



Bocce Specific Drills

Distance Rolling

Purpose

This drill will highlight whether an athlete requires further instruction on playing a long or short game. If an athlete can consistently roll the balls to an area that is closer to the halfway line than he/she does when rolling to an area at the far end of the court, this would indicate that he/she is a short end athlete. (Question: is the athlete instructed to aim for the halfway line or far end, or is he/she instructed to roll the ball as far as he/she can? It is unclear what instruction the athlete should be given for this drill.)

Steps

- ◆ Use one full set of bocce balls (eight balls) on a flat/even surface.
- ◆ Have athlete roll/toss the balls as instructed by coach/teacher.
- ◆ Dependent upon outcome, note the number of balls producing the desired outcome.
- ◆ Repeat the task coming back down the court from the opposite end.
- ◆ Total the outcome (i.e. 12 out of 16, etc.).
- ◆ Redo assessment as agreed between athlete and coach/teacher.

Teaching Points

- ◆ The object of this drill is to improve the athlete’s ability to gauge distance.
- ◆ Athletes need to understand the significance of the speed of delivery, and coaches should place an emphasis on this factor in coaching.
- ◆ Feeling the amount of energy needed to get a ball to a certain area of the court needs to be repeated to get the same result.
- ◆ The further down the court a ball is rolled, the greater the push needed to get it there.
- ◆ A softer roll means a lesser distance traveled by the ball.

Points of Emphasis:	<ul style="list-style-type: none"> • Distance is determined by speed of delivery • Setting up is a factor that also determines success • Athletes will learn from previous attempts and their body movements throughout • To be successful at this game, athletes need to have consistency through judgments of many different distances, not just short or just long • Athletes should always watch the movement of the bocce ball on the court and what it does and how it moves
When to Use:	<ul style="list-style-type: none"> • The drill itself should be used as a separate skill but then it is used in conjunction with other skills of the game • Athletes can use this skills drill as part of a competition at training between fellow athletes



Key Words

- Feel the distance
- Remember soft for short distances and harder for long
- Smooth and gentle release
- Smooth movements
- Head as still as possible
- Shoulders square to the target
- Smooth back swing
- Smooth step forward
- Smooth forward arm movement
- Smooth follow-through toward target and upward

Coaching Tips

- Here the emphasis of this drill is to allow the athlete to experience success and achievement through a vital skill of the game. Irrespective of whether an athlete plays a very soft gentle roll to just over half way or a stronger delivery to a cluster at the far corner of the court, consistency is the key and this is determined by speed of the delivery of the bocce ball
- Smoothness through all stages of the pendulum swing is another key to achieving the goals set for this drill
- You may have to help the athlete not only with the initial forward swing, but with the back swing and slow, smooth forward action with follow through to target.
- Counting through all stages may assist players
- Using a “ticking clock scenario” may assist the athlete with the timing of the initial forward, then back, then forward and release



Directional Rolling

Purpose

To highlight if an athlete requires further instruction on the smooth release of the ball. If the player consistently has the ball knocking into cones part way down the path, it may be the release off the fingers needs to be addressed. Tape wrapped in a circle around the ball may also highlight this.

Steps

- ◆ Use one full set of Bocce balls (8 balls) on a flat/even surface
- ◆ Have athlete roll the balls as instructed by coach/teacher
- ◆ Start with the cones approximately 3 -4 feet apart, as athlete becomes more skilled at direction narrow the gap between
- ◆ Dependent upon outcome, note the number of balls producing the desired outcome
- ◆ Repeat the task coming back down the court from the opposite end
- ◆ Total the outcome.(i.e.12 out of 16, etc)
- ◆ Redo assessment as agreed between athlete & coach/teacher

Teaching Points

- ◆ The object of this drill is to improve the athletes ability to deliver consistently well directed balls along a defined path
- ◆ Athletes need to understand the significance of the initial set up prior to the delivery and coaches should place an emphasis on this factor in your coaching
- ◆ Feeling all the various muscle movements needed to get a ball to travel along a certain path of the court needs to be repeated to get the same result
- ◆ Sometimes using the sides of the court will give athletes greater success than rolling along the centre
- ◆ Keeping all the various lines of the body movements as straight as possible assists in getting good results

Points of Emphasis:	<ul style="list-style-type: none"> ● Initial setting up is a major factor that also determines success. ● An athlete will learn from previous attempts and from their body movements throughout. ● To be successful at this game, athletes need to have consistency through judgments of many different directions from all parts of the court, not just from along the line next to the side walls. ● Athletes should always watch the movement of the bocce ball on the court and what it does and how it moves.
When to Use:	<ul style="list-style-type: none"> ● The drill itself should be used as a separate skill but also in conjunction with other skills of the game. ● Athletes can use this skills drill at training as part of a competition among fellow athletes.



