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
ACPMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082
**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?