



Brazil

Boccia Workshop

Boccia Tactics





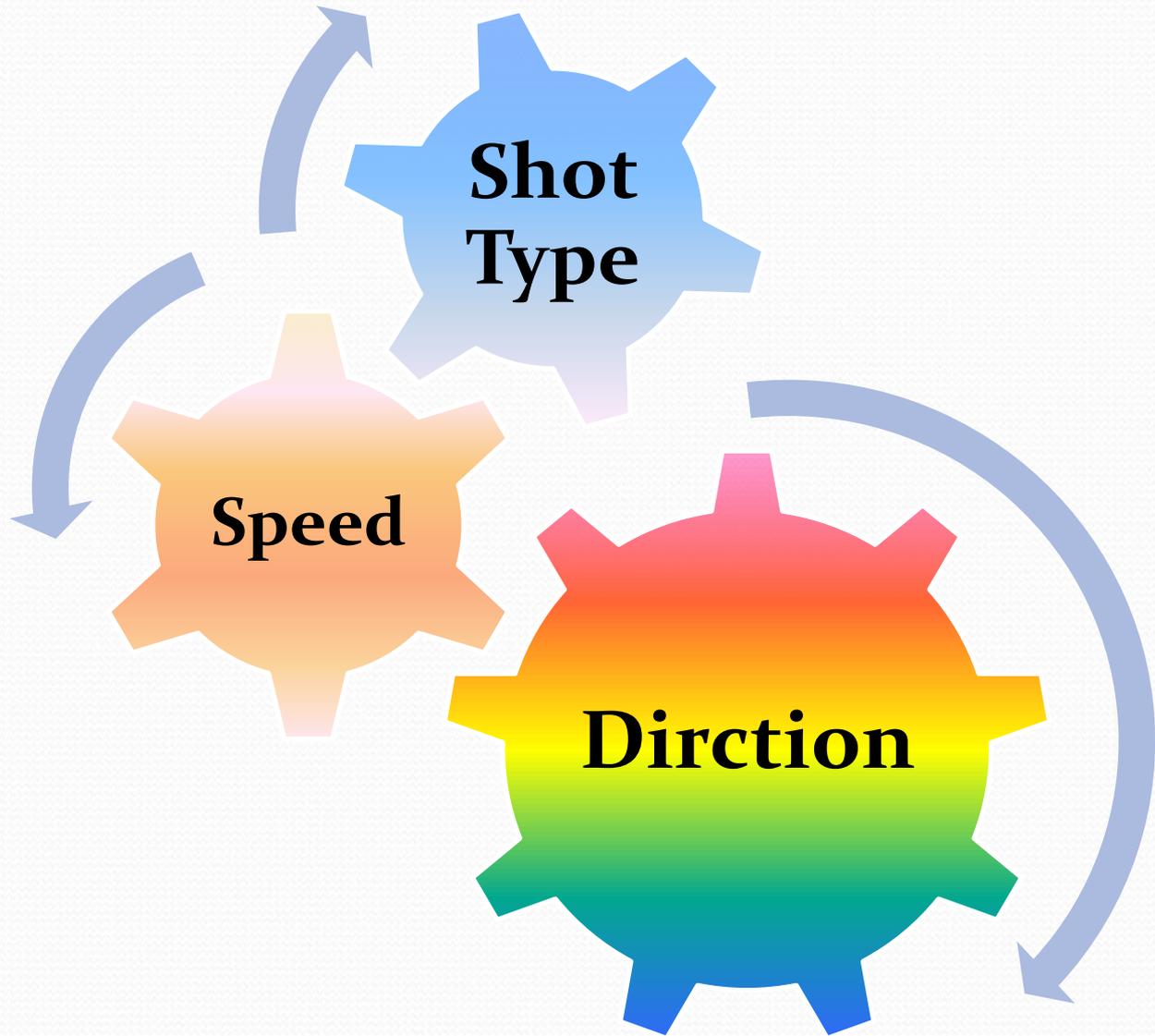
How can we improve Boccia Tactics?

