

Athletes with disabilities participate and compete in a wide range of sports on the local level in BlazeSports clubs through the international level and Paralympic Games. BlazeSports America has designed the Active for Life Activity Cards to assist teachers, coaches and sport and recreation leaders in designing practice and program sessions.

While there may be some considerations concerning rules, equipment and sport technique, coaches, teachers and sports and recreation leaders in general do not need to treat athletes with a disability differently from any athletes without a disability. The different stages of learning and the basic teaching and coaching techniques of sports skills apply equally for athletes with disabilities. A coach, teacher or sports recreation leader can ensure their approaches to practices are meaningful by applying the TREE principle. TREE stands for:

**T**eaching/coaching style  
**R**ules and regulation  
**E**quipment  
**E**nvironments



TREE can be used as a practical tool and a mental map to help coaches, teachers and sports leaders to adapt and modify practices and game situations to meet the needs of athletes with disabilities.

Careful observation can highlight problems that athletes are having and how these can be addressed. Where athletes with a disability are included into the game, the observing/questioning role of the coach, teacher or sports leader is paramount to find the best possible teaching/coaching method. This is where the TREE principle can be applied.



## Consider the following scenario:

*Situation:* You have set up a tennis activity involving four players in a doubles practice. Two players are using wheelchairs and have limited upper body rotation. With minimal instruction the players begin practice attempting to volley back and forth. Clearly, one of the players using a wheelchair is not included and remains at the back of the court, failing to retrieve any ball that is hit their way.

You observe what is happening and apply the TREE principle to your questions, such as:

<b>Teaching style</b>	Have I organized the activity based on the abilities of all the players?	Look at changes to the activities that maximize everyone's ability.
<b>Rules</b>	Can we change the rules to help younger players have more success?	Allow the player using the wheelchair to play the ball off TWO or more bounces.
<b>Equipment</b>	What type of racquet is best for each player to use?	A lighter racquet with a shorter handle may enable the player to manipulate the racquet and propel their wheelchair more efficiently.
<b>Environments</b>	Where is the best position for each player to be?	The player using the wheelchair could cover the front of the court and play a blocking role, requiring less rotation and sideways movement.



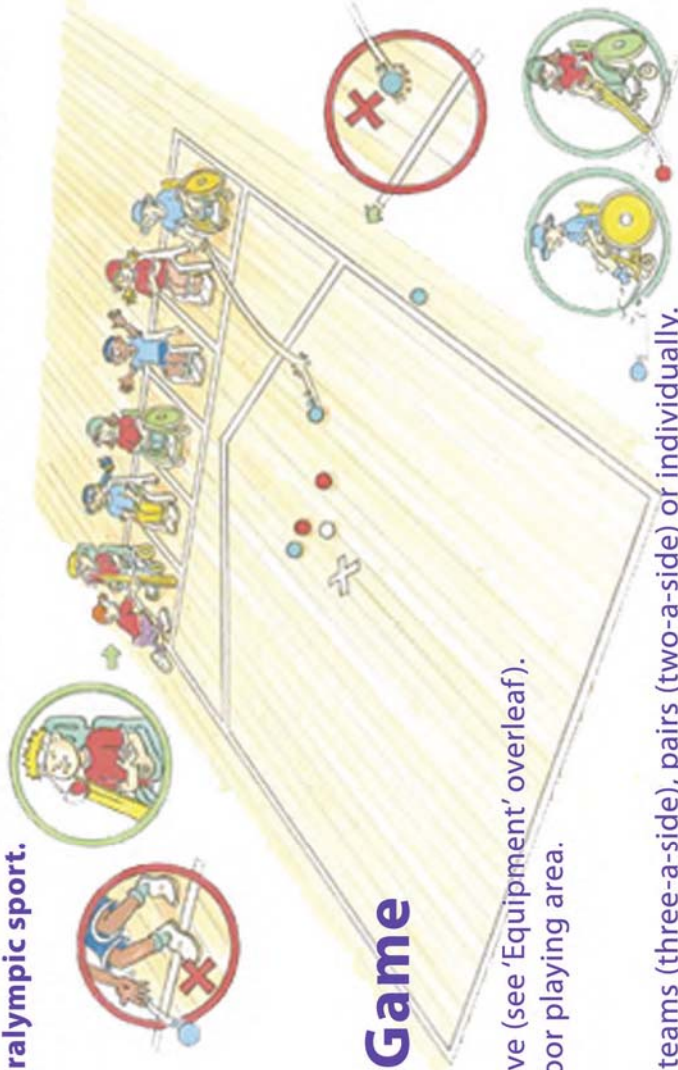
## BlazeSports America Active for Life Activity Cards

