

# BISFed Development Meeting

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Liverpool  
14 August 2018, 1930



**BISFed**

Boccia International Sports Federation

# Welcome and Introductions

**Heather Lowden**

BISFed Development Committee Chair



# The Development Committee

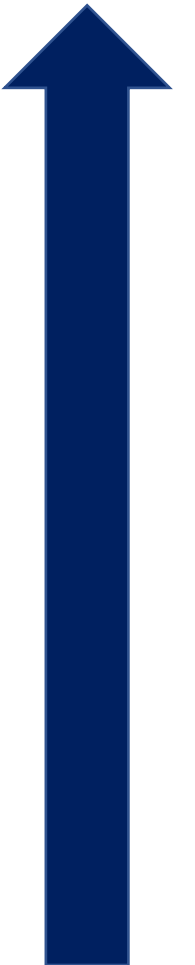
In August 2017, a BISFed Development Committee was selected following a nomination process amongst BISFed member nations. The full Committee is:

- Chair: Heather Lowden
- Vice Chair: Kenneth Soh
- Committee Members: Mario Delisle  
Anita Laszlo  
Michaela Rihackova



# Overview

- Overview and Introductions
- Common Terminology
- Boccia Pathway
- Making Boccia Accessible – Instructor's Award
- Coaching Course Level 1
- Getting Boccia Started and Progressing





# Background

Spring 2016	Audit
June 2016	Meeting amongst coaches held in Povoá
November 2016	2 day meeting to agree future direction of development committee
January – June 2017	Initial consideration of terminology and pathway
August 2017	Election of Development Committee
September - March 18	Design and development of MBA – IA and coaches level 1
April and July 2018	Delivery of pilots – MBA-IA and level 1
August 2018	Future direction
August and September	Review of courses and refinement



