Brazil
Boccia Workshop

# Training Program

# Boccia is Not a Sport like 100 meter Sprint

# Boccia is similar to Marathon

# Only who have kept challenging for a long time
# can achieve the Dream

## Selection and Concentration

# Finding the right way !

# Type of Boccia Training

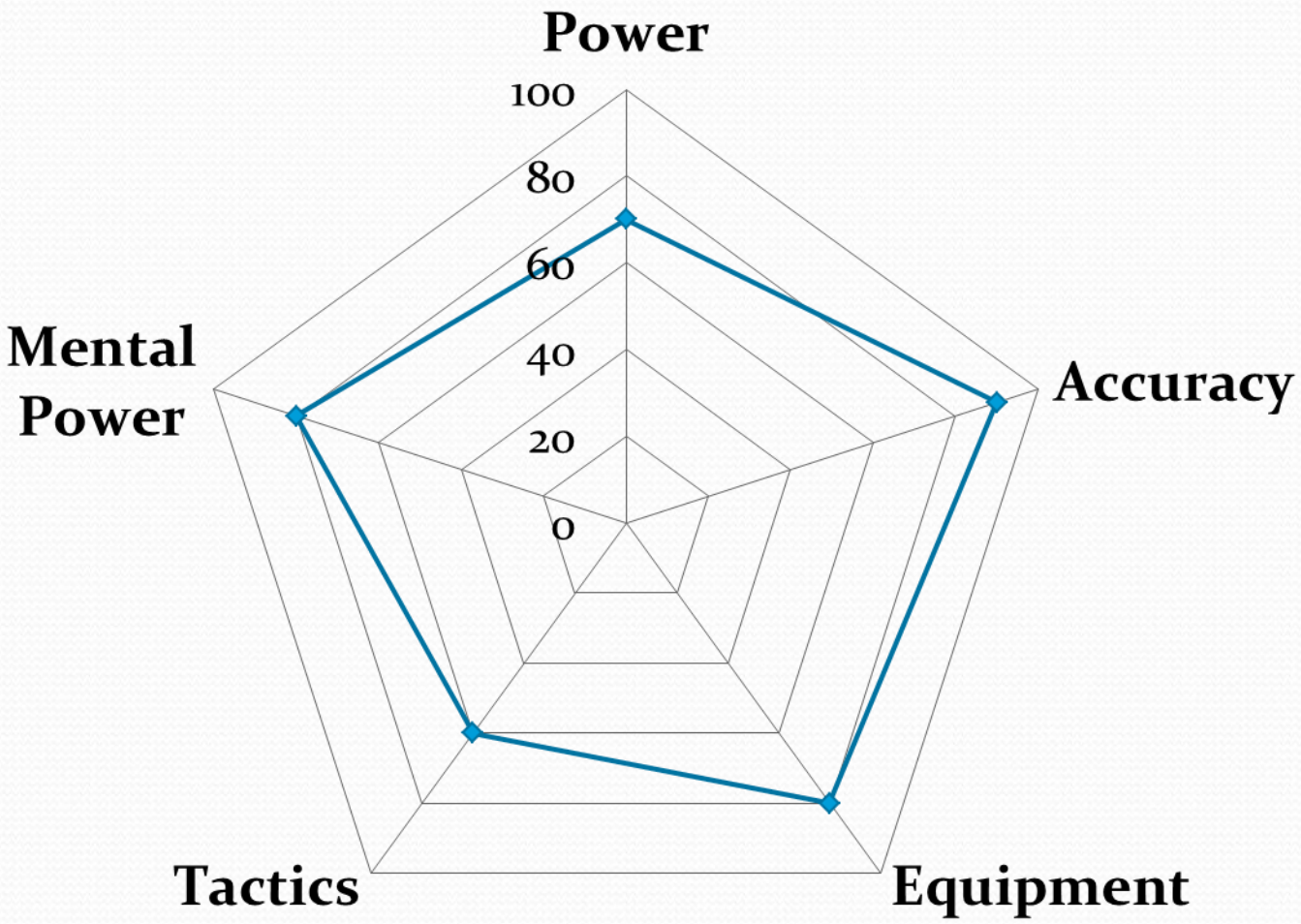
Physical Training

Throwing Practice

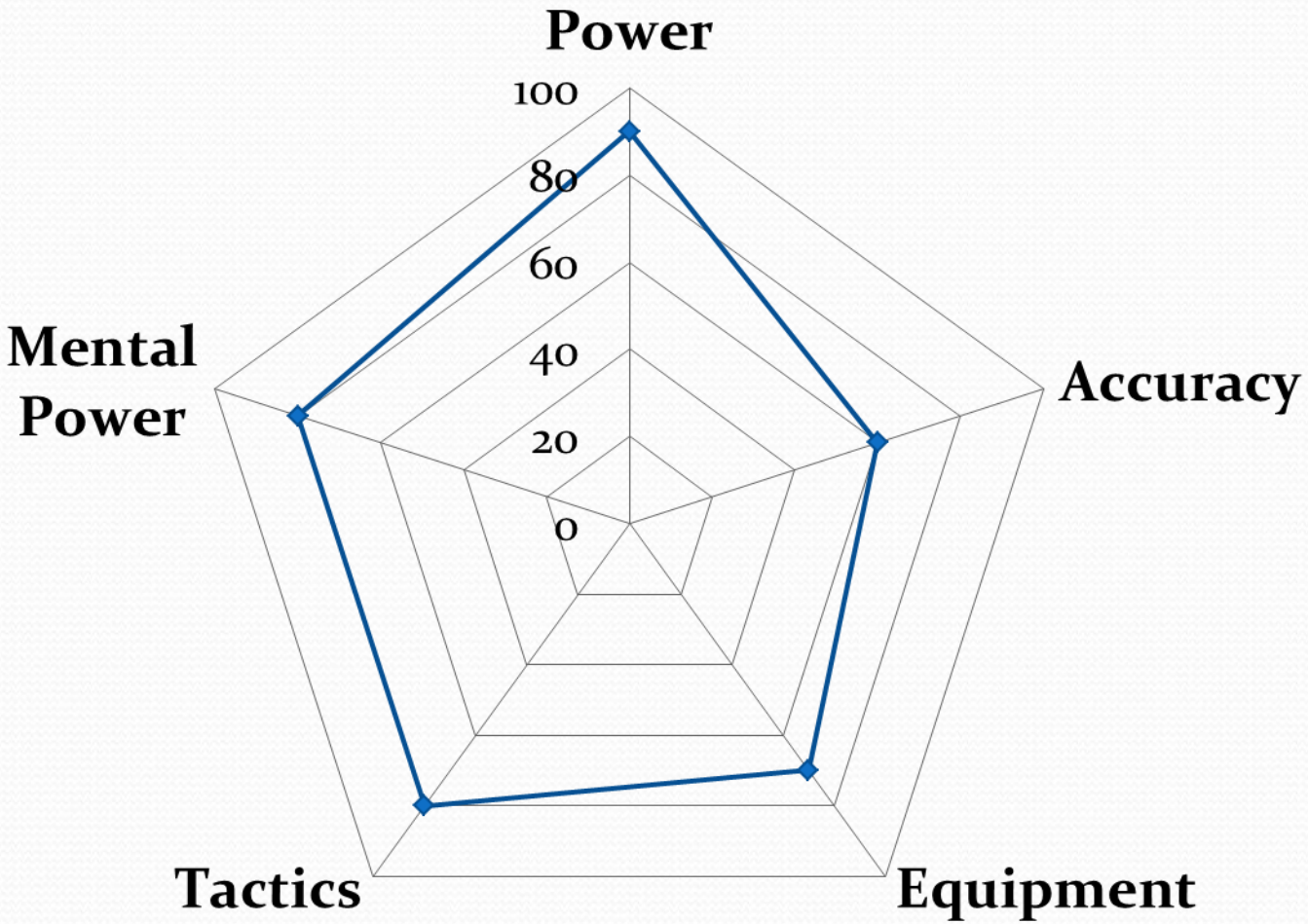
Evaluation Analysis

Practice Game

# Diagnosis of Boccia Performance



# Diagnosis of Boccia Performance



# Boccia Training

Physical Training ⇨ Power Up

Throwing Practice ⇨ Accuracy Up

Evaluation/Analysis ⇨ Tactics Up

Practice Game ⇨ Get a feel for the game

# Coach's Role

- Providing the Motivation
- Providing  various Training Program
- Providing Match Video
- Providing  various Data(shot, match)

