BOCCIA CANADA

KEY PERFORMANCE FACTORS FOR BOCCIA - UPDATE FOR 2020

TECHNICAL	First ball	Push	Ricochet	Push and tumble	Positioning
	Placement	Displace	Lob	Flop	
TACTICAL	Game plan	Ball selection	Time management		
	Decision making	Shot selection			
MENTAL	Emotion	Concentration			
	Confidence	Resilience			
ENVIRONMENTAL	Training	Performance partner	Equipement		
	Coach(es)	Specialist(s)			
PHYSICAL	Endurance	Power			
	Posture	Grip			

TECHNICAL

PERFORMANCE OUTCOME DESCRIPTIONS

KEY ELEMENTS TO CONSIDER	PERFORMANCE FACTORS TO CONSIDER FOR DEVELOPMENT ATHLETES	PERFORMANCE FACTORS TO CONSIDER FOR HIGH PERFORMANCE ATHLETES	COACH OBSERVATIONS AND SCORING	Results from coach evaluation (Boccia Canada Apps) EVALUATION GRID BC1	BC2	BC3	BC4
FIRST BALL	The player is able to place the 1st ball (after the jack) in good position but is inconsistent in hiding the opposition line of throw.	The player is able to place the 1st ball (after the jack) perfectly in the line of the opponent and hide the jack all the time.	1-2 = Does not show consistency	40%-	50%-	60%-	55%-
			3-4 = Starts to show consistency	40%+	50%+	60%+	55%+
			5-6 = Shows good consistency	50%+	60%+	70%+	65%+
			7-8 = Shows very good consistency and is able to be more strategic	60%+	70%+	80%+	75%+
PLACEMENT	The player is able to place balls in an effective manner but doesn't always block the opposition line of throw, which results in balls on the side of the jack. Gives usable balls to the oppostion and facilitates shot execution of the opposition.	The player is able to place balls in an effective manner and does care about blocking the opposition's line of throw. Few balls are usable by the opposition which limits the possibility of placement and ricochet shots using balls already on the court. The opposition's line of throw is most of the time blocked by a few balls.	1-2 = Does not show consistency	40%-	50%-	60%-	55%-
			3-4 = Starts to show consistency	40%+	50%+	60%+	55%+
			5-6 = Shows good consistency	50%+	60%+	70%+	65%+
			7-8 = Shows very good consistency and is able to be more strategic	60%+	70%+	80%+	75%+
PUSH	The player does not always identify situations where to use a "push" correctly. Consistency in power control is not always adequate. The player executes the shot without really knowing where the thrown ball will stop.	The player always identifies situations to properly use a "push". Consistency in power control is observed. Has a good success rate and makes the shot knowing where the thrown ball will stop.	1-2 = Does not show consistency	40%-	50%-	55%-	55%-
			3-4 = Starts to show consistency	40%+	50%+	55%+	55%+
			5-6 = Shows good consistency	50%+	60%+	65%+	65%+
			7-8 = Shows very good consistency and is able to be more strategic	60%+	70%+	75%+	75%+
DISPLACEMENT	The player does not always identify situations where to use a displacement correctly. Consistency in controlling the power and the point of contact to hit is not always adequate. The player performs the displacement without really considering the impact on the balls.	The player correctly identifies situations where to use the displacement. Consistency in power control and identification of the point of contact is observed. Has a good success rate and makes the shot considering the impact it will have on the balls.	1-2 = Does not show consistency	30%-	45%-	55%-	55%-
			3-4 = Starts to show consistency	30%+	45%+	55%+	55%+
			5-6 = Shows good consistency	40%+	55%+	65%+	65%+
			7-8 = Shows very good consistency and is able to be more strategic	50%+	65%+	75%+	75%+
RICOCHET	The player does not always identify the situations in which to ricochet correctly. The control of the observed power of the throw is inconstant and the player makes the throw without really knowing where the ball will stop.	The player identify always the situations to use a ricochet correctely. Concistency on controling power is observed. The player has a good success rate and makes the shot knowing where the ball will stop.	1-2 = Does not show consistency	40%-	50%-	55%-	55%-
			3-4 = Starts to show consistency	40%+	50%+	55%+	55%+
			5-6 = Shows good consistency	50%+	60%+	65%+	65%+
			7-8 = Shows very good consistency and is able to be more strategic	60%+	70%+	75%+	75%+
LOB	The player is able to lob only on short distances (4m maximum) but rarely considers this option.	The player is able to perform this type of shot with consistency and often considers this option. Aiming for a ball or group of balls, according to a strategic choice is considered.	1-2 = Does not show consistency	30%-	40%-	n/a	55%-
			3-4 = Starts to show consistency	30%+	40%+	n/a	55%+
			5-6 = Shows good consistency	40%+	50%+	n/a	65%+
			7-8 = Shows very good consistency and is able to be more strategic	50%+	60%+	n/a	75%+

