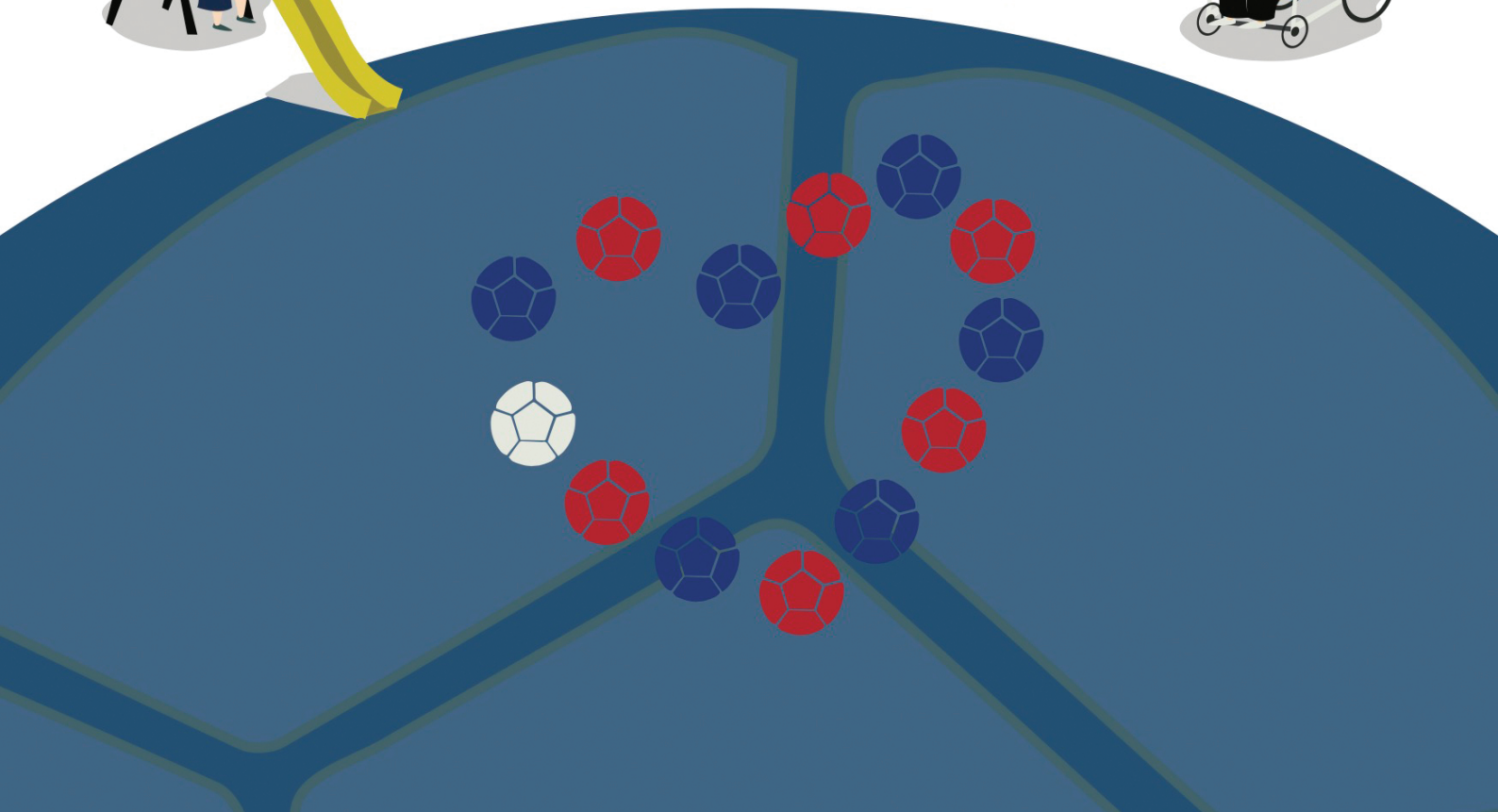




TIGER BALM WEHEARTBOCCIA

TRAINING

KIT





WeHeartBoccia

A fun and simple guide to conduct inclusive Boccia for all
Developed by Singapore Disability Sports Council
Supported by Tiger Balm

Copyright – © 2021 by Singapore Disability Sports Council (SDSC)
All rights reserved.

No part of this document may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission.

Disclaimer: These activities are designed with the intent of promoting inclusiveness in Boccia; however, we also acknowledge that some activities may not be able to engage everyone due to reasons not related to the activities. SDSC is not liable for any injury that may occur while playing the activities. Participants are encouraged to seek medical clearance before engaging in any activity.

TABLE OF CONTENTS

<i>ABOUT SINGAPORE DISABILITY SPORTS COUNCIL</i>	<i>4</i>
<i>WHAT IS BOCCIA</i>	<i>5</i>
<i>HOW TO PLAY BOCCIA</i>	<i>6</i>
<i>HOW TO COUNT SCORES IN BOCCIA</i>	<i>7</i>
<i>STRATEGIES FOR SUCCESS IN BOCCIA/COMPETITIVE BOCCIA</i>	<i>8</i>
<i>BOCCIA COURT</i>	<i>9</i>
<i>TACTICS</i>	<i>10</i>
<i>EQUIPMENT CHECKLIST</i>	<i>14</i>
<i>WARM-UP/COOL DOWN</i>	<i>15</i>
<i>SESSION 1: IN THE HOOP</i>	<i>16</i>
<i>SESSION 2: COLOURFUL WHEELS</i>	<i>18</i>
<i>SESSION 3: TIC TAC TOE</i>	<i>20</i>
<i>SESSION 4: PUSH IT AWAY</i>	<i>22</i>
<i>SESSION 5: LINE UP</i>	<i>24</i>
<i>SESSION 6: GET IT OUT</i>	<i>26</i>
<i>SESSION 7: BOWLING</i>	<i>28</i>
<i>SESSION 8: KNOCK IT DOWN</i>	<i>30</i>
<i>SESSION 9: JUMP OVER</i>	<i>32</i>
<i>SESSION 10: SLAM DUNK</i>	<i>34</i>
<i>SESSION 11: BOCCIA INDIVIDUAL GAME</i>	<i>36</i>
<i>SESSION 12: BOCCIA TEAM GAME</i>	<i>38</i>
<i>MEET OUR PARALYMPIANS</i>	<i>40</i>
<i>YOUR PROGRESS</i>	<i>42</i>



About SDSC

The SDSC is the national sports body for Persons with Disabilities (PWD), founded in 1973. It aims to transform the lives of PWDs through sport, and means to realise their potential. Besides providing platforms for learning sport, SDSC trains talents to represent Singapore at regional and international competitions.

In partnership with Tiger Balm, who has been the adopter of SDSC's Boccia team since 2015, SDSC is proud to introduce the WeHeartBoccia Programme, which will see SDSC bringing the sport of Boccia into the heartlands and introducing the sport to the community.

Special Thanks



SDSC would like to thank Tiger Balm for this collaboration. Beyond being one of the world's leading and most versatile topical pain relief brands, with over 100 years of proven success in 100 countries, Tiger Balm also hopes to empower more lives through sports and help more people discover the benefits of being physically active.

What is Boccia

Originally developed for people with more severe physical disabilities or experiencing neurological impairment, Boccia is played with balls of different weights, to train muscles strength and motor skills. It is a game of strategy and accuracy. The aim of the game is to propel balls so they finish as close as possible to a white target ball, known as a Jack.

Boccia was practised for many years as a leisure activity until it was introduced at the New York 1984 Paralympic Games as a competitive sport. It is one of two Paralympic sports that do not have an Olympic counterpart (Goalball being the other) and is governed by World Boccia.

Today, the sport is played competitively in more than 50 countries worldwide. It has also grown as a leisure activity for everyone, regardless of physical condition.

Benefits of Boccia

Practising Boccia regularly provides the following benefits:

Develop flexibility which can relieve pain and discomfort.

Develop cardiovascular function and reduce the impact of fatigue.

Increase overall mental well-being and self-esteem.

Develop muscular strength and endurance which helps posture and muscle tone which may help delay degeneration in conditions that are prone to it.

How to Play

Boccia is played on a flat and smooth surface. It can be played individually, in pairs (2 players) and in teams (3 players). All players must be seated throughout the game. Balls can be propelled with hands, feet or head. If needed, players can use an assistive device called a ramp.

The balls are red or blue and the decision as to who plays which colour is decided by a coin toss.

A game is divided into 'ends'.

Game Type	Number of Ends	Balls per Player
Individual	4	6
Pair	4	3
Team	6	2

The game begins with the red side throwing the Jack onto the court, followed by a red ball. The blue side plays next. Thereafter, whichever side that does not have the nearest ball to the Jack would take its turn. The turn ends once the side has the nearest ball to Jack or runs out of balls. Then the other side would play. Play would continue until both sides run out of balls.

You may refer to www.worldboccia.com for the latest updates and full information on Boccia rules and regulations.

Watch a video introducing the sport of boccia here: <https://youtu.be/itPWqcx7xBg>



How to Count Scores in Boccia

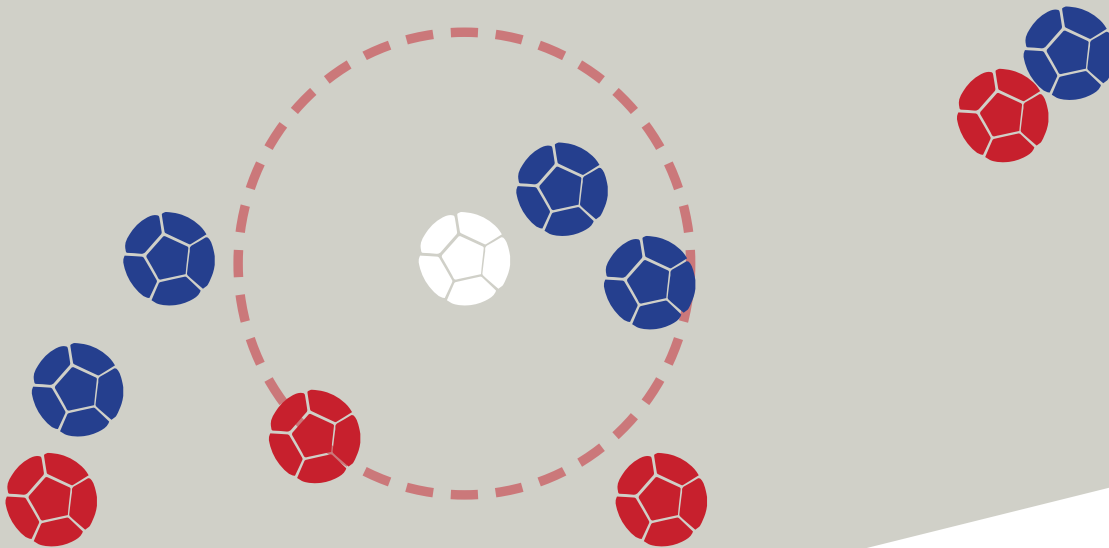
The side with the ball nearest to the Jack wins the end. The losing side will score zero, while points are counted for the winning side.