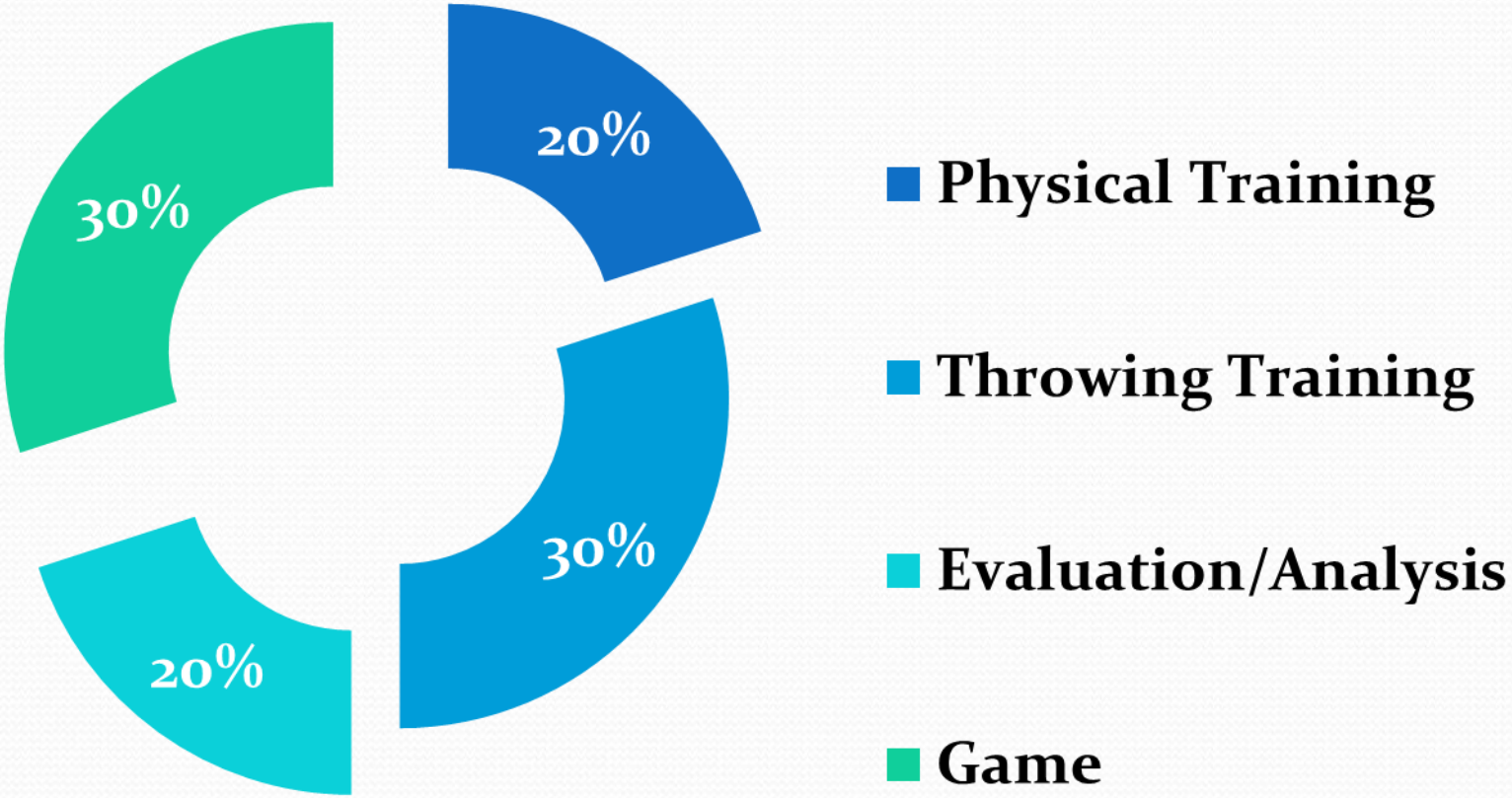
# To be a good Boccia Coach

Practic Boccia shot everyday

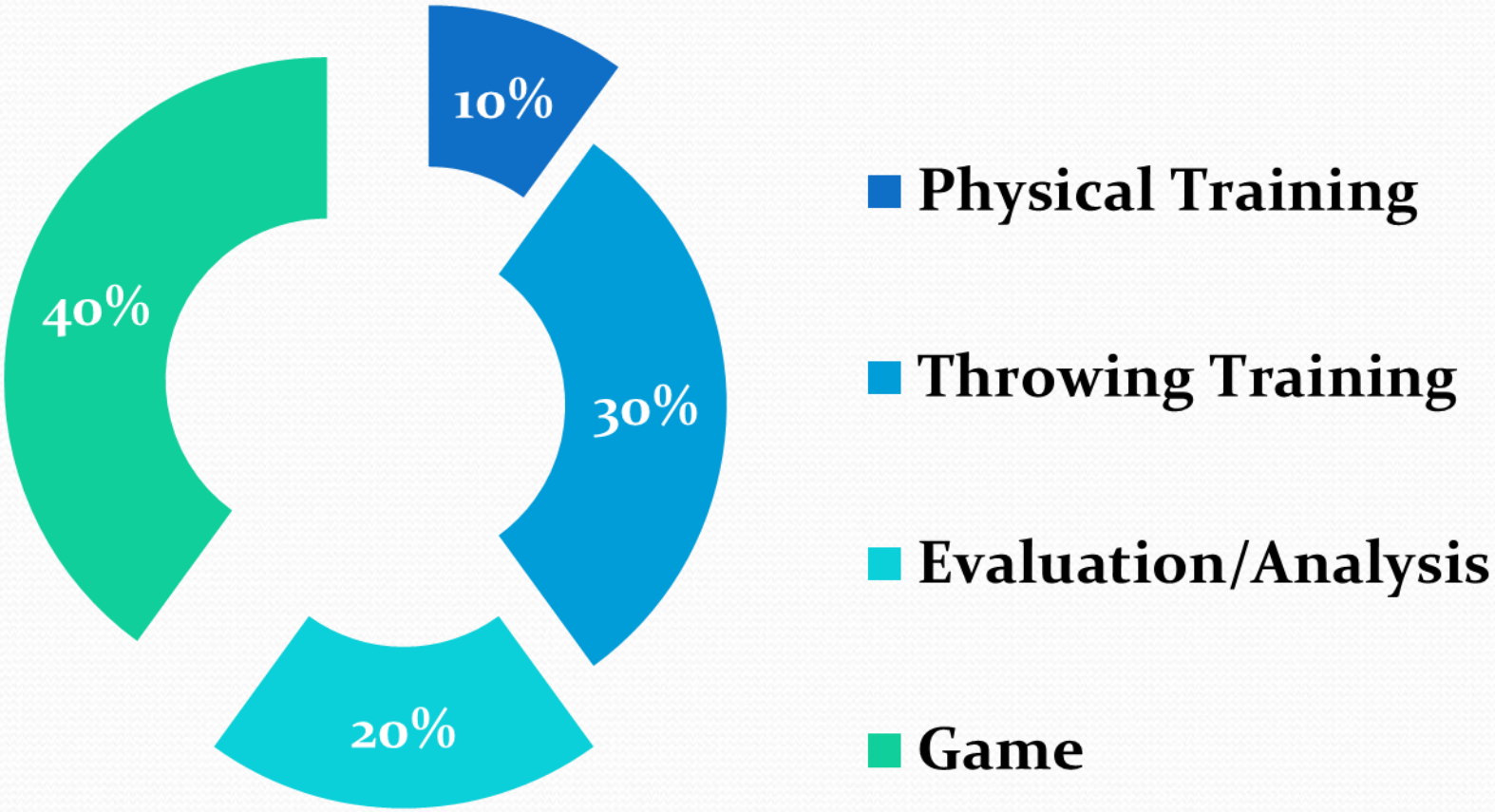
Have a match with athlete sometime

Feel the tension and difficulty from the athlete's point of view

# Boccia Training Plan



# Boccia Training Plan



# Weekly Trainig Plan

| | | Monday | Tuesday | Wendnesday | Thursday | Friday |
|---|---|---|---|---|---|---|
| Morning | 10:00 ~10:20 | WarmUP | | | | |
| | 10:30 ~ 11:30 | Throwing Practice (3.5m/AS, PS, KO) | Throwing Practice (5m/AS, PS, KO) | Throwing Practice (3.5m/LS, SS, RS) | Throwing Practice (9m/AS, PS, KO) | Throwing Test |
| | 11:30 ~ 12:30 | Individual Match | Indivudual Match | Individual Match | Individual Match | Individual Match |
| Afternoon | 12:30 ~ 14:00 | Lunch and Break | | | | |
| | 14:00 ~ 14:45 | Weight Training | Match Analysis | Weight Training | Match Analysis | Weight Training |
| | 15:00 ~ 16:00 | Team Match | Team Match | Individual Match | Team Match | Team Match |
| | 16:10 ~ 16:30 | Cooldown | | | | |

# Importance of Physical Training

Enhance the physical Strength

Preventing  Injury

Helpful to Accuracy and Concentration

# Case 1 of Physical Training

## Josh Vander Vies

(Canadian BC4 Athlete)