Score (National)	Score (International)
1- below avg	5-below avg
2- avg	6-avg
3- above avg	7-above avg
4- nat. best	8-World class

PUSH AND TUMBLE	The player does not always identify the situations to use a push and tumble correctely. No concistency on controling power is observed. The player has a low success rate and makes the shot without really knowing where the ball will stop.	The player always identifies situations to use a push and tumble correctely. Concistency on controling power is observed. The player has a good success rate and makes the shot with knowing where the ball will stop.	1-2 = Does not show consistency	30%-	40%-	45%-	50%-
			3-4 = Starts to show consistency	30%+	40%+	45%+	50%+
			5-6 = Shows good consistency	40%+	50%+	55%+	60%+
			7-8 = Shows very good consistency and is able to be more strategic	50%+	60%+	65%+	70%+
FLOP	The player does not always identify situations to use a flop correctely. No consistency on controlling power is observed. The player has a low success rate and makes the shot without really knowing where the ball will stop.	The player always identifies situations to use a flop correctely. Consistency on controlling power is observed. The player has a good success rate and makes the shot with knowing where the ball will stop.	1-2 = Does not show consistency	n/a	35%-	n/a	40%-
			3-4 = Starts to show consistency	n/a	35%+	n/a	40%+
			5-6 = Shows good consistency	n/a	45%+	n/a	50%+
			7-8 = Shows very good consistency and is able to be more strategic	n/a	55%+	n/a	60%+
POSITIONING	The player is usually able to place their wheelchair in an effective manner inside the throwing box (i.e., chair manipulation) but does not always maximize lines of throws and chances of success.	The player is able to place the wheelchair in an effective manner inside the throwing box (i.e., chair manipulation) and automatically does it prior to each shot (including in pre-shot routines) to maximize lines of throws and chances of success.	1-2 = Does not show consistency with its positioning and does not line up correctly.				
			3-4 = Begins to demonstrate positioning and alignment skills but is not consistent				
			5-6 = Demonstrates good consistency in positioning and alignment.				
			7-8 = Always demonstrates consistency in positioning and alignment and is able to be more strategic				

