

**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.*

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| ***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.*

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| ***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).*

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| ***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.*

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| ***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.*

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| ***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.*

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| ***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:**

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