1. Locate the losing side's nearest ball to the Jack. The distance from this ball to the Jack sets the radius for scoring.
2. Count the number of balls from the winning side that is within this scoring radius. That is the score of the winning side for this end.

The scores for both sides are tallied after all the ends finish to determine the winner of the game.

In this Example:

There are 2 blue balls nearer to the Jack than the closest red ball, so blue side scores 2 points.



Strategies for Success in Boccia

Serve the Jack on your side of the court. This makes the angle and distance more difficult for your opponent.

Follow the serve and be as close to the Jack as possible. It takes practice but when you are able to do this you put your opponent on the defensive.

When you are following your opponent's serve, get as close to the Jack as possible or, get in their way. Sometimes your best defence is to limit the number of points your opponent can score.

Find your sweet spot. The way you throw, or roll, depends on your unique body. With practice, find what works for you.

Competitive Boccia

Classifications

Players are assessed on their functionality and sporting ability into one of four classifications:

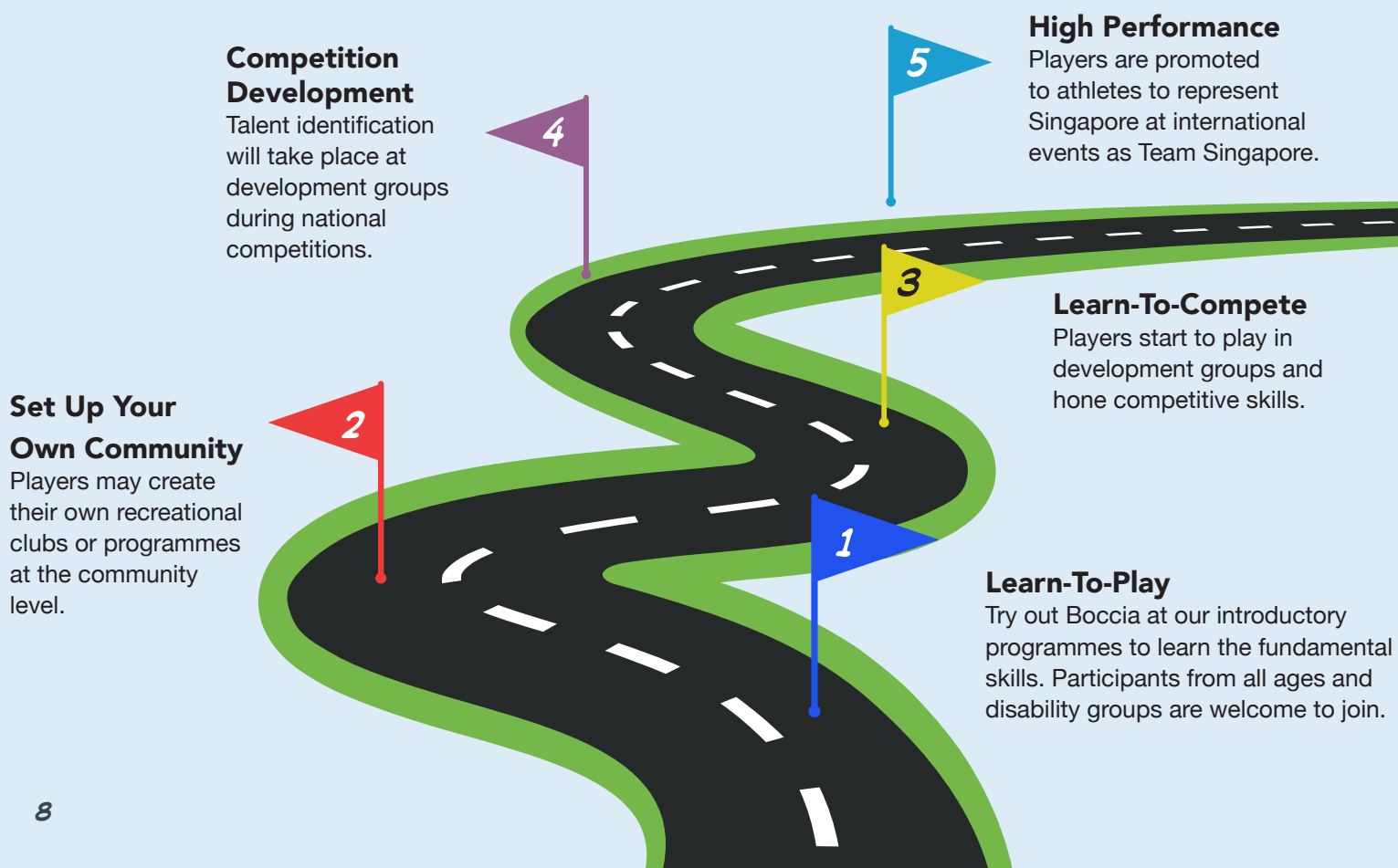
BC1 - Players in this class throw the ball with the hand or foot. They may compete with an assistant who stays outside of the competitor's playing box, to stabilize or adjust their playing chair and give the ball to the player when requested.

BC2 - Players in this class throw the ball with the hand. They are not eligible for assistance.

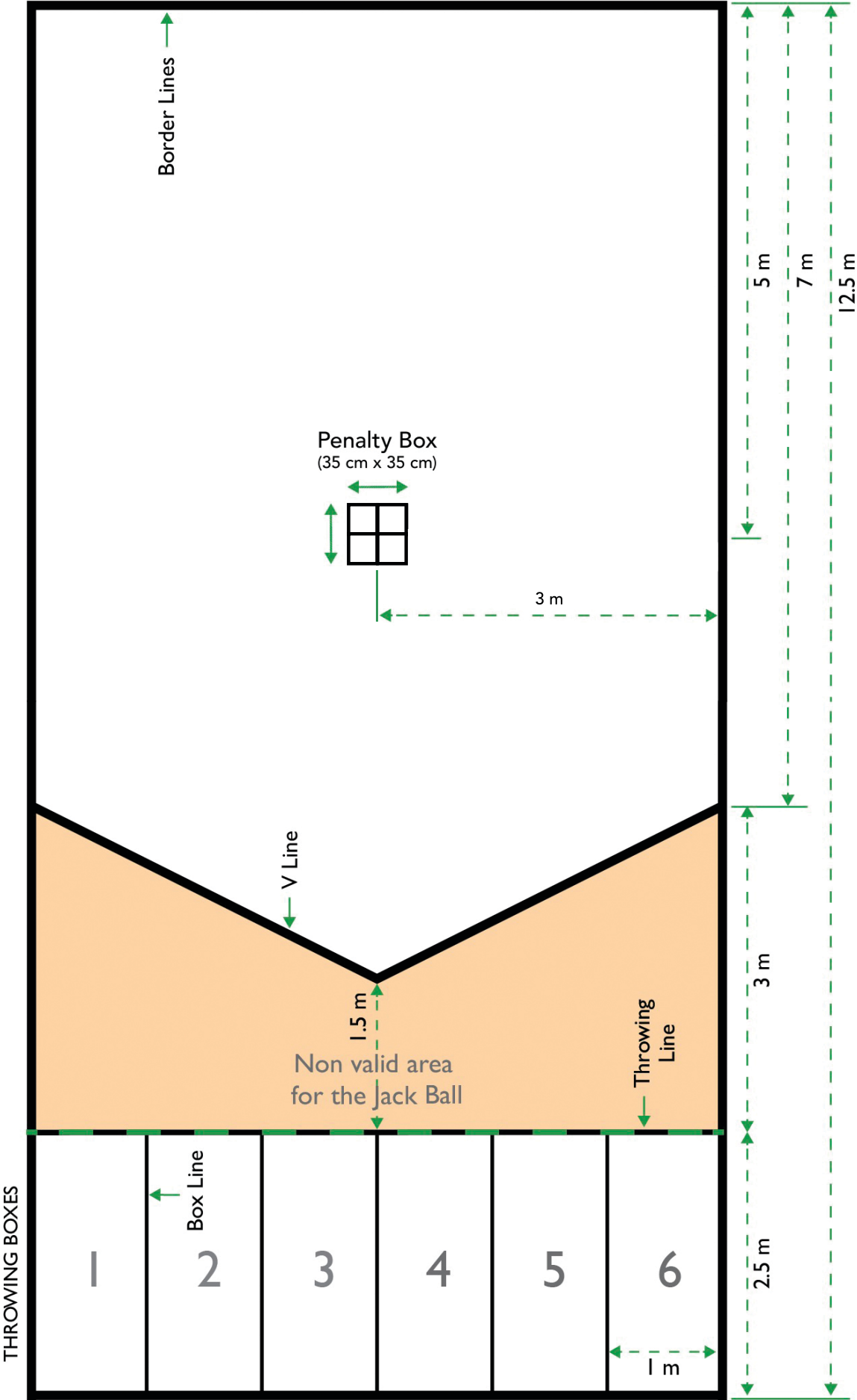
BC3 - Players in this class have very severe locomotor dysfunction in all four extremities.

Players in this class have no sustained grasp or release action and although they may have arm movement, they have insufficient range of movement to propel a Boccia ball onto the court. They may use an assistive device such as a ramp to deliver the ball. They may compete with an assistant; assistants must keep their back to the court and their eyes averted from play.

BC4 - Players in this class have severe locomotor dysfunction of all four extremities as well as poor trunk control. They can demonstrate sufficient dexterity to throw the ball onto the court. Players are not eligible for assistance.