The BlazeSports Active for life activity cards were developed by the BlazeSports Institute for Applied Science. The production of these activity cards were adapted from resources developed by the Disability Education Program of the Australian Sports Commission and by the Youth Sport Trust in the United Kingdom.

The cards were drawn and designed in part by Glenn Robey of G. Robey Design in Canberra, Australia and Nisha Kittles of BlazeSports America, Atlanta, Georgia, USA.

## BOCCIA

**Boccia** (pronounced 'botch-ya' or botchee) is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.



### Playing the Game

#### What you need

- Boccia balls, or alternative (see 'Equipment' overleaf).
- Suitable indoor or outdoor playing area.

#### What to do

- Boccia can be played in teams (three-a-side), pairs (two-a-side) or individually.
- Players can roll or throw the ball, propel it with their feet, or roll it down a ball-sending ramp (assistive device).
- The basic principle is to score as many points as possible by getting more of your own boccia balls closer to the jack (or target ball) than your opponent.
- The illustration shows the recommended court dimensions, but bocce can be played on any suitable size area.
- In addition, the cross (see 'Other rules') is marked 5 meters from the mid-point of the back line.
- The apex of the non-valid line is marked 1.5 meters from the mid-point of the throwing line.
- Players' boxes are 1 meter wide.

# BOCCIA

Use the *TREE* model to modify this game. Try the modifications suggested below or devise your own.

## Teaching style

- Select teams of equal playing ability to ensure success of beginning players.
- Get the players to agree on the appointment of a team captain. During play, the team captain decides which player on their team should go next.

## Rules

- In team boccia (three-a-side), each player throws two balls corresponding to their team color – red or blue.
- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- The side playing red throws the first jack. The ball must land in the valid area of the court.
- The jack ball is thrown by each player in turn at the start of each end. The player in Box 1 (left-hand box when facing the court) starts the first end, and player 6 starts the sixth and final end.
- The side throwing the jack also play the first colored ball.
- The opposite side then play their first colored ball into court.
- The side furthest from the jack continue playing their balls until they get nearer (or run out of balls), at which point the other team play.
- In team boccia, each game consists of six ends – an end is completed when all 13 balls (jack, all the reds and blues) have been played.
- The side with the most balls closest to the jack scores one point for each scoring ball (each ball closer than the opposing team's closest ball).
- At the completion of six ends, the points scored on each end are added together – the team with the highest total score wins.

## Equipment

- FlagHouse is the official provider of BlazeSports Boccia sets.
- Bean bags, paper and tape balls, and Koosh balls can also be used.
- A ball-sending ramp can be used (for example, plastic guttering).

## Environment

- When practicing, try using smaller and larger playing areas to set players different challenges.
- Try different playing positions to find the best one for each player

# BOCCIA

## Safety

- Make sure that no-one enters the target area during play.

## Questions

- What can players do to improve their accuracy?
- How can players make it difficult for their opponents?

## Other games to play

Boccia can lead into:

- target games, such as bowls, bocce or tenpin.

