BOCCIA ENGLAND

Creative ways to adapt Boccia

#BocciaAtHome

Why not try these **fun activities** to practice your boccia skills.

Skittles

The Game

Set the skittles up like 10 pin bowling and knock down or move as many as possible

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could make the space wider or narrower to make it easier or harder for you.

Task

- Add a value to a skittle and achieve a set score
- Stack the skittle into a tower or pyramid and knock them down
- How close can you get to the skittle without knocking them over?
- Time trial – How quickly can you knock down all the skittles?

Equipment

If you haven't got boccia balls at home, don't worry, you could use socks, or any other kind of balls you have available. If you are unable to propel the balls yourself and haven't got access to a ramp, don't worry, you could use a chopping board or a box lid to help you propel the ball. If you don't have skittle, could you use toilet rolls, tin cans or water bottles.

People

Why not make a house league where everyone has to play each other? You could also play this game in a pair or team as well as individually.

Boccia Boost provides a range of support to clubs available online including additional resources and accreditation

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Sock-ia

The Game

A game of precision, skill and tactics. The aim of the game is to get you ball (or socks!) as close to a target ball (or sock!) as possible

Adapting the Game

There are a number of different way that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors out outside in the garden or even as a tabletop game using a bench or dining table.

Task

You could change the focus of the game to be the first person to have no balls left. every time you win an end, you lose a ball, starting with 6, first person to get to 0 balls left is the winner.

Equipment

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Targets

The Game

Aiming at any style or type of target will help with developing valuable boccia skills

Adapting the Game

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Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could make the space wider or narrower to make it easier or harder for you. Even try changing the height of the target by putting it on a chair or lower down.

Task

- Have an ever-decreasing target, every time you land on it you make it smaller
- Start 1 pace away from the target, if you land on it, move a pace back and repeat
- Put something in front of the target to get over or push onto the target.
- How many times can you land of the target in 10/20/30 seconds or 1 minute?
- How quickly can you land on the target 10 times? 5 second penalty for each miss

Equipment

- Socks for balls
- Box lid or chopping board for ramp
- Towels, newspapers, buckets, paper, bowls could all be used as your targets.

People

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Noughts and Crosses

The Game

Tape or chalk out a Noughts and Crosses grid on the floor and play Red vs Blue

Adapting the Game

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Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could make the boxes bigger or smaller to make it easier or harder for you.

Task

- Add a time restriction – you have to have made your decision where you are going to play and release the ball in 30 seconds, 1 minute… If you don't, you lose that ball.
- Quickfire game, you don't take it in turns to play the balls, when you're ready you play
- Increase the size of your grid and turn your game into a game of connect 4

Equipment

- Socks for balls
- Box lid or chopping board for ramp
- Use a twister mat, spin the wheel and aim for all spots that colour, first to land on them all wins!

People

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Cone Funnel

The Game

Aim to land on a target which is at the end of a coned funnel without touching the cones

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You move the target closer or further away, make the funnel narrower or wider, to make it easier or harder for you.

Task

- Place a ball in front of the target to knock it on
- See how many balls you can have on the target once you have played 6
- Put a wall at the start of your tunnel, lob the ball over the wall and stop on the target

Equipment

- Use beakers, tin cans, toilet rolls as substitutes for the cones
- Socks for balls
- Box lid or chopping board for ramp

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Boccia-opoly

The Game

Take control of ‘property’ (a hoop) to win, if you have the most balls on each hoop when all balls have been played you win.

Adapting the Game

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Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden.

Task

- You could make the ‘property’ bigger or smaller to make it easier or harder for you.
- Add obstacles in between the hoops and if you hit them your ball is removed
- Enforce the rule that you cannot play to the same target on 2 consecutive shots

Equipment

- Use towels, blankets or space under a chair as substitutes to hoops
- Socks for balls
- Box lid or chopping board for ramp

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Boc-cer (Boccia Soccer)

The Game

Create a goal with two cones in front of you, place a bigger ball between you and the goal before trying to score by knocking the ball through the goal.

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could also increase or decrease the size of your goal to change the difficulty level.

Task

- You could make the goal bigger or smaller to make it easier or harder for you.
- Move the goal to be on an angle so you are not just pushing the ball straight back
- Make the target ball smaller or heavier.

Equipment

- Use towels, blankets or space under a chair as substitutes to hoops
- Socks for balls
- Box lid or chopping board for ramp

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