



**Brazil**

***Boccia Workshop***

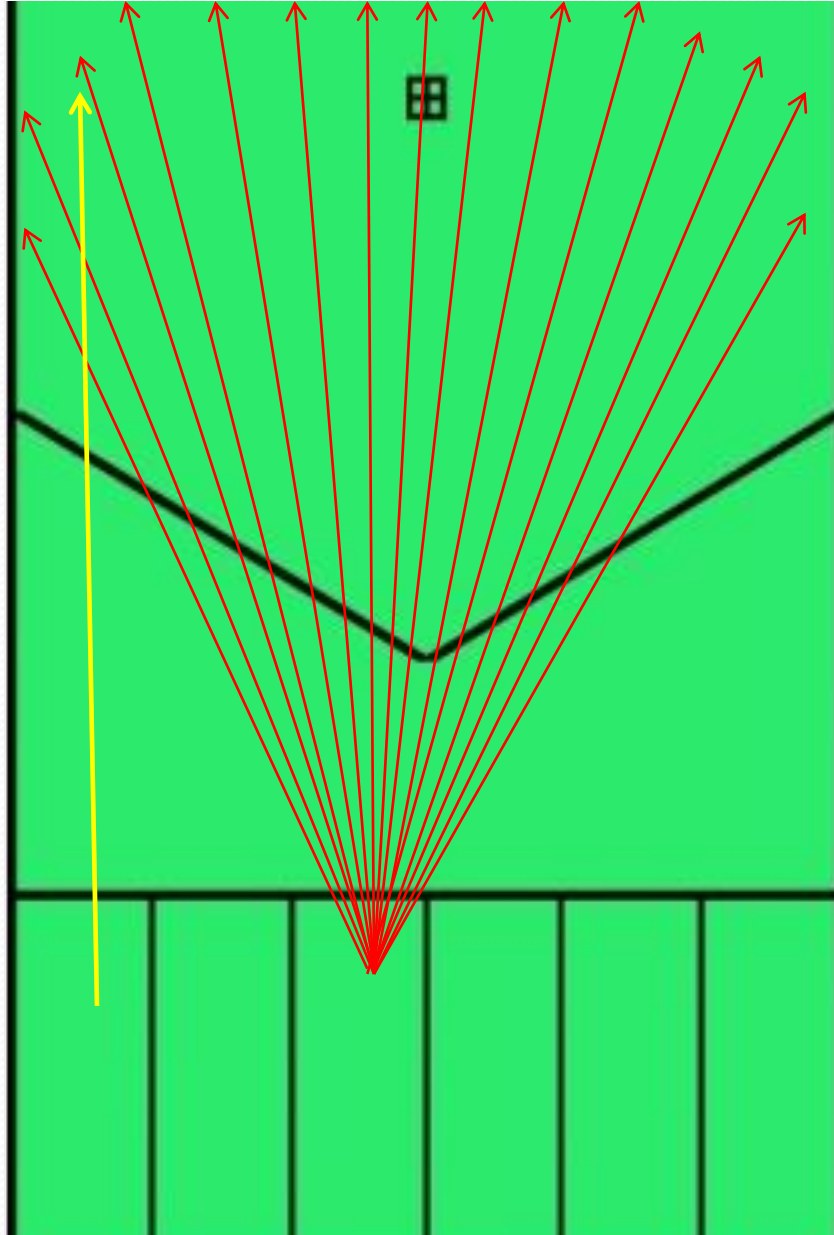
# BC3 Training Program





## Finding BC<sub>3</sub> Ball Point

1. Find a flat area(direction) on the court first
2. Paste the tape every 50 Cm
3. Roll the ball repeatedly
4. Find the most accurate and balanced direction