2012 London Paralympic BC4 Pairs Bronze Medalist

Disability with Congenital Amputation

CANADA
2012

# Case 2 of Physical Training

**Hyeon Seok, Seo**

**(Korean BC4 Athlete)**

**2014 Beijing World Championships**

**Individual event**

**Bronze Medalist**

**Muscular Destrophy**

PARK
장애인복지연맹

# Case 3 of Physical Training

**Howon, Jeong**

**(Korean BC4 Athlete)**

**2016 Rio Paralympic**

**Gold Medalist**

**Cerebral Palsy**

# Case 4 of Physical Training

**YeonHo, Maeng**

**(Korean BC2 Athlete)**

**Member of Gangwon Provincial Boccia Team**

**Cerebral Palsy**

# Throwing Practice

# Throwing Practice

Throwing Practice per each Shot type

Throwing Practice per each distance

Throwing Practice with assitive devices

# Important Factors of Boccia Shot Accuracy

## Thrower

- Throwing Skill
- Ball's Quality

## BC3

- Aiming
- Ball's Quality
- Court Level

강원도장애인복지관연합

# Training Assistive Device

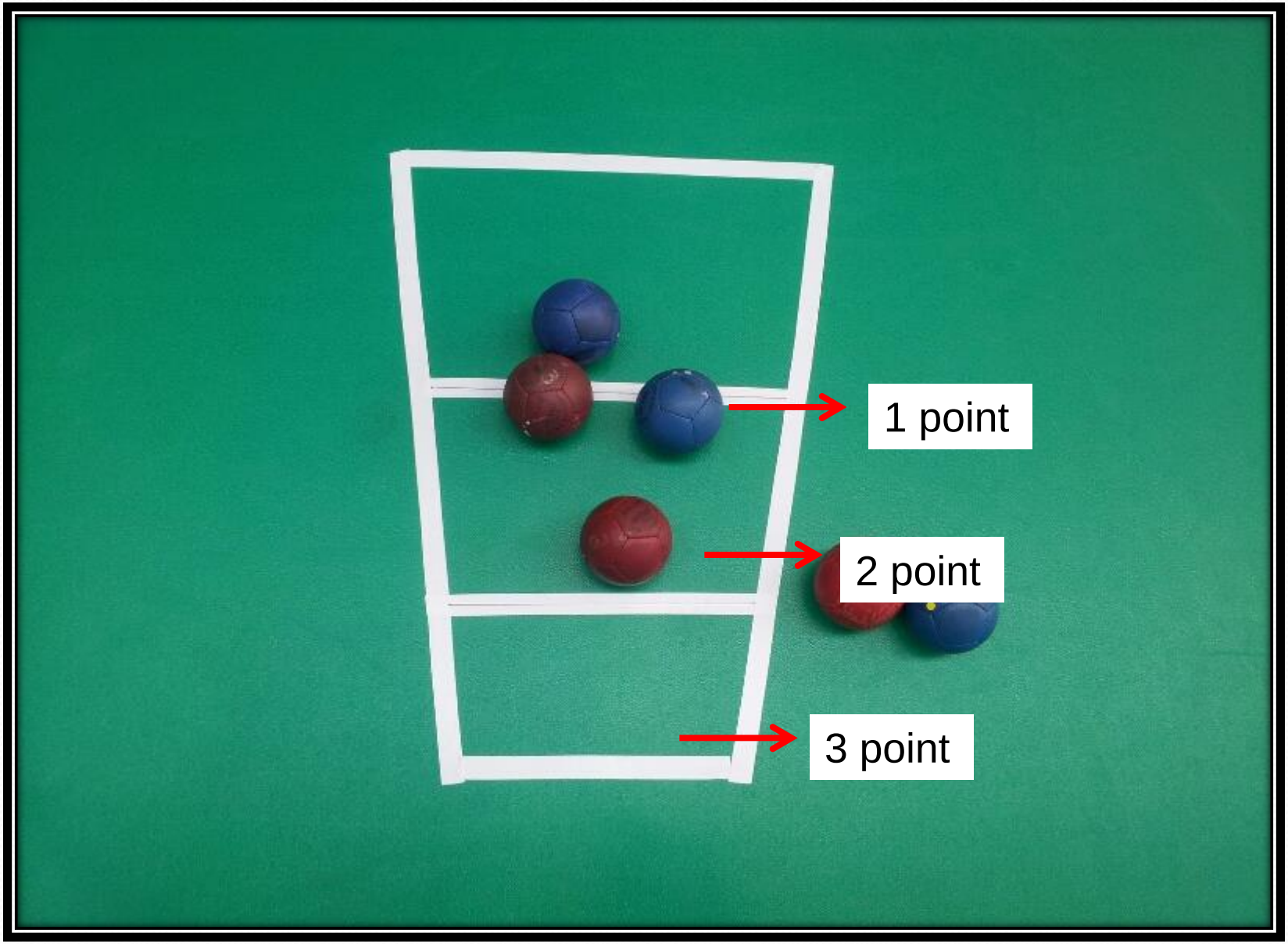
# Training Assistive Device

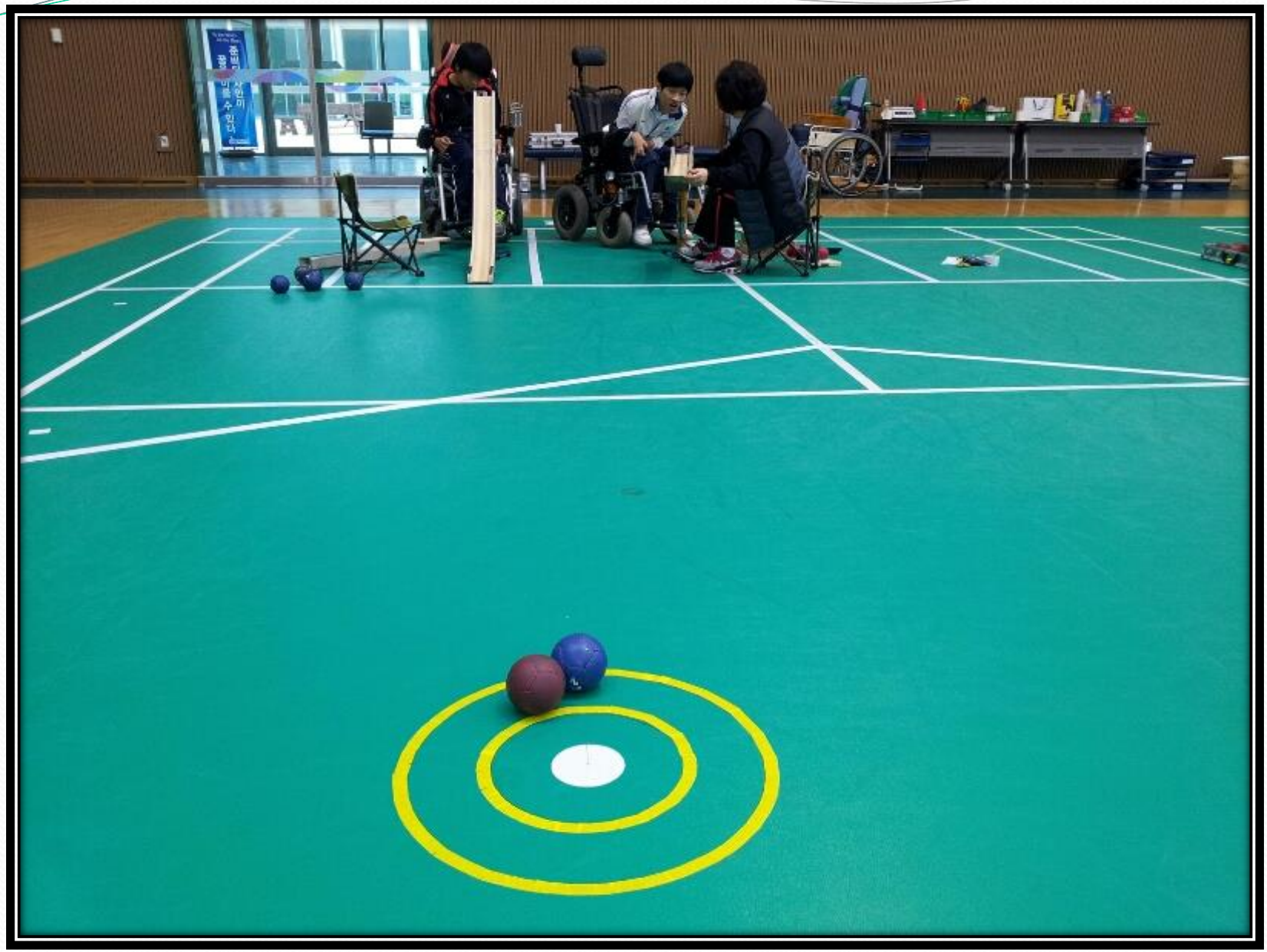
# Training Assistive Device

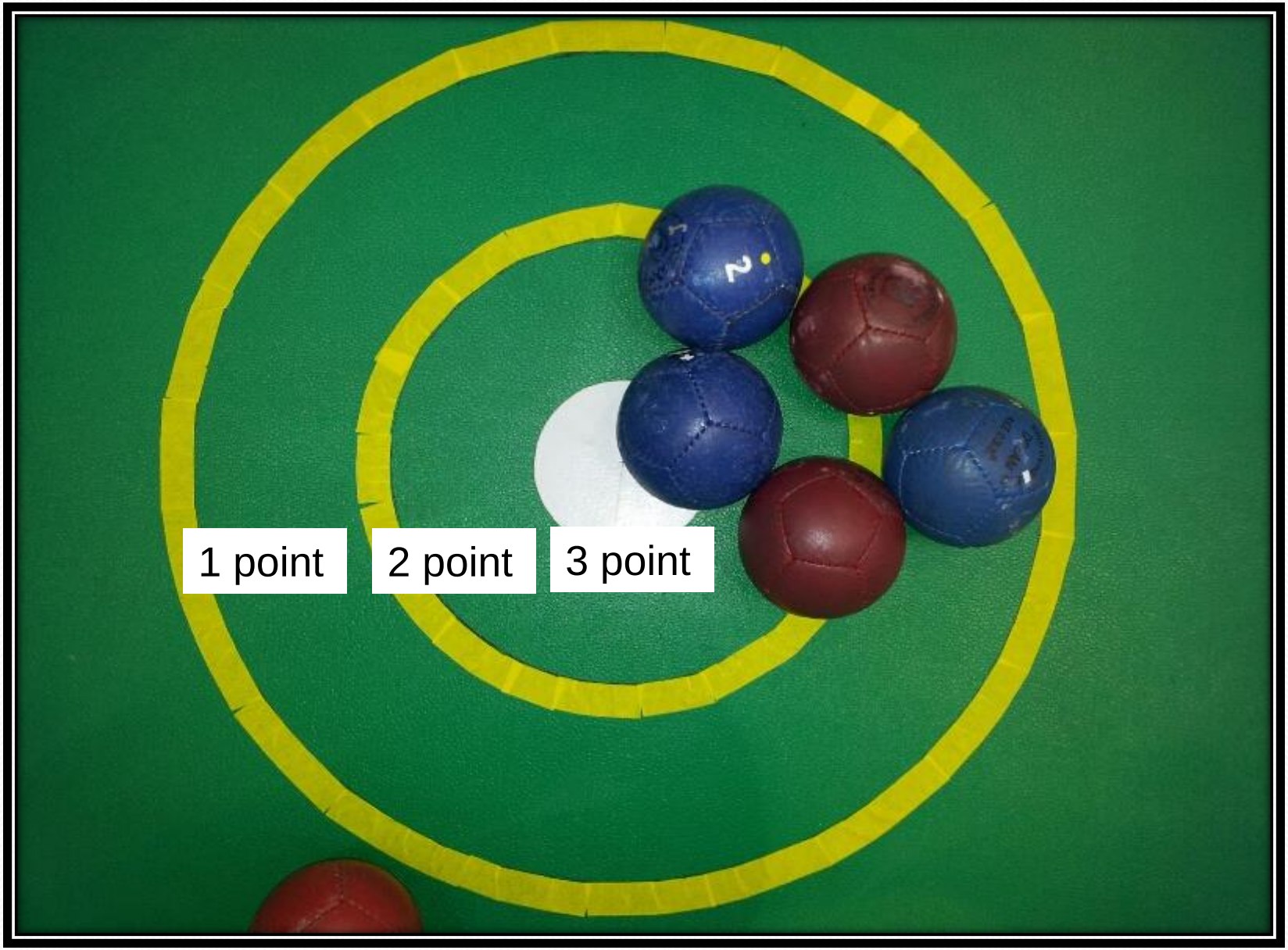
10mm

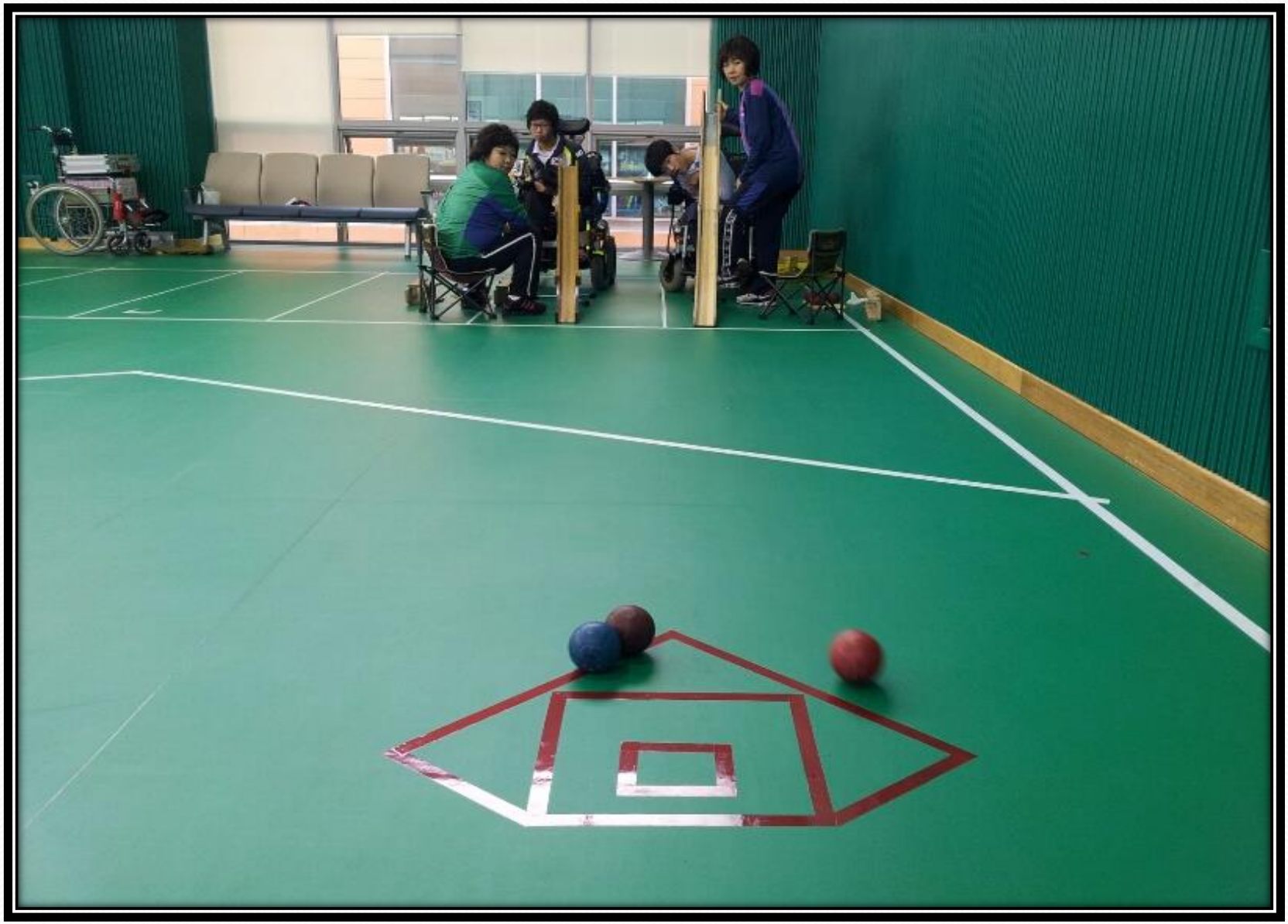
# Transformational Boccia Game

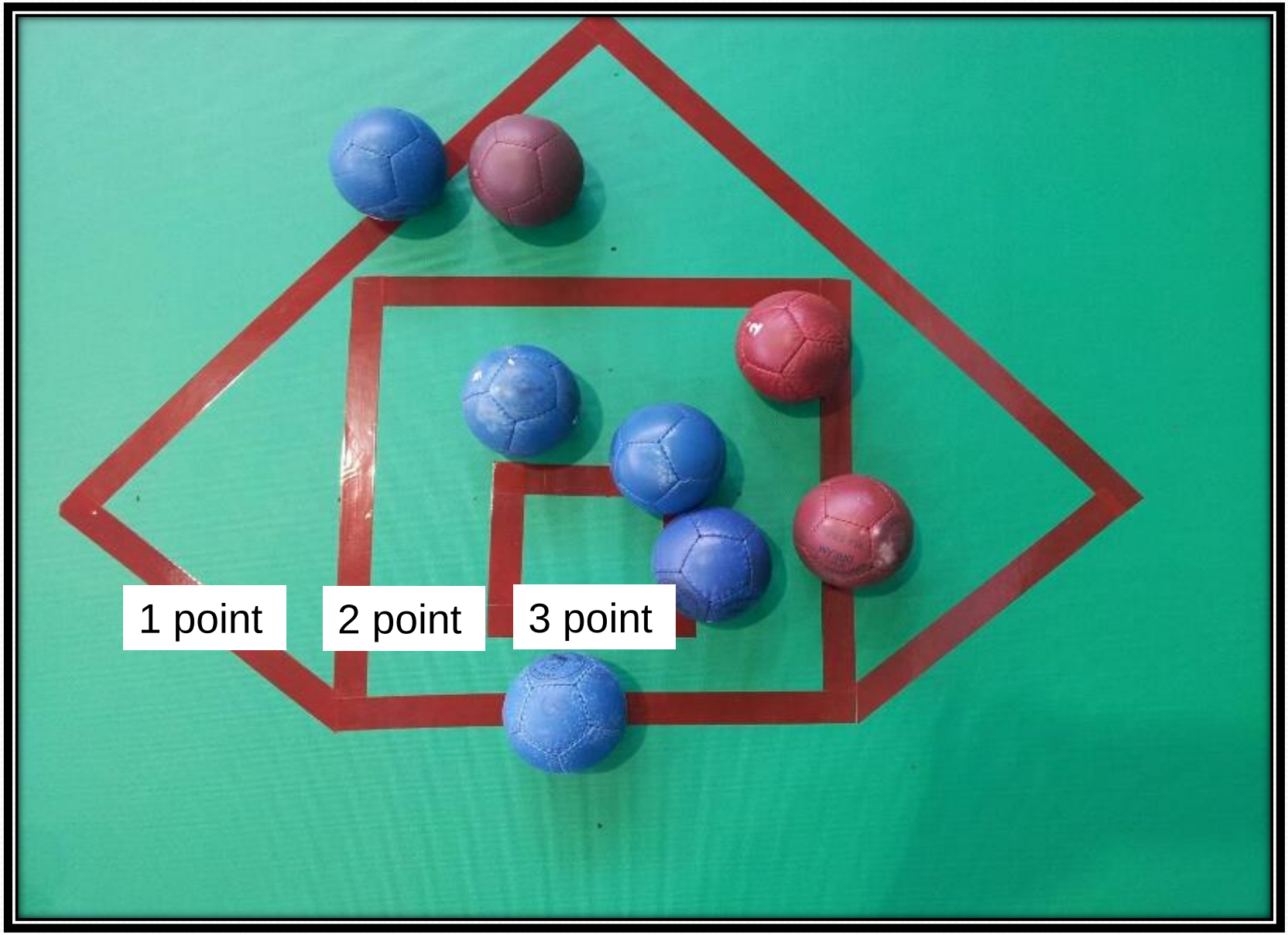
This is degined for giving athletes some interest!
But it is helpful for athlete to enhence using the pre-existing Balls.