# Boccia Terminology

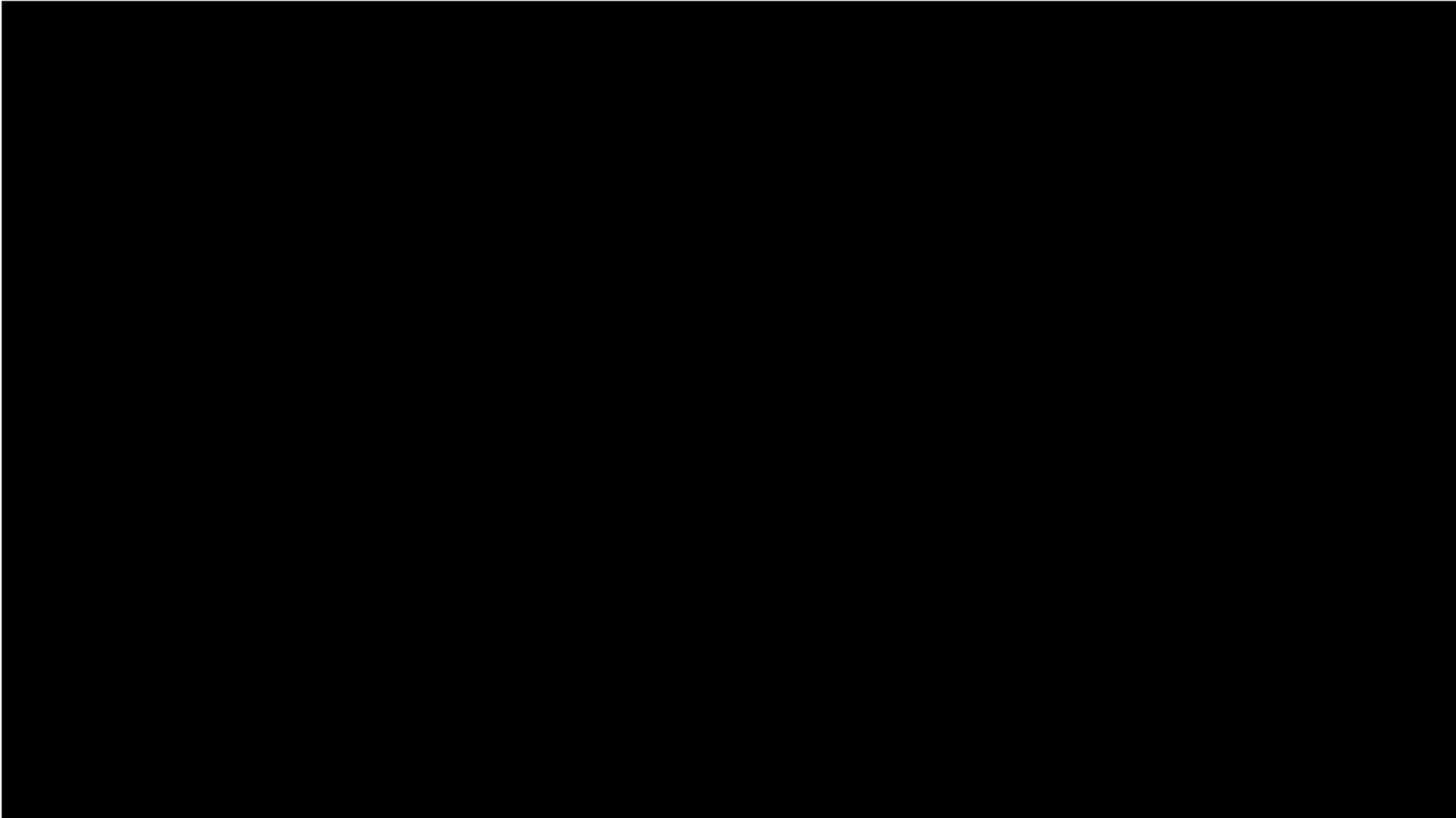
Michaela Rihackova



## OFFICIAL TERMINOLOGY OF SHOT TYPES

Type of shot	Description	What the player needs to control	Expected outcome
FIRST BALL	First ball delivered after the jack.	Pace, line/trajectory.	To secure court-position to make difficult the next shot for the opponent.
PLACEMENT	A shot played to deliver a ball in a specific area.	Pace, line/trajectory.	To deliver the ball into a target area e.g. jack ball or scoring/def space.
PUSH ON	A shot in which the player pushes own ball closer into a target area e.g. jack ball or scoring space.	Pace, line.	To secure optimal court-position or to score points.
PUSH OFF	A shot in which the player pushes opposition ball away from the specific target.	Pace, line.	To create a space for the opportunity to score.
SMASH	Predominantly power shot along the ground.	Line.	Scatter multiple balls.
RICOCHET	A shot played to rebound off a ball into a scoring zone.	Pace, line.	To create optimal court-position by using a blocking ball.
BOUNCE OVER	An aerial trajectory shot aimed at bouncing over a barrier ball to reach a specific target.	Pace, trajectory.	To skip the barrier ball to reach a specific target.
ROLL UP AND OVER	A shot with the intention of the ball rolling up and over.	Pace, line.	To score point or to deliver to ball into a specific or target area.
ROLL ON TOP	A shot with the intention of playing the ball and it remaining on top of another ball.	Pace, line.	To score points or to defend the target ball.
LOB	An aerial shot played to move a target ball by attacking over a ball.	Pace, trajectory.	To move a specific ball, which the player is unable to push off on the floor.

