

Boccia



Boccia – Leaderships Skills & Practices

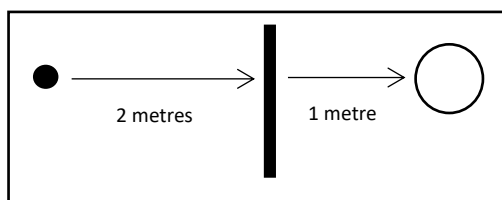
INTRODUCTION

Demonstration of how to throw/ramp – basics

Warm up – 5 hoops – throw or ramp balls into hoops practice accuracy and power – Develop with points

SKILLS

1. Throw 3 balls to stop in a 1 metre circle which is 4 metres away. You have 6 balls to use.
2. Hit a football/basketball with 1 of your shots. The ball should be placed a minimum of 1.5 metres away.
3. Place a football/basketball in the hoop used for skill 5. Throw 8 balls making sure 2 of them hit the ball and the Boccia balls stay inside the hoop.
4. Throw 3 balls over the bench to land in the hoop. You have 6 balls to use.



Once all practices were complete, all players were participating in Boccia games learning the rules and playing against peers.

Boccia phrases **Boccia Sätze**

- Please throw the jack **Bitte wirf den Jack!**
- Red to go **Rot ist dran.**
- Blue to go **Blau ist dran.**
- Red to finish **Rot kann das Spiel beenden.**
- Blue to finish **Blau kann das Spiel beenden.**
- Please pick up your balls **Bitte holt Eure Bälle.**
- I need to measure **Ich muss messen.**
- Who is captain for the red and blue team **Wer ist Spielführer*in für das rote und das blaue Team?**
- End of end **Ende des Satzes.**
- I need some help **Ich brauche Hilfe.**
- The final score is **Der Endstand ist:**
- Please make sure you are inside the yellow box **Bitte bleibt im gelben Feld.**
- Foul **Foul**
- Ramp assistants you may turn round **Die Rampen-Assistenten können sich umdrehen.**
- Good shot **Guter Wurf!**
- Well done! **Gut gemacht!**

