

Learning Intention: *How can attack and defend in a game?*

I can use attacking skills by trying to hit the target

I can hit a target to attack and block to defend

I can attack and defend in a variety of ways, communicating strategies and tactics with my team

Key words: Block, Shot placement, propel, back spin, extend, flick, accuracy

EQUIPMENT:

Equipment and resources needed:
Hall marked in basic bocchia court
Bocchia balls/bean bags
Hoops, spots, strips,
Cones
Target
Refereeing indicators - bat or cones, colours (red & blue)

White board and pen (scoring)
Clock
Assisted Device (chute),

Note: This may take more than one lesson.

WARM UP:

Children to move around an area.

Teacher calls **"Speedy FUN"**: Children find a throw down strip and either...

Jump over it with two feet, just like a speed bounce (20 seconds)

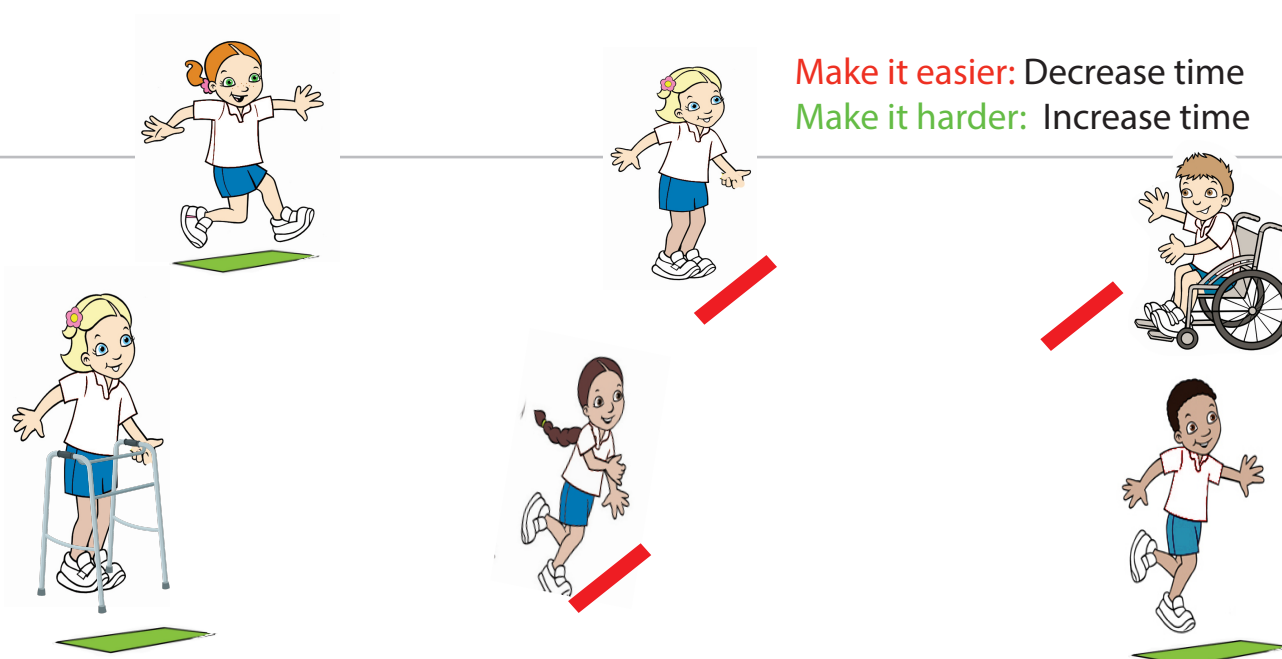
or

Move wheel chair over the line, forwards and backwards (20 seconds)

or

Move the front of frame over the line, forwards and backwards (20 seconds)

Move around the room again and call **"Speedy FUN"** repeat until warmed up



**Challenge: Can they count their own scores?
Can they repeat and beat their own score?**

ACTIVITY 1 Attacking and defending

In 3/4's - set up as below (Mark out three zones)

- 1) Each team member to take it in turns
- 2) You can score by knocking the target ball across the opponents' front line and by having balls closest to the target ball, after all balls have been used
- 3) Players must NOT go over the front line

Q & A: How can you attack in this game?

- ✓ Hitting the target
- ✓ Smash Shot – this shot removes any blocking balls in the way of the target

Q & A: How can you defend in this game?

