

Training Session 1



Team Talk

Previous Skills	n/a
Goals for today	Master Rolling the Pallina and the Bocce
New Skills	Grip, Stance, Release, Delivery
Terms	Serving box, foul line, mid court, bocce and Pallina

Warm up – Leaders - _____ & _____

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Introduce Terms	Serving box, foul line, mid court, bocce
Grip the Bocce	Ball touches palm of hands, fingers evenly spread, held waist high in front of body
Starting Stance	Feet spread slightly apart (shoulder Width)take one step forward (opposite leg of arm used for holding bocce), slightly bend kneed with feet pointing towards the target,
Delivery and Release	Bring your arm straight back, keep close to body. Keep elbow straight (weight on back foot). As you smoothly bring are straight forward, transfer weight to front foot. When the ball passes your leg, weight should be on both feet. Release ball in front of you, continue moving hand upward in a natural follow through motion. Keep shoulders square to the target and foot behind the foul line
Challenge	Have athletes/partners take turns standing in the serving box, and delivering the bocce. Remind team members to keep the bocce in the court. You can have two team members in the box at one time to speed up the process if you have a large amount of team members
Teachable	Watch where toes are pointing on the release

moments	Watch the serving arm, to insure it is close to the body Watch the follow through, make sure the arm raise up and not to the left or right Take time to discuss and fix
Outcome	Players will have an understanding that their feet and arm must be pointing in the correct direction to control the pallina or bocce

Introduce and Identify the Pallina	Use same grip, stance, Delivery and Release
Challenge	Use same Challenge Reminder Team members that the Pallina is smaller and lighter so they will need to adjust their release
Outcome	Players will have an understanding that their feet and arm must be pointing in the correct direction to control the pallina or bocce

Team Challenge

Review Terms	Serving Box, Foul Line, Mid Court
Object	Toss the pallina across mid Court then see how close you can roll the bocce to the pallina
	Each team member get one try – The top two player get to lead warm-ups next practice

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders, place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Congratulate Winners	Remind the winners that they are the team leaders for next practice
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	Pointing and positioning the Pallina
Open Court – 10 to 15 minutes	Allow players to practice on the courts

Training

Session 2



Team Talk

Previous Skills	Grip, Stance, Release, Delivery
Goals for today	Athletes will practice serving the pallina into the play area and be able to point the bocce
New Skills	Pointing and Serving
Terms	Pointing, serving the pallina and side walls

Warm up – Leaders – Last Practices Winners _____ & _____

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	Serving box, foul line, mid court, bocce and Pallina
Review Skills	Grip, Stance, Release, Delivery
New Term	Pointing – When a bocce is tossed to “gain” points. Points are gained when your bocce is closest to the pallina
Practice Time	Place the Pallina at mid court and have player practice releasing the bocce and attempt to land near the bocce – each player throws 3-4 bocce balls
	Place the Pallina between mid court and the furthest foal line and have players practice releasing the bocce and attempt to land near the bocce – each player throws 3-4 bocce balls
	Place the Pallina at the furthest foal line and have players practice releasing the

	bocce and attempt to land near the bocce – each player throws 3-4 bocce balls
Outcome	Players will learn how to judge the how hard the bocce needs to be thrown to reach different locations on the playing area.

Tossing the Pallina	Identify where the Pallina must land
	Across Mid court – before back foul line and 1 ft. from the side walls
Practice Time	Each athlete is given 3 tries to toss the pallina into the identified play area. Remind the players that in a game you are given 3 tries to get the pallina in the play area
Outcome	Players will learn where to place the pallina for the starting of a frame

Team Challenge

Review Terms	Pointing, serving the pallina and side walls
Object	Toss the pallina into the play area and see who can point their ball the closest
Challenge	Create teams of four, one player rolls the pallina and they get 3 tries to land in the play area if they miss the next player tries until the pallina is in the play area. Each player gets 2 bocce balls and roles the balls to see who can their balls close together and close to the pallina. Remove the balls after each player goes
Time	Each foursome should take about 7-10 minutes depending on the pallina toss
	If you have time – Switch teams around and go again

