

Boccia — Challenge Card



Quick Introduction

- This challenge helps players to develop strong and accurate ball propulsion.
- Players aim at a beach ball placed in a target hoop. The object is to knock the ball out of the hoop.

Getting Started

- Set up as seen in the picture.
- Set up seating for the player. Remember they must be sat down to throw the ball.
- Set up a hoop and beach ball in the centre of the court, 6m from the throwing line.
- Teams are made up of 3 players. Each player gets 2 boccia balls each.
- Once all the balls have been thrown get the players to collect them all.

Equipment Required

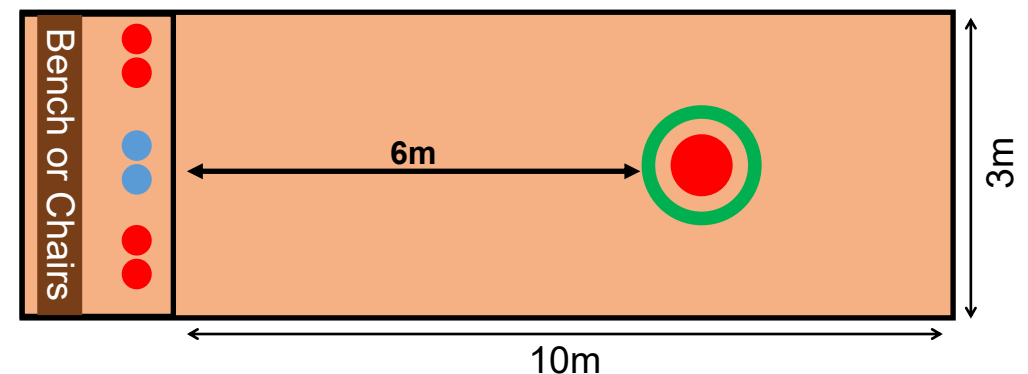
- 6 boccia balls.
- 1 hoop
- 1 beach ball.
- Score sheet.

Term 1

BEACH BALL BLAST

Health and Safety

- Play towards a wall, throwing away from other players.
- Careful when collecting balls not to stand on boccia balls or the hoop.
- When resetting the beach ball make sure no one is throwing balls.



Scoring

- A team gets 1 point every time they knock the beach ball out of their hoop.
- Keep resetting the beach ball until the time runs out.
- The team with the highest accumulative score at the end of the **10 minutes** wins.

