



Coaches Training Guide to Sports Camp

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 – 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 heel 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 1 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

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?