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders, place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	Hitting
Open Court – 10 to 15 minutes	Allow players to practice on the courts

Training

Session 3



Team Talk

Previous Skills	Pointing and Serving
Goals for today	Review Previous Skills and Build Teams
New Skills	Hitting/Spocking and Identifying Throw Away
Terms	Hitting/Spocking, Throw Away, In and Out

Warm up – Leaders - _____ & _____

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	Serving box, foul line, mid court, bocce and Pallina
Review Skills	Grip, Stance, Release, Delivery
New Term	Hitting/Spocking – Serving the bocce and attempting to move or disturb the other team’s balls to lessen their points. In – What color ball is closest to the Pallina Out – What color ball is furthest from the Pallina
Practice	Place Pallina in play area and place 2 bocce balls (of the same color) blocking the pallina.
	Each player has 2 bocce balls and will have two tries to move or disturb the other bocce balls to decrease the other teams score.
Time	Each athlete will need about 2-3 minutes to toss the 2 balls

Teachable moments	Help the player line themselves up on the first throw, talk about where to point the toes, what side of the serving box they should be on. Watch for partners or athletes who step up to help or call out the correct answer
Outcome	Athletes will learn to move in the serving box in order to find the best location to roll the ball from.

New Term	Throw away
	Set the court that the green team has 2 balls closest to the pallina then put all four red balls outside the green balls. Bring the athletes down to the cluster of balls and talk about what a player can do to not disturb the green balls and win with 2 points? Discuss different outcomes – if you hit one of your green? If you hit one of the red closer to the pallina
	Discuss how to throw away the ball – up the side line or across the foul line
Outcome	Players will recognize when to throw the roll away

Team Challenge

Review Terms	Pointing, hitting , throw away
Object	Put together when to point or when to spock or though away
Challenge	Create teams of four one player rolls the pallina and they get 3 tries to land in the play area if they miss the next player tries until the pallina is in the play area. Each player gets 2 bocce balls (must be same color) and roles the balls to see who can get closest to the pallina. Leave all balls in the playing area after thrown. Before each athlete throws ask if they should point, spock or throw away.
	If you have time – Switch teams around and go again

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15

	seconds. Switch feet. Repeat 2-5 times.
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Team Talk

Teams	Tell athletes you will be working on creating teams (8 per team) and that the next practice you will be performing skills tests to create their teams.
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	Individual Skill Tests
Open Court – 10 to 15 minutes	Allow players to practice on the courts

Next Practice Prep.	Discuss what athletes and partners seem to be drawn to one another
	Discuss high athletes, high Partners and put together those you think will work well together on the court
	Decide which coach will run the skills and which will start the athletes playing a game – 2 courts are needed

Training

Session 4



Team Talk

Previous Skills	Hitting/Spocking, Identifying throw Away, In and Out
Goals for today	Individual skills and playing the game
New Skills	
Terms	Dead Ball & Dead Frame

Warm up – Leaders - _____ & _____

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	Hitting/Spocking, and Throw Away
Review Skills	Hitting/Spocking, pointing and Throw Away
New Term	Dead Ball & Dead Frame
	Dead Ball – A ball that leaves the court
	Dead Frame – When the Pallina leaves the court or the two closes ball are two different colors and they are equal distance from the pallina
Activity	Individual Skills - On one court have 6 players participate in skills
	**See Finding your Team Players individual score

Activity	Playing a game
	Those athletes who are not performing skills will be on Court 2 learning to play the game.

Team Challenge

	None Today – Complete Individual Skills
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Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Teams	
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	Teams
Open Court – 10 to 15 minutes	Allow players to practice on the courts

Next Practice Prep.	Create teams - each team should have a minimum of 6 players (3 athletes and 3 partners) and a maximum of 8 (4 athletes and 4 partners).
	Using their individual scores group athletes and partners together whose scores are with 20% of each offer.