And it is also helpful to develope Blocking Shot and Pushing Shot.


1 point
2 point
3 point




1 point
2 point
3 point




1 point
2 point
3 point

# Boccia for Fun!

# Evaluation & Analysis

# Importance of Evaluation

figure out advantages and disadvantages

strengthen weakness

Efficient Training through

Selection and concentration

# Game Analysis

## BOCCIA Game Analysis Sheet

day month /2014

| | 1th end | 2nd end | 3rd end | 4th end | Tie-break | Total Score |
|---|---|---|---|---|---|---|
| red | 2 | 0 | 1 | 0 | | 3 |
| Blue | 0 | 1 | 0 | 3 | | 4 |

### 1th end

| | Red | | Blue | |
|---|---|---|---|---|
| Jack | 2 area / 3.5m | | | |
| 1 | AT | 3 | | |
| 2 | | | HT | 0 |
| 3 | | | HT | 3 |
| 4 | | | AT | 2 |
| 5 | HT | 3 | | |
| 6 | AT | 2 | | |
| 7 | PT | 3 | | |
| 8 | | | PT | 2 |
| 9 | | | PT | 2 |
| 10 | | | BT | 3 |
| 11 | AT | 2 | | |
| 12 | ST | 3 | | |
| Point | 2 | | 0 | |
| comment | | | | |

### 2nd end

| | Red | | Blue | |
|---|---|---|---|---|
| Jack | | | 4 area / 3.5m | |
| 1 | | | AT | 3 |
| 2 | HT | 3 | | |
| 3 | AT | 1 | | |
| 4 | AT | 2 | | |
| 5 | | | ST | 3 |
| 6 | | | AT | 2 |
| 7 | LT | 3 | | |
| 8 | AT | 3 | | |
| 9 | | | HT | 3 |
| 10 | | | AT | 2 |
| 11 | AT | 1 | | |
| 12 | | | AT | 1 |
| Point | 0 | | 1 | |
| comment | | | | |

