



Champions in Motion

Bocce Activity Guide

All groups will be assigned to their own court. All rotations will be completed at the court. There will be a minimum of two student leaders at each court. The SOO staff member running the event will direct and explain each activity rotation from the centre of the gym. Student leaders will then facilitate at their station.

The following activities are from the [**SOO Multi-Sport Guide**](#).



Rotation 1: Warm Up, Ball Grip, and Stance (20 minutes)

Equipment: Bocce balls

1. Warm Up: Whole Group Dance (5 minutes)

- a. Student leaders will stand in the middle of the gym, while athletes form a giant circle around them. Student leaders will lead athletes through a dance warm-up. Focus is on getting loose but also getting excited about the day!

2. Getting a Grip (5 minutes)

- a. Have athletes line up in a straight line with open space in front of them
- b. Pick up the ball and bring it to waist level
- c. Ensure the ball is sitting in the palms of your hand
- d. Ensure fingers are spread evenly across the bottom of the ball
- e. The thumb is used to hold the ball in place
- f. Slightly close fingers around the ball
- g. Athletes will toss and roll the ball forward with no target

3. Stance (5 minutes)

- a. Mark a line on the gym floor (can be done with cones)
- b. Have students stand behind another line (to mimic the throwing line), making sure their toes don't pass the line.
- c. Ensure their feet are pointing towards the target
- d. Stance should be slightly narrower than shoulder width apart.
- e. Shoulders should be square to the target
- f. Take a step forward before moving arms—the step should be with the foot opposite the throwing hand
- g. Step should not be too big, bend knees and stay relaxed
- h. Point feet towards the target, eyes focused, and start the throwing motion.

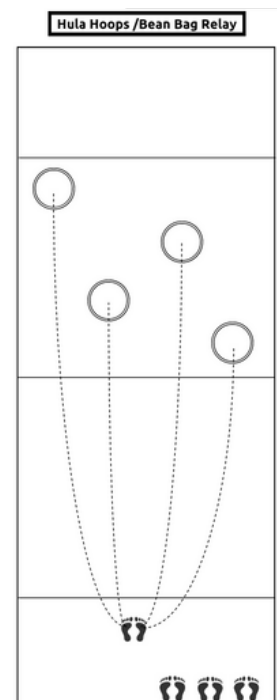
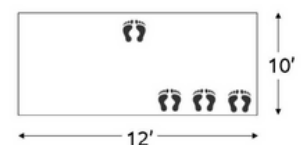
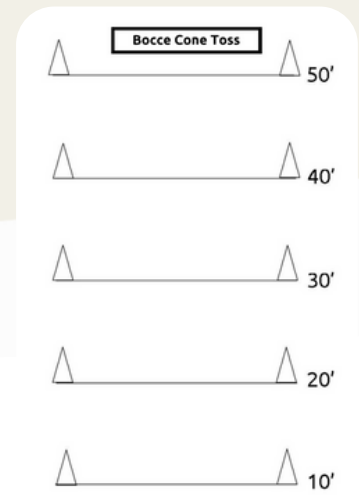
4. Grip-Hop-Stance- GO! (5 minutes)

- a. Athletes stand in a line facing the volunteer
- b. Bocce ball will start in front of each athlete
- c. Volunteer will say "Grip", and athletes will grab the ball with proper form.



- d. Volunteer will say "Hop" and athletes will hop up and down with the ball grip
- e. Volunteer will say "stance," athletes will hop into the proper stance outlined
- f. Volunteer will say stop, and athletes will pause and place the ball at their feet
- g. Volunteer will say "GO" and athletes will run towards the volunteer until they say "stop"

Modification: Athletes can remain stationary. Rather than jumping, they can toss the ball up in the air and catch before preparing to throw the ball.



Rotation 2: Throwing (25 minutes)

Equipment: Cones, bean bags, hula-hoops, bocce balls

1. Cone Toss (10 minutes)

- a. Athletes may use bocce balls or bean bags for this
- b. One at a time, athletes will try to throw the ball or bean bag to the 10 foot line, then the 20, then 30 and so on.
- c. Athletes will move to the next "line" once they have reached the one in front.
- d. *Note: As an alternative athletes may be broken up into teams of four to complete this and it can be done as a relay.*

2. Hula Hoop Relay (15 minutes)

- a. Place the hula hoops in the court at varying distances past the half court line.
- b. Split athletes into two teams.
- c. Athletes will take turns throwing bean bags (or bocce balls) from the throw line into the hula hoops.
- d. The goal is to get one bean bag in every hoop as a team.

Rotation 3: Rolling & Aiming (20 minutes)

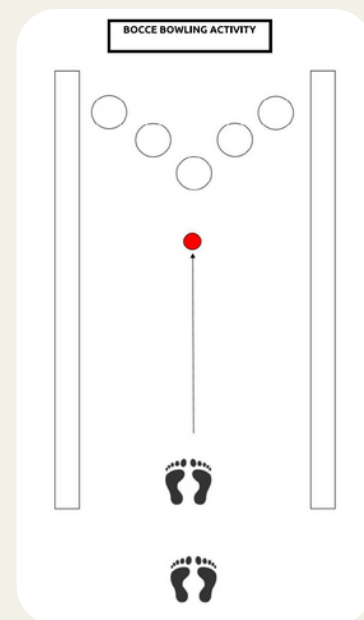
Equipment: Cones, Bocce balls, Pallina

1. Bocce Bowling (10 minutes)

- Set up cones within the court like bowling pins
- Have athletes line up at the throw line and take turns knocking them over, like bowling.
- Each athlete will have three chances to knock the "pins" over, unless they get a strike or spare
- Repeat the game by setting the cones up in different areas and at different distances.

2. Closest to the Pallina (10 minutes)

- Have one athlete roll the pallina. All other athletes will then have one opportunity to roll their ball and try to get it as close as possible. Whoever is the closest wins. You can do one practice round and then a competitive round.
- This is a fun way to create a friendly competition among groups. Whoever is closest to the pallina at their court will then compete against winners from other courts.



Station 4: Strategy and Rule Review (10 minutes)

Equipment: Bocce sets, Courts

1. Review rules (2 minutes)

- Pallina toss: Review how this is determined and what lines it must stay between.
- Lines: review throwing lines and what to do if the ball rolls "out"
- Order of throwing: explain that the order of throwing goes to the team furthest from the pallina.

2. Mini game (8 minutes)

- Practice a mini game in their groups. This is an opportunity to ensure students understand scoring.



Afternoon Example Schedule for Games:

Court 1		
Time	Team 1	Team 2
12:10		
12:35		
Court 2		
Time	Team 1	Team 2
12:10		
12:35		
Court 3		
Time	Team 1	Team 2
12:10		
12:35		

End the day with another round of closest to the pallina as a fun competition to close out the event!