Training



Session 5

Team Talk

Previous Skills	Individual skills and playing the game
Goals for today	Create Teams, Learn Etiquette and complete individual skills
New Skills	
Terms	Captain, Frame, Measure, Winning a Match and Etiquette

Warm up – Leaders - _____ & _____

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	
Review Skills	
Activity	Announce Teams. Have them sit together and introduce themselves to one another.
New Terms	Captain – This is one or two members of the team who call the coin flip and oversee the team for that match.
	Frame – Time that it takes both teams to roll all 8 bocce balls.
	Measure – When the official, using a measuring tape, checks to see which color ball is closest to the pallina. Remember only the captain may make that call.
	Win a Game – 16 points or 20 minutes whichever comes first. Per frame your team

	can receive a minimum of 0 pts or maximum of 4 points.
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Activity	Each Team is given Poster board and markers and ask them to tell you what they think should be included in their teams Bocce Etiquette
	Bocce Etiquette – Sportsmanship and conduct that each competitor must follow while being part of our team.
	Have them share their list. At the end combine everyone’s list into one master list that can be hung at practice to remind each team member what is expected of them.
	Make sure the following is included
	✓ Positive at all times
	✓ Dress appropriately for practice and competition
	✓ When it is not your turn, you should stand quietly out of the court – seated in chairs or behind the chairs
	✓ Always walk up the side of the court rather than the middle of the court
	✓ Always give the official and opponents the respect they deserve
	✓ Always listen to information conveyed by the coach
	✓ Cheering is awesome, but wait until the bocce has left your teammates hand
	✓ Applause is terrific for your team as well as your opponent. It is okay to let your opponent know they make a great roll.

Team Challenge

Team Play	Match teams against those who were they did not play in the last practice.
	*Complete any skills scores that were not completed last practice

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep

	your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.
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Team Talk

Teams	As a Team decide what color pants you will be wearing for competition! Tan/Khaki, Blue or Black. Remember the entire team must be dressed the same.
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	Competition
Open Court – 10 to 15 minutes	Allow players to practice on the courts



Training Session 6

Team Talk

Previous Skills	Bocce Etiquette
Goals for today	Competition Day
New Skills	
Terms	

Warm up – Leaders – Randomly draw a team – have a partner and athlete lead the warm ups

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	Captain, Frame, In, Out, pointing, Hitting (Spocking), Throw Away, Winning a Match and Etiquette
Activity	Chose 1 athlete and 1 partner to be the captain of Each Team.
	Hands In (count of 3) – Go Team _____

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the
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	right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Teams	Tell the teams what went well and what will be worked on next practice.
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice Prep.	Review with coaches
	<ol style="list-style-type: none"> 1. Skills that need additional training 2. Should any teams be changed



Training

Session 7

Team Talk

Previous Skills	
Goals for today	Review Game Day & Practice Game Situations
New Skills	
Terms	

Warm up – Leaders – Randomly draw a team – have a partner and athlete lead the warm ups

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	
	Review competition and get feedback from the athletes 1. What did you like about it? 2. How did you feel your team did?
	**If changing team members this is the time to do it
Review Skills	Review the skills your coaches decided need improvement from competition day

Team Challenge

	1. Using past drills review the skills your coaches decided need improvement.
	2. Play a game or two prior to the end of the practice (especially if you changed any teams).

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Teams	
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	
Open Court – 10 to 15 minutes	Allow players to practice on the courts



Training

Session 8

Team Talk

Previous Skills	Bocce Etiquette
Goals for today	Competition Day
New Skills	
Terms	

Warm up – Leaders – Randomly draw a team – have a partner and athlete lead the warm ups

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	Captain, Frame, In, Out, pointing, Hitting (Spocking), Throw Away, Winning a Match and Etiquette
Activity	Chose 1 athlete and 1 partner to be the captain of Each Team.
	Hands In (count of 3) – Go Team _____

