

**Boccia Can Cup Challenges**

# **1: Bench Roll**

**Objective: Deliver a ball along a bench to land on a target.**

*Score:* **1 pt →** Release the ball **3 pts →** Roll to end of the bench **4 pts →** Land on the target

*Score will be based on your best throw.*

|  |  |
| --- | --- |
| ***Equipment:*** | |
| * Boccia balls * Bench or row of books | * Hula hoop or circle made of string * Target (piece of paper, carpet, taped square) |
| ***Adaptations*:** | |
| * Use any style of ball delivery you like * Increase size of target | * Use bean bags or rolled up socks instead of balls * Tilt bench downwards to assist ball in rolling |
| ***Progression:*** | |
| * Change length of bench * Use a smaller target | * Change angle of delivery |

# **2: Hoopla**

**Objective: Throw the ball, trying to get it through the hoop and land on a target.**

*Score:* **1 pt →** Release the ball **2 pts →** Go through the hoop **3 pts →** Land on the target

*Score will be based on your best throw.*

|  |  |
| --- | --- |
| ***Equipment:*** | |
| * Boccia balls * Target (piece of paper, carpet etc.) | * Hula hoop or circle made of string, |
| ***Adaptations*:** | |
| * Use any style of ball delivery you like * Change the size of the hoop * Change size and distance of target | * Use bean bags or rolled up socks instead of balls * Raise/lower the hoop |
| ***Progression:*** | |
| * Increase distance from seat to bench | * Decrease size of target |

# **3: Up and Over**

**Objective: Deliver the ball over the bench and into a target. Each ball successfully delivered in a target counts for points.**

*Score:* **1 pt →** In closest target **2 pts →** In nearer target **3 pts →** In farthest target

*Score will be based on your three best throws (one per target).*

|  |  |
| --- | --- |
| ***Equipment:*** | |
| * Boccia balls * Bench or row of books | * Three targets (pots, buckets or paper plates) |
| ***Adaptations*:** | |
| * Use any style of ball delivery you like * Use lower height buckets with a wider diameter | * Use bean bags or rolled up socks instead of balls * Add a height barrier above the bench * Change size and distance of target |
| ***Progression:*** | |
| * Change distance from seat to bench and | * Make the target smaller/bigger |

# **4: Out of Line**

**Objective: Deliver the ball onto a static ball to send the static ball onto markers**.

*Score:* **1 pt →** Releasing the ball **2 pts →** Touching static ball **3 pts →** Knocking ball onto target

*Score will be based on your best throw.*

|  |  |
| --- | --- |
| ***Equipment:*** | |
| * Boccia balls | * Target (piece of paper, carpet) |
| ***Adaptations*:** | |
| * Use any style of ball delivery you like * Increase size of target | * Use bean bags or rolled up socks instead of balls |
| ***Progression:*** | |
| * Increase/decrease distance of static ball | * Make the target smaller/bigger |

# **5: Through the Gate**

**Objective: Propel the ball through the two cones to land and stop on the target.**

*Score:* **1 pt →** Releasing the ball **2 pts →** Ball going through gate **3 pts →** Landing ball on target

*Score will be based on your best throw.*

|  |  |
| --- | --- |
| ***Equipment:*** | |
| * Boccia balls * Target (piece of paper, carpet) | * Two cones, boots, cans or other objects |
| ***Adaptations*:** | |
| * Use any style of ball delivery you like * Widen the cones | * Use bean bags or rolled up socks instead of balls * Change angle of cones |
| ***Progression:*** | |
| * Narrow the cones | * Increase the distance to target |

# **6: Out of the Circle**

**Objective: Place six balls placed in a hoop. Eject one of the six balls out of the hoop.**

*Score:* **1 pt →** Releasing the ball **2 pts →** Touching ball in hoop **3 pts →** Pushing ball out of hoop

*Score will be based on your best throw.*

|  |  |
| --- | --- |
| ***Equipment:*** | |
| * Boccia balls | * Hula hoop or circle made of string |
| ***Adaptations*:** | |
| * Use any style of ball delivery you like * Change diameter of hoop * Use all hard balls in hoop | * Use bean bags or rolled up socks instead of balls * Lay a scarf on the floor instead of a hoop |
| ***Progression:*** | |
| * Increase number of balls in hoop * Use all soft balls in hoop | * Change diameter of hoop |

## **Earn Bonus Points for:**

|  |  |  |
| --- | --- | --- |
| * Pets * Children | * Adaptations * Level of difficulty | * Creativity * Submitting two videos |