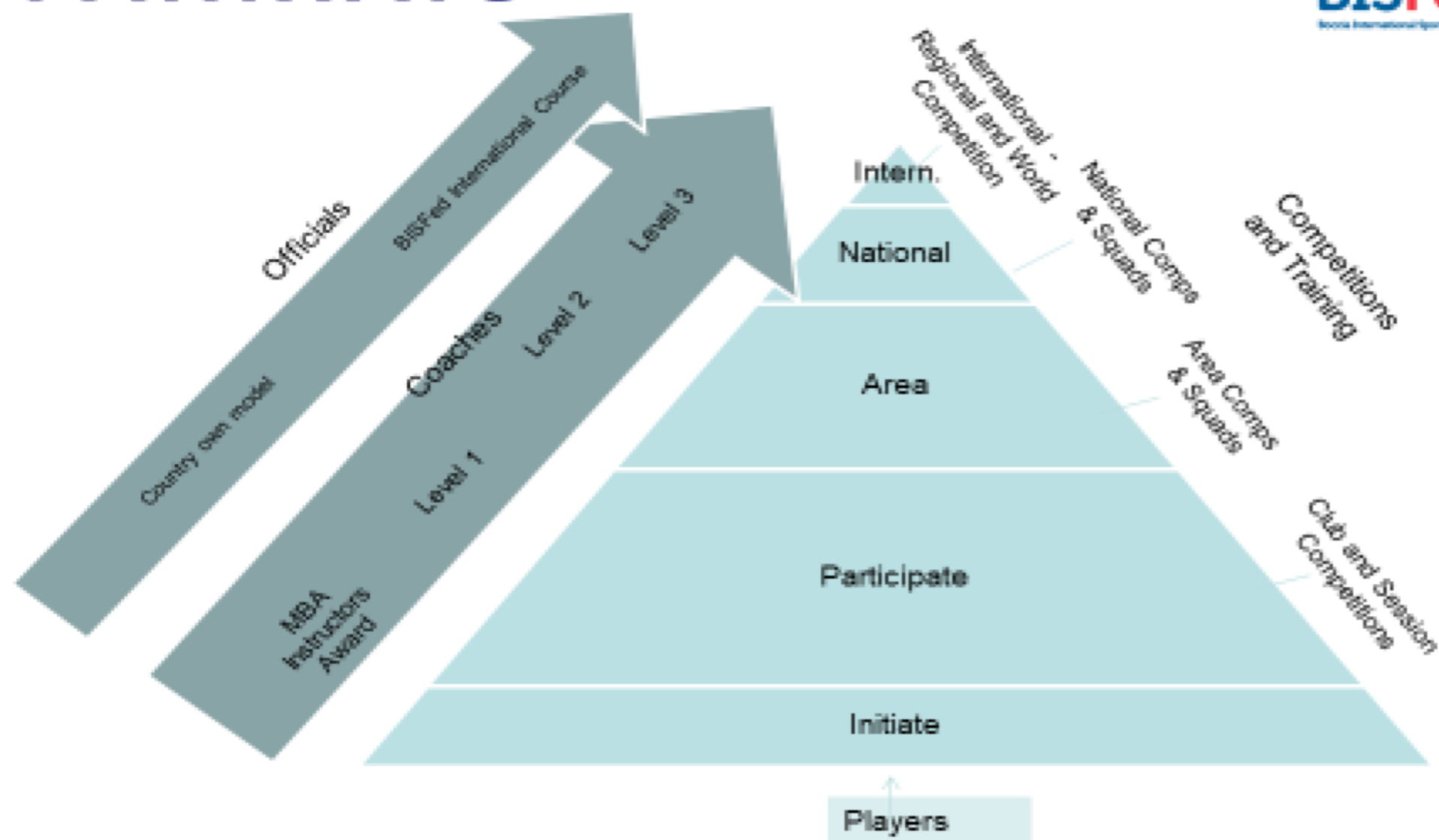
# Terminology video



# Boccia Pathway



# PATHWAYS





# Making Boccia Accessible

## – Instructor's Award



# Making Boccia Accessible

## – Instructors Award Workshop Overview

Making Boccia Accessible – Instructors Award will provide participants with a brief overview of the boccia, skills and abilities to introduce the game to all children, young people and individuals with an interest in the sport. Theory and practical sessions will provide an overview of the structure of the sport, rules and relevant practices.

- Content:
- Boccia basics
- the court
- benefits of boccia
- delivery styles
- case studies
- further information and contacts

The workshop is 4 hours in duration





# Level 1 Boccia Course



# Level 1 Boccia Course Overview

## **Course Content & Programme of two day course**

- **Coaching & Boccia: Coach Roles & Responsibilities**
- **Technical Aspects of Boccia**
- **Technical Process**
- **Shot Types**
  - Propulsion
- **Principles of Coaching**
- **Techniques & Practice of Coaching**
- **Planning, activity structure & preparation: (Plan – Do – Review)**
- **Communication**
- **Effective Feedback**
- **Reflective Practice**



# Level 1 Boccia Course Overview

- A successful two day pilot coach course was held in Copenhagen on the 14th and 15<sup>th</sup> April 2018, made possible by a grant received from the IPC.
- Twenty delegates attended the course - 12 from the Nordic countries of Norway, Sweden, Denmark, Finland, Iceland, Faroe Islands and 8 international delegates from Mexico, South Africa, Singapore, Hong Kong, Portugal and United Kingdom.
- Trainers from member nations Canada, Scotland and the United Kingdom delivered the course from resources designed and developed in the United Kingdom and Canada.
- Intensive and packed two days of activity, coaching practices and theory sessions.
- Candidates entered into pilot with great enthusiasm and provided excellent feedback which will add real value as the course is refined and developed to make it available to all member nations and regions.