TACTICAL

PERFORMANCE OUTCOME DESCRIPTIONS

KEY ELEMENTS TO CONSIDER	PERFORMANCE FACTORS TO CONSIDER FOR DEVELOPMENT ATHLETES	PERFORMANCE FACTORS TO CONSIDER FOR HIGH PERFORMANCE ATHLETES	COACH OBSERVATIONS AND SCORING
GAME PLANNING	The player is able to create a game plan against a few (usually lower ranked athletes). Decisions are made with an ability to account for specific matches, but are not always adjusted considering the characteristics of the opponent.	The player is able to effectively create a game plan against any athlete, regardless of his rank. The best decisions are made at the right moment in the tournament considering the characteristics of the opponents.	1-2 = No game plan is considered and does not adjust according to his opponents 3-4 = Seems to have a game plan but does not always adjust properly. Tendencies to leave the game plan are often observed. 5-6 = Always has a game plan and is able to adjust against opponents he knows 7-8 = Always has a game plan and is able to adjust it effectively against all opponents
DECISION MAKING	The player makes good decisions in predictable game situations. Decisions are made with a certain ability to consider game-specific factors. Decision making is not always based on a realistic perception of skills.	The player makes the best decisions in each of his games according to tactical game factors and opponent characteristics. Decision making is based on a realistic perception of skills.	1-2 Does not demonstrate an understanding of all options and decision making remains vague 3-4 = Make decisions most of the time adequate but often based on inadequate perception of skills 5-6 = Takes good decisions and calculated risks based on a realistic perception of his abilities 7-8 = Always makes good decisions and finds creative options based on realistic perception of skills
BALL SELECTION	The player makes a good choice of balls in predictable game situations. Decisions are made taking into account the types of shots to be made. The player does not systematically adjust his ball selection effectively.	The player makes the best choice of balls in all situations. Decisions are made according to a high level of knowledge of his balls and considering the characteristics of each ball.	1-2 = Understands ball options, but does not care enough and tends to play the first available ball 3-4 = Tends to choose the right ball, but does not rely on a realistic perception of his skills 5-6 = Usually chooses the right ball based on a realistic perception of his skills. 7-8 = Always choose the right ball according to the perception of his performance skills.
SHOT SELECTION	The player often identifies several shot options. Most of the time he appropriately selects the type of throw for the situation, but does not always have a realistic perception of his abilities.	The player can identify some type of shot selection and still appropriately selects the right type of shots considering a realistic perception of his abilities.	1-2 = Understands his throwing options, but does not care enough and tends to play mechanically 3-4 = tends to choose the right shot to do, but does not rely on realistic perception of his skills. 5-6 = Usually chooses the right shot to do based on a realistic perception of his skills. 7-8 = Always choose the right shot to do according to the perception of his performance skills.
TIME MANAGEMENT	The player is able to organize his playing time most of the time by taking the necessary time to analyze the situations and prepare himself adequately for the throw. The player usually makes adjustments (positioning, choice of game, ball choice) but may lack time for good execution.	The player is always able to organize his playing time by taking the necessary time to analyze the situations and prepare himself adequately for the throw. The player always makes adjustments (positioning, choice of game, choice of ball) to maximize his performance in the allotted time.	1-2 = Does not manage his time effectively. Usually take too much or not enough time. 3-4 = Begins to manage his time effectively but may still run out of time. 5-6 = Manages his time efficiently and rarely lacks time 7-8 = Manages his time effectively and to his advantage in all situations. Never miss time

Score (National)	Score (International)
1- below avg	5-below avg
2- avg	6-avg
3- above avg	7-above avg
4- nat. best	8-World class

MENTAL

PERFORMANCE OUTCOME DESCRIPTIONS

KEY ELEMENTS TO CONSIDER	PERFORMANCE FACTORS TO CONSIDER FOR DEVELOPMENT ATHLETES	PERFORMANCE FACTORS TO CONSIDER FOR HIGH PERFORMANCE ATHLETES	COACH OBSERVATIONS AND SCORING
EMOTION	The player is mostly affected by various emotions and sources of stress in competition that he tries to manage somehow. The player focuses too much on expectations and results and not enough on the execution process. The player starts to do well with facing more adversity, does not give up easily and stays positive most of the time.	The player is sometimes distracted with specific emotions that are stressors but he/she has effective strategies in competition to minimize the impact of these in order to stay focused on the task and the process of execution. He deals well with adversity, never gives up and is always positive.	1-2 = The player is distracted by anything hapenning and not able to control emotions. Overall performances suffer from this. 3-4 = The player is challenge by his emotions and struggles to go over this in some situations. Overall performances may suffer from this. 5-6 = The player is dealing well with different emotions and is able to go over them in most situations. Overall performances do not suffer very much from this. 7-8 = The player is dealing very well with emotions and is able to go over them in all situations. Overall performances does not suffer.
CONFIDENCE	The player has confidence in himself and his game in predictable situations. The player does not adjust systematically under stress or anxiety. The fear of missing is present too often.	The player demonstrates self-confidence and confidence in all game situations. The player always adjusts to his own strength and shows no fear of missing.	1-2 = The player does not show confidencet 3-4 = The player demonstrates a certain ability to be confident but has difficulty demonstrating it in his execution 5-6 = The player demonstrates the ability to be confident and demonstrates it in his execution. 7-8 = The player is always confident in all situations and demonstrates it in his execution
CONCENTRATION	The player takes the necessary time before executing and is able to maintain his concentration at a high level for the duration of a game. The player has difficulty maintaining his concentration throughout the duration of an event and does not always make the decisions necessary to maximize his concentration in view of the games (e.g., rest, isolation, return to the hotel).	The player takes the necessary time before executing and shows a great concentration on each throw from the beginning to the end of a game and during an entire event. The player takes the necessary decisions himself in order to keep his concentration (ex: rest, isolation, return to the hotel)	1-2 = The player does not demonstrate a concentration ability 3-4 = The player demonstrates a certain ability to concentrate but has difficulty demonstrating it in his execution 5-6 = The player demonstrates ability to concentrate in most situations and the execution is adequate 7-8 = The player is always concentrate for all situations and demonstrates it in his execution
RESILIENCE	The player is sometimes able to successfully deal with a situation of intense stress. The player is generally able to recover, adapt and play well despite adverse circumstances. The player is generally positive but tends to look for excuses for his performance.	The player is able to successfully deal with a situation of intense stress. The player is able to recover, adapt and play well despite adverse circumstances. The player is always positive and does not seek excuses for under performing.	1-2 = The player does not demonstrate resilience and is often frustrated or indifferent 3-4 = The player demonstrates some ability to be resilient but has difficulty demonstrating it in his performance 5-6 = The player demonstrates the ability to be resilient in most situations. The execution remains adequate. 7-8 = The player is always resilient for all situations, he demonstrates in his execution while being always calm and in control.