## Integrity

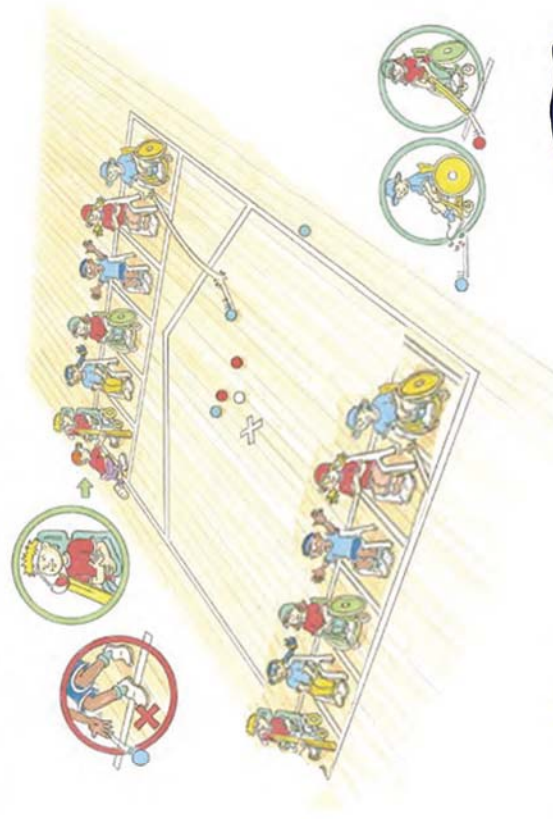
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.



# TREE

# ATTACK AND DEFEND

A game to improve accuracy and speed of throw for the game of Boccia: Boccia (pronounced 'botch-ya' or botchee) is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.



## Playing the Game

### What you need

- Boccia balls, or alternative (see 'Equipment' overleaf).
- Suitable indoor or outdoor playing area.

### What to do

- Divide players into two teams.
- Position players on either end of the boccia court or designated playing area.
- Place a large beach ball at the center of the playing area.
- Players are to aim at the beach ball and attempt to hit it with their boccia balls.
- The coach signals when it is time to begin throwing.
- The object is to make the beach ball touch an opposing player on the opposite side.
- After all the balls are thrown, a "cease fire" is called and the balls are collected and returned to the players.
- The coach makes another signal allowing players to begin throwing again.
- The coach also keeps the target beach ball in bounds.



# ATTACK AND DEFEND

Use the TREE model to modify this game. Try the modifications suggested below or devise your own.

## Teaching Style

- This game can be played one on one, in pairs or team format.
- The size of targets and bull's-eyes can be changed to match the skill level of the players.

## Rules

- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- Points are scored each time the beach ball touches a player. The team with the highest total score after a pre-determined time or number of ends wins.

## Equipment

- FlagHouse is the official provider of BlazeSports Boccia sets.
- Bean bags, paper and tape balls, and Koosh balls can also be used.
- A ball-sending ramp can be used (for example, plastic guttering).

## Environment

- Court size does not have to be official.
- Court size can increase or decrease to match the skill level of the players.

## Safety

- Make sure that no-one enters the target area during play.

## Questions

- What can players do to improve their accuracy?
- Can players try different throwing styles to find the best one for them?
- Make sure that no-one enters the target area during play.

## Other games

Boccia can lead into:

- target games, such as bowls, boccia, bocce or precision boccia.

## Integrity

- Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.



## BOMBS AWAY & EASY DOES IT

A drill to improve accuracy in long shots and short shots for the game of Boccia: Boccia (pronounced 'botch-ya' or botchee) is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.



### Playing the Game

#### What you need

- Boccia balls, or alternative (see 'Equipment' overle;
- Suitable indoor or outdoor playing area.

#### What to do

- Place a target near the back of the court.
- Have players shoot at will at the target.
- Keep track of the balls that make it to the target.
- Place several targets lying flat near the front V-line on the court.
- Have players shoot at will at the target and keep track of the balls that stay on the target.

# BOMBS AWAY & EASY DOES IT

Use the TREE model to modify this game. Try the modifications suggested below or devise your own.