# Level 1 Boccia Course Overview

## **Course Content & Programme of the two day course**

- **Roles and responsibilities of a Level 1 coach:** role model, Teamwork, safeguarding, assisting senior coaches
- **Technical Aspects of Boccia:** method of propulsion, shot types
- **Technical Process:** setting-up, preparation, delivery, follow through
- **Shot Types:** 1<sup>st</sup> ball, placement, push on, push off, smash, ricochet, lob
- **Principles & Practice of Coaching:** communication, effective feedbacks, reflective practice
- **Planning, activity structure & preparation:** (Plan – Do – Review)

# Level 1 Boccia Course Conclusions

Main feedback from the course:

- Most candidate happy with the course / Good learning experience
- Remove Health & Safety, Safeguarding and Equality elements as that is led by individual countries and varies slightly across all.
- Lot of content for two days, need for candidate to do pre-work
- Should be more practical
- The course is still evolving to meet the needs of candidates.



# Getting Boccia Started and Progressing

Anita Laszlo



# HOW TO BUILD UP A BOCCIA TEAM

LIVERPOOL, 14.08.2018

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Anita Maria Laszlo

Hungary



# 1. Year 2005 WHAT BOCCIA IS?

- „MOZGASJAVITO” education and rehabilitation CENTER FOR PHISICALLY IMPAIRED CHILDREN with 154 KIDS age between 5-23

1992 First Boccia National Championship were in this Institute

2005 there was no boccia team in the Institute when arrived

- Poor personal information about the game and rules
- Poor equipment - 2 very old boccia set from „stone age”
- Started to play- only „play the game”
- with 2 kids (BC3) twice a week.
- Relied on their knowledge about the main rules. in the beginnig.
- Main goal: gather kids to play

12 kids were involved in the end of the year





## 2. Year 2006

## ENJOY THE GAME !

- Taking part in the first Kid's Team National Championship with 12 kids : gain the II. and III. place
- Urgently needed proper boccia sets, ramps
- Needed more help for the trainings
- Training 2 times 1 hour
- Get know about the rules and competitions
- Made applications to refresh the equipments
- Contact with boccia ball producers in Portugal and Danmark
- Involved parents to help us during the trainings
- Involved 2 more collauages to help during the trainings



### 3. Year 2007

## LEARN HOW TO TRAIN!

- Enter 5 competitions during the year gain II. place in BC3
- Taking part Kid Team competitions with 6 teams
- Won application to buy equipments
- First boccia training camp were organized in the club



- Increased number for 18 players
- Divided trainings for ramp players and throwers
- Bought 5 new boccia ball sets, buildt 5 hand-made ramps
- Involved 3 more colleauges to work together on trainngs and competitions
- Write notes about excercises how to train boccia





# 4.Year 2008 LEARN TO COMPETE!

- Taking part at the National Championship
- Parents support us



- I. place in BC3, II. place in BC4
- Parents support inevitable especially in BC3 players
- TEAM WORK all together with trainers-players-parents



## 5. Year 2009 ORGANIZE COMPETITIONS!

- Set up and organize the **First Mini Boccia Cup for kids in pairs**
- **6 courts**
- unique rules – short playing court (6mx8m)
- 60 physically impaired kids taking part from whole of the country
- two rounded competitions (autumn and spring)
- **Mini boccia cup since become the most important boccia competition for kids and youth in Hungary**

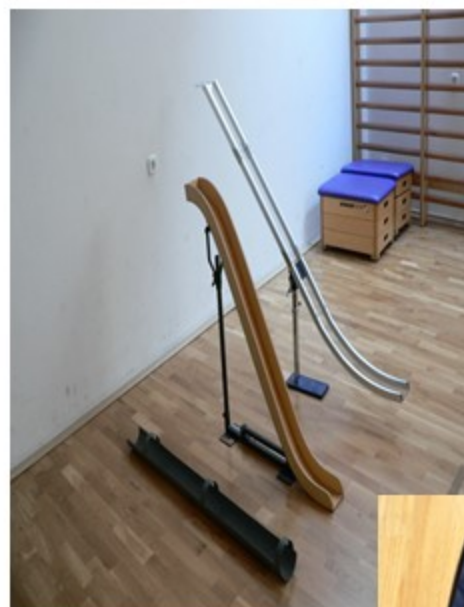




## 6.Year 2010

# MANAGE THE TEAM!

- Gain personal sponsorship
- Made applications for balls and ramps
- Organize National Classification for all players
- Bought new ramp
- Team could APPEAR UNIFORMELY
- 2 new boccia ball sets for BC3 players



