



## What you need

- Boccia balls (or equivalent).
- Hoops, marker discs, cones, boxes, mats or any other items that can be used to make targets or obstacles.
- Any suitable indoor space.

## How to play

- Get players into pairs or small groups.
- Each pair or group uses whatever equipment or objects are available to design and make their own target.
- Once they have made their target, they agree a distance from the throwing line to the target, and try to score by throwing or propelling their boccia balls.
- Groups can challenge other players to play their target until everyone has tried each other's targets.
- Keep a record of the best score at each target.

## Think about

- Make sure that targets can be reached by all kinds of players; for example, those who throw and those who roll the ball.
- How can you make the targets more difficult – or easier?



Use the STEP model to modify this game

## Space

---

- Increase or decrease the distance between the players and the targets; the throwing line can be different for players of different abilities.

## Task

---

- Try different ways of propelling the ball, for example: underarm, overarm, rolling; this may help overcome different kinds of obstacles at the targets.

## Equipment

---

- To help some players, use benches, boards or other objects to 'channel' the balls towards the target.

## People

---

- Vision impaired players can have a caller positioned beyond the target to provide verbal guidance.

## Safety

---

- Keep players and others out of the target areas during play. Look out for loose balls lying around the playing space.

## How to improve

---

- When throwing, try to release the ball when the hand/arm is extended towards the target.

## Extension game 'Golf boccia'

---

- Link the targets designed by the players into a 'golf course'.
- Obstacles can be placed around the course, e.g. mats for sand bunkers, cones for trees.
- Players can decide what the 'par' for the hole/course should be (that is, how many throws it should take to reach the target) and how many rounds should be completed.
- Players work their way round the course, trying to finish in the lowest number of throws, as in the golf scoring system; for example, getting into the target in one throw is a 'hole in one'.
- When playing each hole, take the next throw or roll from where the ball comes to rest.
- Penalty strokes can be awarded, e.g. for hitting trees (cones; players take a drop shot or a shot played with non-dominant arm if they go into a bunker (mat or sheet).

## 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](http://www.bocciaengland.org.uk)