# **BC<sub>3</sub> First Ball Aiming**



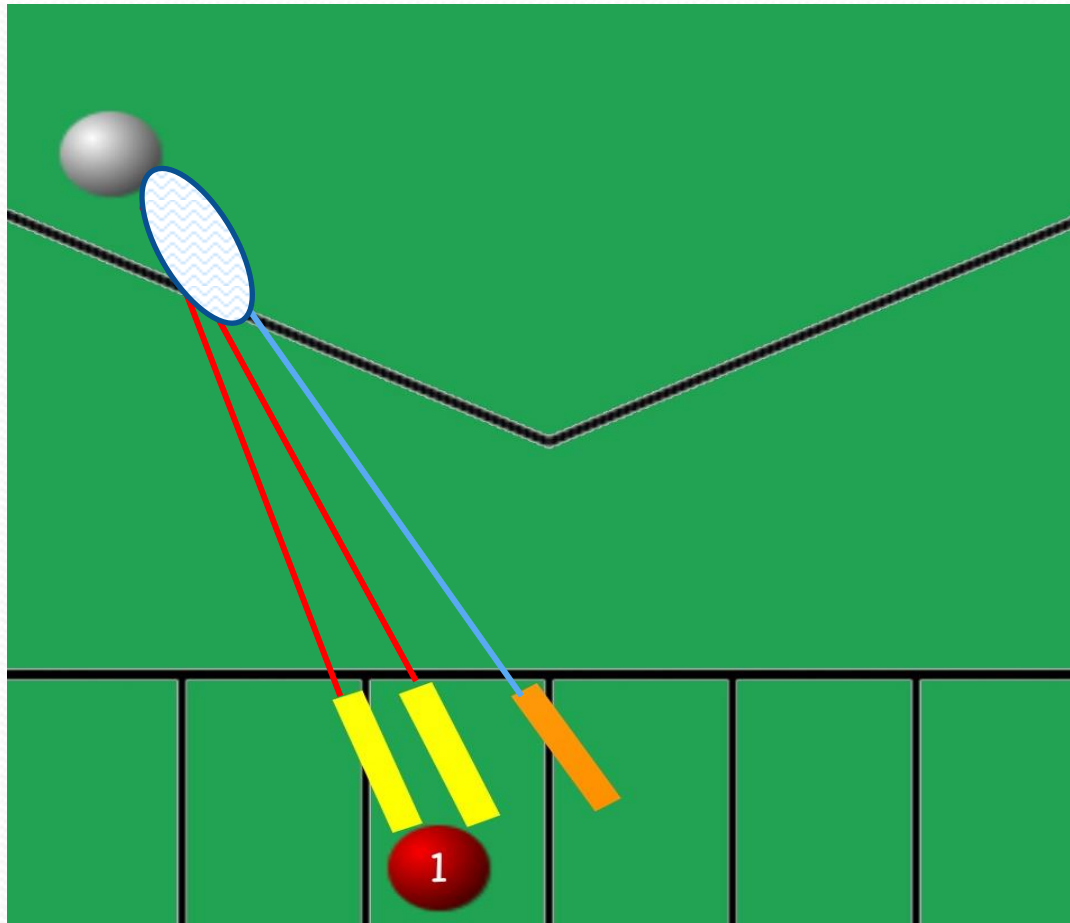


# Why did he aim the ramp at the center of the throwing box?





# BC<sub>3</sub> Approach Shot Practice



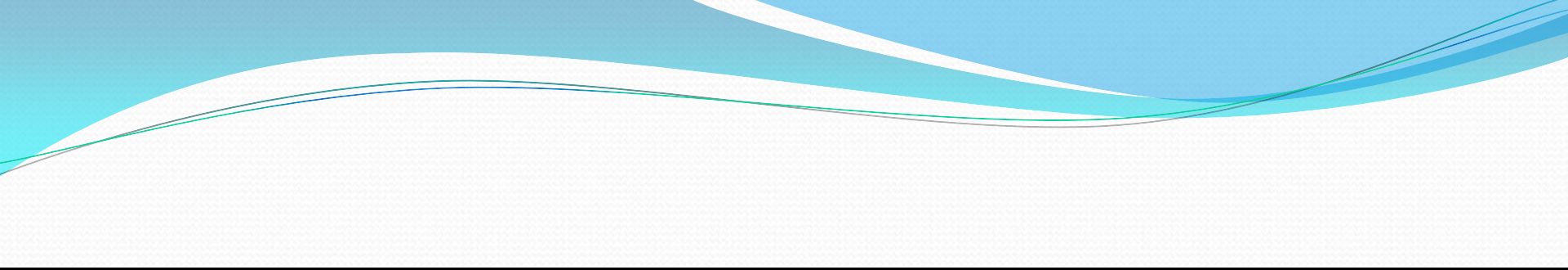


# Importance of Using the ramp widely

## Rule Change for BC<sub>3</sub>

1. Aim the ramp outside before the shot

2. No restriction for the length of pointer







## BC3 Individual World Ranking (OCT. 2019)

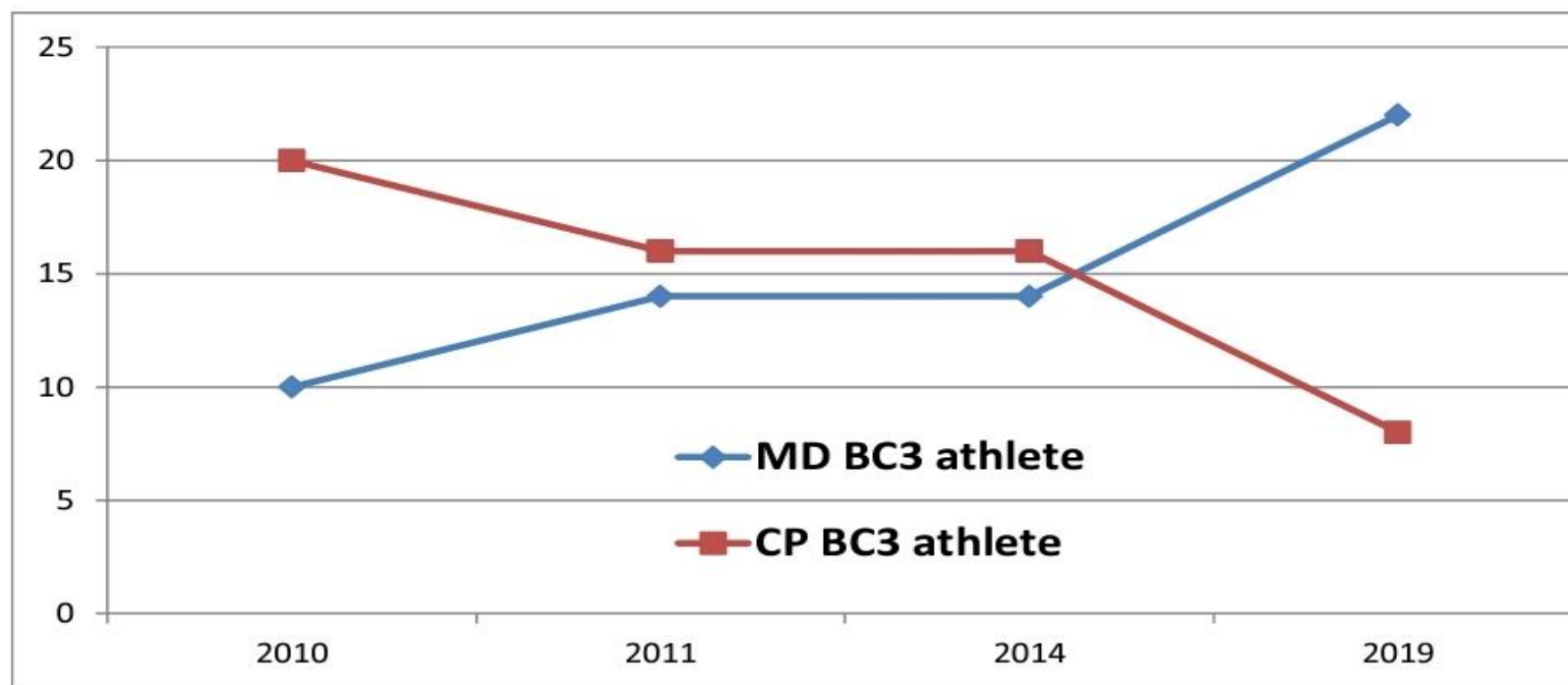
Ranking	Name	Country
1	Grigorios Polychronidis	Greece
2	Daniel Michel	Australia
3	Yuen Kei Ho	Hongkong
4	Jamie McCowan	Great Britain
5	Howon Jeong	Korea
6	Aleksander Legostaev	Russia
7	Kim Jun Yeop	Korea
8	Stefania Ferrando	Argentina
9	Evelyn de Oliveira	Brazil
10	Jose Macedo	Portugal



11	Mateus Carvalho	Brazil
12	Adam Peska	Czech
13	Avelino Andrade	Portugal
14	Patrick Wilson	Great Britain
15	Christoffer Hagdahl	Sweden
16	Kazuki Takahashi	Japan
17	Keisuke Kawamoto	Japan
18	Evani Soares da Silva Calado	Brazil
19	Jesus Romero	Colombia
20	Maria Bjurstrom	Sweden
21	Eric Bussiere	Canada
22	Nurulasyiqah Mohammad Taha	Singapore
23	Anna Ntenta	Greece
24	Somboon Chaipanich	Thailand
25	Spencer Cotie	Australia
26	Edyta Owczarz	Poland
27	Carlos Tinjaca Suta	Colombia
28	Samir Van Der Beken	France
29	Damian Iskrzycki	Poland
30	Scott McCowan	Great Britain

