





Activity Plan for Bocce

Week 1			
Activity	How many or how long	How many days	Instructions
Bocce Ball Throw 	10mins	3 days/wk	Bocce ball is a popular sport played all around the world. It is similar to lawn bowling because it requires you to make an underhand throw toward a target across the field. To practice this technique, take a small ball (tennis ball or baseball) and practice throwing the ball underhand toward your partner. The ball should land before reaching your partner, such that it rolls in front of your partner and stops. Your goal is to get the ball to stop as close to your partner as possible.

Week 2			
Activity	How many or how long	How many days	Instructions
Bocce Ball Throw 	15mins	3 days/wk	Bocce ball is a popular sport played all around the world. It is similar to lawn bowling because it requires you to make an underhand throw toward a target across the field. To practice this technique, take a small ball (tennis ball or baseball) and practice throwing the ball underhand toward your partner. The ball should land before reaching your partner, such that it rolls in front of your partner and stops. Your goal is to get the ball to stop as close to your partner as possible.

Week 3			
Activity	How many or how long	How many days	Instructions
Bocce Ball Throw 	20 mins	3 days/wk	Similar to last week's activity, try throwing a small ball back-and-forth with your partner. Each time that you get it within 2 meters of your partner, move 3 steps away from your partner. Keep repeating this throwing drill and see how far away you can travel from your partner while still being able to get the ball to stop within 2 meters of them.

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Week 4			
Activity	How many or how long	How many days	Instructions
Bocce Ball Game 	20 mins	3 days/wk	<p>Bocce ball is a popular sport played all around the world. It is similar to lawn bowling because it requires you to make an underhand throw toward a target across the field. Now that you have learned to throw the bocce ball toward a target, try organizing a game of Bocce with your friends or family:</p> <ol style="list-style-type: none"> 1. Divide your players into two equal teams. 2. Make sure each team has an equal number of balls to throw (The balls should be equal in size and weight). 3. Have one team throw a smaller ball down the field (from where the teams are standing). It can be thrown as close or as far away as you wish. If you find your first game of Bocce too easy, try throwing this smaller target ball further away from the teams. In Bocce, this smaller ball is called a pallino. 4. The team that throws the pallino across the field gets to make the first throw. It must be an underhand throw and players should aim for the ball to land as close as possible toward the pallino. 5. Once the first bowl has taken place, the other team or individual has the opportunity to bowl. 6. From then on, the side which does <i>not</i> have the ball closest to the pallino has a chance to bowl, up until one side or the other has used their four balls. At that point, the other side bowls its remaining bocce balls. 7. The team with the closest ball or balls to the pallino is awarded one point for each ball that is closer to the pallino than the other side's closest ball. 8. An entire Bocce match is won by the team that scores 13 points first. If 13 points are not scored in the first round, play another round and just add the scores together from each of the rounds until one team has 13 points.