



## Virtual Bocce Option B Instructions- Backyard Bocce Skills

### Practice:

This is an at home option with the emphasis on participation and skill development through bocce or bocce-like practice. Athletes may use any equipment they have around the house (such as softball, tennis ball, toy ball, golf ball, etc) if they do not have access to official bocce equipment. Short game skills (30ft), Mid game skills (40ft) and

Long game skills (50ft) can be practiced by pacing the pallina at the various distances. Starting with the 30ft distance, place the pallina in the center, and place 4 "opponent balls" around the pallina. Position opponent balls 2ft away from the pallina, one at 12 o'clock, 3 o'clock, 6 o'clock and 9 o'clock. After the athlete throws all 4 balls, points are awarded for each of their balls closer to the pallina vs the opponent balls. If more than one athlete is participating, sanitize the balls in between use. Participation certificates will be mailed. See the example provided for the 30ft distance.

### Bocce Skills

Short Game Skills

★ = Athlete

**Equipment Needed:**

- 4 Bocce Balls
  - Modified: Golf as Pallina and Softball's as Bocce balls, etc
- Measuring tape
- 4 "Opponent" Balls

**Short Game Set Up:**

- Place pallina in the center of the court on the **30ft** mark.
- Place opposing balls 2ft from pallina at 12 o'clock, 3 o'clock, 6 o'clock and 9 o'clock positions.
- Athlete can throw from anywhere within the 10foot box.

**Rules:**

- Athlete will throw all 4 of their bocce balls towards the pallina.
- After athletes balls are thrown, record points.
- Points are awarded for each ball that is closer to the pallina vs the "opponent balls."

Teams practicing in groups should follow all R2P protocols, complete [COVID Code of Conduct](#) forms and assign a [COVID Response Person](#) to complete the athlete [screening/tracking](#). Athletes participating individually, and that are new to Special Olympics should review the [E-participant waiver](#) from SOME prior to participation.

*Please submit names of the athletes that participated by May 3rd to receive a participation certificate. Scores are not required to receive a participation certificate, but can be used as a tool to provide additional feedback to athletes during their skill development. Submit participants here: <https://forms.gle/NVNLamdwbGY1Lmkj9>*

Check out <https://www.somaine.org/sports/bocce/> for more general information on bocce rules and training.