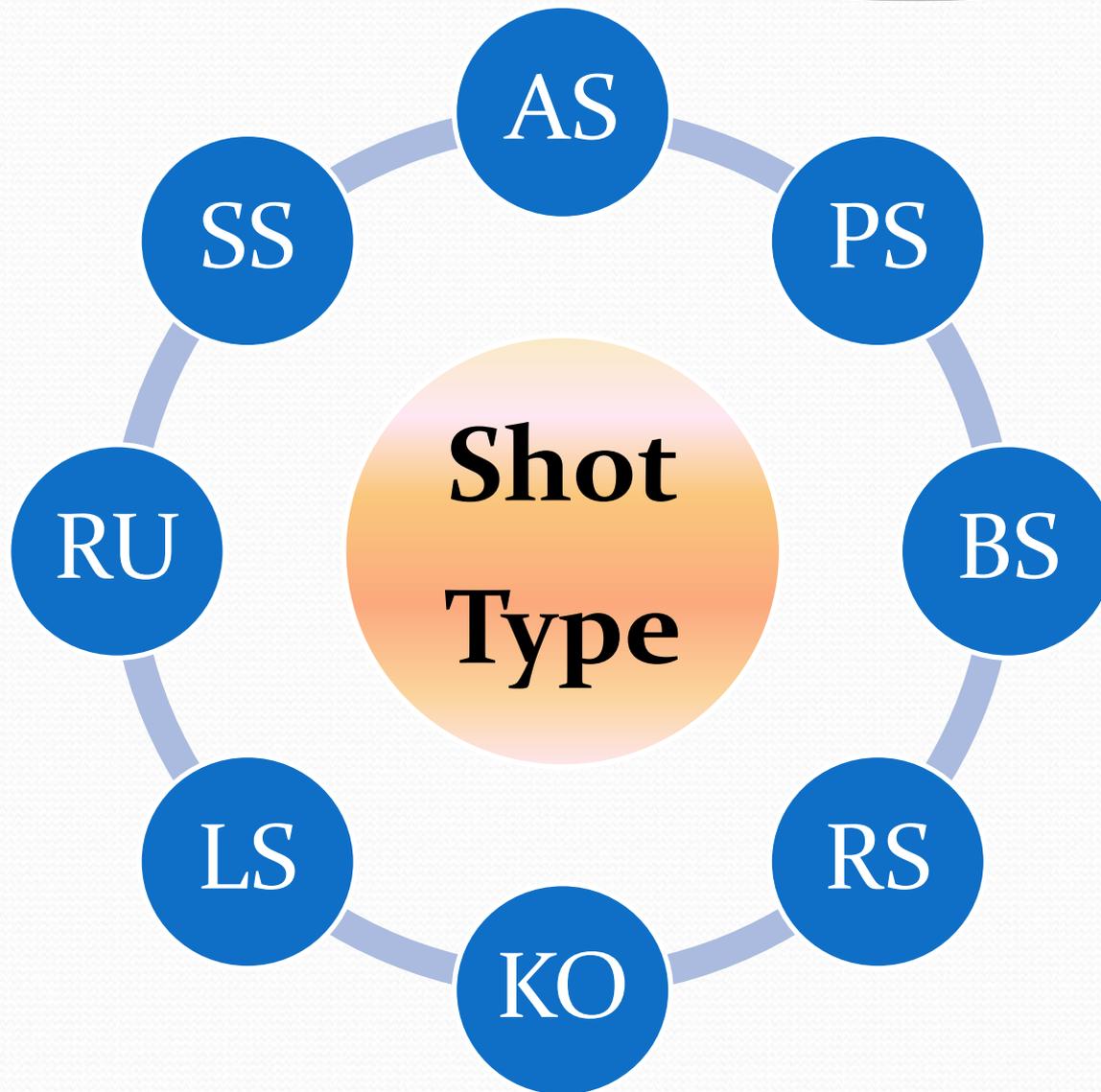
How can we live happy Life?

Reinhold Niebuhr (American Theologian, Ethicist)

< Serenity Prayer >

**“God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference”**





Shot Accuracy

Accuracy
Power

Understanding
shot accuracy
per each distance
per each shot type

Understanding Game flow

- Which end
- How many balls
- Point Difference

- **Experience**
- **Game Analysis**

Athlete's Tendency

- **Aggressive**
- **Defensive**

- **Find own**
Tactics

We should know Shot accuracy Data

Boccia Shot Accuracy Evaluation Sheet

2018	January
Name	

1st Week

Type	1	2	3	4	5	6	AVG	AVG/100
AS							0	0.0
LU							0	0.0
PS							0	0.0
KS							0	0.0
Total Accuracy Point								0.0

2nd Week

Type	1	2	3	4	5	6	AVG	AVG/100
AS							0	0.0
LU							0	0.0
PS							0	0.0
KS							0	0.0
Total Accuracy Point								0.0

3rd Week

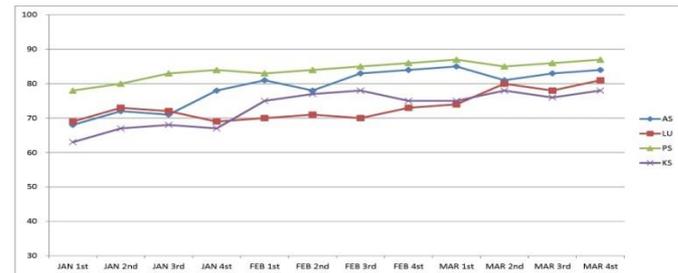
Type	1	2	3	4	5	6	AVG	AVG/100
AS							0	0.0
LU							0	0.0
PS							0	0.0
KS							0	0.0
Total Accuracy Point								0.0

4th Week

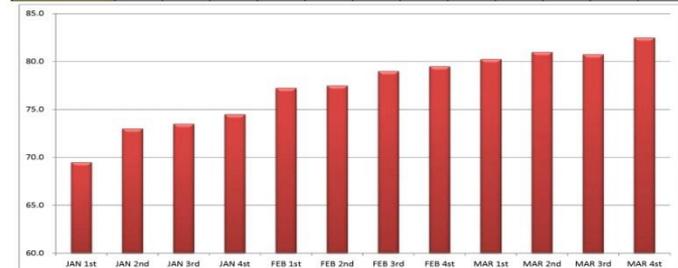
Type	1	2	3	4	5	6	AVG	AVG/100
AS							0	0.0
LU							0	0.0
PS							0	0.0
KS							0	0.0
Total Accuracy Point								0.0