### 3rd end

| | Red | | Blue | |
|---|---|---|---|---|
| Jack | 2 area / 3.8m | | | |
| 1 | AT | 2 | | |
| 2 | | | AT | 2 |
| 3 | | | PT | 3 |
| 4 | HT | 3 | | |
| 5 | HT | 2 | | |
| 6 | PT | 2 | | |
| 7 | | | LT | 0 |
| 8 | | | PT | 2 |
| 9 | | | PT | 2 |
| 10 | | | BT | 2 |
| 11 | AT | 2 | | |
| 12 | ST | 3 | | |
| Point | 1 | | 0 | |
| comment | | | | |

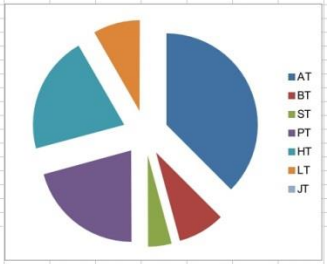
### 4th end

| | Red | | Blue | |
|---|---|---|---|---|
| Jack | | | 7 area / 5.5m | |
| 1 | | | AT | 3 |
| 2 | HT | 0 | | |
| 3 | HT | 3 | | |
| 4 | AT | 2 | | |
| 5 | PT | 2 | | |
| 6 | | | LT | 3 |
| 7 | | | AT | 3 |
| 8 | AT | 2 | | |
| 9 | BT | 2 | | |
| 10 | | | HT | 2 |
| 11 | | | HT | 2 |
| 12 | | | AT | 3 |
| Point | 0 | | 3 | |
| comment | | | | |

## BOCCIA Throwing Analysis Sheet

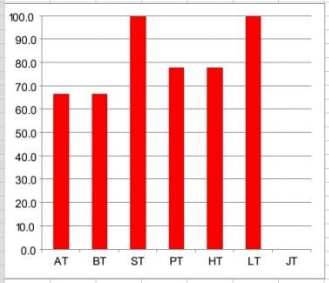
(1) Trial Number of Times per Each Throwing

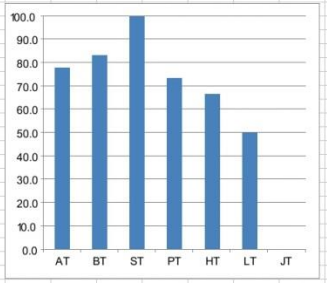
| RED | | | | | | | BLUE | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AT | BT | ST | PT | HT | LT | JT | AT | BT | ST | PT | HT | LT | JT |
| 13 | 1 | 2 | 3 | 6 | 1 | 0 | 9 | 2 | 1 | 5 | 5 | 2 | 0 |




(2) AVERAGE POINT PER EACH THROWING

| RED | | | | | | | BLUE | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AT | BT | ST | PT | HT | LT | JT | AT | BT | ST | PT | HT | LT | JT |
| 66.7 | 66.7 | 100.0 | 77.8 | 77.8 | 100.0 | #DIV/0! | 77.8 | 83.3 | 100.0 | 73.3 | 66.7 | 50.0 | #DIV/0! |



# Shot Evaluation

## Boccia Shot Accuracy Evaluation Sheet

Point : 0, 1, 2, 3 (Perfect 36 point for 12 shots)

| 2018 | January |
|---|---|
| Name | |

### 1st Week

| Type | 1st Time | 2nd Time | 3rd Time | AVG | AVG/100 |
|---|---|---|---|---|---|
| AS | 24 | 25 | 27 | 25.3 | 70.4 |
| BS | 26 | 28 | 32 | 28.7 | 79.6 |
| PS | 28 | 31 | 32 | 30.3 | 84.3 |
| KO | 29 | 32 | 31 | 30.7 | 85.2 |
| Total Accuracy Point | | | | 79.9 | |

### 2nd Week

| Type | 1st Time | 2nd Time | 3rd Time | AVG | AVG/100 |
|---|---|---|---|---|---|
| AS | 26 | 28 | 31 | 28.3 | 78.7 |
| BS | 28 | 31 | 33 | 30.7 | 85.2 |
| PS | 33 | 31 | 31 | 31.7 | 88.0 |
| KO | 23 | 28 | 31 | 27.3 | 75.9 |
| Total Accuracy Point | | | | 81.9 | |

### 3rd Week

| Type | 1st Time | 2nd Time | 3rd Time | AVG | AVG/100 |
|---|---|---|---|---|---|
| AS | | | | 0.0 | 0.0 |
| BS | | | | 0.0 | 0.0 |
| PS | | | | 0.0 | 0.0 |
| KO | | | | 0.0 | 0.0 |
| Total Accuracy Point | | | | 0.0 | |

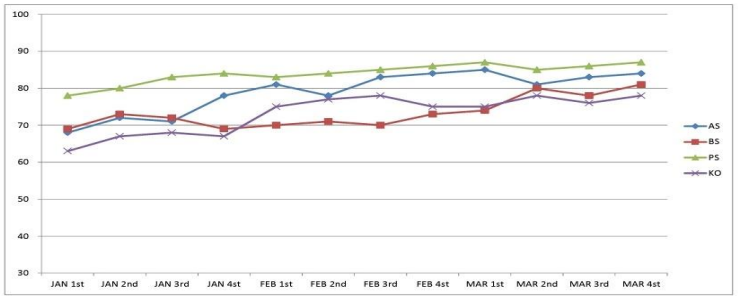
### 4th Week

| Type | 1st Time | 2nd Time | 3rd Time | AVG | AVG/100 |
|---|---|---|---|---|---|
| AS | | | | 0.0 | 0.0 |
| BS | | | | 0.0 | 0.0 |
| PS | | | | 0.0 | 0.0 |
| KO | | | | 0.0 | 0.0 |
| Total Accuracy Point | | | | 0.0 | |

## Boccia Shot Test Analysis

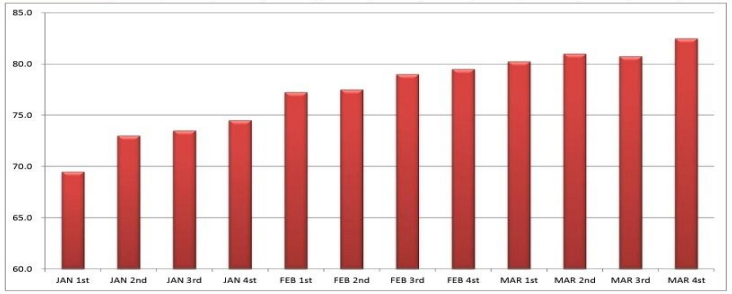
### (1) Throwing Accuracy per each Shot

| Shot Type | JAN 1st | JAN 2nd | JAN 3rd | JAN 4st | FEB 1st | FEB 2nd | FEB 3rd | FEB 4st | MAR 1st | MAR 2nd | MAR 3rd | MAR 4st |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AS | 68 | 72 | 71 | 78 | 81 | 78 | 83 | 84 | 85 | 81 | 83 | 84 |
| BS | 69 | 73 | 72 | 69 | 70 | 71 | 70 | 73 | 74 | 80 | 78 | 81 |
| PS | 78 | 80 | 83 | 84 | 83 | 84 | 85 | 86 | 87 | 85 | 86 | 87 |
| KO | 63 | 67 | 68 | 67 | 75 | 77 | 78 | 75 | 75 | 78 | 76 | 78 |




### (2) Total Thrwoing Accuracy

| Total Points | JAN 1st | JAN 2nd | JAN 3rd | JAN 4st | FEB 1st | FEB 2nd | FEB 3rd | FEB 4st | MAR 1st | MAR 2nd | MAR 3rd | MAR 4st |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 69.5 | 73.0 | 73.5 | 74.5 | 77.3 | 77.5 | 79.0 | 79.5 | 80.3 | 81.0 | 80.8 | 82.5 |



# Shot Evaluation

## Boccia Shot Accuracy Evaluation Sheet

Point : 0, 1, 2, 3 (Perfect 36 point for 12 shots)

| 2018 | January |
|---|---|
| Name | |

### 1st Week

| Type | 1st Time | 2nd Time | 3rd Time | AVG | AVG/100 |
|---|---|---|---|---|---|
| AS | 24 | 25 | 27 | 25.3 | 70.4 |
| BS | 26 | 28 | 32 | 28.7 | 79.6 |
| PS | 28 | 31 | 32 | 30.3 | 84.3 |
| KO | 29 | 32 | 31 | 30.7 | 85.2 |
| Total Accuracy Point | | | | 79.9 | |

