



# Boccia challenge – Shrinking circle

This challenge, based on Paralympic team boccia, requires skill, accuracy, teamwork and positive communication.

## What you need to do

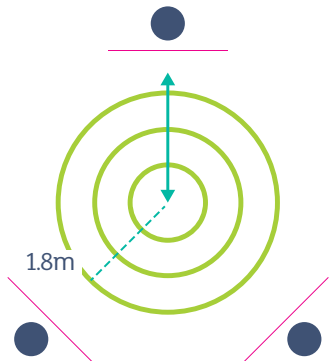
- Get into teams of three; each player tries to propel 2 boccia balls into a target circle.
- But after each round, the circle gets smaller! (See graphic)

## Challenge format

- Each player in the team propels 2 boccia balls into the main circle; count how many balls remain in the circle – 1 point for each scoring ball.
- In the next round, the target is the larger inner circle; count the scoring balls inside this circle.
- Finally, each player aims at the small inner circle; how many boccia balls can you get into this target?
- Add all the points together for all 3 players to get the **total team score!**



Click the icon to view a video of the challenge



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## Think about

- Select a team captain – in team boccia, the captain decides who plays next on their team.
- Players can choose to take turns or play all together – which way is best for the team?
- If players use a ball-sending ramp, at what angle should the ramp be held? What difference does this make to the distance the ball will travel?



**STEP** - These are 4 simple parts of any game that can be changed to include everyone. Some examples are suggested below – but invent your own!



### Space

- Use floor markings you already have; for example, a basketball court centre circle can be used or just make your own.
- Players can be positioned closer to the target circles.
- Make the target bigger then as they improve make the target smaller.



### Task

- Throw the ball in different ways to find what gives the best results – rolling, overarm or underarm throw.
- Boccia is a seated game and players need plenty of personal space.
- Change position slightly between throws.



### Equipment

- Use throw down spots to mark the circles quickly.
- Practise with bean bags or paper balls (boccia sized).
- Players can use ball-sending ramps if required.



### People

- Take turns at being captain; captains can chat with their team after each round; can they beat their score?
- Encourage each other, praising a good effort and suggest positive ways to help others improve.



### More info

For more info about Paralympic boccia visit: [www.paralympic.org.uk](http://www.paralympic.org.uk) and [www.bocciaengland.org.uk](http://www.bocciaengland.org.uk)

To see other boccia games you can play visit: [www.topsportsability.co.uk](http://www.topsportsability.co.uk)



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