



**Teaching Bocce Skills**

**Skill Progression- Recognition of equipment used**

<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Recognize a bocce ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the color differences of the bocce balls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the pallina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the tape measure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the flags used	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Associate the connection between flag color and bocce ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Totals**

**Skill Progression- Recognition of playing field**

<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Recognize the 10-foot foul line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the 30-foot half way line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the 50-foot line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the back boards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the side boards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Totals**

**Skill Progression- Recognition of playing terms**

<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Recognize the term “In” & “Out” team	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the term “foul”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the term “pointing”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the term “hitting”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the term “banking”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the term “rebounding”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Totals**



**Skill Progression- Pointing (Standing Release)**

<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Collect ball from back of court and step up to foul line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deliver bocce ball using correct stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand with feet appropriately spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold the bocce ball correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct arm swing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct release of ball from hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain correct wrist posture once bocce ball has left the hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct follow-through with full arm extension following release of ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minimize head movement throughout drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

**Skill Progression- Pointing (Stepping Release)**

<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Collect ball from back of court and stand correctly back from the foul line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare to deliver the bocce ball from the correct starting stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold the bocce ball correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Step forward using appropriate forward leg movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand with forward foot appropriately positioned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand with feet appropriately spaced to give a balanced base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct back arm swing at appropriate time of stepping forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct force to deliver “pointing” shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct forward arm swing at appropriate time of stepping forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct release of ball from hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain correct wrist posture once bocce ball has left the hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct follow-through with full arm extension following release of bocce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minimize head movement throughout drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

## Bocce Coaching Guide

### Teaching Bocce Skills



#### Skill Progression- Hitting

Your Athlete Can	Never	Sometimes	Often
Collect ball from back of court and stand correctly back from the foul line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare to deliver the bocce ball from the correct starting stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold the bocce ball correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Step forward using appropriate forward leg movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand with forward foot appropriately positioned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand with feet appropriately spaced to give a balanced base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct back arm swing at appropriate time of stepping forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct force to deliver a "hitting" shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct forward arm swing at appropriate time of stepping forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct release of ball from hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain correct wrist posture once bocce ball has left the hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct follow-through with full arm extension following release of ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minimize head movement throughout drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

#### Skill Progression- Rebounding/Banking

Your Athlete Can	Never	Sometimes	Often
Collect ball from back of court and stand correctly back from the foul line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Align themselves correctly to deliver the appropriate shot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare to deliver the bocce ball from the correct starting stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold the bocce ball correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Step forward using appropriate forward leg movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand with forward foot appropriately spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand with feet appropriately spaced to give a balanced base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct back arm swing at appropriate time of stepping forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct force to deliver a "banking/rebounding" shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct forward arm swing at appropriate time of stepping forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct release of ball from hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain correct wrist posture once bocce ball has left their hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use correct follow through with full arm extension following release of bocce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minimize head movement throughout drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			



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**Skill Progression- Recognition of scoring process and terms**

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<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Understand the point-scoring system used in the game of bocce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow the scoring on a score card	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the scores on a score card	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the places for the various signatures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize the need to not sign a score card if the game is to be “protested”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

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**Skill Progression- Recognition of Sportsmanship and Etiquette**

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<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Exhibit sportsmanship and etiquette at all times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate competitive effort while playing at all times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Select the correctly colored balls throughout the game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wait for official to indicate player’s own turn to play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain knowledge of own/own team’s score	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Display good sportsmanship by cheering on fellow teammates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play cooperatively and competitively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take turns with other team members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to coaches’ instructions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

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