## 7. Year 2011

- Lack of national competitions
- MADE AN ASSESSMENT what we have
- Rules
- Technical exercises
- Tactical exercises

- National categorisation for new players
- Made applications for 4 new ramps and
- Private sponsorship
- Try to communicate foreign clubs

- **KEEP UP MOTIVATION – ORGANIZE HOUSE COMPETITIONS**
- **TRY TO COMMUNICATE FOREIGN TEAMS ABOUT THE GAME**

## ASSESS YOUR WORK!



## 8. Year 2012 FIND NEW MOTIVATIONS!

### Facing difficulties:

- No national competitions for adults
- Some of the athletes conditions are deteriorating
- Athletes ageing- some has left
- Enter new players in BC4
- 10 players remained

### Find solutions:

- Launch Mid-Season House Competition
- Bought New boccia balls
- Change categories who needed from BC4 to BC3
- Extend mini boccia competitions with Junior sections
- Made an assessments about what we know about boccia play
- Strong communication with the National Paralympic committee



9.-10. YEAR 2013-14

## TIGHTEN TEAM WORK!

Players won the National Championship in BC3

Enter New players in BC2

Tighten Team-work with trainers

Set up a theoretical Training camp





# 11. Year 2015 MOURNING BESIDE KEEP OPEN TO THE WORLD!

Difficulties:

Three players passed away in three months

Achievements:

Strong communication with the paralympic committee result

Taking part in the first international championship

Strong support for parents

Drove the whole team through the losses

Gain International relations

3 new ramps

Experiences how to international competitions work



## 12. YEAR 2016 EDUCATE TRAINERS!

- Launch referee education in the Institute



- Launch early morning trainings supported by parents





# 13-14. YEAR 2017-2018 LEARN TO WIN!

- Preparing two players for international classification and competition
- Organize open training camp to invite athletes from other clubs
- Give a helping hand to set up the national federation
- BECOME THE MOST SUCCESSFUL BOCCIA CLUB OF THE YEAR!!
- Full organization around international classification in boccia
- How to manage TUE permission
- Prepare to lead the national team abroad
- Get experiences as team leader
- Meet and change experience with other nations
- Taking part in BisFed development committee



# 15. Year 2019

## NEW TARGETS

- Started to build a BC<sub>1</sub>-BC<sub>2</sub> TEAM
- Keep motivated BC<sub>3</sub> players
- Recruit new athlets ( some has left)
- How to organize trainings who left the institute
- Strong communication with the national Federation and PC



# ASSESSMENTS

- 15 Active players nationally classified
  - 6 trainers/ assistants working all together 4 times per week
  - Strong parents' support - (10 parents)- follow us and working with us
  - Gain international classification
- 
- Organize trainings all year around
  - Organize competitions
  - Organize one week training camp every year since 2007
  - Organize Mini boccia competitions for introduce children in boccia twice a year since 2009
  - Organize national classification for boccia players in the Institute
  - Manage the whole team -made applications and gain personal sponsorship



# CHALLENGES

- Maintain motivation
- Support players
- Support parents
- Train the coaches and assistants, referees
- Support and maintain good communication
- Prepare how to compete in international level
- Learn from other nations
- Taking part international coach advanced studies
- Assessments, conclusions
- NEW TARGETS



# ENJOY YOUR TEAM!



# Questions ?





# Discussion Groups

**In groups please discuss the following topics**

1. Do you have any observations or thoughts on the pathway and terminology?
2. The focus for the development until 2020 is coaching. What are your future coaching needs?
3. Will your nation/region request any BISFed coaching courses over the next 3 years?
4. What other developments are required over the next 3 years?
5. What does success look like for boccia in terms of development by Spring 2021?

# Discussion Groups Feedback



# Thank you