Key Words

- Feel the body movements
- Remember to keep the body as straight as possible at all times
- Shoulders square to the target
- Smooth movements throughout
- Head as still as possible
- Keep the rolling hand close in to the body throughout
- Smooth straight back swing
- Smooth straight step forward
- Smooth straight forward arm movement
- Smooth straight follow-through toward target and upward

Coaching Tips

- The emphasis of this drill is to allow the athlete to experience success and achievement through a vital skill of the game. Irrespective of where on the court an athlete plays from, the ball will nearly always want to travel in a straight line, and this is determined by what the body movements were directly before the release.
- Consistency is the key, and this is determined by the body's alignment.
- Smoothness through all stages of the pendulum swing is another key to achieving the goals set for this drill.
- You may have to help the athlete not only with the initial forward swing, but with the back swing and slow, smooth forward action with follow-through to target.
- Counting through all stages may assist players.
- Using a "ticking clock scenario" may assist the athlete with the timing of the initial forward, then back, then forward and release.



Roll to a Designated Area of the Court

Purpose

This drill’s purpose is to highlight whether an athlete requires further instruction on playing a ball to one particular part on the court, i.e. an athlete may find it easy to roll to a position nearer a wall than in the middle of the court, as he/she may use the walls to guide the ball up the court. This should also be used as a guide for an athlete who has a difference in his/her long or short game.

Steps

- ◆ Use one full set of bocce balls (eight balls) on a flat/even surface.
- ◆ Have athlete roll the balls as instructed by coach/teacher.
- ◆ Start with a large mat/target area for athlete to aim to.
- ◆ Vary the placement of the target area around the court to give the coach a better understanding of whether the athlete plays better when the area is in a certain place within the court.
- ◆ Dependent upon outcome, note the number of balls producing the desired outcome.
- ◆ Repeat the task coming back down the court from the opposite end.
- ◆ Total the outcome (i.e. 12 out of 16, etc).
- ◆ Redo assessment as agreed between athlete and coach/teacher.

Teaching Points

- ◆ The object of this drill is to improve the athlete’s ability to deliver consistently well-directed balls using both the previous skills drills, for distance and direction.
- ◆ Athletes need to understand the significance of the other two skills to be able to deliver the balls to a determined area’ and coaches should place an emphasis on these factors in your coaching.
- ◆ Feeling all the various muscle movements needed to get a ball to travel along a certain path to a certain point of the court needs to be repeated to get the same result.
- ◆ Sometimes, using the sides of the court will give athletes greater success than rolling along the center.
- ◆ Keeping all the various lines of the body movements as straight as possible assists in getting good results.
- ◆ Athletes may have no problems with grouping balls in an area that is close but may struggle when asked to repeat it further down the back of the court.

Points of Emphasis:	<ul style="list-style-type: none"> • Initial setting up is a major factor that also determines success. • As is the strength of delivery. • Athletes will learn from previous attempts and their body movements throughout • To be successful at this game, athletes need to have consistency through judgments of many different directions from all parts of the court, not just from along the line next to the side walls, or from a short distance to a long one. • Athletes should always watch the movement of the bocce ball on the court and what it does and how it moves.
When to Use:	<ul style="list-style-type: none"> • The drill itself should be used as a separate skill, but then it also is used in conjunction with other skills of the game and should follow directional and directional skills training. • Athletes can use this skills drill at training as part of a competition among fellow athletes.



Key Words

- Feel the body movements
- Feel the distance
- Shoulders square to the target
- Remember soft for short distances and harder for long
- Head as still as possible
- Smooth movements throughout
- Smooth straight back swing
- Keep the rolling hand close in to the body throughout
- Smooth straight step forward
- Smooth straight forward arm movement
- Smooth and gentle release
- Smooth straight follow-through toward target and upward

Coaching Tips

- The emphasis of this drill is to allow the athlete to experience success and achievement through having learned two other vital skills of the game. Irrespective of where on the court an athlete plays from, the ball will nearly always want to travel in a straight line, and this is determined by what the body movements were directly before the release and how much muscle movement the athlete retained.
- Consistency is the key, and this is determined by the body's alignment.
- Smoothness through all stages of the pendulum swing is another key to achieving the goals set for this drill.
- You may have to help the athlete not only with the initial forward swing, but with the back swing and slow, smooth forward action with follow-through to target.
- Counting through all stages may assist players.
- Using a "ticking clock scenario" may assist the athlete with the timing of the initial forward, then back, then forward and release.



