

SPORTS for Exceptional Athletes

Zoom Bocce

SPORTS for Exceptional Athletes (S4EA) is doing Zoom Bocce on Tuesdays from 6-7pm from the comfort and safety of home. Zoom bocce can easily be played indoors. However, if doing bocce outside near other people, then wear a mask. Call SPORTS for Exceptional Athletes (S4EA) at 858-565-7432 or email sds4ea@gmail.com to sign-up, get your Zoom password information (same as for Zoom activities done in September and October), and arrange to pick-up bocce equipment (bocce balls/hacky sacks, pallina/porcupine ball, string & tape measure).

Please bring the following for the workout:

1. Zoom device (bigger the better for seeing the bocce clinician & other S4EA athletes)
 - Set-up camera to show bocce court area
2. Bocce equipment (bocce balls/hacky sacks, pallina/porcupine ball, string & tape measure)
3. Court area at least 12 ft by 6 ft inside*

Before starting bocce workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Warm-up exercises/stretchers

Making your bocce court

1. Throwing line
2. Center line (6 ft or 8 ft from throwing line)

Players will be divided into teams

1. If everyone plays together-2 large teams with $\frac{1}{2}$ on the red team and the other $\frac{1}{2}$ on the blue team
2. If divide Zoom into rooms, then each room is a separate court or game
 - a. Each room would then have $\frac{1}{2}$ on the red team and the other $\frac{1}{2}$ on the blue team

Bocce Game

1. Players are put on the 2 teams (red and blue)
2. Player first throws pallina/porcupine ball past center line (re-throw if pallina not go over center line)
3. Player rolls 2 bocce balls/hacky sacks of their team's color (red or blue)
4. Player measures distance between pallina and closest ball (with measuring tape or some other method)
5. Referee determines whose ball is closest and awards 1 or more points to either the red or blue team
6. Retrieve the balls and start the next frame
7. Play continues until 1 team gets 10 points or until the time limit ends

After bocce workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Cool-down exercises/stretchers (same as warm-up exercises)

Talk with each other, give suggestions, other tips, or ideas

* If court area is quite small, balls and/or pallina can bounce off walls/objects and will remain in play

**For S4EA athletes participating each week, you will be awarded a ribbon at the end of the season.