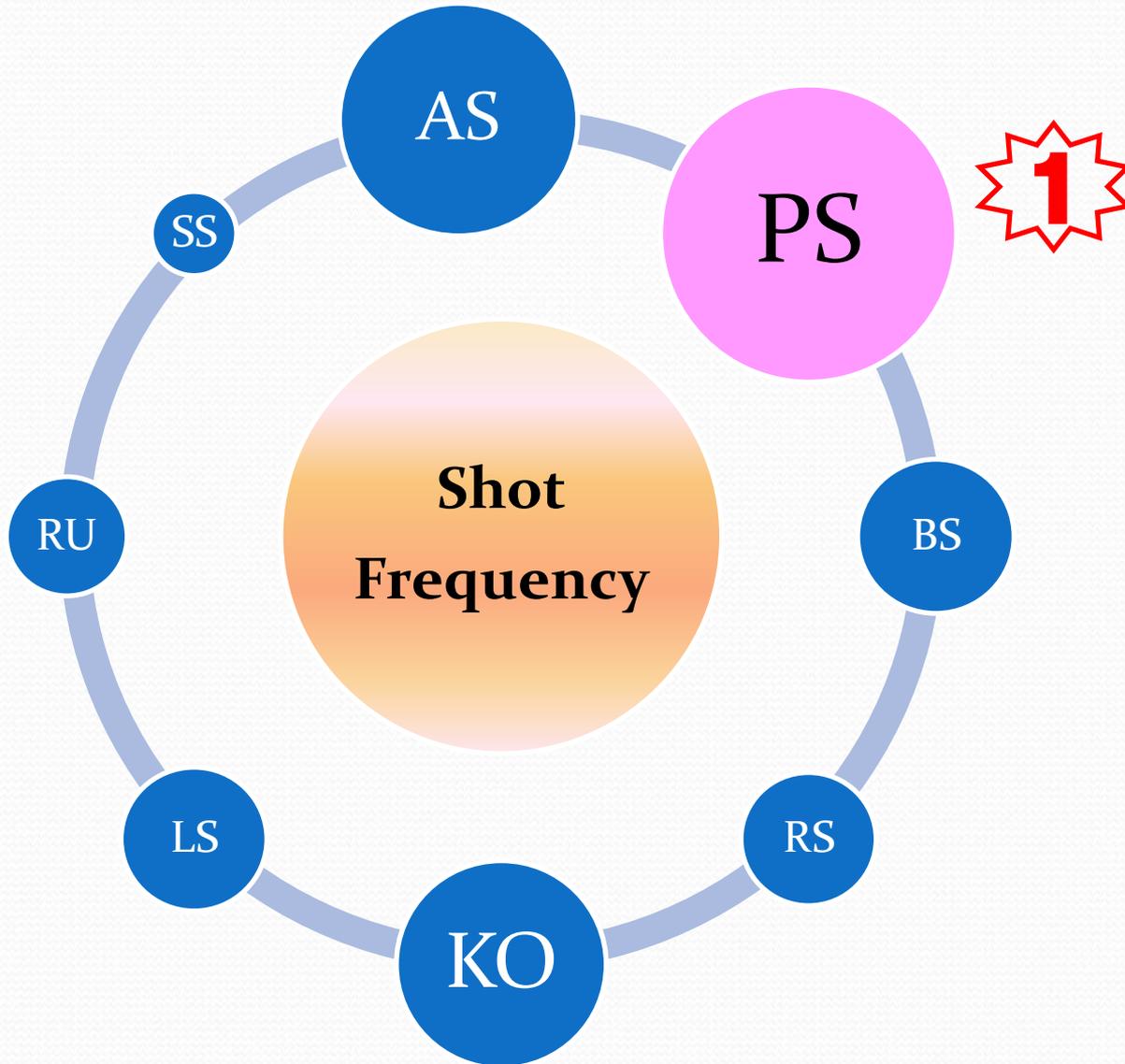
Boccia Shot Test Analysis

Shot Type	JAN 1st	JAN 2nd	JAN 3rd	JAN 4st	FEB 1st	FEB 2nd	FEB 3rd	FEB 4st	MAR 1st	MAR 2nd	MAR 3rd	MAR 4st
AS	68	72	71	78	81	78	83	84	85	81	83	84
LU	69	73	72	69	70	71	70	73	74	80	78	81
PS	78	80	83	84	83	84	85	86	87	85	86	87
KS	63	67	68	67	75	77	78	75	75	78	76	78

