



Sample Workouts

The main equipment you will need for these games are:

- A set of bocce balls
- Cones or water-filled plastic bottles
- Hula Hoops/newspaper/pieces of carpet

Straight-line Rolling

- Start with two straight lines of cones evenly spaced up the court.
- It is suggested to start with the space between about four or five feet traveling up the length of the court.
- Now have your athlete roll the balls down the court and continue to practice this until he/she is constantly getting the balls to stay in the gap between the two rows of cones.
- As your athlete becomes better skilled at this distance, start to bring the gap between the rows a little closer. Again repeat the practice until you believe your athlete is ready for the cones to move in closer still.
- Keep repeating the skills until your athlete can roll through a one- to two-foot gap.
- Repeating this exercise over and over will assist your athlete to accurately roll the balls in the direction he/she wants the ball to go rather than in the general desired direction.
- Award points/score accordingly.

Accurate Target Distance Ball

- Using the same set as above, this drill is to practice the length of the roll.
- Ask your athlete to roll the ball down the track of cones and stop at a designated position between two sets of cones. Have him/her repeat this skill until competent at getting a high percentage of balls to stop within an agreed distance of cones.
- Remember to vary the requested distance, as a good athlete should be able to be accurate at short as well as long distances.
- This exercise will highlight whether your athlete needs to practice accuracy at certain distances.
- Award points/score accordingly.

Accurate Target Ball

- Spread three or four sheets of unfolded newspaper up the court, and have your athlete try to land all eight balls on the sheets.
- As the athlete begins to master this skill, remove one of the sheets (making the target smaller) and have him/her continue to land the balls on the remaining newspaper.
- Again remove another sheet as the athlete masters this.
- To really add a challenge, start to fold the remaining sheet of paper until the athlete can do it with ease.
- Remember to change the distance you position the paper within the court as you may have an athlete who can easily achieve the result when the paper is at one distance but needs to practice when the paper is at another.
- This highlights athletes who are “long end athletes” and “short end athletes.” Those who play better when the pallina is bowled a short distance up the court are short end athletes, and the opposite applies to long end athletes.
- Award points/score accordingly.

Bouncing/ Bombing

- Place a Hula Hoop, carpet piece or similar target about 5 feet in front of your athlete and have him/her toss the ball so that it lands on the target and rolls off it. For ongoing training, move the target area farther down the court and repeat.
- Award points/score accordingly.



Skittle Ball

- Set up a number of targets for the athlete to roll a ball toward (colored shapes, plastics bottles, bowling pins, etc.).
- Vary the position, distance and target size as appropriate.
- Award points/score accordingly.

Ricochet Ball

- Set up a target situation whereby your athlete is required to roll a ball toward a gap between the side wall and the object you have placed on the court (a colored shape, plastic bottle, bowling pin, etc.). The aim is to encourage your athlete to use the wall as a method of getting a point, etc.
- Vary the position, distance between the gap and distance of the gap in relation to the length of the court as appropriate.
- Award points/score accordingly.

Shuttle Run

- As part of a cool-down exercise, have your athletes split into two groups. Have them line up behind each other in a straight line facing down the court, behind one of the rows of the bottles/cones that are on the court following the last game. As a relay, have the first athletes run down the court and retrieve the last cone and return it to the feet of the next athlete on their team. As it is placed, the next athlete runs down the court and retrieves the last cone and returns to the starting position again. This is continued with each athlete until all the cones are in a pile in front of the teams and the winner is decided.
- This achieves several things: the athletes are having fun (with an element of competition), the cones have been returned and you as coach don't have to pick them all up (make a fun thing of this for your athletes) and the athletes will be laughing or cheering (a good note to end the session on).

Remember:

- In practicing or playing any of the exercises and games, it is important that your athlete is consistently getting the desired outcome before making the task harder.
- Rather than having your athlete just getting the results a few times and then moving onto the next step, ensure that he/she is constantly getting the desired results; then move on.
- All of these are ways of improving your athletes' skill level in the game of bocce.
- These should be treated as separate skills, but on the whole they are all part of improving competencies and not only the overall standard of your team but also those of other teams who compete with them.