- Leave space between each target to move around safely.

### Ask the players

- Where should you aim the ball to get as close as possible to the target?
- How can you position your shots to make it easier for your balls to get close to the target?
- How can targets be changed to challenge the players to:
  - throw the ball high?
  - roll the ball along the floor?