



Warm-up and Stretch (10-15 minutes)

Every athlete must participate in the warm-up and stretch period on or near the court (i.e., shadow body movements). Stretch each muscle group while waiting to practice rolling/bowling actions.

Skills Instruction (15-20 minutes)

- ♦ Quickly review previously taught skills.
- ♦ Introduce the theme of the skills activity.
- ♦ Demonstrate the skills simply and dramatically.
- ♦ Physically assist and prompt lower ability players when necessary.
- ♦ Introduce and practice new skills early in the practice session.

Competition Experience (One, two, or three games)

Athletes learn a lot by simply playing the game. The game is a great teacher.

Cool-down, Stretch and Review (10-15 minutes)

Every athlete should participate in a cool-down down period following a training session. The stretching of each muscle group should not be as vigorous as the warm-up. This is a good time to reflect on the good points of the training session, highlighting any progress various athletes have made, but remember not to do this at the detriment of other athletes who may not have achieved as much. Time can also be spent on areas where you may need to work during the next session. As well, announce any important notices, upcoming competitions, birthdays, social gatherings etc. You should always finish the training session, whether it was good or not so good, with some fun and laughter.

Principles of Effective Training Sessions

Keep all athletes active	Athletes need to be active listeners.
Create clear, concise goals	Learning improves when athletes know what is expected of them.
Give clear, concise instructions	Demonstrate – increase accuracy of instruction.
Record progress	You and your athletes chart progress together.
Give positive feedback	Emphasize and reward things the athlete is doing well.
Provide variety	Vary exercises – prevent boredom.
Encourage enjoyment	Training and competition is fun; help keep it this way for you and your athletes.
Create progressions	Learning is increased when information progresses from: <ul style="list-style-type: none"> • Known to unknown – discovering new things successfully. • Simple to complex – seeing that “I” can do it. • General to specific – this is why I am working so hard.
Plan maximum use of resources	Use what you have and improvise for equipment that you do not have – think creatively.
Allow for individual differences	Different athletes, different learning rates, different capacities.



Tips for Conducting Safe Training Sessions

Though the risks can be few, coaches have a responsibility to ensure that athletes know, understand and appreciate the risks of bocce. The safety and well-being of athletes are the coaches' primary concerns. Bocce is not a dangerous sport, but accidents do occur when coaches forget to take safety precautions. It is the head coach's responsibility to minimize the occurrence of injuries by providing safe conditions.

1. Establish clear rules for behavior at your first practice and enforce them.
2. When the weather is poor, have a plan to immediately remove athletes from inclement weather.
3. Make sure athletes bring water to every practice, especially in hotter climates.
4. Check your first aid kit; restock supplies as necessary.
5. Train all athletes and coaches on emergency procedures.
6. Choose a safe field area. Do not practice in areas with rocks or holes that could cause injury. Simply telling players to avoid obstacles is not enough.
7. Walk the court and remove unsafe objects. Be particularly vigilant when you are playing in cluttered indoor gyms. Remove anything that a player might run into.
8. Check the bocce balls for cracks that could chip or split. Balls and may cause eye injury.
9. Check that the side and end walls are secured in the ground. Instruct players never to walk along the top of the court's walls. Pay particular attention to portable courts that tip over in a high wind or if players stand on them or a bocce ball rebounds off them. Make sure these walls are securely staked into the ground.
10. Review your first-aid and emergency procedures. Have someone who is trained in first-aid and CPR on or very near to the court during practice and games.
11. Ensure that athlete emergency contact details are up to date and close at hand during practices and games.
12. Warm-up/cool-down and stretch properly at the beginning/end of each practice to prevent muscle injuries.
13. Train to improve the general fitness level of your players. Physically fit players are less likely to get injured. Make your practices active.
14. Make sure that players are physically matched in games where players go against each other "head-to-head" (e.g. one-on-one drills).
15. Require all your players to wear appropriate attire, especially footwear, at practices and games.
16. Do not use yourself as a target, i.e. stand in front of athletes and instruct them to throw/roll the ball to you or your feet.
17. Ensure that you have easy access to a telephone or mobile phone.
18. When not in use, bocce balls should always remain on the ground, not tossed in the air or bounced in the hand. It should be remembered that bocce balls are heavy and may break, or otherwise injure, a toe or foot if dropped.
19. To avoid competitors slipping on bocce balls, balls should be placed in the rear corner of the court when not being used. Never leave bocce balls lying around the courts or training area where someone may stand on or trip over them.