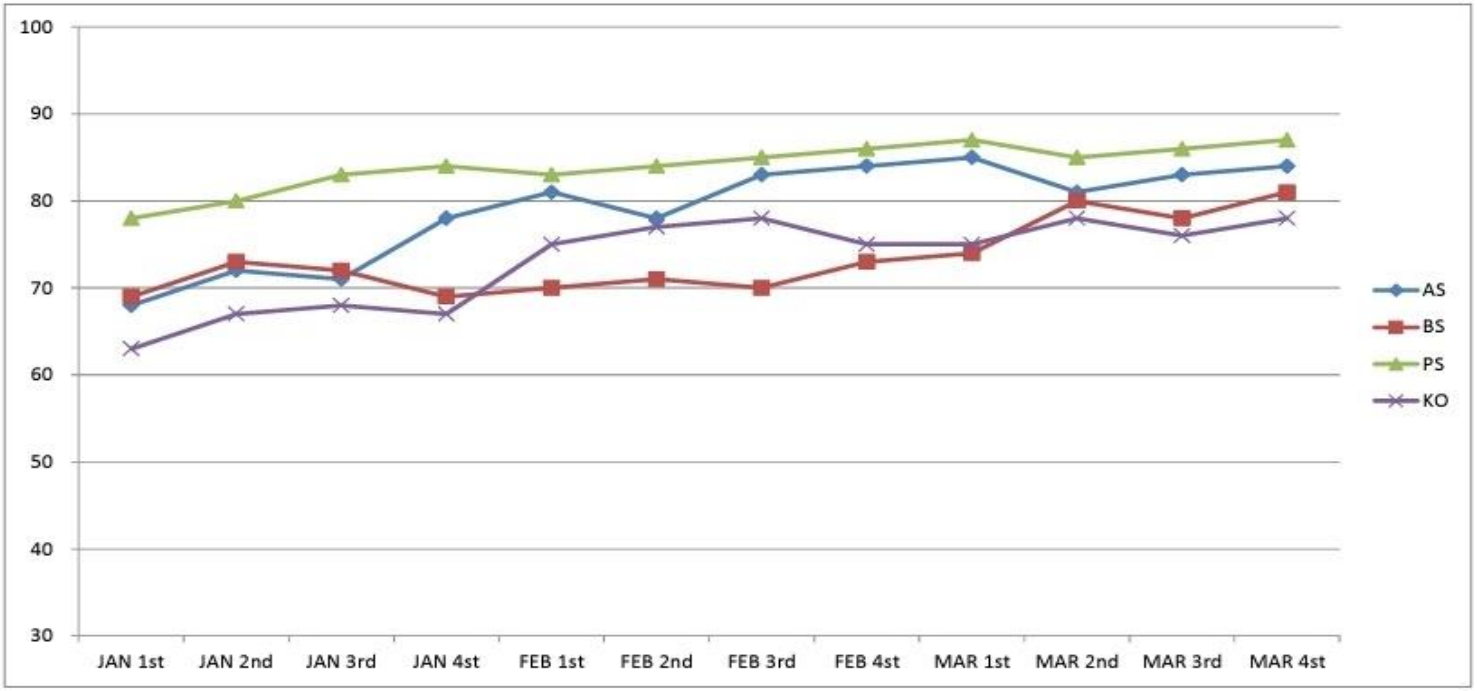
### 2nd Week

| Type | 1st Time | 2nd Time | 3rd Time | AVG | AVG/100 |
|---|---|---|---|---|---|
| AS | 26 | 28 | 31 | 28.3 | 78.7 |
| BS | 28 | 31 | 33 | 30.7 | 85.2 |
| PS | 33 | 31 | 31 | 31.7 | 88.0 |
| KO | 23 | 28 | 31 | 27.3 | 75.9 |
| Total Accuracy Point | | | | 81.9 | |

# Shot Evaluation

(1) Throwing Accuracy per each Shot

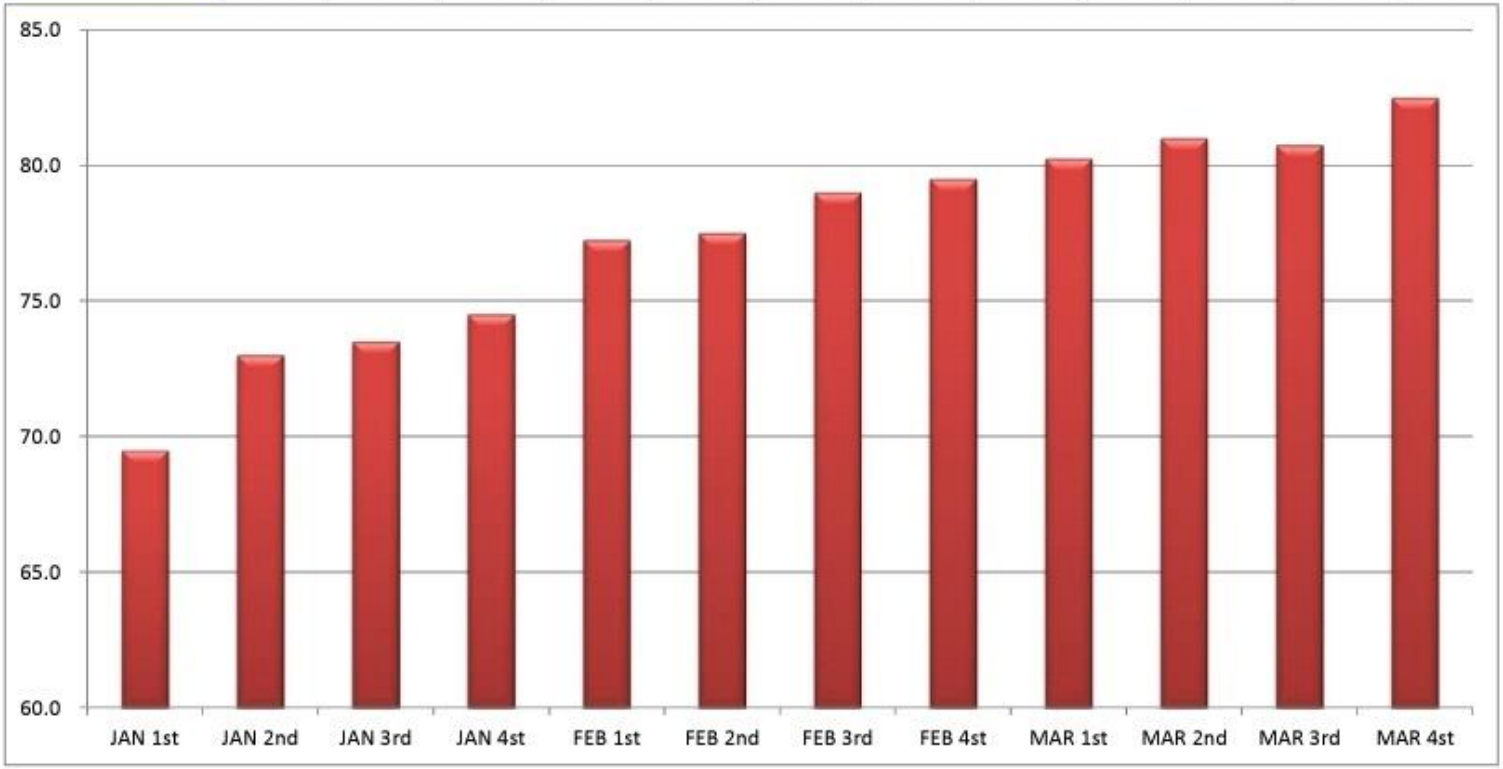
| Shot Type | JAN 1st | JAN 2nd | JAN 3rd | JAN 4st | FEB 1st | FEB 2nd | FEB 3rd | FEB 4st | MAR 1st | MAR 2nd | MAR 3rd | MAR 4st |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AS | 68 | 72 | 71 | 78 | 81 | 78 | 83 | 84 | 85 | 81 | 83 | 84 |
| BS | 69 | 73 | 72 | 69 | 70 | 71 | 70 | 73 | 74 | 80 | 78 | 81 |
| PS | 78 | 80 | 83 | 84 | 83 | 84 | 85 | 86 | 87 | 85 | 86 | 87 |
| KO | 63 | 67 | 68 | 67 | 75 | 77 | 78 | 75 | 75 | 78 | 76 | 78 |



# Shot Evaluation

(2) Total Thrwoing Accuracy

| Total Points | JAN 1st | JAN 2nd | JAN 3rd | JAN 4st | FEB 1st | FEB 2nd | FEB 3rd | FEB 4st | MAR 1st | MAR 2nd | MAR 3rd | MAR 4st |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 69.5 | 73.0 | 73.5 | 74.5 | 77.3 | 77.5 | 79.0 | 79.5 | 80.3 | 81.0 | 80.8 | 82.5 |



# Boccia Practice Game Evaluation

## Boccia Weekly Evaluation Sheet

| | |
|---|---|
| Event | |
| Name | |
| Month | Week |

### (1) Weekly Games Result

| | 1 | 2 | 3 | 4 | Tie-break | Score |
|---|---|---|---|---|---|---|
| | 1 | 1 | 0 | 1 | | 3 |
| | 0 | 0 | 2 | 0 | | 2 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 2 | 0 | 2 | 1 | | 5 |
| | 0 | 1 | 0 | 0 | | 1 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 1 | 0 | 0 | 0 | | 1 |
| | 1 | 2 | 1 | 1 | | 5 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 2 | 2 | 1 | 1 | | 6 |
| | 0 | 0 | 0 | 0 | | 0 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 1 | 2 | 0 | 0 | 1 | 3 |
| | 0 | 0 | 2 | 1 | 0 | 3 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 1 | 0 | 0 | 1 | | 2 |
| | 0 | 2 | 1 | 0 | | 3 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | | | | | | 0 |
| | | | | | | 0 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | | | | | | 0 |
| | | | | | | 0 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | | | | | | 0 |
| | | | | | | 0 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | | | | | | 0 |
| | | | | | | 0 |

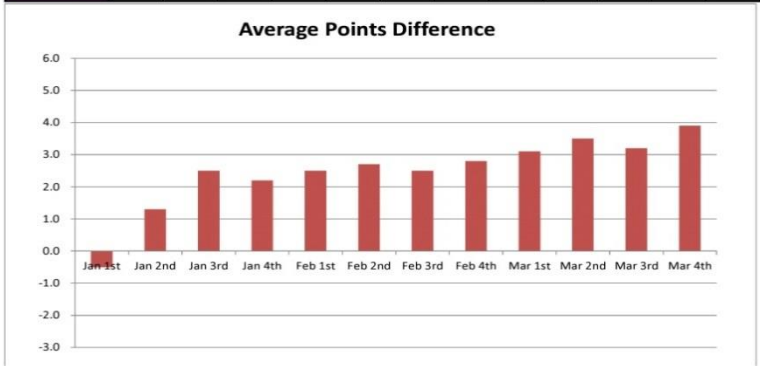
### (2) Weekly Games Result Analysis

| Name | Games | Win | Lost | Total Points for | Total Points lost | Average Points difference |
|---|---|---|---|---|---|---|
| | 6 | 4 | 2 | 20 | 14 | 1.0 |
| Winning average | | 66.7 | | | | |