Boccia Court



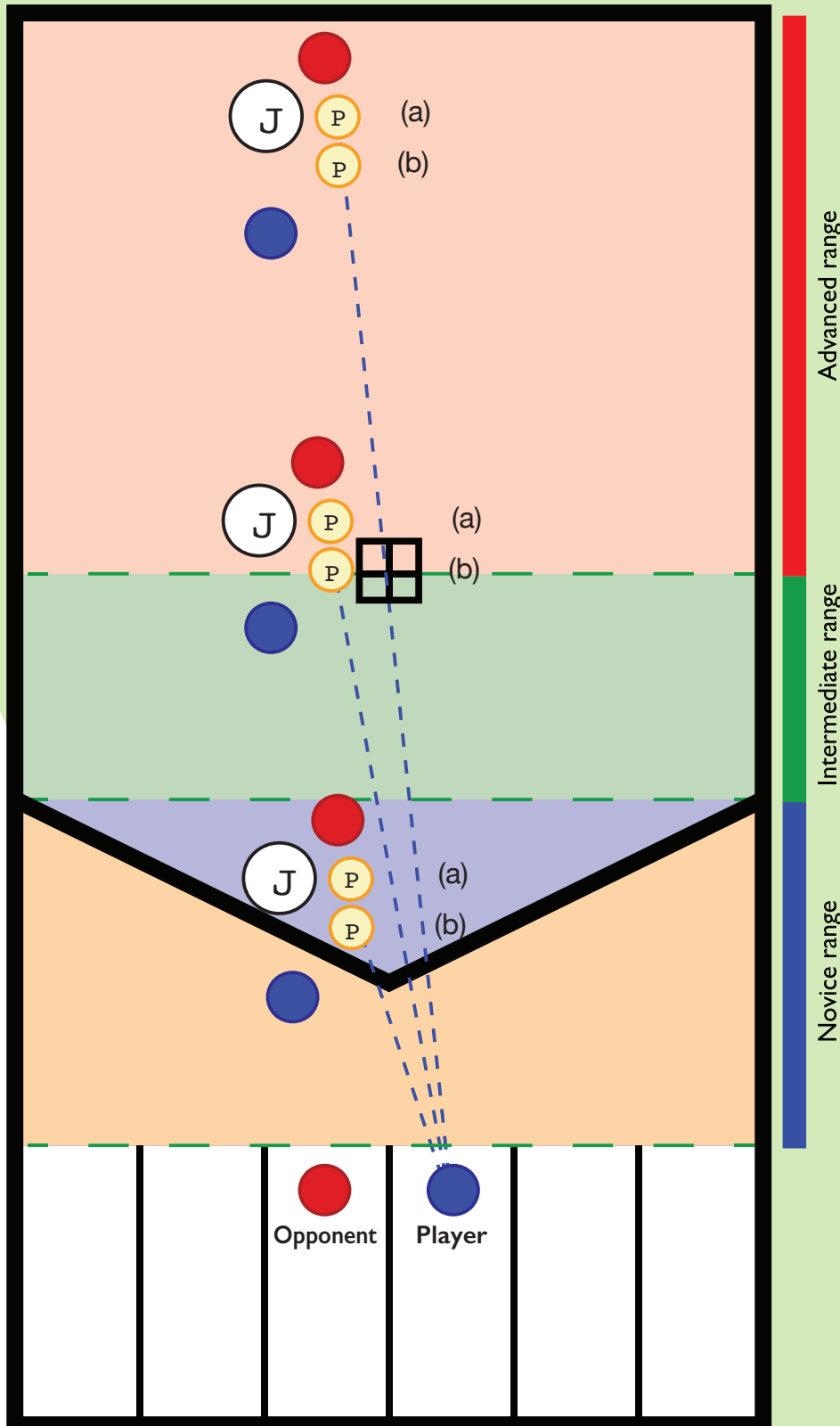
Illustrations are not to scale

Tactics

1 PLACING

Place balls to:

- (a) block your opponent's path to the Jack, so that they cannot score any or more points
- (b) block your opponent from knocking away your balls that are close to the Jack



TRY THIS!
Try placing your coloured ball as close as you can to the Jack.

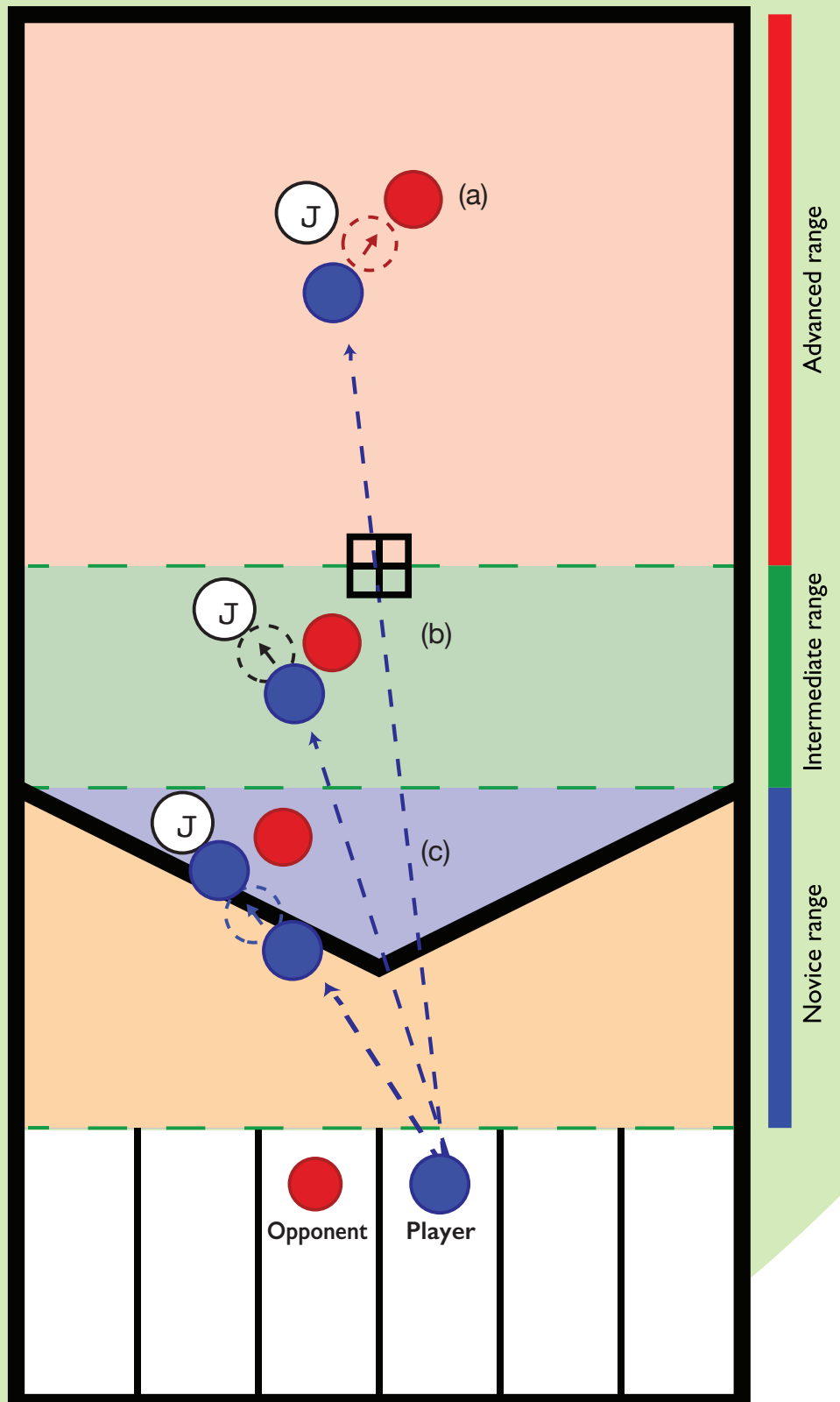


2 PUSHING

You can propel your ball to:

- (a) push your opponent's ball away from the Jack
- (b) push the Jack further from your opponent's ball
- (c) push your ball closer to the Jack

TRY THIS!
Try pushing your coloured ball closer to the Jack.



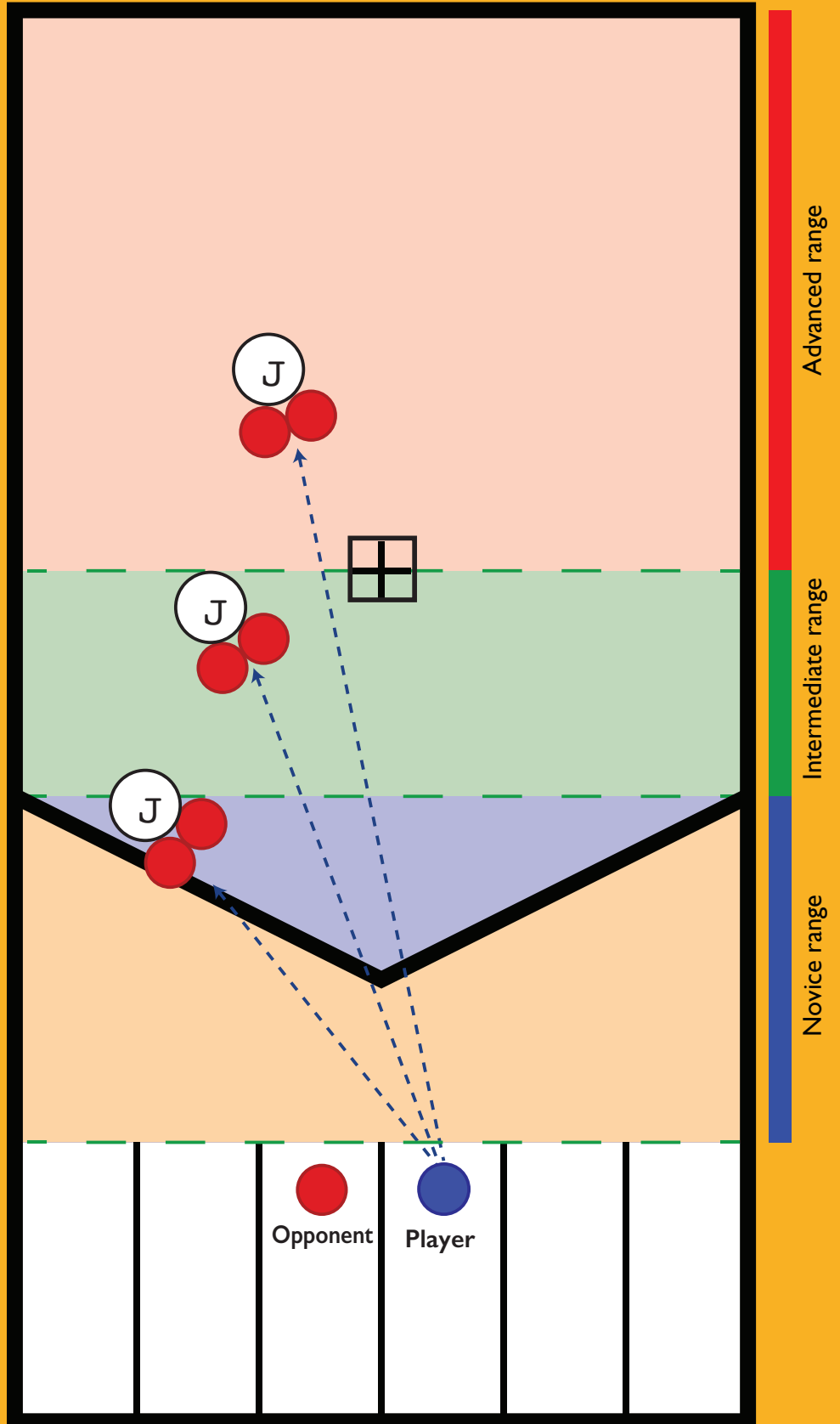
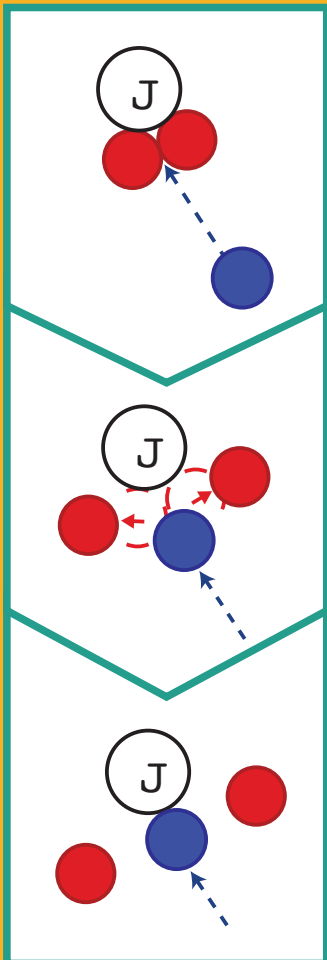
Illustrations are not to scale

