

Bridge II Sports Boccia Buzz

May/June 2021



Spring has sprung! Everyone and everything is getting ready for summer. In this issue I want to share how we get ready to play Boccia and how our coaches are trained.

Boccia Practice: DRILLS

When the Bridge II Sports Flamethrowers begin practice we have several drills that we go through in order to warm up. These drills get our bodies and minds focused and work on skills needed to play the game.



TARGET DRILL The first drill is hitting a target that is in front of you on the floor to see how many balls you can get on to the target.

HOOP DRILL In this drill we try to jump the ball inside a hula hoop on the floor.

CONE DRILL We try to throw balls in to a cones laying down on the floor. Once we throw the ball into the cone it is taken away and we aim for another one.



KNOCK OUT DRILL Often in Boccia you have to move balls to get to the jack. In this drill we try to knock the ball placed in front of the jack back out of the way.

Once we have done all of our drills we are ready to play the game!

What it takes to be a Coach or Sport Assistant

There are two Boccia coaching certifications and a certification for sport assistants from USA Boccia:

- Level One: local or regional coaches
- Level Two: coach to a group that is going to compete on the national level
- BC3 Sports Assistant Certification: This coach/volunteer works with a player that needs assistance with ramp play.

Beyond having Boccia knowledge, a good coach has to be able to listen to their athletes and communicate with them to teach them the game. A good coach builds character in his players as well as the team. Athletes have to be able to trust their coach on what they tell them and show them. A good coach will make sure that every one on the team has a chance to play in the game.

We have great coaches at Bridge II Sports, Program Cultivator Daisy and Coach Tara, who are working with us on our game, meet with us via Zoom, email and call us, and make sure we are reaching our goals on and off the court.



What is a BC2 Player

In the last Boccia Buzz we talked about BC3 players who use a ramp to play Boccia. Another player classification is the BC2 athlete. These players play from a wheelchair and have upper body and arm movement that allow them to throw the ball. BC2s can throw under-handed or over-handed. Once players are classified as BC2 two times they do not need to be classified again.