## BOCCIA GAME RESULT ANALYSIS

| Week | Jan 1st | Jan 2nd | Jan 3rd | Jan 4th | Feb 1st | Feb 2nd | Feb 3rd | Feb 4th | Mar 1st | Mar 2nd | Mar 3rd | Mar 4th |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Winning average | 65.0 | 63.0 | 58.0 | 64.0 | 67.0 | 68.0 | 65.0 | 70.0 | 71.0 | 72.0 | 73.0 | 74.0 |

| Week | Jan 1st | Jan 2nd | Jan 3rd | Jan 4th | Feb 1st | Feb 2nd | Feb 3rd | Feb 4th | Mar 1st | Mar 2nd | Mar 3rd | Mar 4th |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Average Points Difference | -0.5 | 1.3 | 2.5 | 2.2 | 2.5 | 2.7 | 2.5 | 2.8 | 3.1 | 3.5 | 3.2 | 3.9 |



# Boccia Practice Game Evaluation

## Boccia Weekly Evaluation Sheet

| | |
|---|---|
| Event | |
| Name | |
| Month | Week |

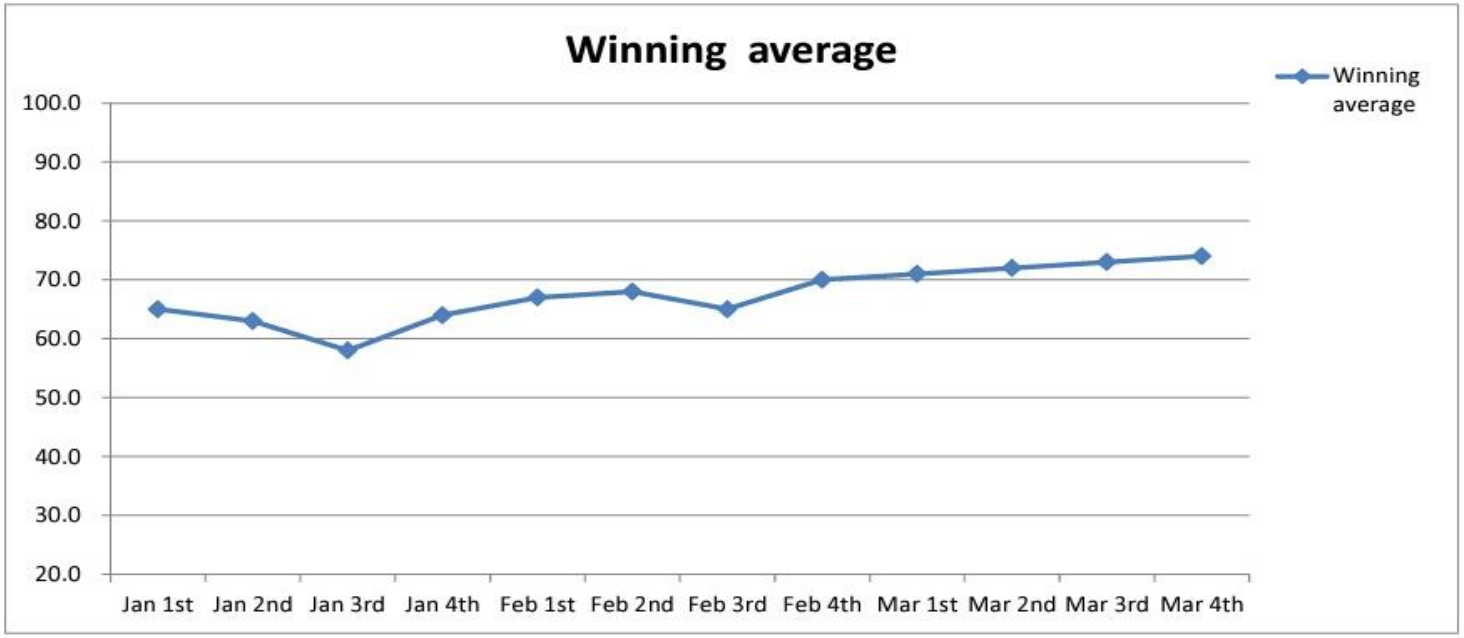
### (1) Weekly Games Result

| | 1 | 2 | 3 | 4 | Tie-break | Score |
|---|---|---|---|---|---|---|
| | 1 | 1 | 0 | 1 | | 3 |
| | 0 | 0 | 2 | 0 | | 2 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 2 | 0 | 2 | 1 | | 5 |
| | 0 | 1 | 0 | 0 | | 1 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 1 | 0 | 0 | 0 | | 1 |
| | 1 | 2 | 1 | 1 | | 5 |
| | 1 | 2 | 3 | 4 | Tie-break | Score |
| | 2 | 2 | 1 | 1 | | 6 |
| | 0 | 0 | 0 | 0 | | 0 |

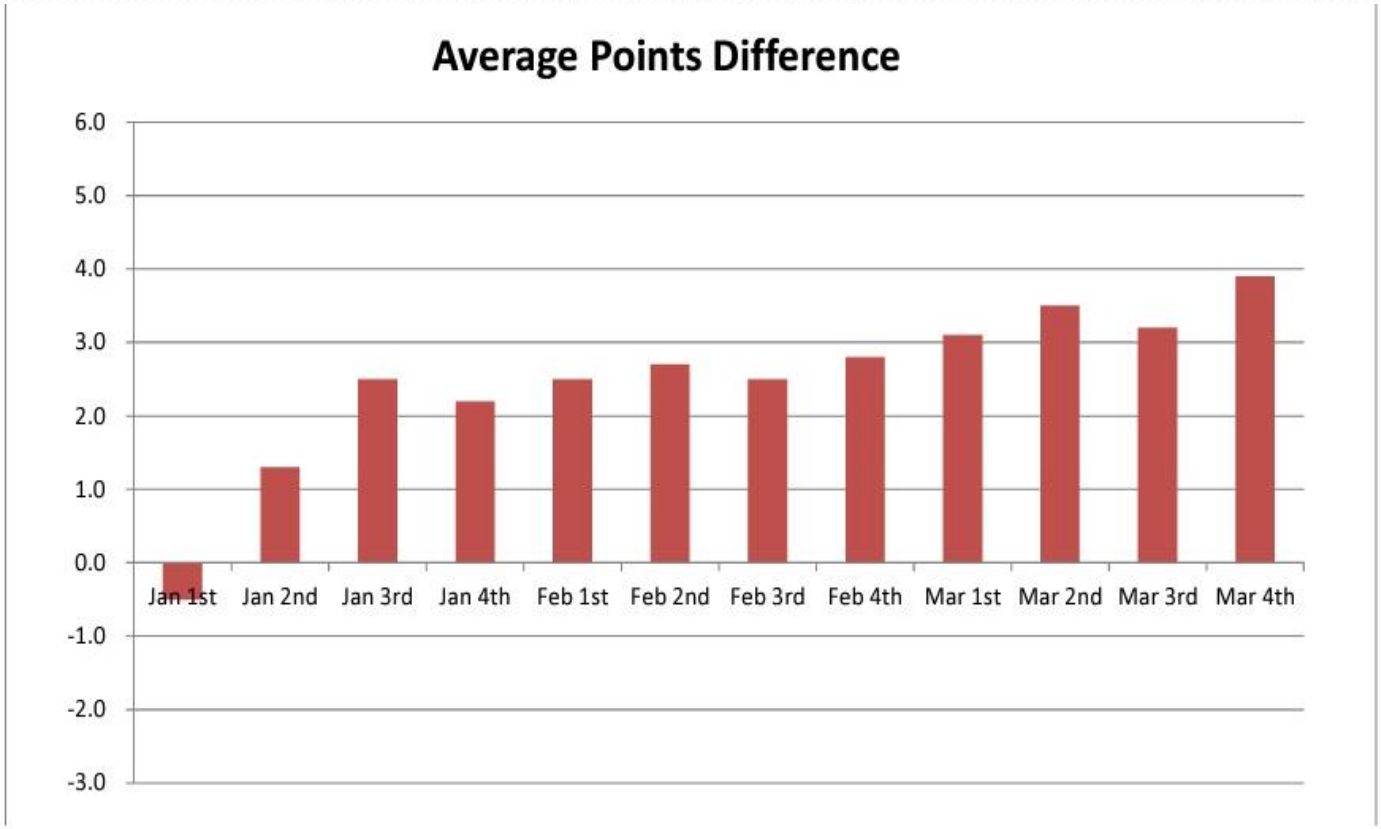
# Boccia Practice Game Evaluation

## BOCCIA GAME RESULT ANALYSIS

| Week | Jan 1st | Jan 2nd | Jan 3rd | Jan 4th | Feb 1st | Feb 2nd | Feb 3rd | Feb 4th | Mar 1st | Mar 2nd | Mar 3rd | Mar 4th |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Winning average | 65.0 | 63.0 | 58.0 | 64.0 | 67.0 | 68.0 | 65.0 | 70.0 | 71.0 | 72.0 | 73.0 | 74.0 |



# Boccia Practice Game Evaluation



# Boccia Throwing Form

- Factors Affect on the Throwing form

1. Range of motion(ROM)
2. Muscle Strength
3. Athlete's Preference

# Boccia Throwing Form Type

| Category | Sub-Category |
|---|---|
| Underhand Throw | Inside type Underhand Throw |
| | Outside type Underhand Throw |
| Overhand Throw | One hand type Overhand Throw |
| | Two hand type Overhand Throw |
| Foot Throw | Kick type Foot Throw |
| | Grasp type Foot Throw |