3 BREAKING SHOT

The breaking shot can be used when you are being blocked by 2 opponent balls. You propel your ball to separate the 2 balls and create a comfortable space to reach the Jack.

TRY THIS!

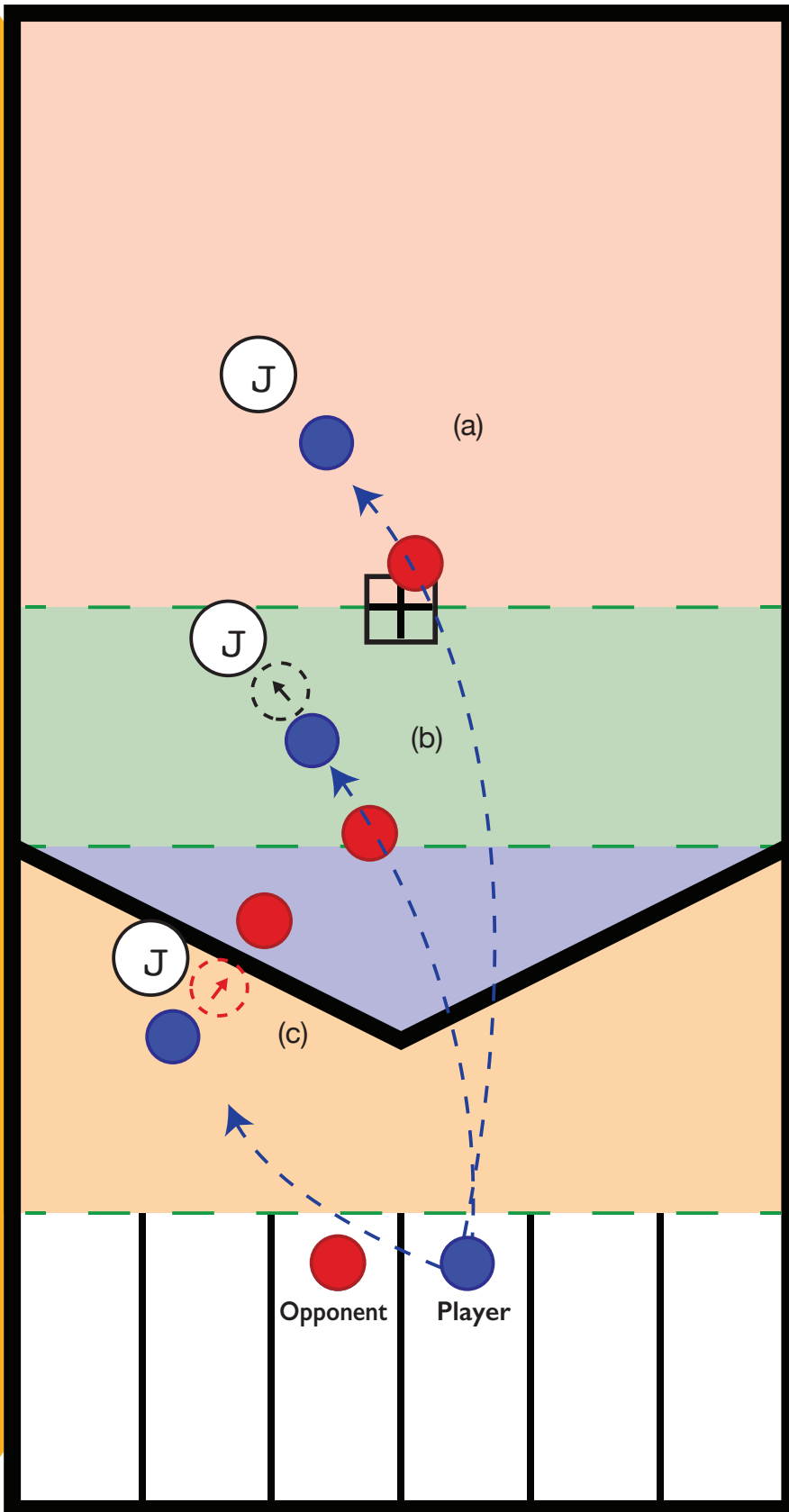
Make space for your coloured ball to reach the Jack.



4 LOB SHOT

A lob shot happens when your ball goes over another ball. You can use this to:

- (a) cross an opponent's ball to reach the Jack
- (b) propel the Jack away from the opponent's ball
- (c) propel the opponent's ball away from the Jack

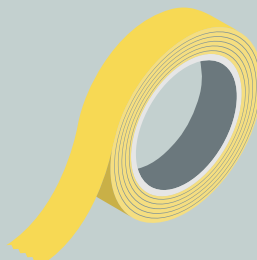


TRY THIS!
Throw your coloured ball over another ball

EQUIPMENT CHECKLIST



BOCCIA SETS



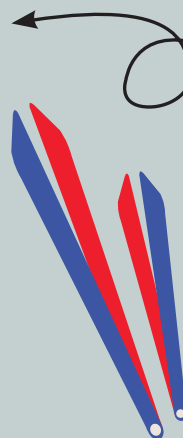
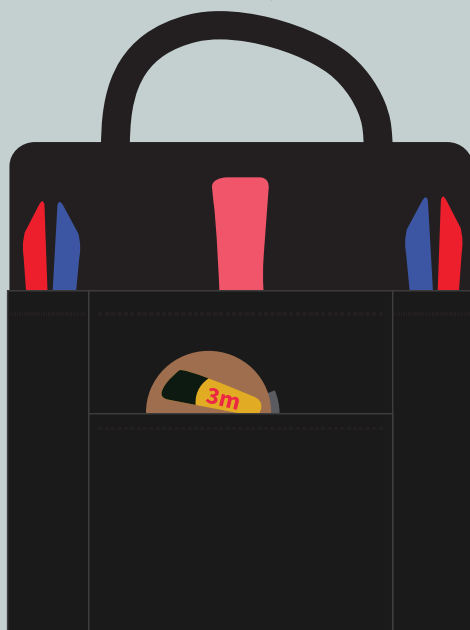
TAPE