## BC3 Individual World Ranking CP/MD Ratio (TOP 30th)

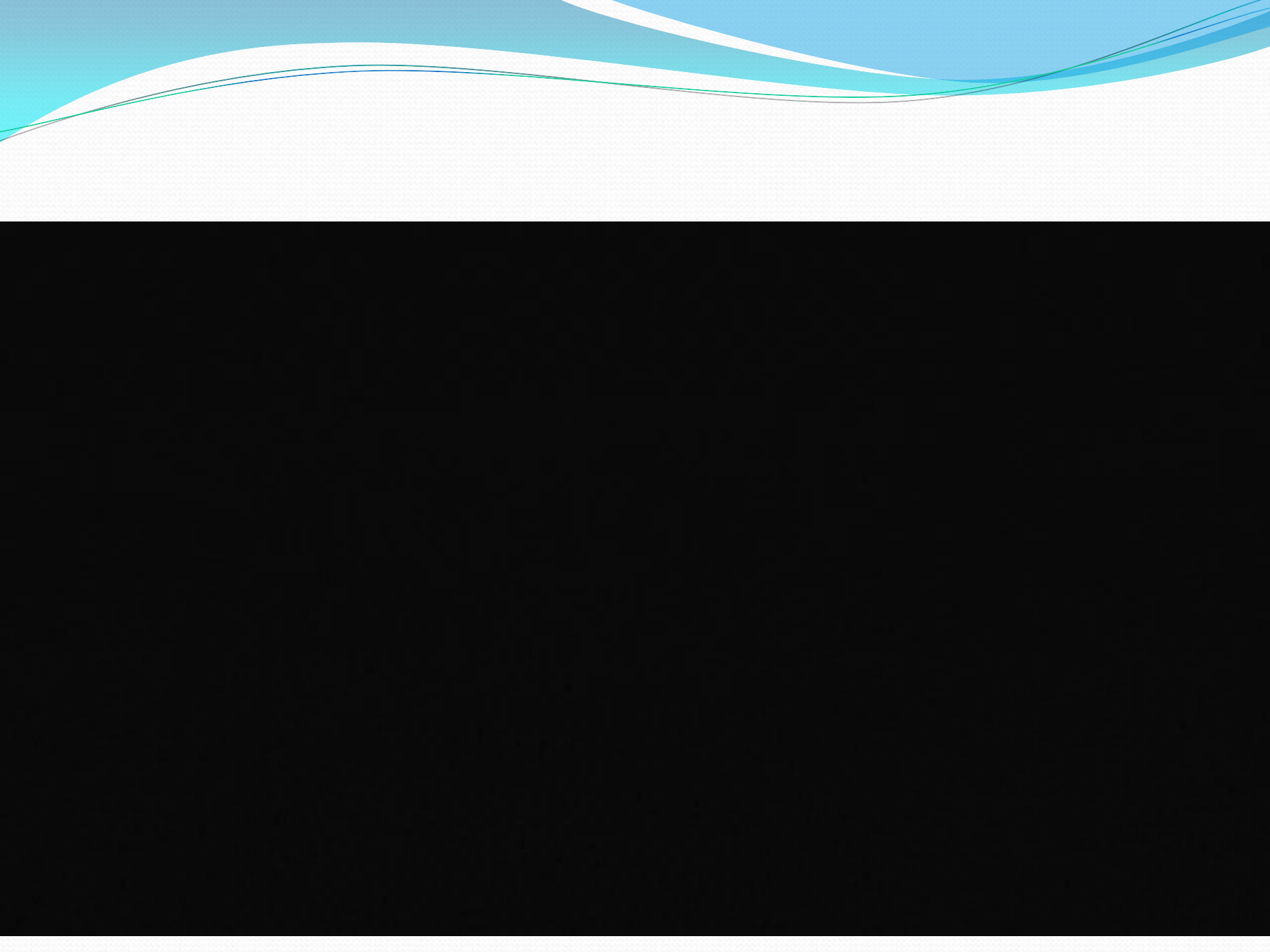
	2010	2011	2014	2019
<b>MD BC3 athlete</b>	<b>10</b>	<b>14</b>	<b>14</b>	<b>22</b>
<b>CP BC3 athlete</b>	<b>20</b>	<b>16</b>	<b>16</b>	<b>8</b>