- ✓ Blocking Shot – a shot to block the opposition from hitting the target ball
- ✓ Knocking an opponent's ball away

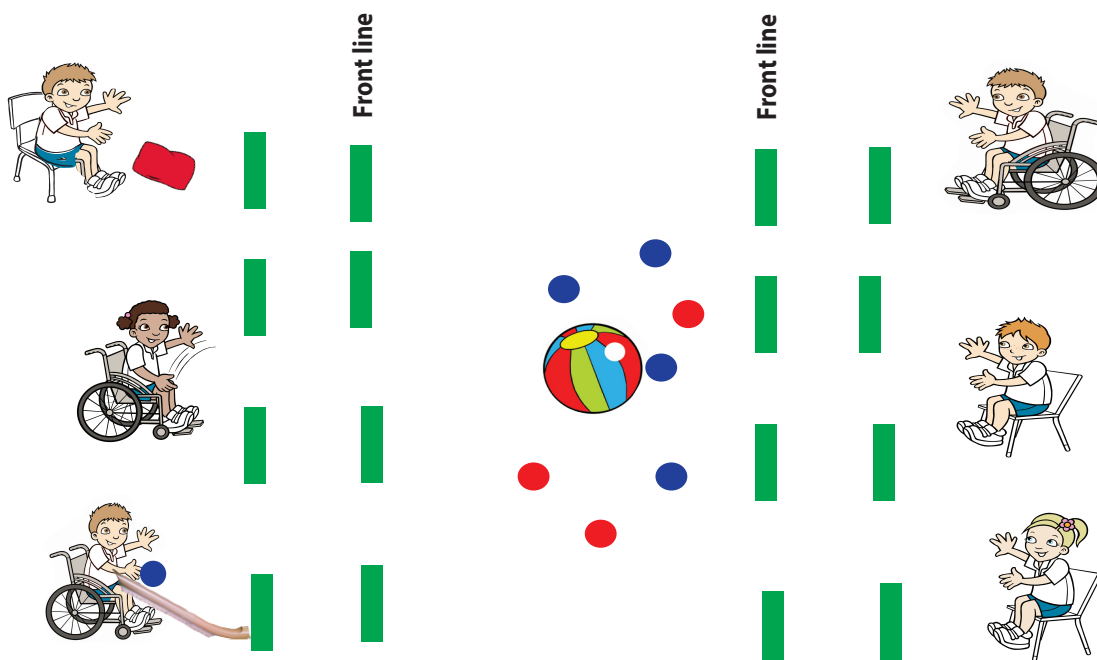
Make it easier: Move nearer

Make it harder: Move further away

RST (Rules, Strategies and tactics)

- Communicate with team to see who is in the best position to play
- Develop tactics e.g. nominate a defender to keep a ball to defend.
- Encourage players to aim just in front of the ball in the direction it is moving.

Extension: Add more targets into the game



ACTIVITY 2: Boccia Game

The aim is to score as many points as possible by placing their set of coloured balls closest to the jack (white ball). **3v3. Each player throws 2 balls (their team colour)**

They can practice various forms of throwing- over arm, underarm, rolling or using an assisted device to see which is the best for them.

A ball can be propelled by rolling, throwing or kicking.

The aim of the game is to get your ball/s closest to the Jack

Teams sit **Blue Red Blue Red Blue Red**

Red throw the Jack (white ball) out first from the LEFT hand side, followed by a Red ball

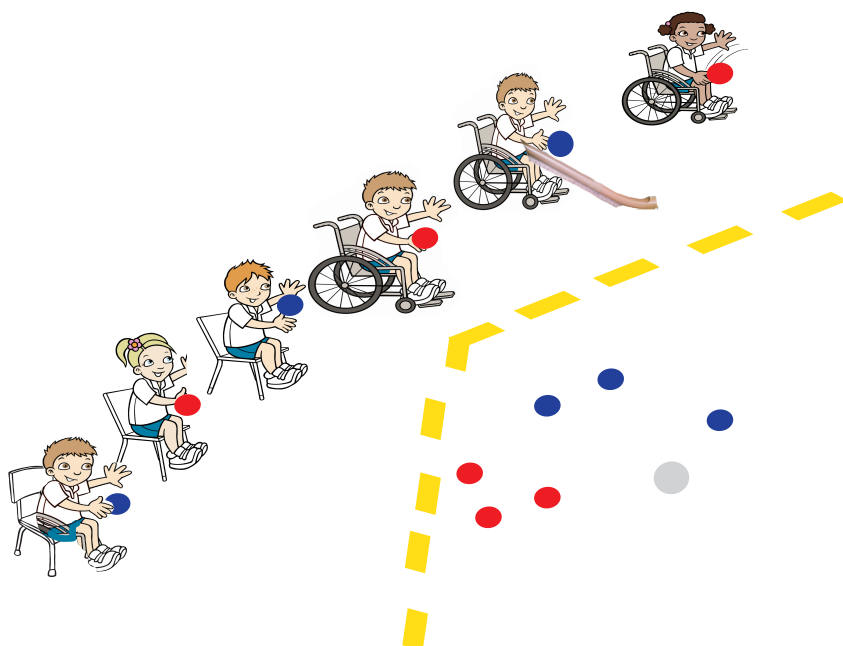
Blue throw 2nd

The Referee looks to see which is furthest away and they throw next, indicated by coloured cone/bat held up

This continues until all balls have been thrown

Winner is the ball/balls closest to the Jack (white ball)

Score a point for each ball closer than the other colour



Rules Strategies and tactics (RST):
How can you use what you have learned in the lesson today?

Can you work as a team to try and discuss tactics for attacking and defending?

Do you have individual members who are stronger at different types of shots?