REFEREE PADDLE



MEASURING TAPE



**MEASURING CALLIPERS
29CM AND
14CM**

WARM-UP/COOL DOWN EXERCISE FOR BOCCIA



1

A. HEAD UP
B. HEAD DOWN



2

A. TURN HEAD TO THE LEFT
B. TURN HEAD TO THE RIGHT



3

A. LEFT ARM OVER THE RIGHT
B. RIGHT ARM OVER THE LEFT



4

A. TURN BODY TO THE LEFT
B. TURN BODY TO THE RIGHT



5

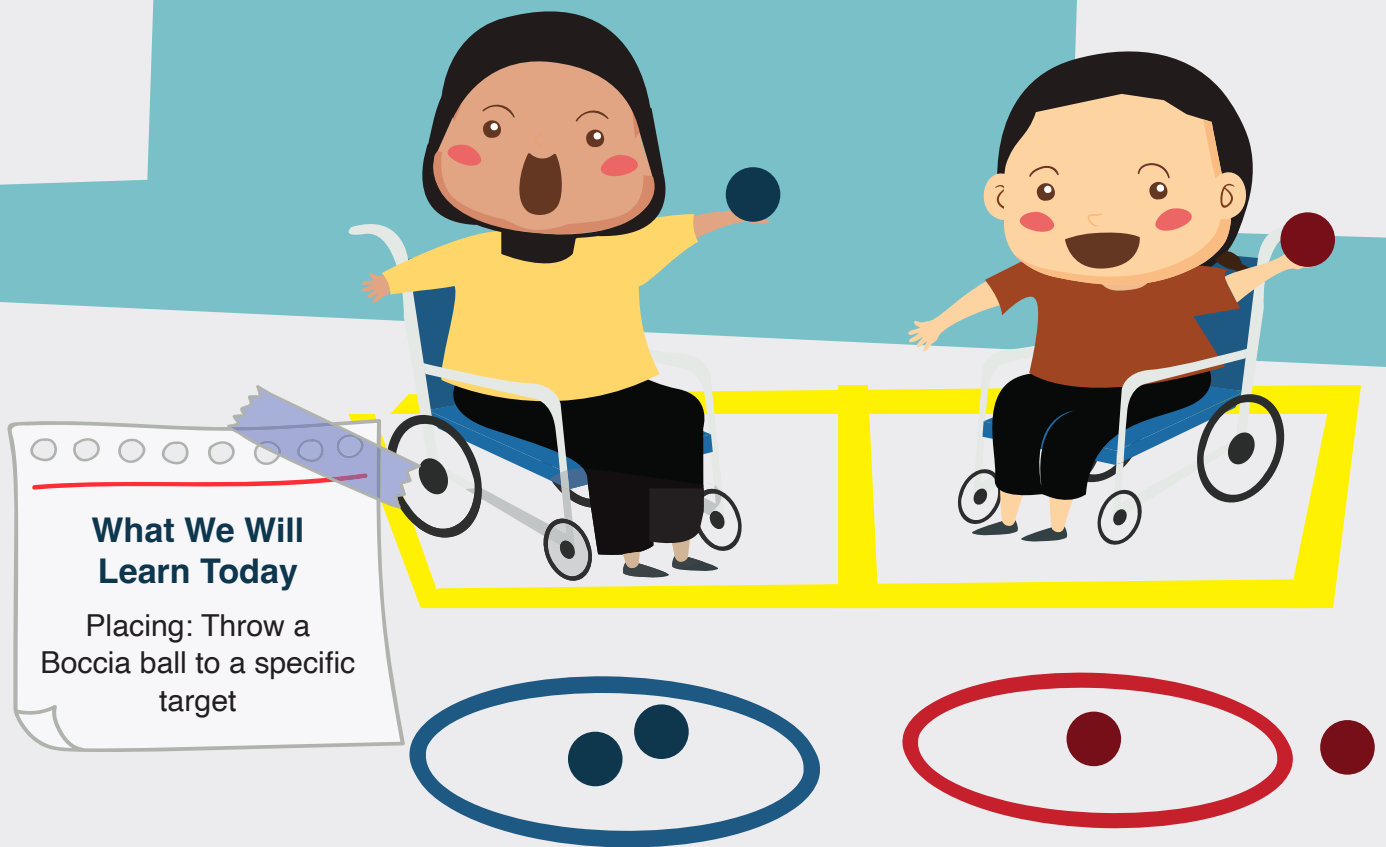
A. TOUCH YOUR TOES



6

A. BREATHE IN SLOWLY THROUGH NOSE & RAISE HANDS UP
B. BREATHE OUT SLOWLY THROUGH MOUTH AND PUT HANDS DOWN

BOCCIA SESSION 1: IN THE HOOP



WARM-UP

IN THE HOOP

- Divide player into pairs
- Players to be positioned behind a throwing line (in front of the target)
- Set timer for 10 minutes
- Players throw as many balls as possible into the target
- The player with most balls in the target win
- Repeat the game and vary the distance, the position, the duration etc.

WHAT WE NEED

- Tape
- Hula hoops
- Boccia balls
- Stopwatch

SETTING UP

- Place a hula hoop on the floor as a target
- Tape a throwing line (1 metre away from the target)

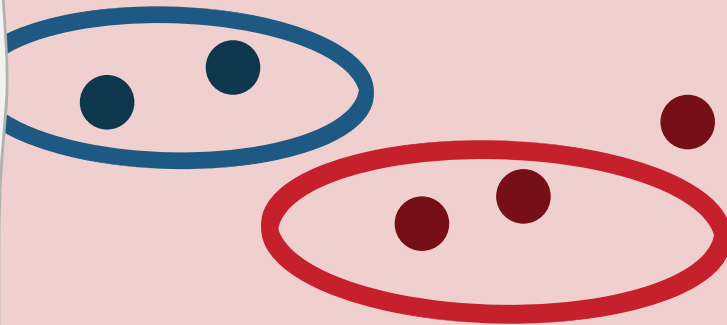
COOL DOWN

Recap and summarise key learning points

**CHANGE
GEAR**

BOCCIA SESSION 1: IN THE HOOP

**Adjust the
rules, playing
area or modify
equipment
for an
exciting and
achievable
game!**



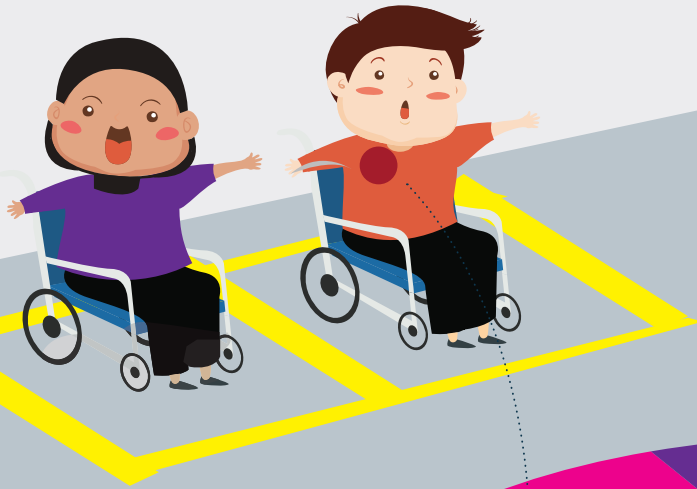
GAME RULES

- Vary the number of players
- Adjust the timing
- Player can throw, kick or use a ramp to propel the Boccia ball

PLAYING AREA & EQUIPMENT

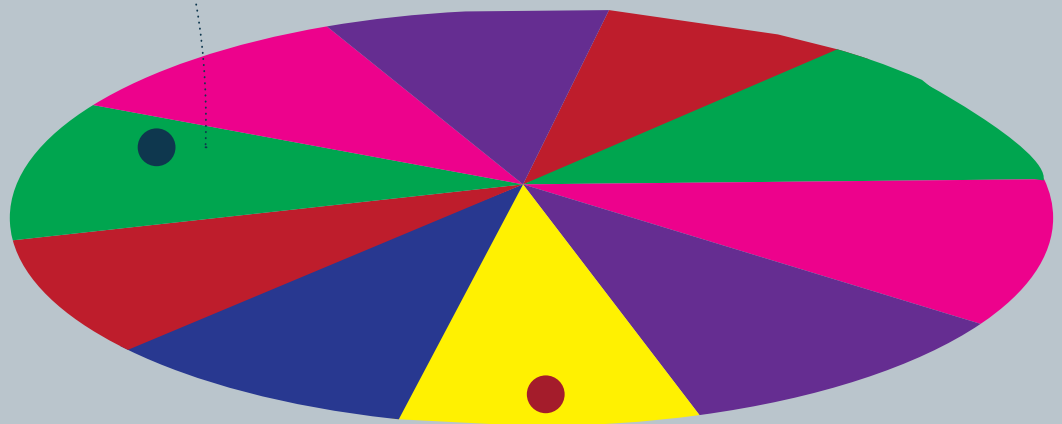
- Adjust the size of target box
- Modify the position of the target hoop (in front, at the left or right side of the player)
- Vary the throwing distances
- Use different sizes of hula hoops or tape a box (1 metre x 1 metre) to replace hula hoop
- Alternatively use different types of balls (e.g. beanbag, sock, newspaper ball)

BOCCIA SESSION 2: COLOURFUL WHEEL



What We Will Learn Today

Placing: Throw a Boccia ball to a specific target



WARM-UP

COLOURFUL WHEEL

- Players to be positioned around the parachute (1 metre away from the parachute)
- Player chooses a colour, aims and throws a Boccia ball to the selected colour on parachute
- For example, player selects yellow colour, then aims and throws the Boccia ball at yellow zone on the parachute
- Ball lands on the yellow colour zone, player gains one point
- Player who has the most points win
- Repeat the game and vary the distance and the position

WHAT WE NEED

- Tape
- Parachute
- Boccia balls

SETTING UP

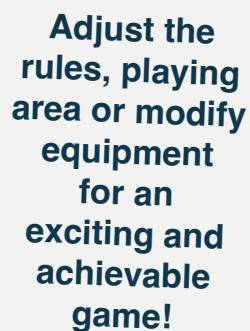
- Place a parachute on the floor
- Tape the sides of the parachute to stabilise it
- Tape a throwing line (1 metre away from the target)

COOL DOWN

Recap and summarise key learning points

CHANGE GEAR

BOCCIA SESSION 2: COLOURFUL WHEEL



Adjust the rules, playing area or modify equipment for an exciting and achievable game!



GAME RULES

- Players may point at the colour card to select a colour they are aiming for
- Assign points to all the colours, point will be given according to the colour the Boccia ball landed on (e.g. yellow 1 point, red 2 points, green 3 points & blue 4 points)
- Player can throw, kick or use a ramp to propel the Boccia ball

PLAYING AREA & EQUIPMENT

- Use different sizes of parachutes
- Vary the throwing distances
- Alternatively use different types of balls (e.g. beanbag, sock, newspaper ball)
- Use a target mat to replace the parachute

BOCCIA SESSION 3: TIC TAC TOE



WARM-UP

TIC TAC TOE

- Group players into 2 teams (red & blue team)
- Give each player 2 of same colored Boccia balls (red team with red balls, blue team with blue balls)
- Players to be positioned around the tic tac toe (1 metre away from the tic tac toe box) in alternated colours (e.g. player A 2 red balls, player B 2 blue balls, player C 2 red balls, player D 2 blue balls)
- Each team takes turn to throw ball in the numbered box
- The team must get 3 of same colored balls in a straight line either vertically, horizontally or diagonally to win 3 points
- If player has remaining ball, each player can get additional 1 point for the team by throwing the remaining ball to a box with a number called out before throw
- The team who has the most points win

WHAT WE NEED

- Tape
- Tic Tac Toe box
- Boccia balls
- Number cards

SETTING UP

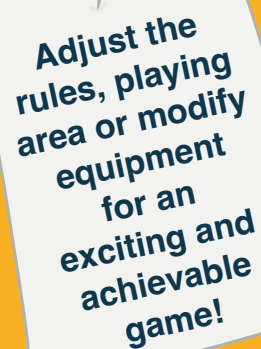
- Tape a 3x3 square box on the floor (measurement of each square: 1 metre by 1 metre)
- Tape a throwing line (1 metre away from the target)

COOL DOWN

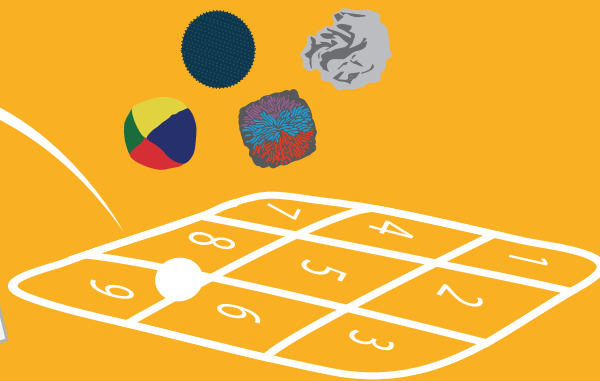
Recap and summarise key learning points

CHANGE GEAR

BOCCIA SESSION 3: **TIC TAC TOE**



Adjust the rules, playing area or modify equipment for an exciting and achievable game!