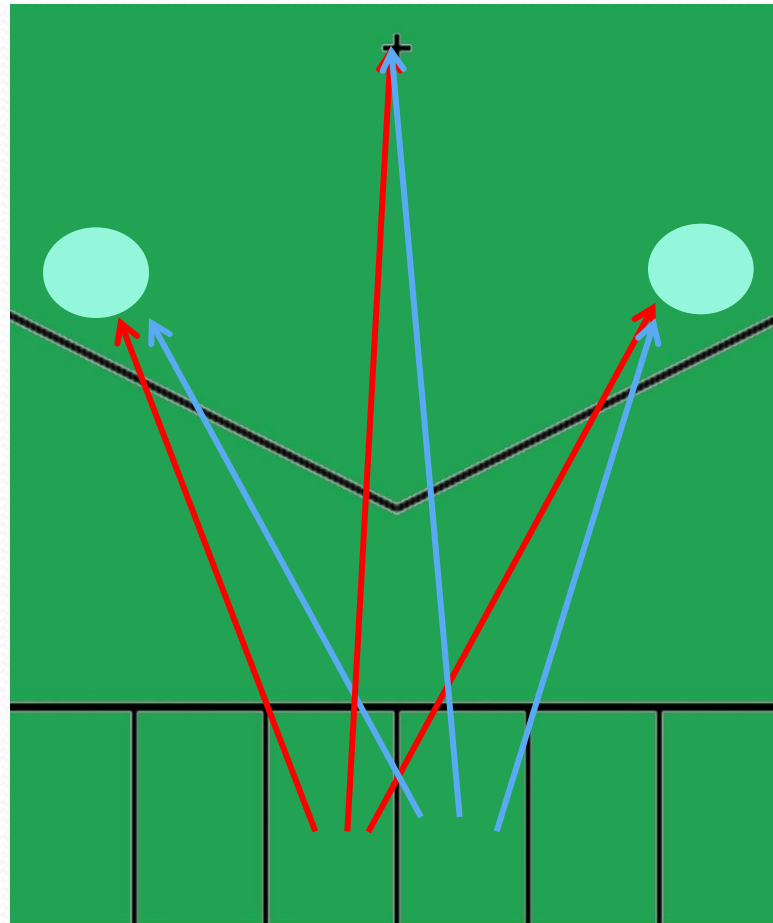


# **Find out Court Level**





# Importance of understanding Court Level



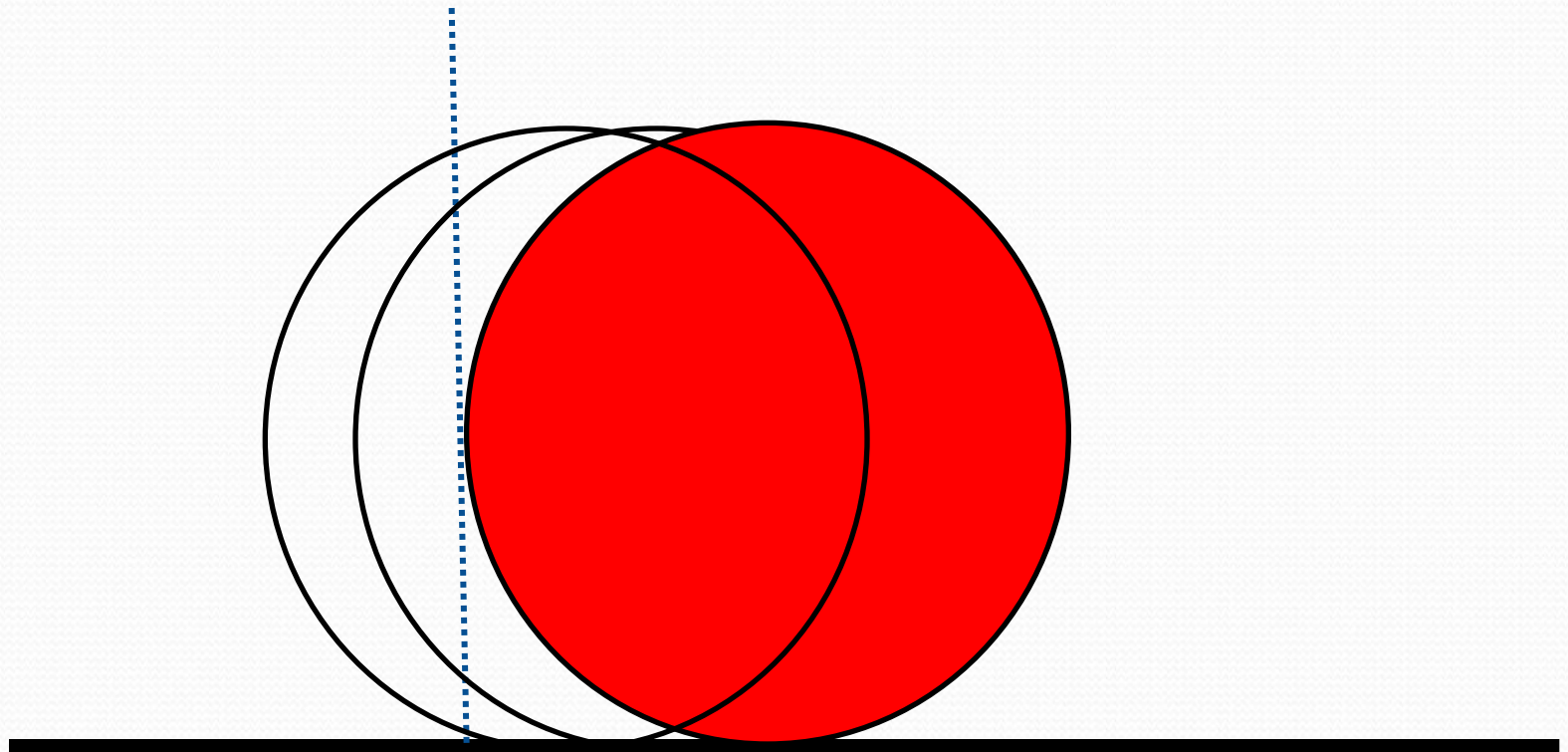
# Taking notes about Court Level

- Court 1

\* 1 – Ball' s diameter 8.5cm

- **RED** : (1) Short : My side – 0.7 Right
- Opposite side – 0.5 Left
- (2) Long : M – 2 R / O – 3 R
- (3) Replaced Cross : 0.5 R
  
- Blue** : (1) Short : M – 0, O – 0.5 L
- (2) Long : MS – 0 / OS – 3 R
- (3) Replaced Cross : 0.5 L

# Practice Proper Speed KO





# **Determine KO Speed(Power)**

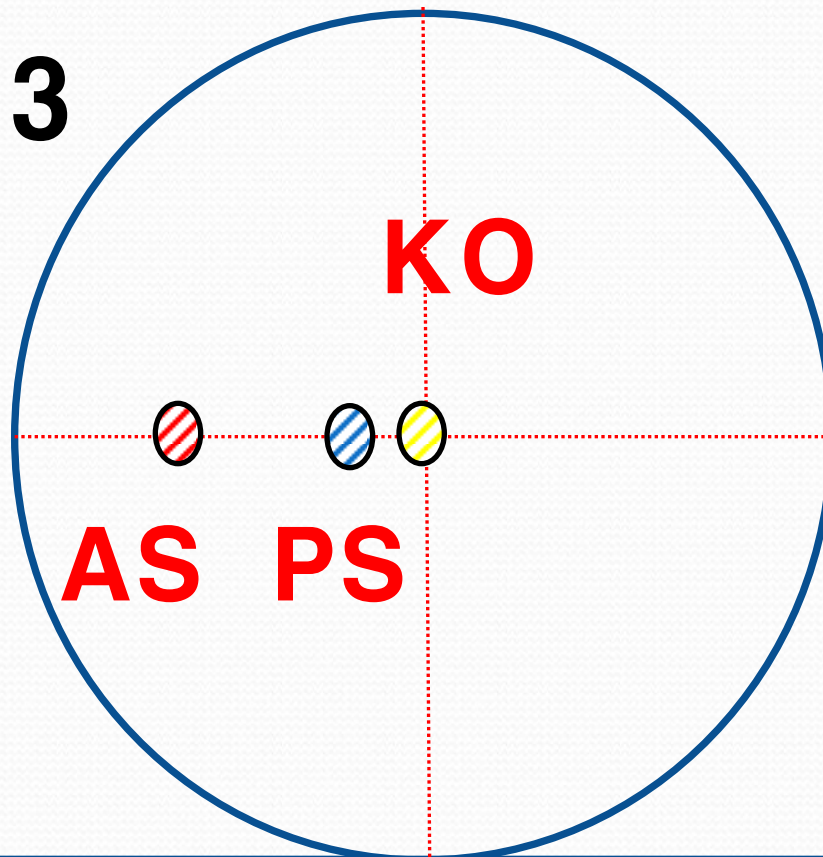
**How much the balls are overlapped**

**How far the ball is located**

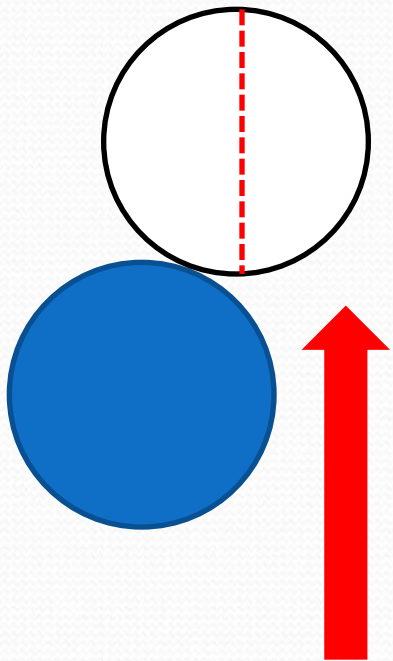
**How soft and sticky the ball is and  
How level and sticky the court is**