## Teaching Style

- This game can be played one on one, in pairs or team format.
- Use standing targets if athletes need a visual clue.
- Demonstrate to the players that throwing harder makes the balls go further.
- Demonstrate to the players that throwing softer changes the distance the balls go.
- Demonstrate to the ramp players that changing the position of the ramp or releasing the ball from different places on the ramp, makes the ball play shorter or longer.

## Rules

- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).

## Equipment

- FlagHouse is the official provider of BlazeSports Boccia sets.
- Bean bags, paper and tape balls, and Koosh balls can also be used.
- A ball-sending ramp can be used (for example, plastic guttering).

## Environment

- Court size does not have to be official.

## Safety

- Make sure that no-one enters the target area during play.

## Questions

- What can players do to improve their accuracy?
- Can players try different throwing styles to find the best one for them?
- What will changing arm and wrist position do to shorten players shots?

## Other games

Boccia can lead into:

- target games, such as bowls, bocce or precision boccia.

## Integrity

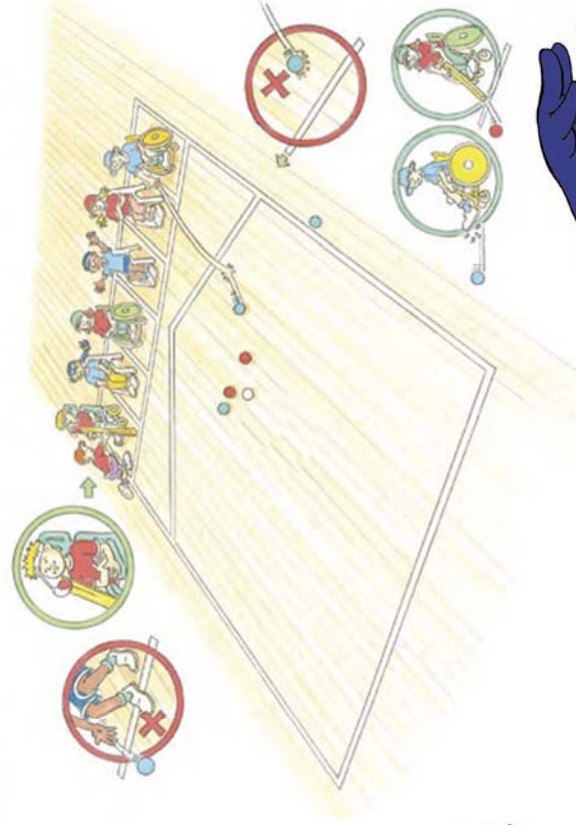
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## KING OF THE HILL

A drill to improve accuracy, strategy and time management for the game of Boccia: Boccia (pronounced 'botch-ya' or botchee) is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.



## Playing the Game

### What you need

- Boccia balls, or alternative (see 'Equipment' overleaf).
- Suitable indoor or outdoor playing area.

### What to do

- Place a target on the court.
- Divide the balls between the players.
- Set a timer allowing approximately 1.5 minutes per ball. Example if each player has 2 balls the time is set at 3 minutes.
- The coach gives a signal and the players fire at will aiming at the target.
- When the timer goes off, the score is tallied for that end.
- Play 4 to 6 ends per game.



# KING OF THE HILL

Use the TREE model to modify this game. Try the modifications suggested below or devise your own.

## Teaching Style

- This game can be played one on one, in pairs or team format.
- Use standing targets if athletes need a visual clue.
- Use this drill to help teach strategy. Teach players to use their balls to knock their opponents' balls off the target.
- Teach players on the same team to work together to try to place their balls on the target and then set up blocks with their remaining balls.
- Have players on the same team think about teammates' skills as well as their opponents' skill.

## Rules

- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- At the completion of six ends, the points scored on each end are added together – the team with the highest total score wins.
- Points can be scored each time the ball touches a target. The team with the highest total score after a pre-determined time or number of ends wins.
- Players can throw randomly on the coach's signal or alternate play similar to an official game.
- This game presents the perfect opportunity for an inclusive activity involving players of different disabilities as well as players without disabilities.

