

# **Bocce Ball**

**Department:** Counseling and Recreation

**Priority:** Elective

**Overall purpose of class:**

To improve eye-hand coordination, righting reactions, proprioception and all skills necessary to achieve and maintain dynamic balance during functional activities. Bocce Ball has become such a favorite functional balance activity that it is currently a dedicated class. It requires shifting weight, arm use and good eye hand coordination.. A secondary class purpose is to provide students with a leisure skill that may be new for them. Bocce Ball courts as part of restaurants are available in Santa Cruz and in neighboring communities.

**Number of classes held per week:**

Classes are held daily

**Optimum class time:**

Scheduled throughout the day

**Instructor requirements:**

1

**Number of students:**

Depends on abilities, about 8 usually or 10 and determined by space and equipment and how many people can be safely supervised.

**Student ability range and limitations:**

Students who can participate without assistance and who have adequate vision take and enjoy these classes. All activities are adapted to accommodate a wide variety of physical impairments.

**Space and Equipment requirements:**

Space appropriate for available equipment.

**Student Needs to be met from the perspective of the instructor:**

- Social interaction
- Leisure engagement
- Learning to participate in activities with disability
- Increased dynamic balance and upper body strength

**Typical Student Goals that lead to placement in the class:**

Students requesting this class may have prior experience with one or more of the activities and want to regain or improve skills, or they indicate to the counselor that they want to make better use of their arms and increase upper extremity function.

### **Adapted Bocce Ball**

Bocce Ball Rules:

Bocce is a game of skill and strategy. The object in adapted bocce is for the student to get their 2 balls closest to the pallina (the golf ball or smallest ball). Each player must take turns rolling (lagging) the ball toward the pallina,(also known as the jack, cue, beebie, etc.). The jack is thrown onto the "field". The players are given 1 point for being the closest to the pallina and 2 points for kissing (bocce) the pallina. Balls may be displaced by balls of the other players. The person with the most points at the end of the game (in our case - when the class is over) wins. Prizes such as free coffee or tea are given.

The game can be played on a real court or inside with simply made adaptations.

Benefits to students:

- Sequencing - who's turn, when
- Eye / hand coordination
- 3-color recognition
- General socialization
- Cognitive support for others -- "rooting for"
- Peer support/relationship building
- Reaching - picking up off of the floor
- Abdominal exercise - bending a return
- Sense of competition - urging brain to try harder in fun
- Use of affected hand - for strengthening and opening fingers
- Evaluating own performance
- Depth perception
- Balance - getting in and out of chair in close quarters
- Stamina - staying with game
- Building tolerance for competition
- Building patience
- Building courtesy
- Helping each other
- Shoulder mobility
- Sense of timing - appropriateness of timing
- Leg extremity
- Foot and toe extremity
- Finger dexterity - gripping and letting go of ball at appropriate time