

Special Olympics Bocce Coaches Quick Start Guide



Bocce Skills Assessment Card

Athlete's Name _____ Date _____
Coach's Name _____ Date _____

Instructions

- Use tool at the beginning of the training/competition season to establish a basis of the athlete's starting skill level.
- Have the athlete perform the skill several times.
- If the athlete performs the skill correctly three out of five times, check the box next to the skill to indicate that the skill has been accomplished.
- Incorporate program assessment sessions into your program.
- Athletes may accomplish skills in any order. Athletes have accomplished this list when all possible items have been achieved.

Layout of the Bocce Court

- Recognizes the 10-foot foul line
- Recognizes the 30-foot halfway line
- Recognizes the 50-foot line
- Recognizes the back boards
- Recognizes the side boards

Equipment Selection

- Recognizes a bocce ball
- Recognizes the color differences of the bocce balls
- Recognizes the pallina
- Recognizes the tape measure
- Recognizes the flags used (especially for athletes with visual or hearing impairments)
- Can associate the connection between flag color and bocce ball

Scoring

- Understands the point scoring system used in the game of bocce
- Understands that winning score for both singles and two-player teams is 12 points
- Understands that winning score for four-player teams is 16 points
- Recognizes the scores on a score card
- Can follow the scoring on a score card
- Recognizes the places for the various signatures on a score card
- Recognizes the need to not sign a score card if the game is to be protested

Rules of the Game

- Shows an understanding of the game
- Understands that the game consists of playing to a certain number of points
- Knows what each of the lines on the court means
- Knows not to cross the foul line when delivering a ball
- Knows to play four balls when playing singles
- Knows to play two balls when playing doubles/pairs
- Knows to play one ball when in a team of four
- Knows to play only when indicated by the official
- Adheres to the rules of the bocce court and training area
- Follows official Special Olympics bocce rules



Sportsmanship/Etiquette

- Exhibits sportsmanship and etiquette at all times
- Demonstrates competitive effort while playing at all times
- Takes turns with other team members
- Selects and uses the same-color balls throughout the game
- Waits for official to indicate his/her turn to play
- Plays cooperatively and competitively, cheers on fellow teammates
- Maintains knowledge of own/own team's score
- Listens to coaches' instructions

Game Terminology

- Recognizes the terms "In" and "Out" team
- Recognizes the term "Foul"
- Recognizes the term "Pointing"
- Recognizes the term "Hitting"
- Recognizes the term "Banking"
- Recognizes the term "Rebounding"

Retrieving the Ball

- Collects ball from back of court
- Identifies own ball by the color
- Picks up ball and brings to waist level
- Supports the ball with non-rolling hand and moves to the starting position

Grip

- Places fingers and thumb evenly around the ball
- Uses thumb to hold ball in place
- Holds ball in front portion of hand

Stance

- Locates starting position back from the foul line
- Stands with feet shoulder-width apart
- Holds shoulders level and body square to target with weight evenly distributed
- Demonstrates proper foot placement: left foot forward if right-handed
- Assumes correct stance with eyes focused on pallina or target ball
- Holds ball under control

Delivery

- Pushes the ball forward to approximately eye level followed by a downward swing
- Brings arm straight back and close to body
- Brings arm straight forward to release ball
- Delivers ball with a gentle slow release for a pointing shot
- Delivers ball with a strong fast release for a hitting shot
- Performs standing pointing delivery
- Performs running pointing delivery
- Performs standing hitting delivery
- Performs running hitting delivery

Release

- Assumes correct stance with front foot behind the foul line and shoulders square to the target
- Delivers ball over the foul line toward the pallina or target
- Maintains correct wrist posture once ball leaves hand
- Executes proper follow-through with arm swing: forward and upward