Tossing to a Designated Area of the Court

Purpose

This drill’s purpose is to highlight whether an athlete requires further instruction on tossing the ball long or short with the ball held in the inverted position. If an athlete is consistently having difficulty tossing the balls 20 feet up the court, this may mean that he/she requires doing some form of strengthening of the shoulders and upper arm. This may also highlight an athlete who releases the ball too low, and therefore the trajectory will always mean that it will stay low and roll farther than if tossed later in the release, giving it a higher trajectory.

Steps

- ◆ Use one full set of bocce balls (eight balls) on a flat/even surface.
- ◆ Have athlete toss the balls as instructed by coach/teacher.
- ◆ Start with a large mat/target area for athlete to aim to approximately 20 feet up the court.
- ◆ Dependent upon outcome, note the number of balls producing the desired outcome.
- ◆ Repeat the task coming back down the court from the opposite end.
- ◆ Total the outcome (i.e. 12 out of 16, etc).
- ◆ Redo assessment as agreed between athlete and coach/teacher.

Teaching Points

- ◆ The object of this drill is to improve the athlete’s ability to deliver consistently well-directed balls using the previous skills drills, for distance and direction. Only this time the bocce ball is tossed, no higher than waist height, rather than rolled along the ground.
- ◆ Athletes need to understand the significance of the other two skills to be able to toss the balls to a determined area, and coaches should place an emphasis on these factors in coaching.
- ◆ Feeling all the various muscle movements needed to get a ball to travel along this aerial path to a certain point of the court needs to be repeated to get the same result.
- ◆ Sometimes using the sides of the court will give athletes greater success than tossing the bocce ball up the center.
- ◆ Keeping all the various lines of the body movements as straight as possible assists in getting good results.
- ◆ Athletes may have no problems with grouping balls in an area that is close but may struggle when asked to repeat it farther down the back of the court.
- ◆ The farther up the court the player must toss the bocce ball, the greater the amount of effort needed to get it there.

Points of Emphasis:	<ul style="list-style-type: none"> ● The strength of the delivery is a major factor that also determines success. ● As is the body’s alignment. ● An athlete will learn from previous attempts and their body movements throughout. ● To be successful at this game, an athlete needs to have consistency through judgments of many different directions from all parts of the court, not just from along the line next to the side walls, or from a short distance to a long one, whether to roll along the court or go the aerial route. ● Athletes should always watch the movement of the bocce ball once it lands on the court and what it does and how it moves.
When to Use:	<ul style="list-style-type: none"> ● The drill itself should be used as a separate skill, but then it is also used in conjunction with other skills of the game and should follow directional and directional skills training. ● Athletes can use this skills drill at training as part of a competition among fellow athletes.



Key Words

- Feel the body movements
- Feel the distance
- Shoulders square to the target
- Remember, soft for short distances and harder for long
- Head as still as possible
- Smooth movements throughout
- Smooth straight back swing
- Keep the tossing hand close in to the body throughout
- Smooth straight step forward
- Smooth straight forward arm movement
- Smooth upward release is essential
- The later the release is left, the higher the trajectory
- Smooth straight follow-through toward target

Coaching Tips

- Here the emphasis of this drill is to allow the athlete to experience success and achievement through having learned two other vital skills of the game. Irrespective of where on the court an athlete plays from, the ball will nearly always want to travel in a straight line and this is determined by what the body movements were directly before the release and how much muscle movement the athlete retained.
- Consistency is the key and this is determined by the body's alignment.
- Smoothness through all stages of the pendulum swing is another key to achieving the goals set for this drill.
- You may have to help the athlete in the final stage when releasing the ball, so that it is released from no higher than the waist.
- Counting through all stages may assist players.
- Using a "ticking clock scenario" may assist the athlete with the timing of the initial forward, then back, then forward and release.
- When athlete attempts to move harder and faster to play this type of shot, the alignment will probably be the first thing affected.