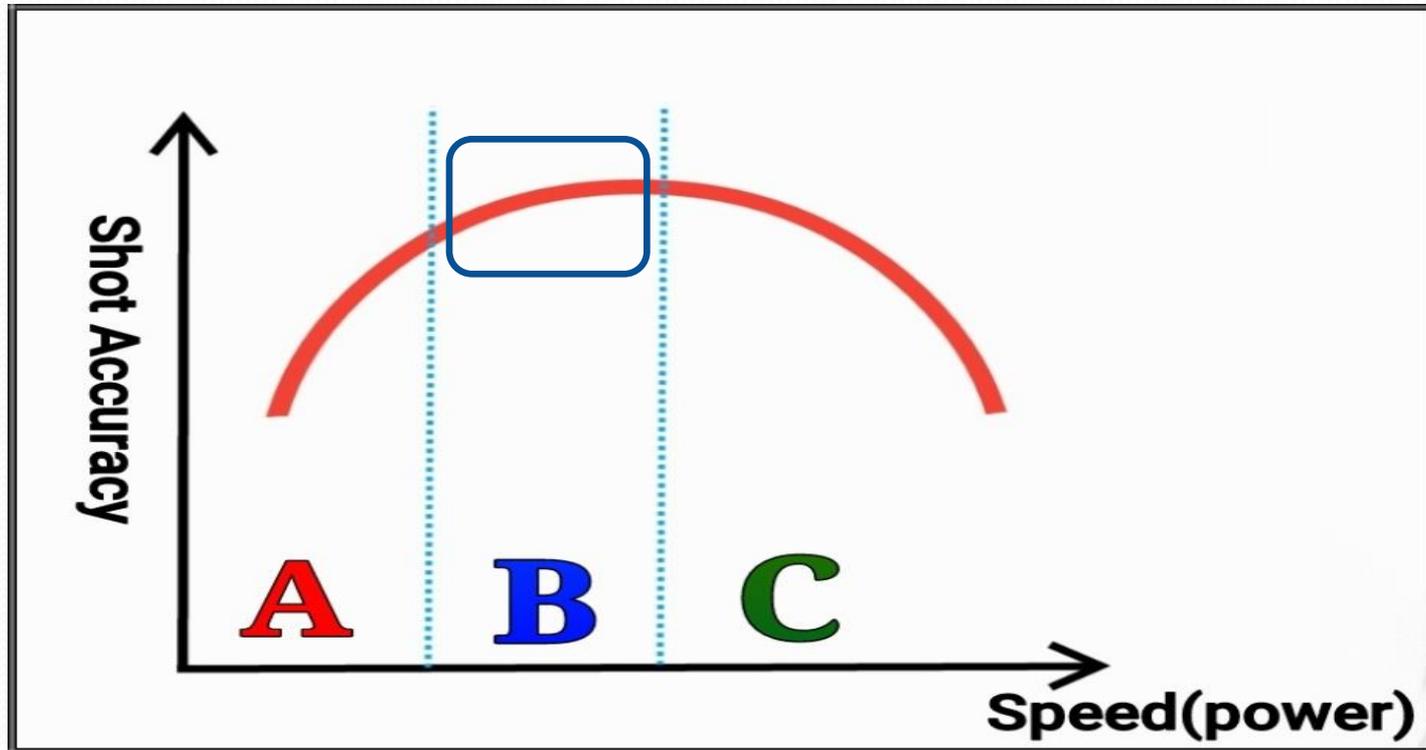


Total Points	JAN 1st	JAN 2nd	JAN 3rd	JAN 4st	FEB 1st	FEB 2nd	FEB 3rd	FEB 4st	MAR 1st	MAR 2nd	MAR 3rd	MAR 4st
	69.5	73.0	73.5	74.5	77.3	77.5	79.0	79.5	80.3	81.0	80.8	82.5





Boccia Shot Accuracy's Law



A Zone : Approaching Shot, Blocking Shot

B Zone : Pushing Shot, Knock Off (weakly),

C Zone : Knock Off(strongly)

Use the pre-existing Ball!