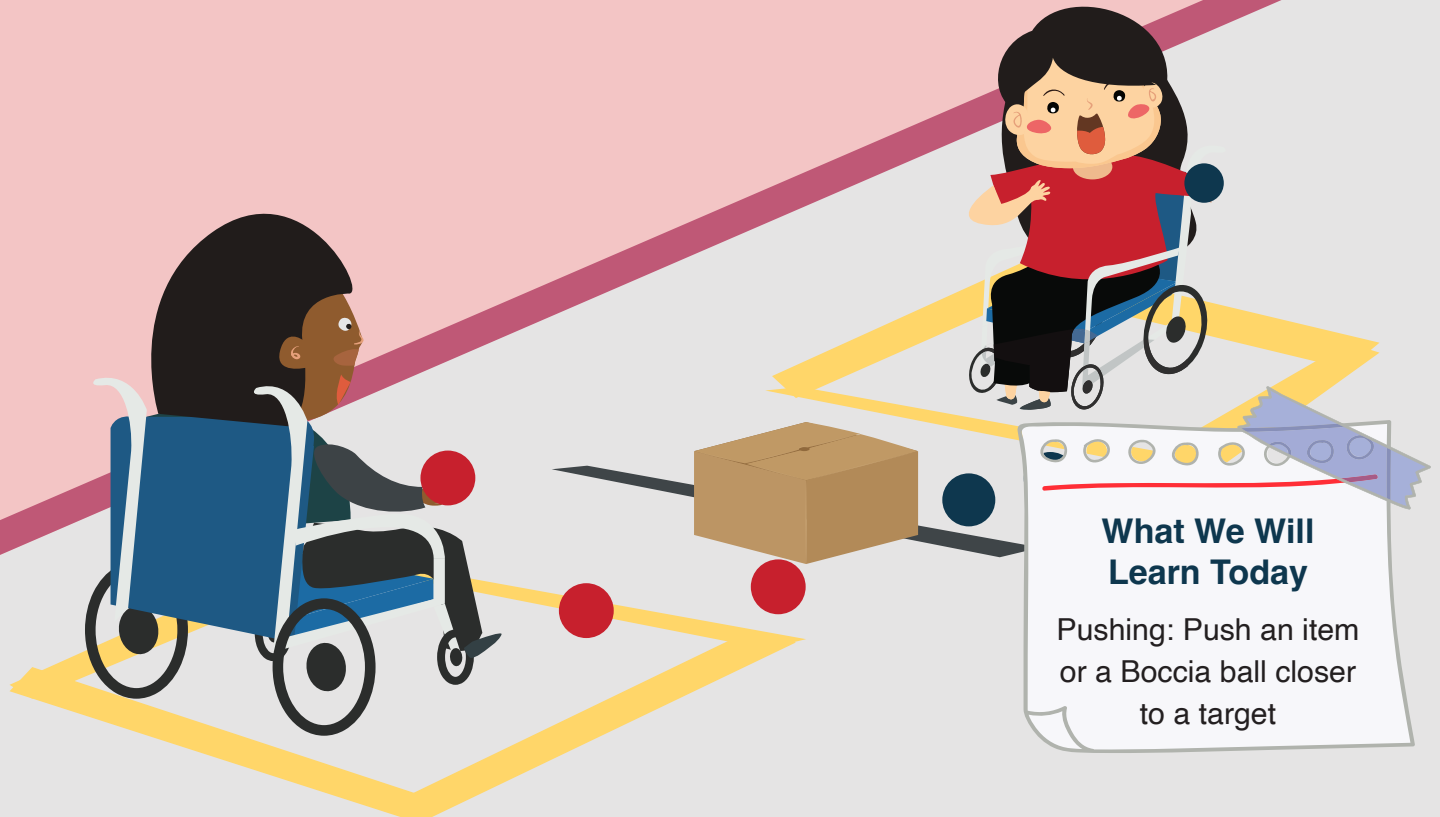
GAME RULES

- Player calls out a number and throws Boccia ball into the correct box to gain 1 point
- Place colour cards to replace numbered Tic Tac Toe box, player to throw ball to match the colour selected
- Player may point at the numbered card to select the Tic Tac Toe box
- Player can throw, kick or use a ramp to propel the Boccia ball

PLAYING AREA & EQUIPMENT

- Vary the throwing distances
- Adjust the size of the Tic Tac Toe box
- Alternatively use different types of balls (e.g. beanbag, sock, newspaper ball)
- Introduce coloured cards

BOCCIA SESSION 4: PUSH IT AWAY



WARM-UP

PUSH IT AWAY

- Group players into 2 teams (red & blue)
- Red team players positioned behind one throwing line and blue team players positioned behind another throwing line opposite each other
- Red team uses red balls and blue team uses blue balls
- Set timer for 10 minutes
- Players throw Boccia ball to push the carton box at the centre toward opponent
- At the end of 10 minutes, the team who has the carton box furthest from their throwing line win
- Repeat the game and vary the distance and the position

WHAT WE NEED

- Tape
- Carton box
- Boccia balls

SETTING UP

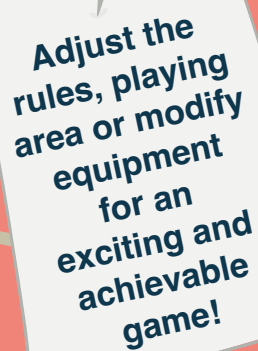
- Tape a line on the floor as a centre line
- Place a carton box on the line
- Tape 2 throwing lines, opposite each other (1 metre away from the carton box)

COOL DOWN

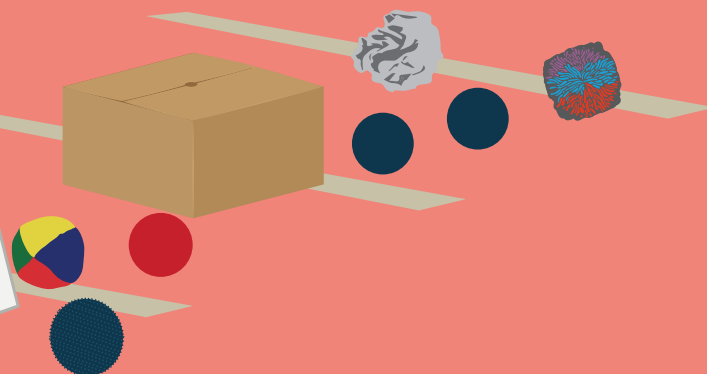
Recap and summarise key learning points

CHANGE GEAR

BOCCIA SESSION 4: **PUSH IT AWAY**



Adjust the rules, playing area or modify equipment for an exciting and achievable game!



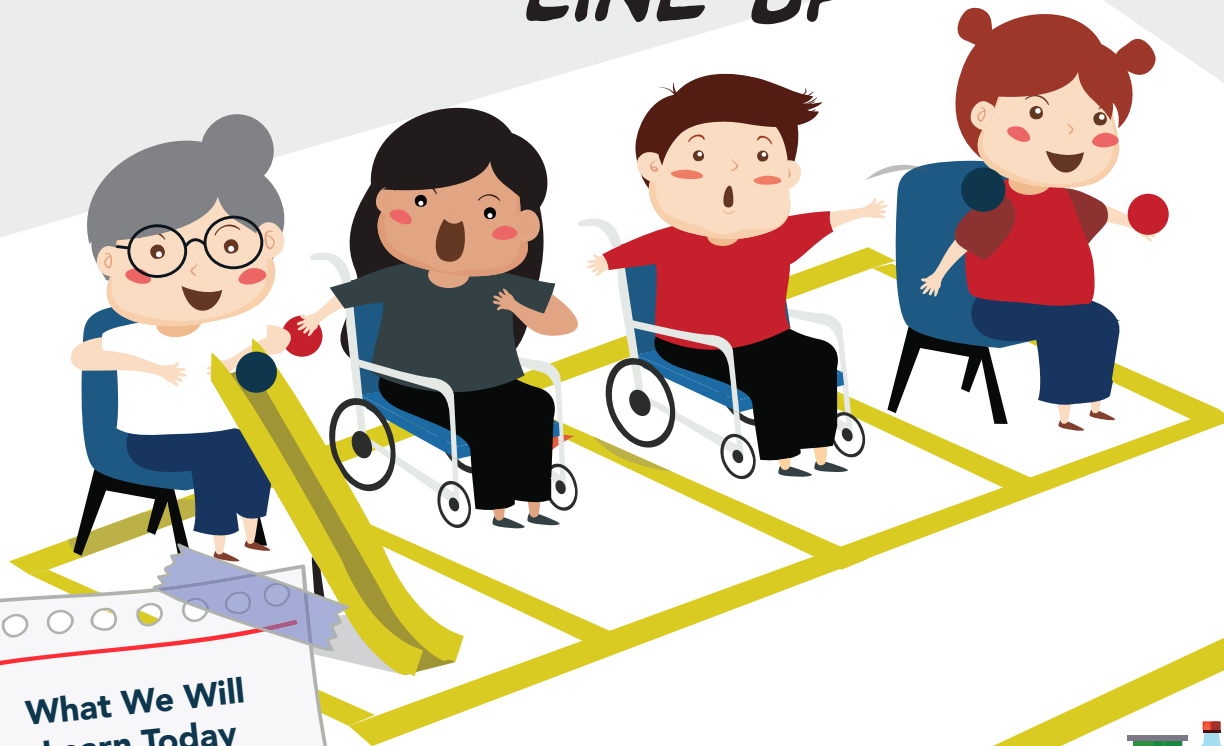
GAME RULES

- Vary the number of players
- Vary the timing
- Player can throw, kick or use a ramp to propel the Boccia ball

PLAYING AREA & EQUIPMENT

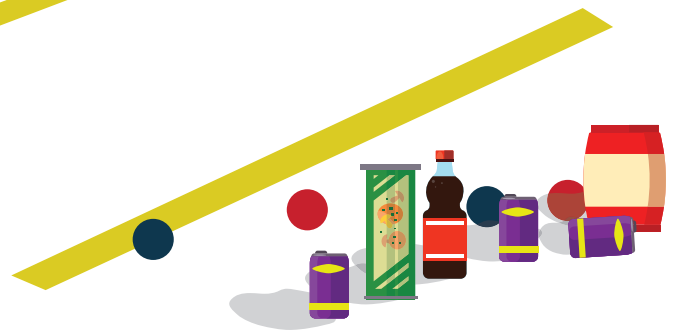
- Vary the throwing distances (players may be positioned nearer or further from target)
- Vary the position of the carton box or target (in front, at the left or right side of the player)
- Alternatively use different items to replace the carton box, such as a basket, plastic container, or use carton boxes of different sizes
- Alternatively use different types of balls (e.g. beanbag, sock, newspaper ball)

BOCCIA SESSION 5: LINE UP



What We Will Learn Today

Pushing: Push a Boccia ball closer to a target



WARM-UP

LINE UP

- Player positioned behind the throwing line
- Set timer for 10 minutes
- Player to throw balls to push another Boccia ball forward to touch the rewards
- When the time stops, player will choose ONE reward
- For example, player pushes 3 Boccia balls to touch 3 rewards (e.g. packet drink, water and biscuit). Player can choose either the packet drink, chips or biscuit.
- Repeat the game and vary the reward, distance and the position

WHAT WE NEED

- Tape
- Snack
- Boccia balls

SETTING UP

- Line up 5 Boccia balls on the floor as targets
- Place different rewards behind the Boccia balls (a few centimetres away)
- Tape a throwing line (1 metre away from the target)

COOL DOWN

Recap and summarise key learning points

CHANGE GEAR

BOCCIA SESSION 5: **LINE UP**

Adjust the rules, playing area or modify equipment for an exciting and achievable game!