# Aiming Compensation

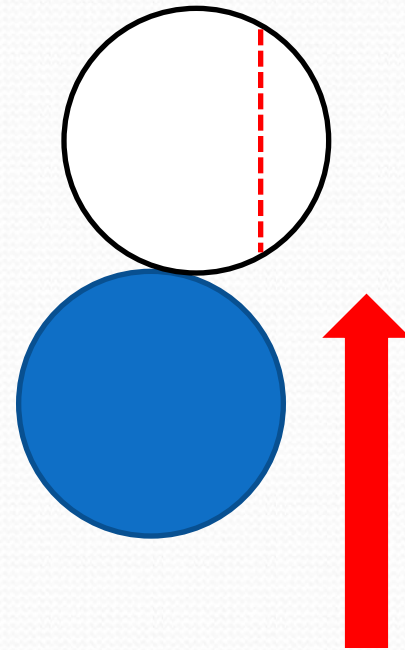
If  $R = 0.3$



# BC<sub>3</sub> Aiming Practice ; Knock off



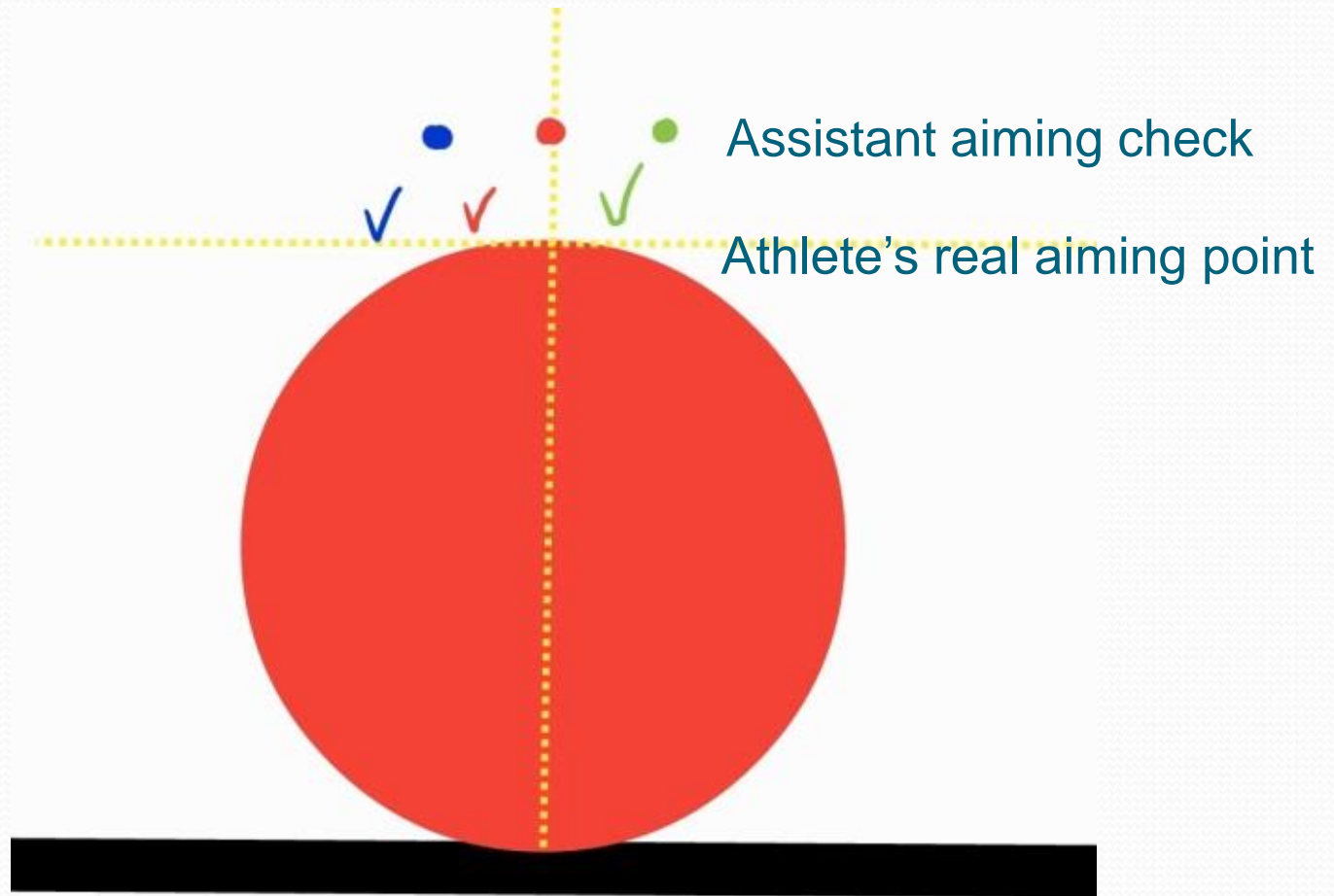
**Jack 50% Open**



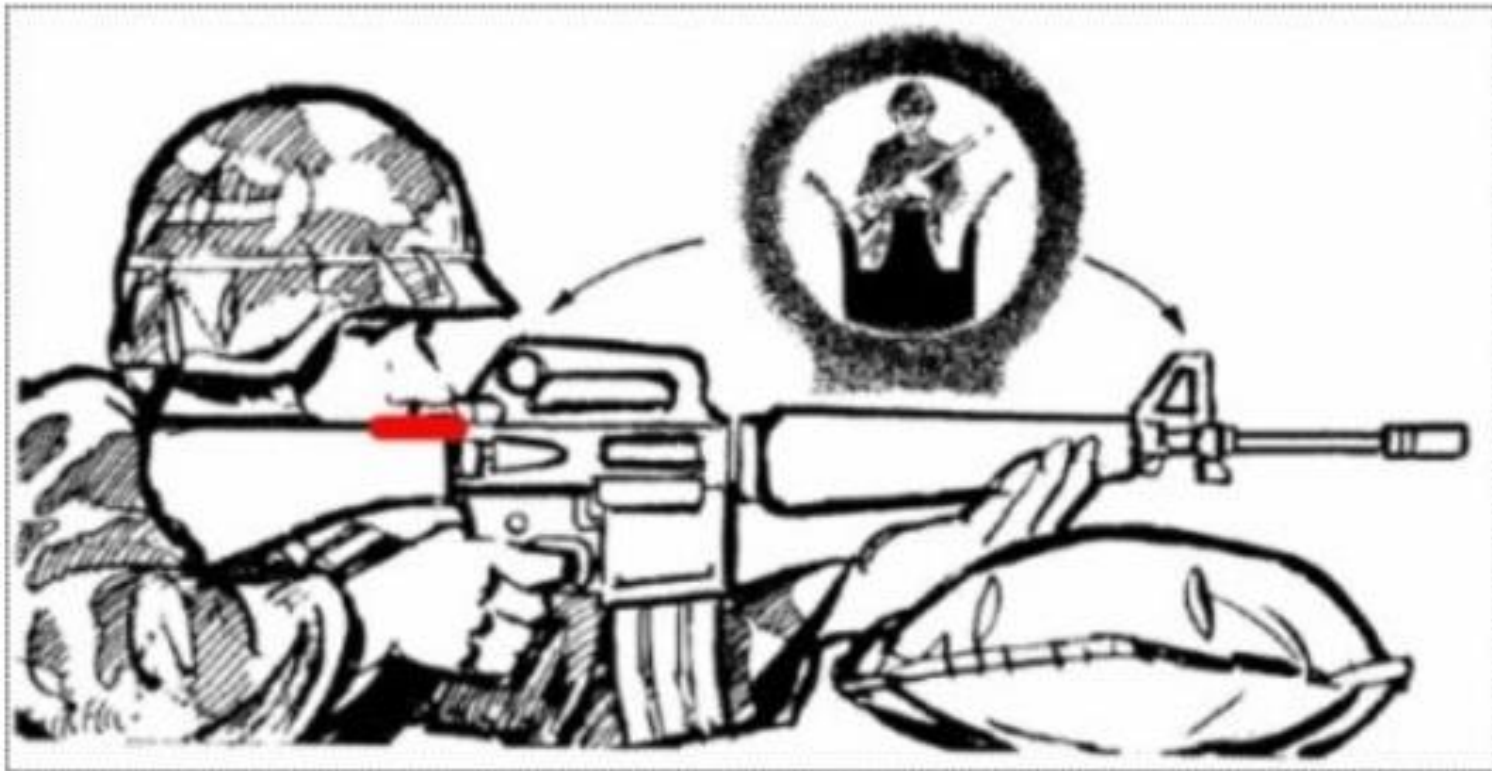
**Jack 25% Open**



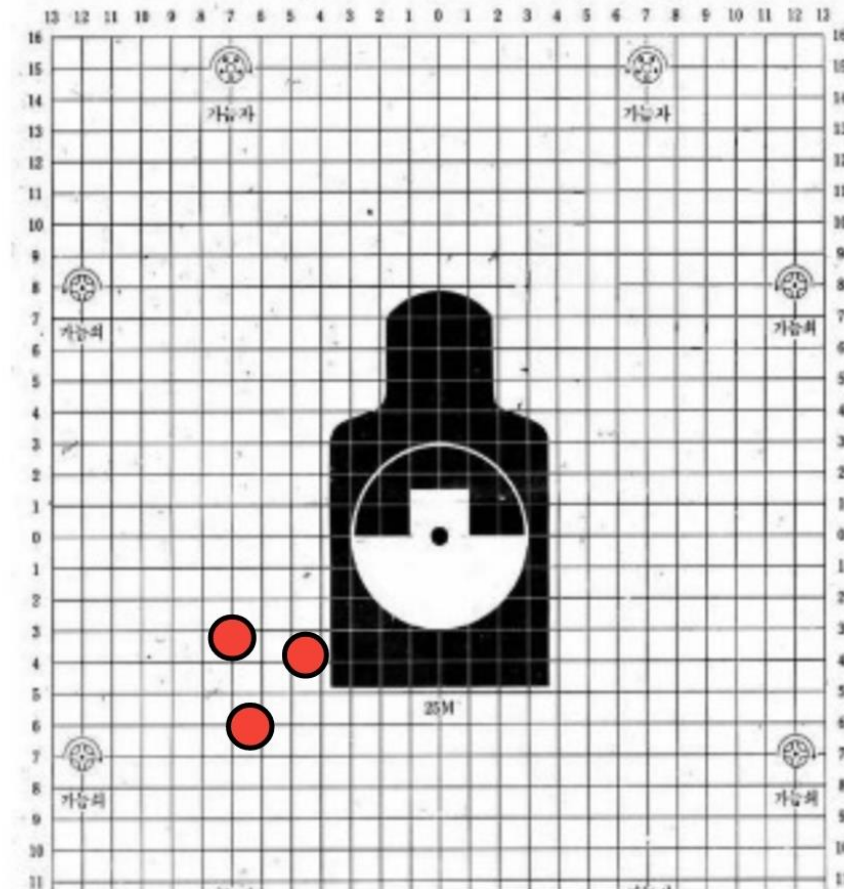
# BC<sub>3</sub> Assistant Aiming Check



# Military Shooting Aiming

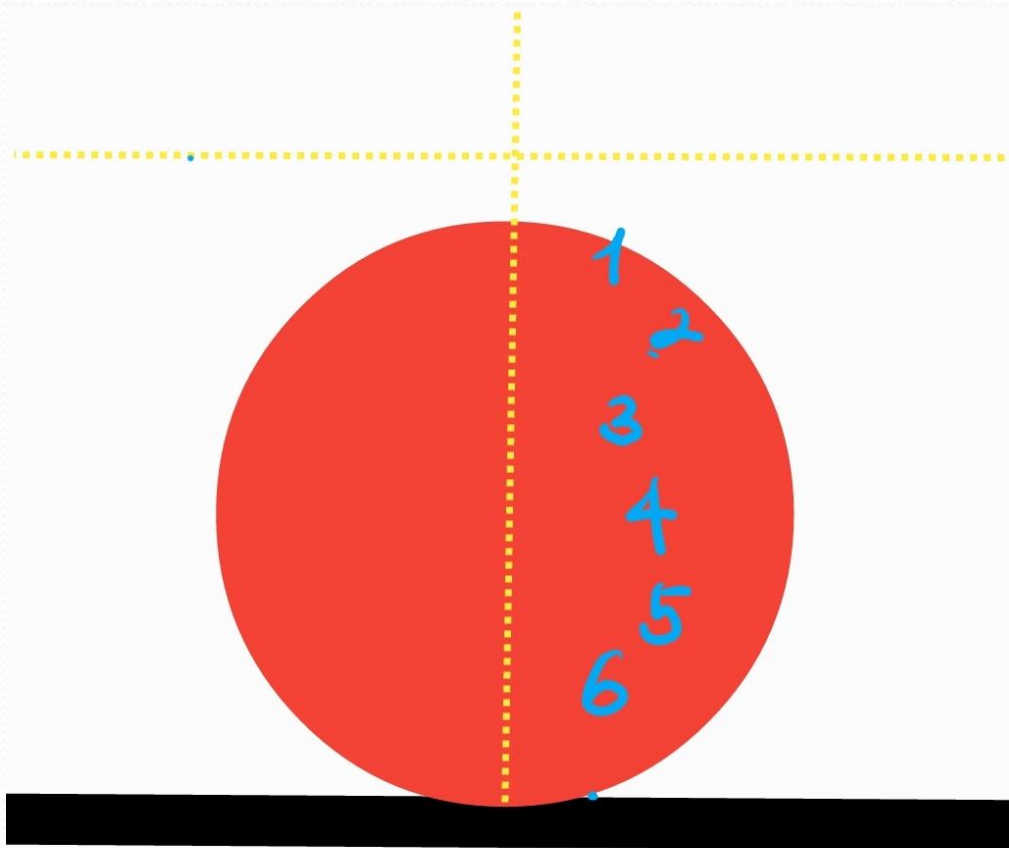


# Shoot for Zeroing

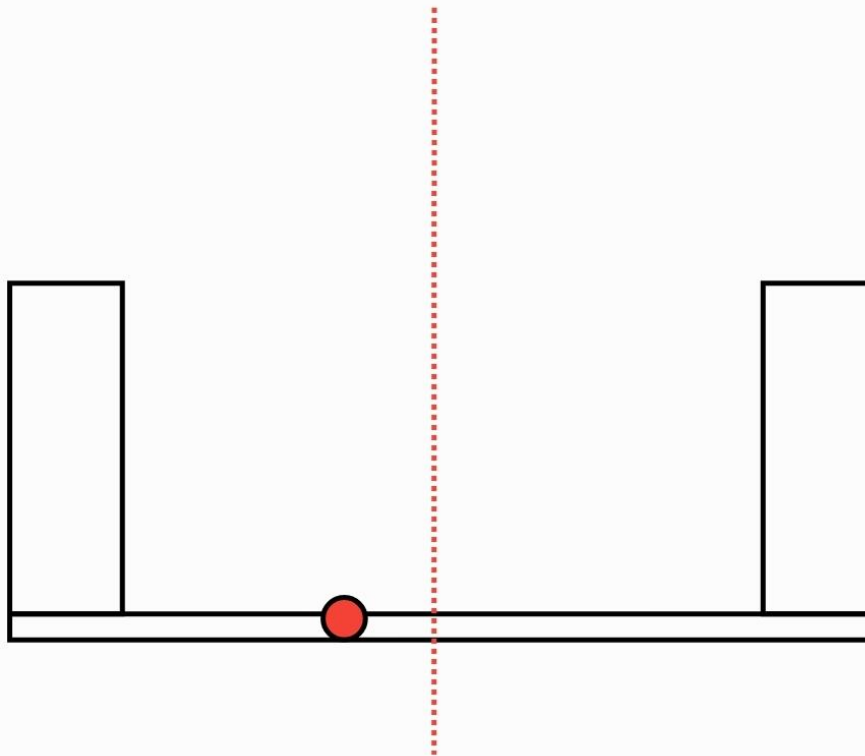




