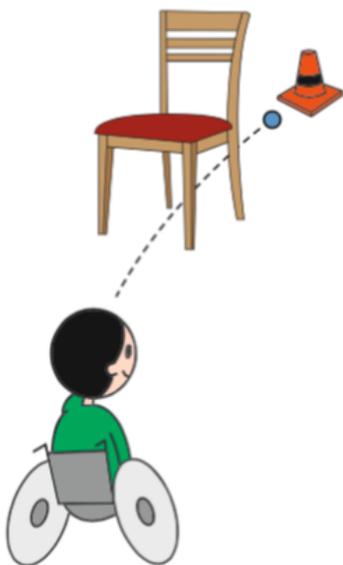


## Drill: Aim and Angles

Aim: Players will practice aiming at a target with an obstacle blocking it.

Equipment: Target (i.e. pilon, bin laying on its side), obstacle (i.e. chair, water bottle, etc.), ball(s) (or balled up socks, tennis balls, foam balls)

How to Play: Set up a target with an obstacle (i.e. chair). Chair should be between player and the target. Try to throw the ball between the legs of the chair to get the ball to hit the target or into the bin. Count how many times in a row you can hit the target!



Want more information?

Check out [Boccia Canada](#) and [OCPSA!](#)

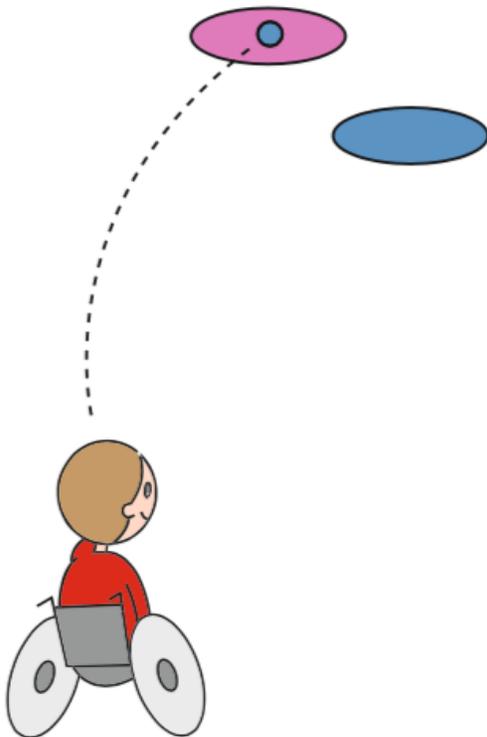


## Game: Zones

Aim: Try to throw balls so they land on different spots around the room.

Equipment: Papers, scissors, ball(s) (or balled up socks, tennis balls, foam balls)

How to Play: Cut out 3 or 4 circles of paper. Put them on the ground at different spots around the room. Stay in one spot and try to throw balls so they land on the spots. To make it difficult, put the spots further away or add obstacles!



Want more information?

Check out [Boccia Canada](#)  
and [OCPSA](#)!



Do you like these activities and want some more? Download this manual from Ontario Cerebral Palsy Sports Association, an organization that helps people with a wide variety of abilities get involved in sports and recreation. They specialize in creating programming for children and adults with cerebral palsy. Check out their website for more information!

Avez-vous aimé ces activités, en voulez-vous plus? Téléchargez ce manuel de l'Association d'Ontario de sports pour Paralytiques Cérébraux, un organisme qui aident les gens avec une grande variété de capacités à s'impliquer dans les sports et les loisirs. Ils se spécialisent dans la création de programmes pour enfants et adultes atteints de paralysie cérébrale. Pour plus d'information, consultez leur site web.