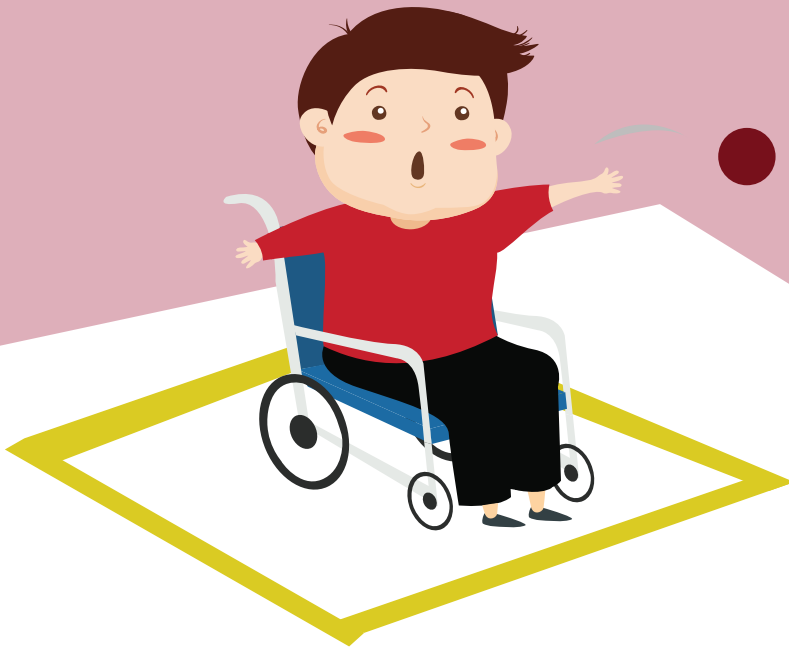
GAME RULES

- Vary the number of players
- Adjust the timing
- Use different reward systems (e.g. must push and touch 5 items in order to get a reward)
- Player can throw, kick or use a ramp to propel the Boccia ball

PLAYING AREA & EQUIPMENT

- Vary the throwing distances (players may positioned nearer or further from target)
- Vary the position of the Boccia balls (in front, at the left or right side of the player)
- Alternatively use different types of balls to replace Boccia balls as target (e.g. beanbag, sock, newspaper ball)
- Use different rewards (e.g. snack, drink, pencil, stickers, story book etc)

BOCCIA SESSION 6: GET IT OUT



What We Will Learn Today

Pushing: Push a Boccia ball closer to a target

WARM-UP

GET IT OUT

- Players to be positioned behind the throwing line
- Players propel a Boccia ball and push the target ball out of the marker
- Set timer for 10 minutes
- The player who pushes the target ball out first is the winner
- Repeat the game and vary the distance and position

PLAY INDIVIDUAL BOCCIA GAME

WHAT WE NEED

- Tape
- Boccia balls
- Coloured markers

SETTING UP

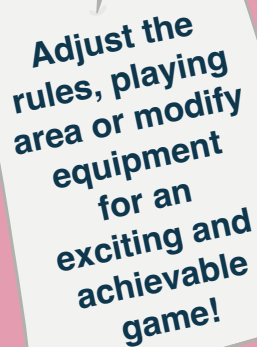
- Place a coloured marker on the floor
- Place a Boccia ball on the marker as target
- Tape a throwing line (1 metre away from the target)

COOL DOWN

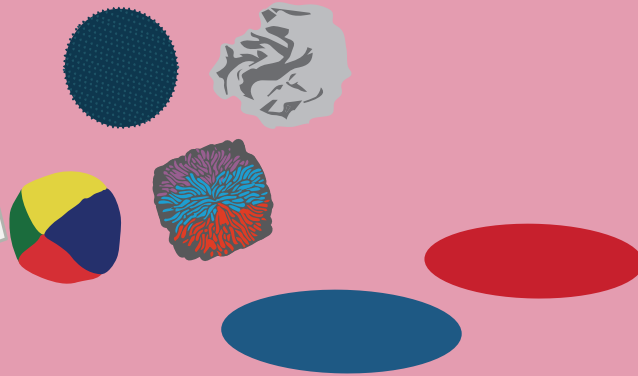
Recap and summarise key learning points

CHANGE GEAR

BOCCIA SESSION 6: **GET IT OUT**



Adjust the rules, playing area or modify equipment for an exciting and achievable game!



GAME RULES

- Vary the number of players
- Level 1: Push the target Boccia ball out of the marker
- Level 2: Push and replace own Boccia ball on the marker
- Player can throw, kick or use a ramp to propel the Boccia ball

PLAYING AREA & EQUIPMENT

- Use different types of balls to replace the target Boccia balls as target (e.g. koosh ball, newspaper ball, soft ball etc)
- Use different items to replace marker (e.g. book, newspaper etc)

BOCCIA SESSION 7: BOWLING



WARM-UP

BOWLING

- Players to be positioned behind throwing line
- Players to throw Boccia ball to knock down as many bowling pins as possible
- Set timer
- Player who knocks down all the pins first, wins
- Repeat the game and vary the number of pins, distance and position

PLAY BOCCIA TEAM GAME

WHAT WE NEED

- Tape
- Boccia balls
- Bowling pins

SETTING UP

- Arrange 10 bowling pins in 4 rows as a target (first row 1 pin, second row 2 pins, third row 3 pins & last row 4 pins)
- Tape a throwing line (1 metre away from the target)

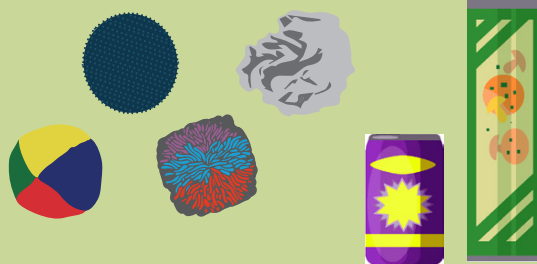
COOL DOWN

Recap and summarise key learning points

**CHANGE
GEAR**

BOCCIA SESSION 7: BOWLING

Adjust the rules, playing area or modify equipment for an exciting and achievable game!



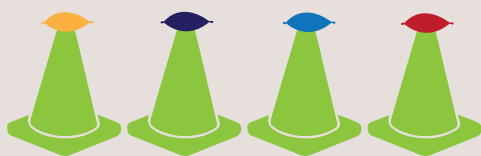
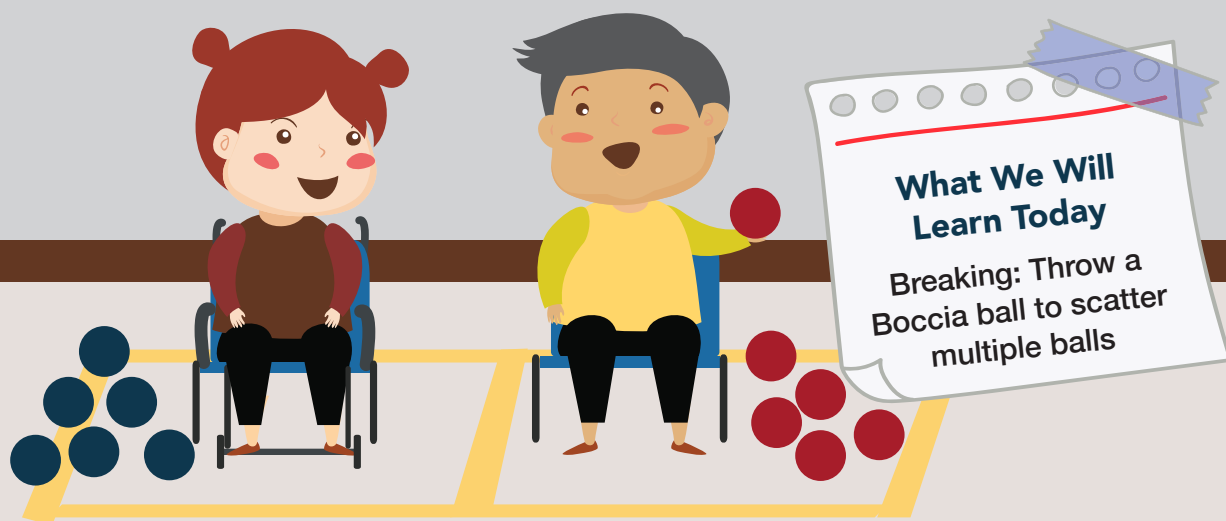
GAME RULES

- Vary the number of players
- Use different point system (gain a point for each pin knocked down)
- Player can throw, kick or use a ramp to propel the Boccia ball

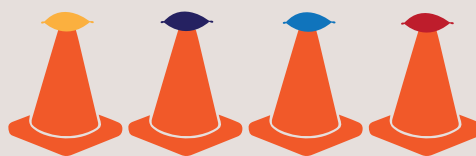
PLAYING AREA & EQUIPMENT

- Vary the throwing distances (players may positioned nearer or further from target)
- Vary the position of the bowling pins (in front, at the left or right side of the player)
- Vary the number of the bowling pins
- Set the playing field on the table
- Introduce mini Boccia set
- Alternatively use other objects to replace bowling pin (e.g. water bottle, tin cans)
- Put different amount of water in the water bottle to vary the weight of the bottles
- Put bells in the empty water bottle

BOCCIA SESSION 8: KNOCK IT DOWN



WARM-UP



PLAY INDIVIDUAL BOCCIA GAME

KNOCK ME DOWN

- Players positioned behind throwing line
- Players to throw Boccia ball and target the beanbag that is placed on top of the cone
- Set timer
- Player who knocks down all the beanbags first win
- Repeat the game and vary the number of cones, distance and the position

WHAT WE NEED

- Tape
- Boccia balls
- Cones
- Beanbags

SETTING UP

- Arrange 5 cones in a row
- Put a beanbag on top of each cone as target
- Tape a throwing line (1 metre away from the target)

COOL DOWN

Recap and summarise key learning points

**CHANGE
GEAR**

BOCCIA SESSION 8: KNOCK IT DOWN

Adjust the rules, playing area or modify equipment for an exciting and achievable game!