Move pre-existing ball
to make a **good structure**

Pushing Shot with a proper speed

Knock Off with a proper speed



Example of KO shot



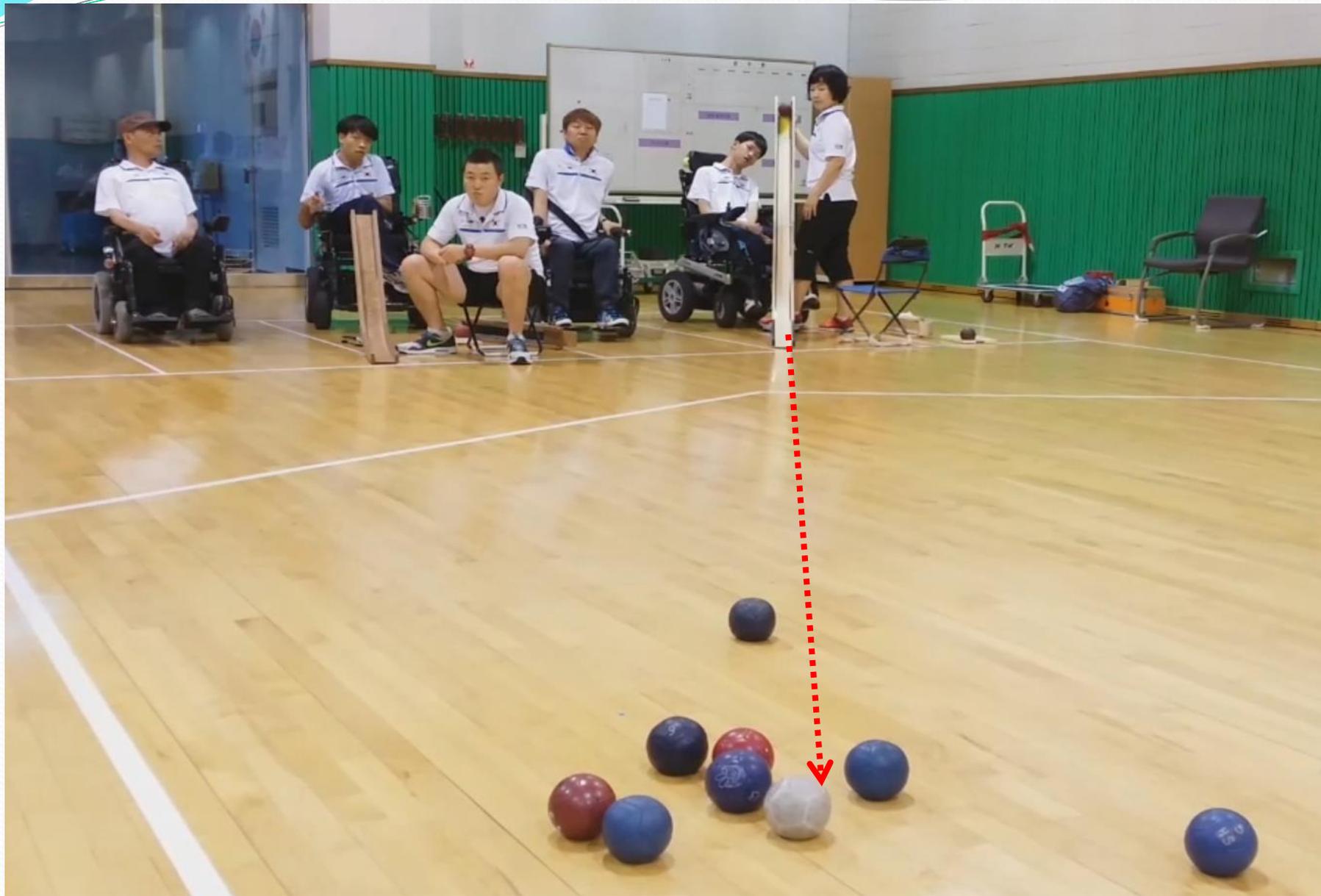


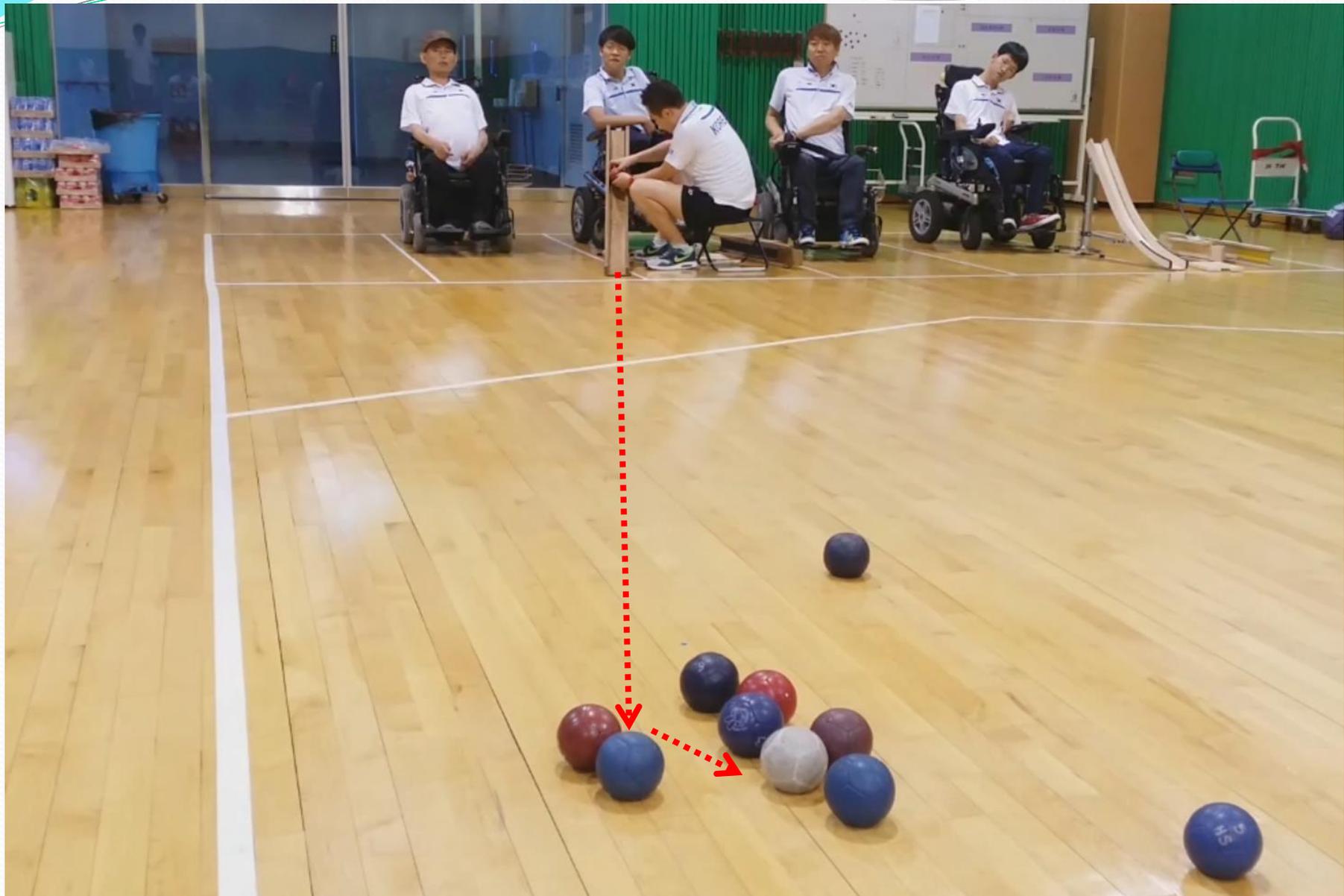


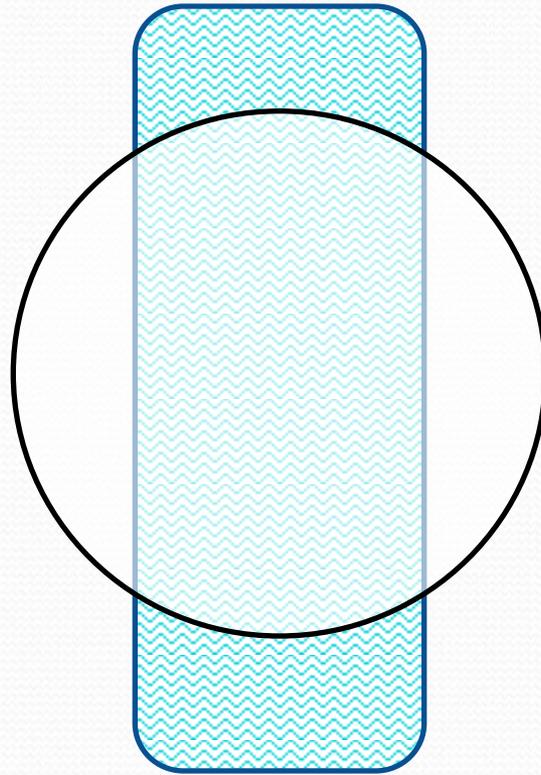
Example of Pushing shot