Score (National)	Score (International)
1- below avg	5-below avg
2- avg	6-avg
3- above avg	7-above avg
4- nat. best	8-World class

ENVIRONMENTAL

PERFORMANCE OUTCOME DESCRIPTIONS			
KEY ELEMENTS TO CONSIDER	**PERFORMANCE FACTORS TO CONSIDER FOR DEVELOPMENT ATHLETES**	**PERFORMANCE FACTORS TO CONSIDER FOR HIGH PERFORMANCE ATHLETES**	**COACH OBSERVATIONS AND SCORING**
TRAINING	The player trains in a stable training environment with access to a lined surface of boccia (legal court). The player trains with other athletes at least twice a week. The performance partner is regular and implicitly involved in the training if there is no coach on the spot.	The player trains in a stable environment, he/she has access to a lined surface of boccia and a complete support (coaches and specialists). Other athletes are always present at the training and the player has access to a stable performance partner who is implicitly involved in the training.	1-2 = Does not demonstrate consistency with his training environment and often trains alone on inappropriate surfaces.
			3-4 = Begins to demonstrate consistency with his training environment and has partial access to a legal playing surface and training partners.
			5-6 = Demonstrates consistency with its training environment and access to a minimum legal size playing surface 8 hours per week. Always benefits from the presence of other athletes in training
			7-8 = Demonstrates a very good consistency with its training environment, with access to one or more legally sized courts more than 8 hours per week. Benefit from various on-site services as well as the presence of other high level athletes in training.
COACHING	At training, the player has access to the services of a coach at least twice a week. The coach must be trained in the NCCP Competition-Introduction Stream.	At training, the player has access to the services of a coach at all training sessions. The coach must be minimally trained at the NCCP Competition-Introduction level and have experience on the international scene. If not already acquired, the coach must be in training process in the "Competition-Development" or "Advanced Diploma in Training".	1-2 Does not have access to certified coaches
			3-4 Access to a coach every week (once or twice). The coach is trained in the context of "Competition-Introduction" and followed the training "Introduction to Boccia" Boccia Candada.
			5-6 Access to coaches each week (3-4 times), except that they are not Professional Professional Coaches (EPA) or they are not certified in the "Competition-Development" context.
			7-8 Access to Advanced coaching diploma Coaches or Certified Coaches in the NCCP Competition-Development Context. The coaches are present at each training and competitions and its head of annual planning.
PERFORMANCE PARTNER	In training and in competition the performance partner has access to the services of a regular performance partner but does not engage in training. The relationship between the performance partner and athlete is generally good but the athlete is not always able to communicate his expectations well to maximize his performance with the help of the partner.	In training and competition the performance partner has access to the services of a regular and actively engaged performance partner. The relationship between the performance partner and athlete is very good and the athlete is able to always manage his relationship well and communicate his expectations to maximize his performance with the help of the partner.	1-2 = Does not have access to a regular performance partner for training and / or competition
			3-4 = Access to a regular performance partner in training and / or competition.
			5-6 = Access to one and / or more performance partner engaged in training and competition
			7-8 = Access to a regular performance partner in training and competition "The performance partner is actively involved at all levels.