## Equipment

- FlagHouse is the official provider of BlazeSports Boccia sets.
- Bean bags, paper and tape balls, and Koosh balls can also be used.
- A ball-sending ramp can be used (for example, plastic guttering).

## Environment

- Court size does not have to be official.

## Safety

- Make sure that no-one enters the target area during play.

## Questions

- What can players do to improve their accuracy?
- Can players try different throwing styles to find the best one for them?
- How does putting a time limit on each end effect the play?

## Other games

Boccia can lead into:

- target games, such as bowls, bocce or precision boccia.

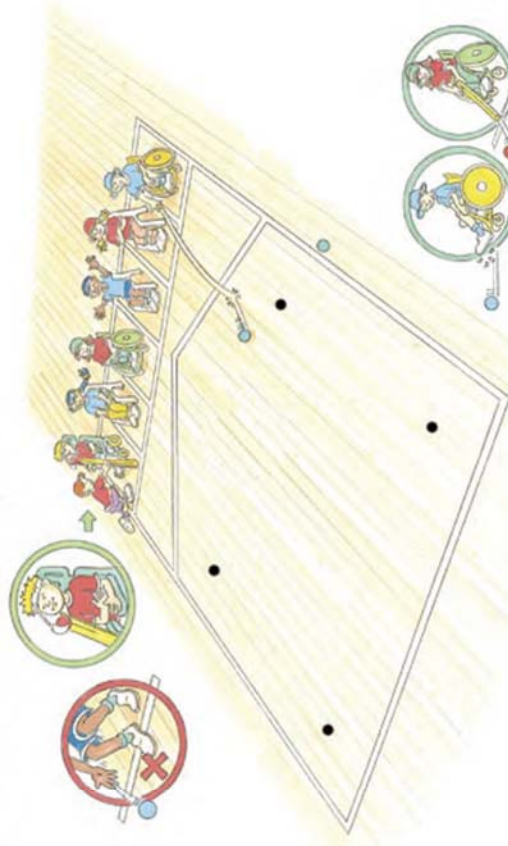
## Integrity

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## PRECISION BOCCIA

A game to improve accuracy for the game of Boccia: Boccia (pronounced 'botch-ya' or botchee) is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.



### Playing the Game

#### What you need

- Boccia balls, or alternative (see 'Equipment' overleaf).
- Suitable indoor or outdoor playing area.

#### What to do

- Make four paper targets approximately 3 feet by 3 feet.
- Draw a small circle or square "bull's-eye" on each target.
- Number the targets 1, 2, 3, 4.
- Place the targets 2 deep and 2 short within the playing court.
- The player calls the target they are aiming for (target 1,2,3, or 4).
- The player then takes their shot.
- If the ball touches the target at any point, even if it does not stop on the target, the player scores 5 points.
- If the player's ball stops on the target, the player scores 10 points.
- If the player's ball stops inside the bull's-eye, the player scores 25 points.
- Players take turns, each throwing 6 balls.
- The player with the highest total score is the winner.

# PRECISION BOCCIA

Use the TREE model to modify this game. Try the modifications suggested below or devise your own.

## Teaching style

- This game can be played one on one, in pairs or team format.
- Size of targets and bull's-eyes can be changed to match the skill level of the players.

## Rules

- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- At the completion of six ends, the points scored on each

## Equipment

- Try using different types of ball:
  - lightweight balls
  - slower-moving balls
  - even balloons initially.
- Experiment with different net heights. With a higher net, players may prefer to play using wheelchairs.

## Environment

- Vary the size of the court to suit the number of players. For example, if there are more players, use a bigger space. (However, if some players become less involved, it may be better to divide the group into four teams and play two games!) If players are using wheelchairs with a higher net, more court space will be needed.

