BOCCIA LESSON 4

Learning Intention: *How can you push your own ball closer to a target?*

I can attempt to push the ball closer to a target
I can push the ball close to the target
I can vary the speeds I use to push the ball closer to a target

Key words: KOFF or Knock off. Pace, Shot placement, propel, back spin, extend, flick, accuracy

EQUIPMENT:

Equipment and resources needed:
Hall marked in basic boccia court
Boccia balls/bean bags
Hoops, spots, strips,
Cones
Target
Refereeing indicators - bat or cones, colours (red & blue)

White board and pen (scoring)
Clock
Assisted Device (chute),

Note this may take more than one lesson.

WARP UP:

Children to move around an area holding a tennis ball.

Teacher calls No. 1: Children to throw and catch the ball

Teacher calls No. 2: All Children complete star jumps or arm claps

Teacher calls No. 3 : All Children to sprint on the spot or use fast arms /arm

Make it easier: No ball or use beanbag

Make it harder: Throw to a partner

Q&A: What is KOFF or knock off in Boccia? A shot in which the player pushes their own ball closer into a target area e.g. jack ball or scoring space

In fours - Set up as show, cones 1-2 metres apart

1. Try to **place** the ball on the target (yellow Spot)
2. Use your second throw to knock your ball closer to the target (spot)
4. Alternate throws with your opponents.
3. The winning team is the one that gets the closest to the target (yellow spot).
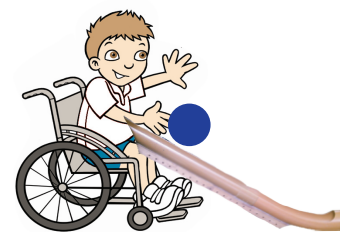
SEND support- use a chute

Q & A: **How can you perform a 'knock off' in boccia?** Use your first ball as a target ball, then aim for this ball and attempt to nudge it towards the target with your second ball.

Make it easier: Move nearer, use beanbags
Make it harder: Move further away

Pace: Play a shot with a particular speed.
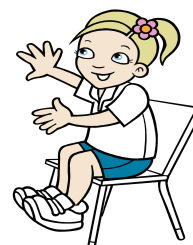
TP"s

Depending on how far away you are, will depend on what speed you need to hit the ball e.g if it is further away from the jack/target you will need to hit it with more speed (more pace).
If it is closer to the jack/target, you will need to slow the speed/pace down.

2-4 per group.. Place 3 balls by a target

1) Each player has 6 shots
2) The aim is to knock the 3 red balls onto the target
3) Rotate round

✓ Use enough force/pace to knock the red balls onto the target

✓ Pick one ball at a time to aim for

✓ Try different types of shot and find out which one works best for you to move the red balls
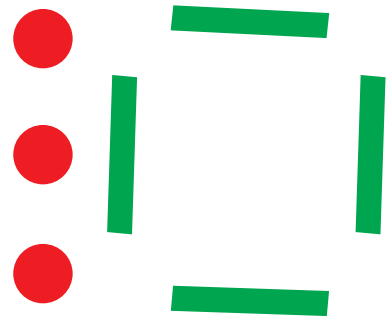
Q&A: How can you knock your ball closer to the target? **Vary the speed of the shot. Find your preferred type of shot to knock the red balls closer**

Make it harder: Get the 3 red balls onto the target as well as 3 of their own
          : Increase the distance

Make it easier: Players have to just hit the red balls rather than knocking them onto a target
          : Decrease the distance

Challenge/Extension: Increase the amount of red balls around the target

The aim is to score as many points as possible by placing their set of coloured balls closest to the jack (white ball). **3v3**

They can practice various forms of throwing- over arm, underarm, rolling or using an assisted device to see which is the best for them. A ball can be propelled by rolling, throwing or kicking.

The aim of the game is to have your ball/s closest to the Jack

Teams sit **Blue Red Blue Red Blue Red**

Red throw the Jack (white ball) out first from the LEFT hand side, followed by a Red ball
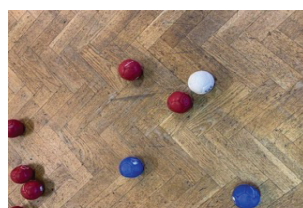
Blue throw 2nd

The Referee looks to see which is furthest away and they throw next, indicated by coloured cone/bat held up

This continues until all balls have been thrown

Winner is the ball/balls closest to the Jack (white ball)

Score a point for each ball closer than the other colour

Set up:

Zoom in to see who is nearest to the white

e.g 2 points Red. The two reds are closer to the jack than the blues

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COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson? How did you push your boccia ball closer to the target? What is this called?