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SPECIALIST	The player recognizes the importance of working with sports specialists and makes sporadic approaches considering his needs. The player consults a specialist minimally in physiotherapy or massage therapy and has a specialist in mental preparation.	The player recognizes the importance of working with sport specialists and makes it a priority. The player regularly consults specialists through the resources available to him at his Training Center or by his own initiative. The player takes all his responsibilities at this level, in consultation with the coaches.	1-2 = Do not consult any specialist or consults in a limited way and without follow-up
			3-4 = Consultations with specialists are limited. A physiotherapist and a mental trainer intervene sporadically.
			5-6 = Consult specialists quite often but often at the request of the coaches. The player is not yet autonomous enough at this level and may lack self-analysis and openness.
			7-8 = Frequently consults a variety of sport specialists
EQUIPMENT	The player generally uses good quality equipment (wheelchair, ball, ball carrier, ramp.etc) but is not always personalized for his style of play. The desire / wish to change the equipment to improve the performance is not always present.	The player always uses high quality equipment (wheelchairs, balls, ball carriers, ramps, etc.) that best suits his style of play. He always looks for the best equipment available and regularly consults with coaches on this subject.	1-2 The player does not used a custom equipment for potential performance.
			3-4 The player starts to used custom equipments
			5-6 The player used custom equipments but does not maximize the utilisation of it.
			7-8 The player used custom Performance equipments and does maximize the utilisation of it.

PHYSICAL

PERFORMANCE OUTCOME DESCRIPTIONS

KEY ELEMENTS TO CONSIDER	PERFORMANCE FACTORS TO CONSIDER FOR DEVELOPMENT ATHLETES	PERFORMANCE FACTORS TO CONSIDER FOR HIGH PERFORMANCE ATHLETES	COACH OBSERVATIONS AND SCORING
ENDURANCE	The player can maintain physical performance and concentration throughout an individual, team or pairs match, but has difficulty doing so when he/she has multiple games in the same day. In major tournaments (lasting up to five days), the player's energy and activation level are good in the first days, but tend to decrease from day to day.	The player can maintain physical performance and concentration throughout an individual, team or pairs match and also when he/she has multiple matches in the same day. In major tournaments (i.e., lasting up to five days), the player's energy and activation level is good throughout the event. The player is able to compensate for performance fatigue (e.g., changing balls, adapting the throwing style to maximize distance when fatigued).	1-2 = Always tired or tired easily. Does not have the level of stamina yet to do high performance boccia
			3-4 = Fairly good endurance, but not able to maintain the same level for several days in a row
			5-6 = Good level of endurance observed and is able to maintain the same level for several days in a row
			7-8 Very good endurance throughout competitions, no apparent fatigue observed because effectively compensates for fatigue
POSTURE	The player has a fairly good control of his posture, but instability and uncontrolled movements are often observed during the release phase of the ball. The player is usually straight in the wheelchair but his ability to bend and / or return to the upright position may cause an alignment problem.	The player has good control of his posture and instability. His/her uncontrolled upper body movements are rarely observed during the release phase of the ball. The player sits upright in the wheelchair, his/her ability to bend and return to the upright position may still be a problem but a well-controlled compensation is observed. The player is still able to throw his/her balls in the same way.	1-2 = Postural control is not adequate
			3-4 = Has adequate postural control, but does not use it to the fullest of its abilities in terms of throwing variety and proper positioning of the chair.
			5-6 = Good postural control and starts to maximize it with a variety of throws and good alignment ability
			7-8 = Very good postural control, always maximizes all components of different types of shots.
POWER	The player has the ability to develop suitable power. Instability and uncontrolled movements are observed and too present when throwing with power which complicates the phase of release of the ball, follow-through of the ball, and therefore the accuracy.	The player generates good power and can use it in any situation. The gesture is stable and generally quite fluid.	1-2 = The player does not generate enough power and has no underarm shot
			3-4 = The player is able to generate a good enough power but does not always use it appropriately. Working on underarm shot and using it at events when needed.
			5-6 = The player generates good power and uses it properly. Underarm throw is often used for more power.
			7-8 = The player generates a very good power and always uses it appropriately and to his advantage. Underarm throw is always used for more power.
GRIP	The player has good grip, but instability and uncontrolled movements of the arm and hand are observed during the throw which complicates the release and follow-through phase.	The player has a good grip. Little or no instability and uncontrolled movements of the hand are observed during the throw.	1-2 = The grip is not adequate and the player drops a lot of balls.
			3-4 = The grip may be adequate but unstable. Too much pressure / tension is observed.
			5-6 = The grip is adequate and rather stable. The player can throw open hand or closed hand.
			7-8 = The grip is adequate and always stable. The player can throw open hand or closed hand.

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2- avg	6-avg
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