Boccia: Choose a Target

These games develop accuracy, decision-making and teamwork.

What you need

- Boccia balls (or equivalent).
- Hoops (or chalk circles on the floor).
- Floor target (or use marker discs or chalk).
- Any suitable indoor space.

How to play

- Players are divided into two teams.
- Teams sit at one end of the playing area (as for team boccia).
- Target hoops, or circles, are placed at a suitable distance, one for each team.

Players score by:

- Getting a ball into their own colour target area (score 1 point for each ball in the target); or they can choose to aim at the other team's target and knock their opponent's balls out; however, if a ball goes into the wrong target, 1 point is deducted!
- Play in rotation, starting with red; after everyone has thrown, add up the scores.
- Play to an agreed number of throws, or use a time limit.

Think about

- Tactics! Is it better to go for your own target or your opponent's?
- How can you make it harder for the other team to score?

Use the STEP model to modify this game

Space

- Increase or decrease the distance to the targets; this could be done progressively, moving the target further away after each round.

Task

- Experiment with different kinds of targets; for example, raise the target area to change the angle of the throw by placing the hoops on a pile of mats.

Equipment

- Try to ensure that the targets are different colours – ideally, red for the team playing red boccia balls, blue for the other team.

- Introduce obstacles; for example, for every successful scoring throw, the scoring team can place an obstacle in front of the opposing team's target.

People

- Vary the positions of the players; for example, everyone in a circle round the targets, with team members sitting alternately, or have the teams face each other with the targets between them.

Safety

- Where teams are facing each other, make sure there is enough space to prevent the ball from hitting other players.

Extension game 'Scoring Zone'

- Mark out a scoring zone (based on an archery target) with different points allocated to each part of the target, highest in the centre (see illustration).

- Players can sit in a line, as for team boccia, or in a circle around the target.

- Playing in turn, red first, players try to score points by propelling their balls into the target.

- After every one has played, add up the points scored – team with highest total wins!

How to improve

- Decide where to aim the ball to get a scoring shot. Is it better to aim at the target or just in front of the target?

Integrity

- Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

- For more information about boccia see:
  www.bocciaengland.org.uk