Bocce – Inside and Outside

- **Skill 1 – Making a bocce ball from a sock**
  - If using a long sock start at the toes and roll the sock into a ball, remember to tuck the heal of the sock in the roll. Flip the top of the sock over the roll. Squish the sock until it forms a ball.
  - If using crew socks – use 2 and follow the above procedure.

- **Skill 2 – Rolling a bocce ball**
  - Hold the ball in the palm of your hand, spread your fingers and grip the ball
  - Stand with your feet shoulder width apart
  - Step forward with the opposite leg
  - Slight bend in both legs
  - Swing the arm holding the bocce ball back – not too far just past your body
  - Swing the arm forward and release the bocce ball below the waist

- **Skill 3 – Rolling the bocce ball drill**
  - **Inside or Outside**
    - Place a line on the floor to use as a foul line
    - Have the athlete stand 1 step back from the line
    - Have the athletes follow the steps above without stepping over the line or release the roll from above the waist
    - Practice the roll 15 times

- **Skill 4 – Rolling at a target –**
  - **Outside**
    - Place 3 cones in a row - Cone 1 is for the starting line, cone 2 should be 20 steps from cone and cone 3 should be 10 steps from cone 2.
    - Roll the bocce ball and aim for cone 2
    - Roll the bocce ball and aim for cone 3
    - Practice rolling the ball to cone 2 - 10 times
    - Practice rolling the ball to cone 3 – 10 times

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**Equipment Needed:**
- Something to use as cones. Such as Water bottles, plate, Frisbees, or shoes.
- Something to use as a bocce ball. Such as rolled socks, tennis balls, nerf ball, or round bean bags
- Something to use as a pallina – Such as golf ball or rolled single sock
Bocce Continued:

- Skill 4 – Rolling at a target –
  - Inside
    - Using a hallway – Place a line (with tape) on the floor
    - Place a small ball 20 steps from the line
    - Practice rolling the bocce ball aiming for the small ball – 5 times
    - Move the small ball 2 steps back and roll the ball towards it – 5 times
    - Continue moving the small ball back until you are out of hallway

- Skill 5 – Target aim game
  - Use the same setup as the rolling at a target outside but add in a 3rd 10ft distance
  - Your cones should be at 20 ft, 30 ft, and 40 ft distances
  - This time you receive 5 tries at each distance
  - Your goal is to hit the small ball
  - Out of 5 tries at each distance, how many times can you hit it?
  - Keep trying until you hit 5 out of 5!

- Skill 6 – Family bocce
  - Ask your family to join you in the Target Aim Game! Who can hit the targets at each distance?