02

承办单位：中国残疾人体育运动管理中心
404

# Ideal Boccia Throwing Form

1. Pendulum Swing
   as smoothly as possible

2. Release the ball naturally

3. Do Follow throwing naturally

KOREA
3
41

# Analysis Throwing Form

1. Record throwing form
2. Analysis it with some Program

- Pendulum Swing
- Release Point and timing
- Follow Throwing
- find Bad Habits

# Analysis Throwng Form

# Compare the throwing form

# Finding the Appropriate throwing form

# Pendulum Swing makes shot type

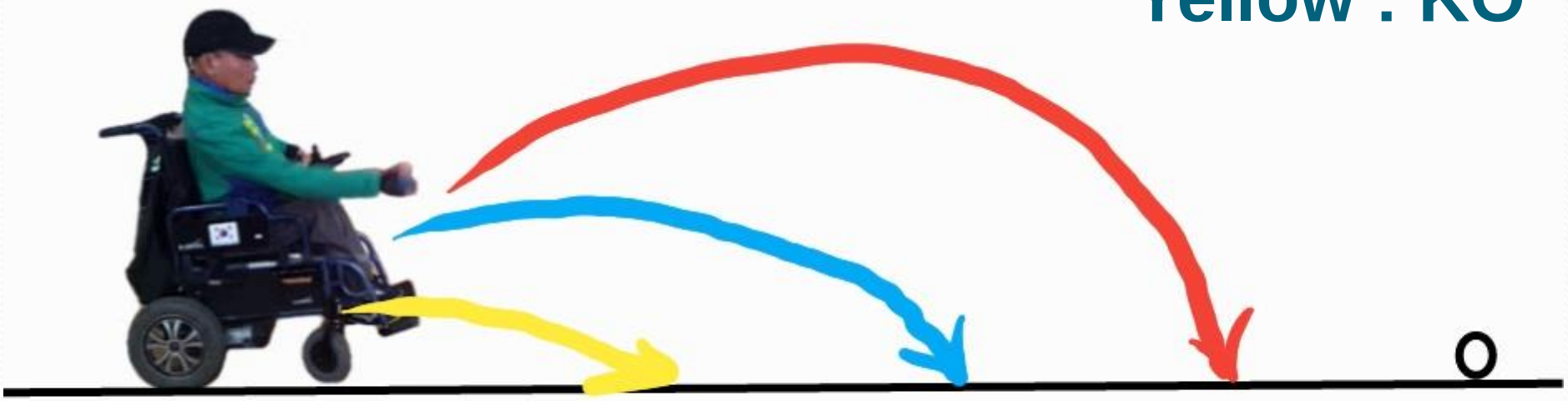
1. **Range of Pendulum**
2. **Speed of Pendulum**
3. **Release Point of Ball**

# Trajectory of Each Shot type

**Red : AS**

**Blue : PS**

**Yellow : KO**



# Throwing Form
# For Approaching Shot

KARMA

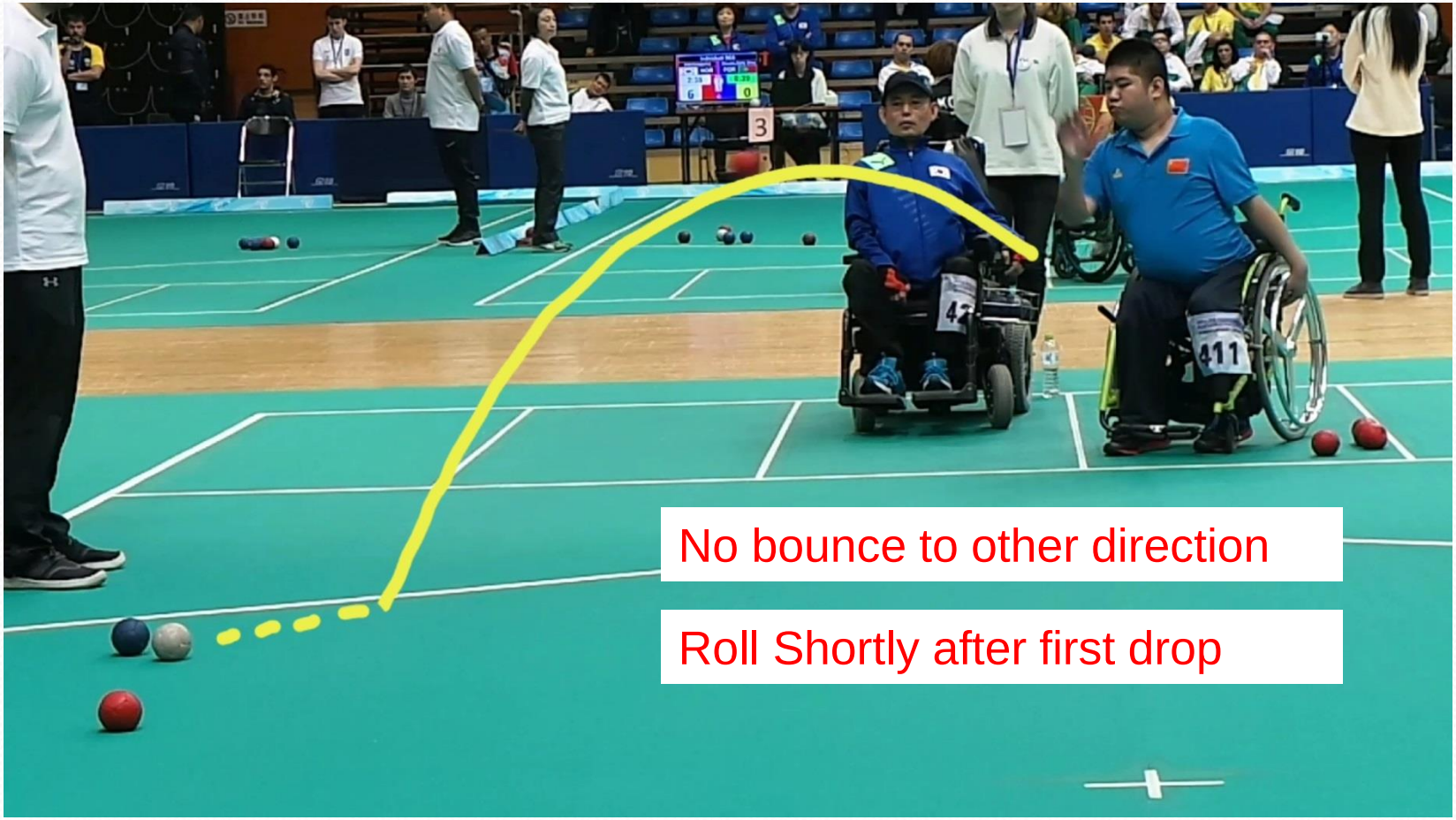
# Throwing Form
# For Pushing Shot

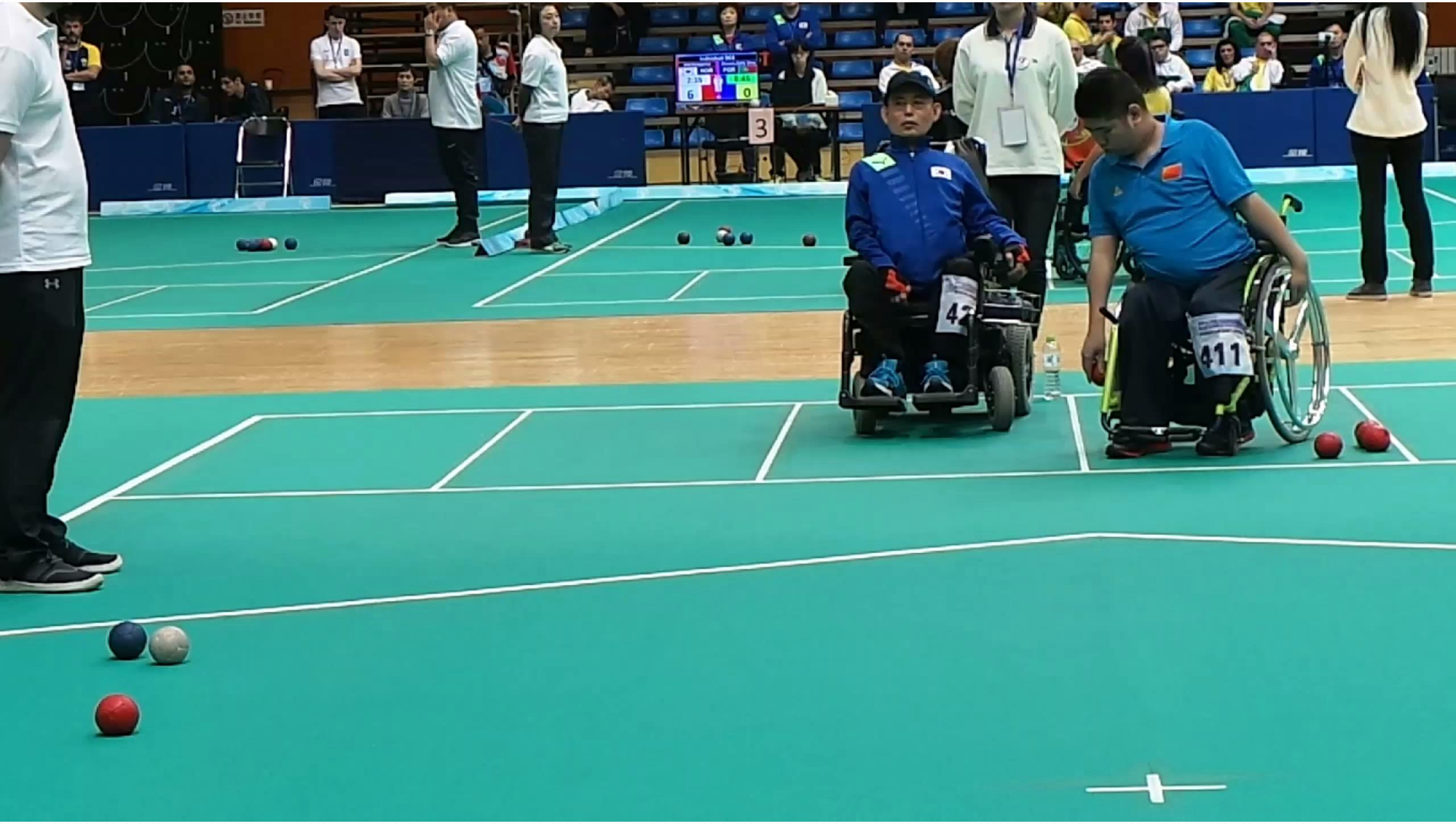
KARMA
KARMA

# Throwing Form
# For Knock off

KARMA

# Approaching Shot




3
411

# Finding the Appropriate throwing form

# Practice

## makes

# *Perfect*

# Control the Speed (Strength)