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Teams	Tell the teams what went well and what will be worked on next practice.
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	
Prep.	Review with coaches
	<ol style="list-style-type: none"> 1. Skills that need additional training 2. Should any teams be changed



Training

Session 9

Team Talk

Previous Skills	
Goals for today	Review Game Day & Practice Game Situations
New Skills	
Terms	

Warm up – Leaders – Randomly draw a team – have a partner and athlete lead the warm ups

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Skill Development - Explanation & Demonstration

Review Terms	
	Review competition and get feedback from the athletes 1. What did you like about it? 2. How did you feel your team did?
	**If changing team members this is the time to do it
Review Skills	Review the skills your coaches decided need improvement from competition day

Team Challenge

	1. Using past drills review the skills your coaches decided need improvement.
	2. Play a game or two prior to the end of the practice.

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Teams	
Remind team members	Next Practice day and time
	Attire – Close toe shoes – preferable sneakers. Pants that you can bend in. Shorts and sweat pants are okay.
	Drink Water
Next Practice	
Open Court – 10 to 15 minutes	Allow players to practice on the courts



Training

Session 10

Team Talk

Previous Skills	
Goals for today	Review Game Day & Practice Game Situations
New Skills	
Terms	

Warm up – Leaders – Randomly draw a team – have a partner and athlete lead the warm ups

Jog	2 laps around the gym or in place for 5 minutes
Knee Grabs	Take a step and raise your left knee towards your chest. Grab your leg with both hands just below the knee. Pull your knee as close to the chest as you can Hold the knee for 1 second. Release the knee. Take a step and raise the right knee. Repeat steps and complete this stretch for one minute.
Butt Kicks	Face forward, feet shoulder width apart; Kick yourself in the butt with your heels of your feet. Complete this stretch for 1 minute – either standing still or moving.
Scissor Arms	Stand with your feet shoulder width apart. Hold your arms straight out to the sides (parallel to the ground) Swing your arms in front of body in a wider crisscrossing or scissoring motion. With every swing alternate the top arm. Complete this exercise for 1 minute.
Lunges	Begin standing shoulder width apart and your hand at your hips. Step forward with your left leg, flexing the knee to drop your hips. Descent until your rear knee nearly touches the ground. Your posture should stay upright and your front knee should stay above your front foot. Extend both knees and rise back up and bring both feet back to the starting position. Step forward with your right foot. Repeat the steps Complete 1 set of 10 on each leg.

Team Challenge

	Fun Day
	Add coaches to teams
	Play athletes vs coaches

Cool Down

Shoulder Stretch	Stand with your feet slightly wider than shoulders; place your left arm parallel to the ground across your body in front of your chest. Bend the right arm up and use the
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	right forearm to ease the left arm closer to your chest. Hold for 15 seconds. Repeat with left arm.
Quad Stretch	Start by standing shoulder width feet should width apart, pull your left foot towards your butt until you can feel a gentle stretch on the front of your thigh. Hold for 15 seconds, release leg, repeat with your right leg. Perform this stretch twice on each leg.
Hamstring Stretch	Sit on the floor with your left leg out straight and the other bent, lean forward and try to touch your fingers to your toes. Hold for 15 seconds. Repeat with the right leg. Perform this stretch twice on each leg.
Triceps Stretch	Stand in a relaxed position, raise the left arm above the head and bend at the elbow. Reach up and place the right hand on the left elbow and gently press so the upper arm moves towards the back of the head. Let the left hand hang comfortably against the back of the neck. Hold for 15 seconds. Repeat with Right arm. Perform this stretch twice on each arm.
Calf Stretch	Stand Facing the wall, put your foot in front of the other and place your hands on the wall directly in front of you. Bend your elbows and lean in towards the wall. Keep your back knee straight, your heel on the ground and your hips forward. Hold for 15 seconds. Switch feet. Repeat 2-5 times.

Team Talk

Remind team members	Next Year's Team
	Always end with some fun! Pizza Party or Cake!
	Don't forget to recognize the upcoming Graduates!