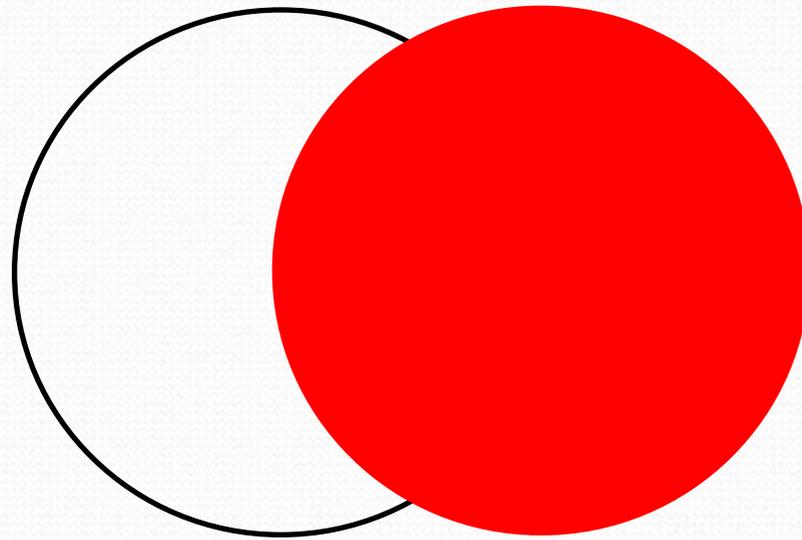




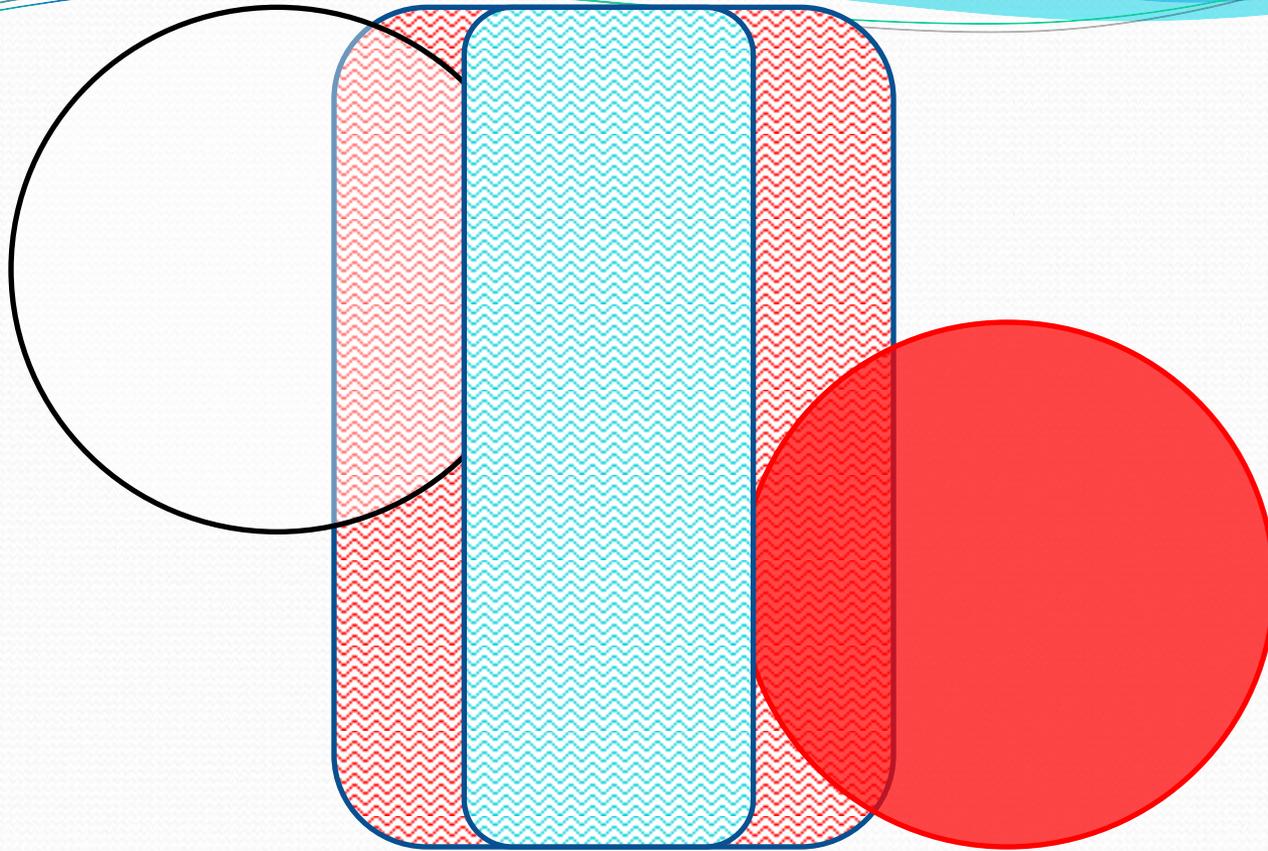




If you take a Knock off strongly,
Valid area : 0.5



If the colored ball is kissing the Jack while Jack is opened more than 25%

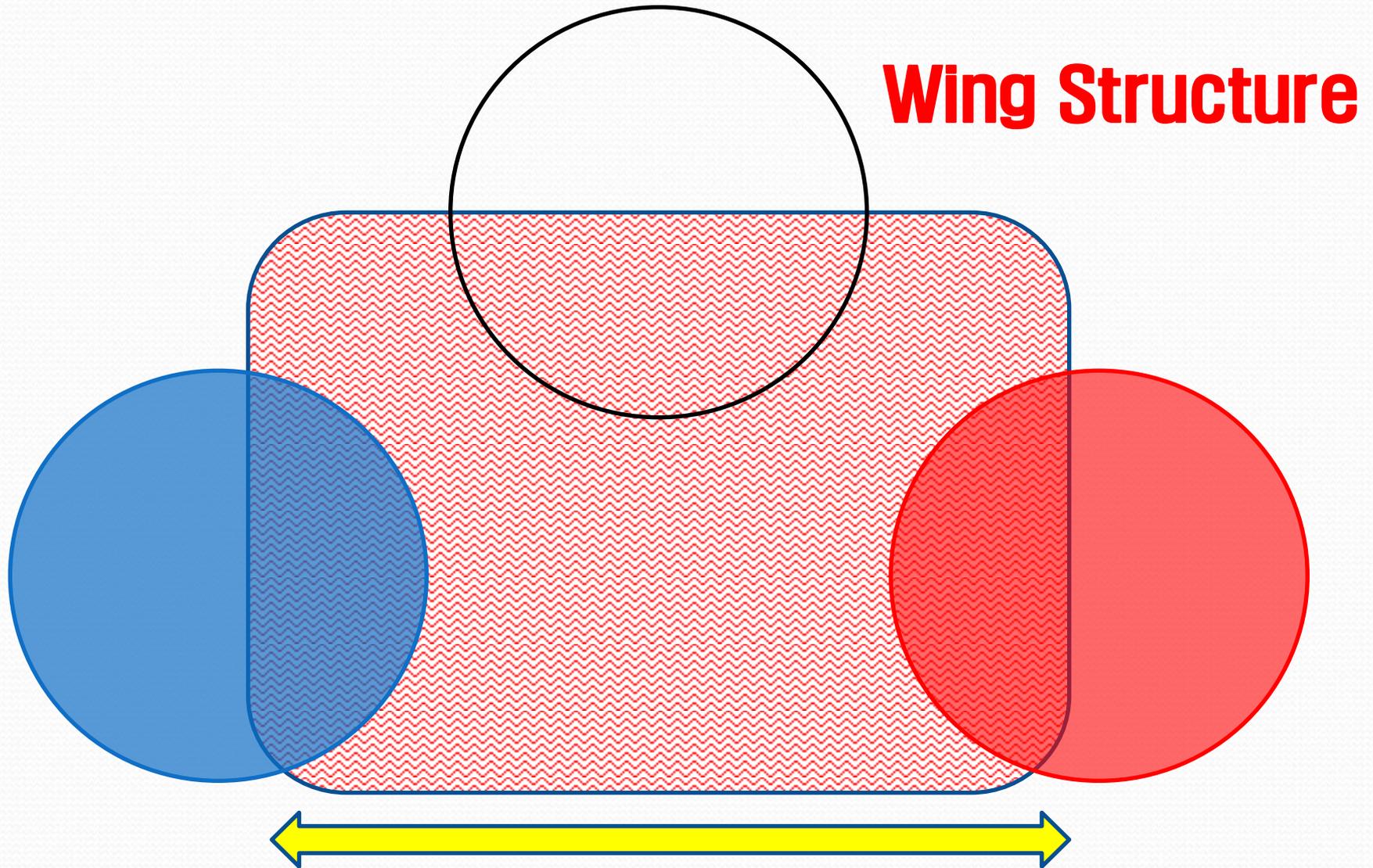


If you take a Knock off weakly,

Valid area : **1.0 ($\times 2$)**

