



The Stance

In order to be able to roll or toss a bocce ball, an athlete must first understand what the feeling is like to stand correctly when delivering the ball. It is important that the athlete has a good, evenly balanced base to start from.

Athlete Readiness

- Athlete is able to stand with weight evenly distributed through both legs.
- Athlete has a good solid base to prepare to deliver the bocce ball.
- If playing with a one-step delivery, ensure the step is not too large or narrow.

Teaching the Stance

Delivery from a Standing Position

Stance

- ◆ Spread feet slightly apart, the width of your shoulders.
- ◆ Ensure that you hold the shoulders level and the body square to target, with weight evenly distributed.
- ◆ Take one step forward before moving arms.
- ◆ The one step forward should be on the opposite leg to the arm with which you will roll, i.e. a right-handed athlete steps with the left foot forward.
- ◆ Ensure the step is not too large.
- ◆ Nor is it too narrow, slightly narrower than shoulder width.
- ◆ Bend knee slightly to encourage relaxation.
- ◆ Ensure your feet are pointing toward the target.
- ◆ And remember to always focus your eyes on the target.

Delivery and Release

- ◆ Push the ball forward to approximately eye level followed by a downward swing.
- ◆ Bring your arm straight back, close to your body.
- ◆ Keep your elbow straight and take your weight mainly on the back foot.
- ◆ As you smoothly bring your arm straight forward, transfer your weight to your front foot.
- ◆ As your arm passes close to your leg, your weight should be balanced between both feet.
- ◆ Release ball onto the court surface just in front of you.
- ◆ Continue moving hand forward and upward in a natural follow-through motion.
- ◆ Keep front foot behind the foul line and shoulders square to the target.

This stance is taken when delivering the ball in a tossing motion as well as a rolling motion.



Delivery from a Stepping Position

Stance

- ◆ Spread feet slightly apart, the width of the shoulders.
- ◆ Ensure that you hold your shoulders level and body square to target with weight evenly distributed.
- ◆ Take one step forward as delivery arm begins moving.
- ◆ The one step forward should be on the opposite leg to the arm with which you will roll, i.e. a right handed athlete steps with the left foot forward.
- ◆ Ensure the step is not too large.
- ◆ Nor is it too narrow, slightly narrower than shoulder width.
- ◆ Ensure your feet are pointing toward the target.
- ◆ And remember to always focus your eyes on the target.

Delivery and Release

- ◆ As you begin to take the first step, push the ball forward to approximately eye level followed by a downward swing.
- ◆ Bring your arm straight back, close to your body,
- ◆ Keep your elbow straight and take your weight mainly on the back foot,
- ◆ When the ball is at its peak on the backswing, the front foot should be firmly planted to give the maximum balance.
- ◆ As you smoothly bring your arm straight forward, transfer your weight to your front foot.
- ◆ As your arm passes close to your leg, your weight should be balanced between both feet.
- ◆ Release ball onto the court surface just in front of you.
- ◆ Continue moving hand forward and upward in a natural follow-through motion.
- ◆ Keep front foot behind the foul line and shoulders square to the target.

This stance is taken when delivering the ball in a tossing motion as well as a rolling motion.

Coaching Tips

- Here the emphasis is to have a good wide balance during whole movement of delivering the bocce ball.
- You may have to help the athlete not to overstep, i.e. step too far forward or step to a too-narrow base.



The Stance – Faults & Fixes Chart

Error	Correction	Drill/Test Reference
Athlete steps too far forward.	The athlete's step should be no greater than his/her normal stride when walking.	Have athlete stand in the starting position facing the side of the court, then have him/her turn to face down the court. The length of the stride should be only slightly bigger.
Athlete keeps stepping to the side after delivery stride is taken.	The athlete needs to have a wider stance. He/she is falling to one side as his/her base for balance is too narrow.	Ask athlete to take the proper stance, and gently push his/her shoulders to the side. To avoid falling away to the side, have him/her take a wider stance and repeat to show difference.

Coaches' Tips: The Stance – At-A-Glance

<p>Tips for Practice</p> <ol style="list-style-type: none">1. Ensure the athlete always delivers the bocce ball back from the foul line.2. Watch the distance of the feet at the start of both delivery movements. It should only be shoulder width apart; any more is too much.3. Practice how far an appropriate stepping distance is for each athlete and ensure they start at least that far back from the foul line each time.4. Initially have athletes start their step from the back of the court. This way it would be impossible for them to go over the foul line with one stride.5. Whether using the delivery from a standing position or a stepping position, the head should be kept as still as possible throughout the movement.6. Hand, arm and shoulder follow through in a straight line with target. After the ball has left the athlete's hand, have his/her follow through so that the elbow passes to the position directly above the head.
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