GAME RULES

- Vary the number of players
- Use different point system (gain a point for each item knocked down)
- Player can throw, kick or use a ramp to propel the Boccia ball

PLAYING AREA & EQUIPMENT

- Vary the throwing distances (players may positioned nearer or further from target)
- Stack the cones up to achieved different heights
- Vary the position of the cones (in front, left or right side of the player)
- Vary the number of cones
- Alternatively place different items on top of the cone (e.g. snack, book, biscuits etc)
- Use different type of balls to replace Boccia balls

BOCCIA SESSION 9: JUMP OVER



What We Will Learn Today

Lobbing: Jump over
a barrier to reach a
specific target

WARM-UP

JUMP OVER

- Players to be positioned behind the throwing line
- Players to throw Boccia ball over the bench and land on a coloured marker
- Each coloured marker has different points (e.g. blue marker 1 point, yellow marker 2 points, red marker 3 points, green marker 4 points etc)
- Set timer for 5 minutes
- Player who has the most points win
- Repeat the game and vary the number of markers, distance and position

PLAY BOCCIA TEAM GAME

WHAT WE NEED

- Tape
- Boccia balls
- Coloured markers
- Bench

SETTING UP

- Tape a throwing line on the floor
- Place a bench one metre away from the throwing line
- Place 5 to 10 markers randomly behind the bench

COOL DOWN

Recap and summarise key learning points

CHANGE GEAR

BOCCIA SESSION 9:

JUMP OVER

Adjust the rules, playing area or modify equipment for an exciting and achievable game!



GAME RULES

- Vary the number of players
- Use red and blue markers. Players with red ball to throw onto red makers, players with blue ball to throw onto blue makers.

PLAYING AREA & EQUIPMENT

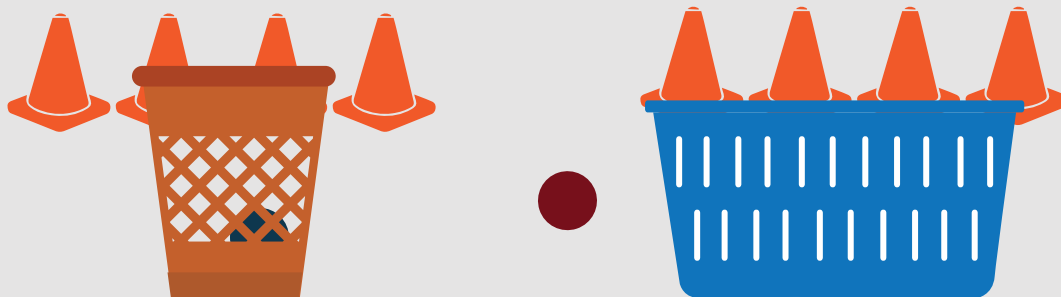
- Vary the throwing distances (players may be positioned nearer or further from target)
- Adjust the position of the bench (in front, left or right side of player)
- Vary the number of the markers used
- Alternatively use different items as barriers (e.g. stacking blocks, stacking books, stacking chairs, stacking cones etc)
- Use different items to replace markers (e.g. hula hoops, parachute etc)
- Use different types of balls (e.g. beanbag, sock, newspaper ball etc)

BOCCIA SESSION 10: SLAM DUNK



What We Will Learn Today

Lobbing: Jump over a barrier to reach a specific target



WARM-UP

SLAM DUNK

- Players to be positioned behind the throwing line
- Players to throw Boccia ball inside the basket
- Set timer for 5 minutes
- Player who throws the most balls in basket wins
- Repeat the game and vary the size of the basket, distance and the position

WHAT WE NEED

- Tape
- Boccia balls
- Cones
- Baskets

SETTING UP

- Tape a throwing line on the floor
- Arrange cones in a straight line
- Place a basket as a target one metre away from the throwing line

COOL DOWN

Recap and summarise key learning points

PLAY INDIVIDUAL BOCCIA GAME

**CHANGE
GEAR**

BOCCIA SESSION 10: SLAM DUNK

Adjust the rules, playing area or modify equipment for an exciting and achievable game!



GAME RULES

- Vary the number of players
- Place more than one basket behind the barrier, players attempt to throw ball inside each basket
- Use red and blue baskets, players with red ball to throw into red baskets and players with blue ball to throw into blue baskets

PLAYING AREA & EQUIPMENT

- Vary the throwing distances (players may positioned nearer or further away from the target)
- Vary the position of the barrier (in front, left or right side of the player)
- Vary the number of baskets used
- Alternatively use different items as the barrier (e.g. bench, stacking blocks, stacking books, stacking chairs, stacking cones etc)
- Use different sized baskets
- Use different types of balls (e.g. beanbag, sock, newspaper ball etc)

BOCCIA SESSION 11:
**BOCCIA INDIVIDUAL
GAME**



**What We Will
Learn Today**

Throw the Boccia
balls as close as
possible to the Jack



WARM-UP

BOCCIA INDIVIDUAL GAME

- Two players positioned on the Boccia court
- Players propel the ball with hand, foot or use an assistive device such as a ramp if necessary
- Each player has 6 Boccia balls (red or blue). Player with the red ball will start first. The player starts the game by throwing the Jack onto the court
- The player then continues to throw the red ball as close to the Jack
- Player with the blue ball then throw a Boccia ball onto the court as close as possible to the Jack
- The player that have his/her ball furthest from the Jack will continue throwing his/her colour ball
- Players take turns to throw their balls until all balls have been thrown
- The player with the most balls closest to the Jack scores 1 point for each scoring ball (compare with the other player's balls)

WHAT WE NEED

Boccia balls or alternative items (e.g. bean bags, paper balls, koosh balls etc)

SETTING

- Any suitable indoor playing area
- Allocate 2 players with their respective colours (red or blue)

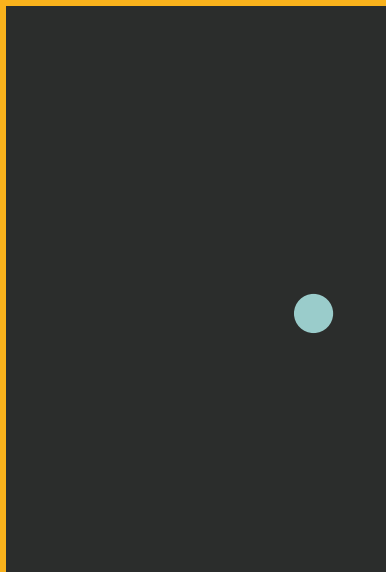
COOL DOWN

Recap and summarise key learning points

BOCCIA SESSION 12: BOCCIA TEAM GAME



**What We Will
Learn Today**
Throw the Boccia
balls as close as
possible to the Jack



WARM-UP

BOCCIA TEAM GAME

- Players to be positioned on the Boccia court
- Players propel the ball with hand, foot or use an assistive device such as a ramp if necessary
- Each team has 6 Boccia balls (red or blue). The team with the red ball will start first. The player starts the game by throwing the Jack onto the court
- The player then continues to throw the red ball as close to the Jack
- Next, the team with the blue ball will throw their Boccia ball onto the court as close as possible to the Jack. (Captain decides who throws the ball)
- The team that has his/her ball furthest from the Jack will continue throwing his/her coloured ball
- The team take turns to throw their balls until all the balls have been thrown
- The team with the most balls closest to the Jack scores 1 point for each scoring ball (compare with the other team's balls)

WHAT WE NEED

Throw the Boccia balls as close as possible to the Jack

SETTING

- Any suitable indoor playing area
- Divide players in two teams, red team and blue team
- In a team (3 a side), each player throws 2 balls corresponding to their team colours
- Each team assigns a team captain

COOL DOWN

Recap and summarise key learning points

Meet our Paralympians



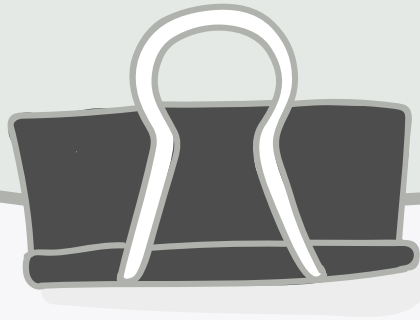
Jeralyn Tan, diagnosed at a young age with cerebral palsy, picked up bocchia as a co-curricular activity at Cerebral Palsy Alliance Singapore School in 2002. With unwavering determination, she progressed quickly to compete in her first major game at the 2008 Asean Para Games and has earned multiple medals since. Her dominance in the sport saw her rise to become the world's top-ranked female BC1 player after winning three editions of the World Bocchia Cup in 2023 and 2024.

Most recently, Jeralyn made her Paralympic Games debut at the Paris 2024 edition, and won a historic silver in bocchia to become Singapore's fourth Paralympic medallist. Beyond competition, she is a strong advocate for disability sports, leading workshops and school outreach programmes to inspire others and promote inclusion. Paralympic medallist. Beyond competition, she is a strong advocate for disability sports, leading workshops and school outreach programmes to inspire others and promote inclusion.



Nurulasyiqah Md. Taha, born with spinal muscular atrophy, was the first Singaporean to qualify to compete in Bocchia at the Paralympic level in 2012. She finished 7th in the BC3 Mixed Individual event at the London 2012 Paralympic Games and 4th in the BC3 Mixed Pairs event with her partner, Toh Sze Ning, at the Rio 2016 Paralympic Games.

Nurul has served on the Singapore Para Athletes Commission and the International Paralympic Committee Athletes' Council, to represent female Asian athletes and athletes with high support needs. She is also the only certified Proud Paralympian Educator from Southeast Asia with the Agitos Foundation.



**For more information about
Boccia programmes and events
in Singapore or to loan Boccia
equipment, please contact us at:**

Singapore Disability Sports Council
3 Stadium Drive #01-34
Singapore 397630
Tel: (+65) 6342 3501
Email: operations@sdsc.org.sg

Your Progress

Let's reflect! After each session, summarise your key learning points below:

Theme	Sessions	Notes
Placing	1-3	<hr/> <hr/> <hr/> <hr/> <hr/>
Pushing	4-6	<hr/> <hr/> <hr/> <hr/> <hr/>
Breaking	7-8	<hr/> <hr/> <hr/> <hr/> <hr/>
Lob	9-10	<hr/> <hr/> <hr/> <hr/> <hr/>
Gameplay	11-12	<hr/> <hr/> <hr/> <hr/> <hr/>



WWW.SDSC.ORG.SG



SDSC



SINGAPORE DISABILITY SPORTS COUNCIL