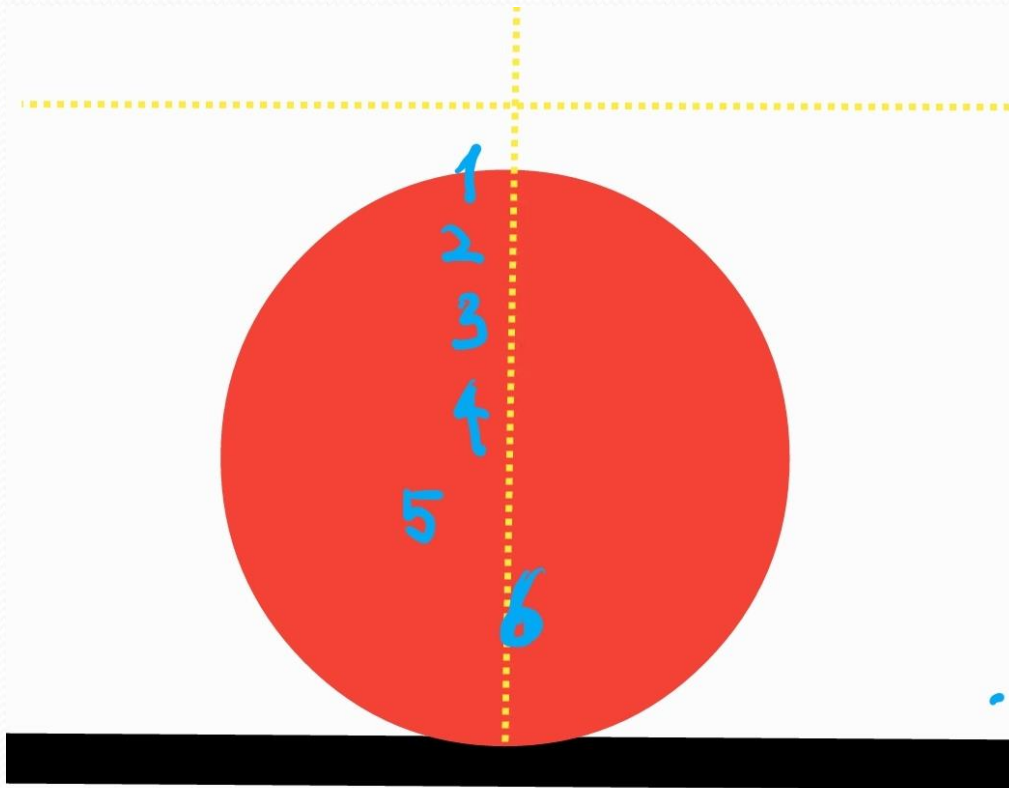
# BC<sub>3</sub> athlete Aiming check



# Adjust Front Aiming point

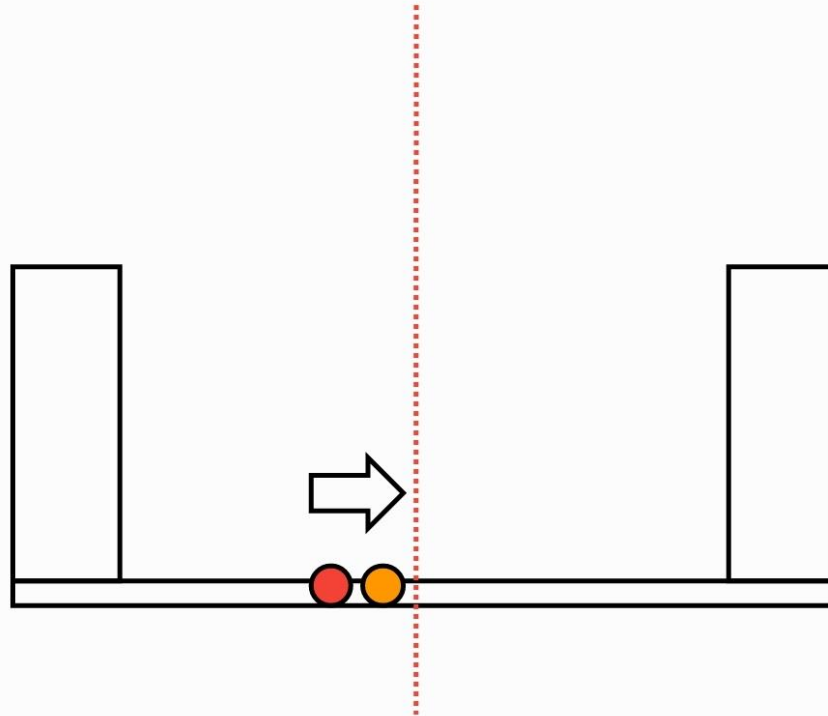


# Aiming Check again

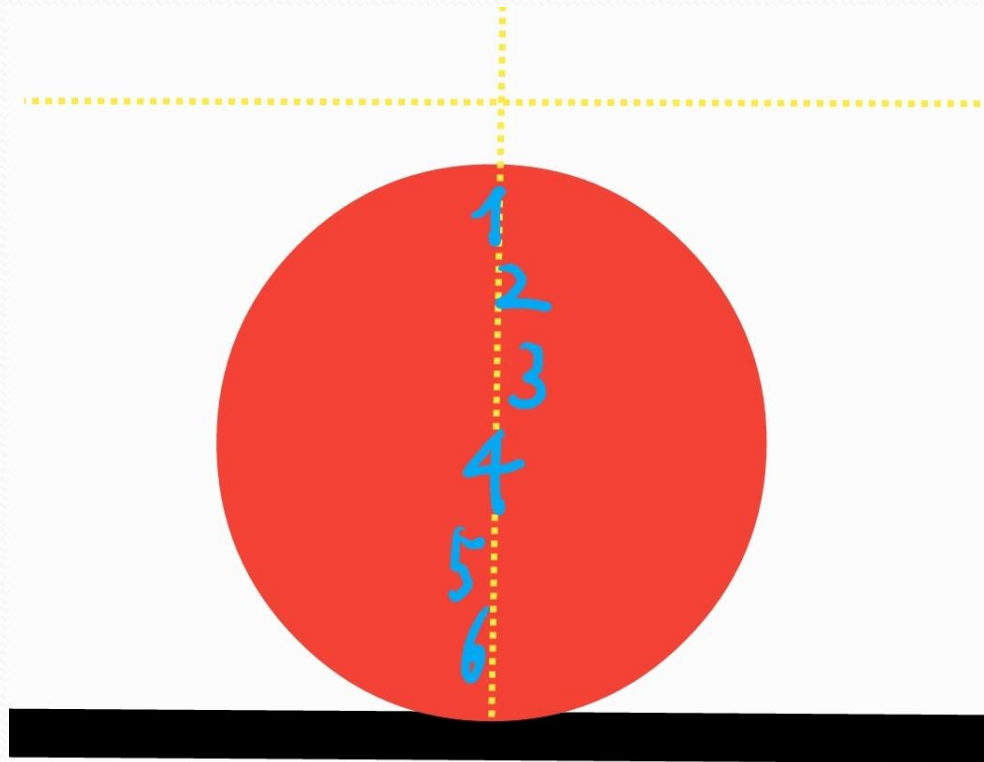




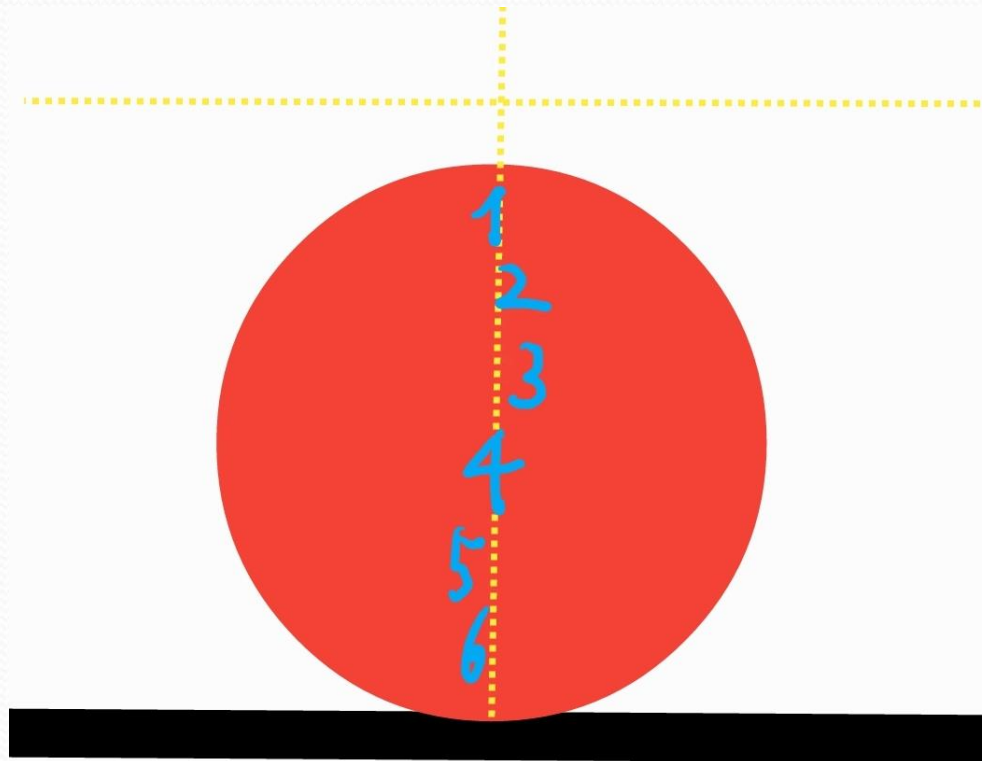
# Adjust Front Aiming point again



# Aiming Check again Zeroing Success



# Aiming Check again Zeroing Success

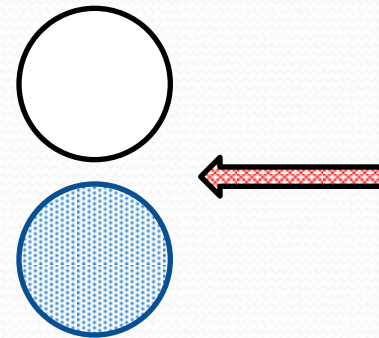




# BC<sub>3</sub> Pushing Practice (Speed)



**D 1 Move**



**D3 Move**



# **How to improve Mental toughness?**



# How to make a good Sword?





# How to make a good Sword?

**Sharpening** ← **Grinding**

**Hardening** ← **Quenching**

다들 오늘  
칼 만드는 사람들

EBS1



# How to improve Mental toughness

**Sharpening** ← Skill, Tactics

**Hardening** ← Mental toughness



# **Fear** about Failure and Lost

**Bad influence for shot accuracy**

**wrong decision (tactics)**

# Sports Psychology

**Fear and Anxiety**



**Self confident**



# **Be Sports Psychologist!**

**Self Visualization**


**Read Positive Statements**

**Analyze the cause of failure  
and Learn from your failure**


**Make a good way to relieve stress**



**One of good way  
to relieve Fear and Anxiety  
and give the confidence to Athlete  
is  
making and providing  
Short Video clip with  
good performance during Practice.**



리오를 향한  
우리의 도전!



**“ Our Greatest Glory is  
Not in never Falling,  
But in Rising every time  
we fall”**

**- Confucius**