## Safety

- Play sensibly – make sure that players have personal space.
- Players who may be sensitive to rough surfaces should sit on a mat or soft area.

## Questions

- What ideas can you introduce to help keep the rallies going for longer?
- What can you do to make sure that all the players are equally involved?

## Other games to play

Sitting Volleyball can lead into:

- standing volleyball
- \* Wheelchair volleyball
- other net games.

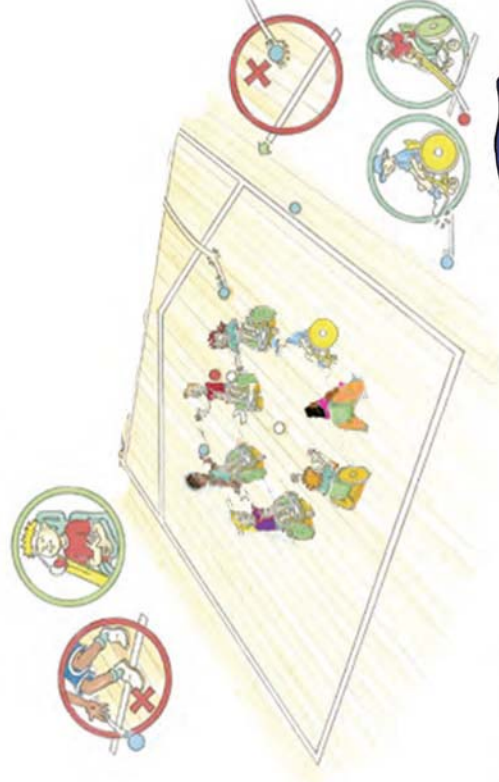
## Integrity

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# TEXAS MARBLES

A great game to introduce the concept of scoring for Boccia: Boccia (pronounced 'botch-ya') is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.



## Playing the Game

### What you need

- Boccia balls, or alternative (see 'Equipment' overleaf).
- Suitable indoor or outdoor playing area.

### What to do

- Have players form a large circle.
- Divide the boccia balls among the players (usually one ball per player).
- Place the JACK in the center of the circle.
- Introduce the vocabulary: boccia, jack and end.
- Tell players to try to get their ball as close to the jack as possible.
- Everyone can throw at once.
- Players can roll or throw the ball, propel it with their feet, or roll it down a ball-sending ramp (assistive device).
- Show players how to score as you retrieve the balls.
- Announce the score after each end.
- Return the balls to players, replace the jack and signal for players to throw.



# TEXAS MARBLES

Use the TREE model to modify this game. Try the modifications suggested below or devise your own.

## Teaching style

- When passing out the boccia balls select teams of equal playing ability by dividing the color balls accordingly. This will ensure success of beginning players.
- Reduce the number of players and increase the number of balls to each player.
- Keep the number of players the same and use additional sets of balls use to increase the number of balls per player.

## Rules

- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- The side with the most balls closest to the jack scores one point for each scoring ball (each ball closer than the opposing team's closest ball).
- At the completion of six ends, the points scored on each end are added together – the team with the highest total score wins.
- If the jack ball is thrown or knocked out of circle during play, it is replaced in the middle of the circle.
- If two or more balls are equally close to the jack at the finish of an end, they each score one point.
- Players can throw randomly on the coach's signal or alternate play similar to an official game.
- This game presents the perfect opportunity for an inclusive activity involving players of different disabilities as well as players without disabilities.

## Equipment

- FlagHouse is the official provider of BlazeSports Boccia sets.
- Bean bags, paper and tape balls, and Koosh balls can also be used.
- A ball-sending ramp can be used (for example, plastic guttering).

## Environment

- Start with a smaller circle and increase the playing areas as players' skill increase.

## Safety

- Make sure that no-one enters the target area during play.

## Questions

- What can players do to improve their accuracy?
- Can players try different throwing styles to find the best one for them?

## Other games to play

Boccia can lead into:

- target games, such as bowls, bocce or precision boccia.

## Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