Success Ratio : **more than 2 times**

The structure athletes like the most



Advantage of making Wing Structure

Increase the next shot Success

Hard to Knock off

**Make the structure as you want
with a **Proper Speed Shot****



**Don't rely on the accuracy of
Approaching shot too much!
Connect the each shot!**

imperfctet
Ball

+

Overcome

Speed
Power

imperfctet
Court

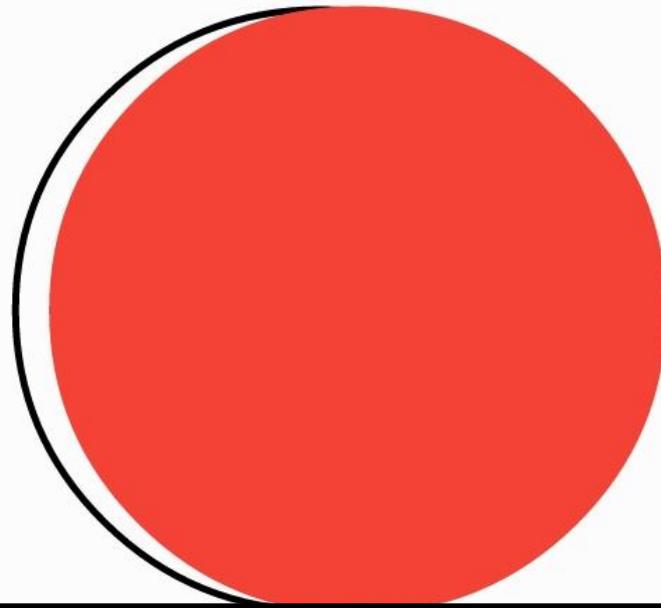
Determine KO Speed(Power)

How much the balls are overlapped

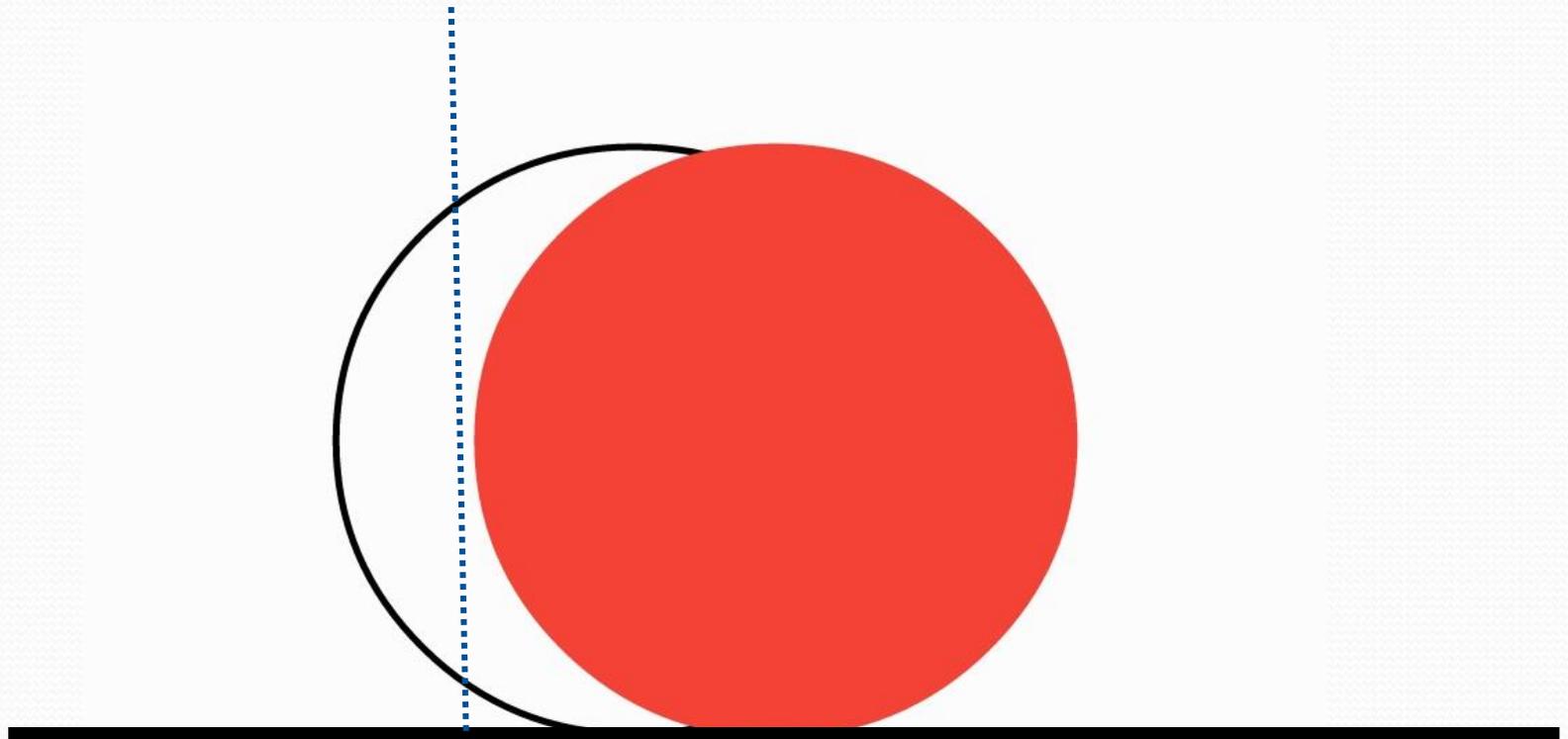
How far the ball is located

**How soft and sticky the ball is and
How sticky and level the court is**

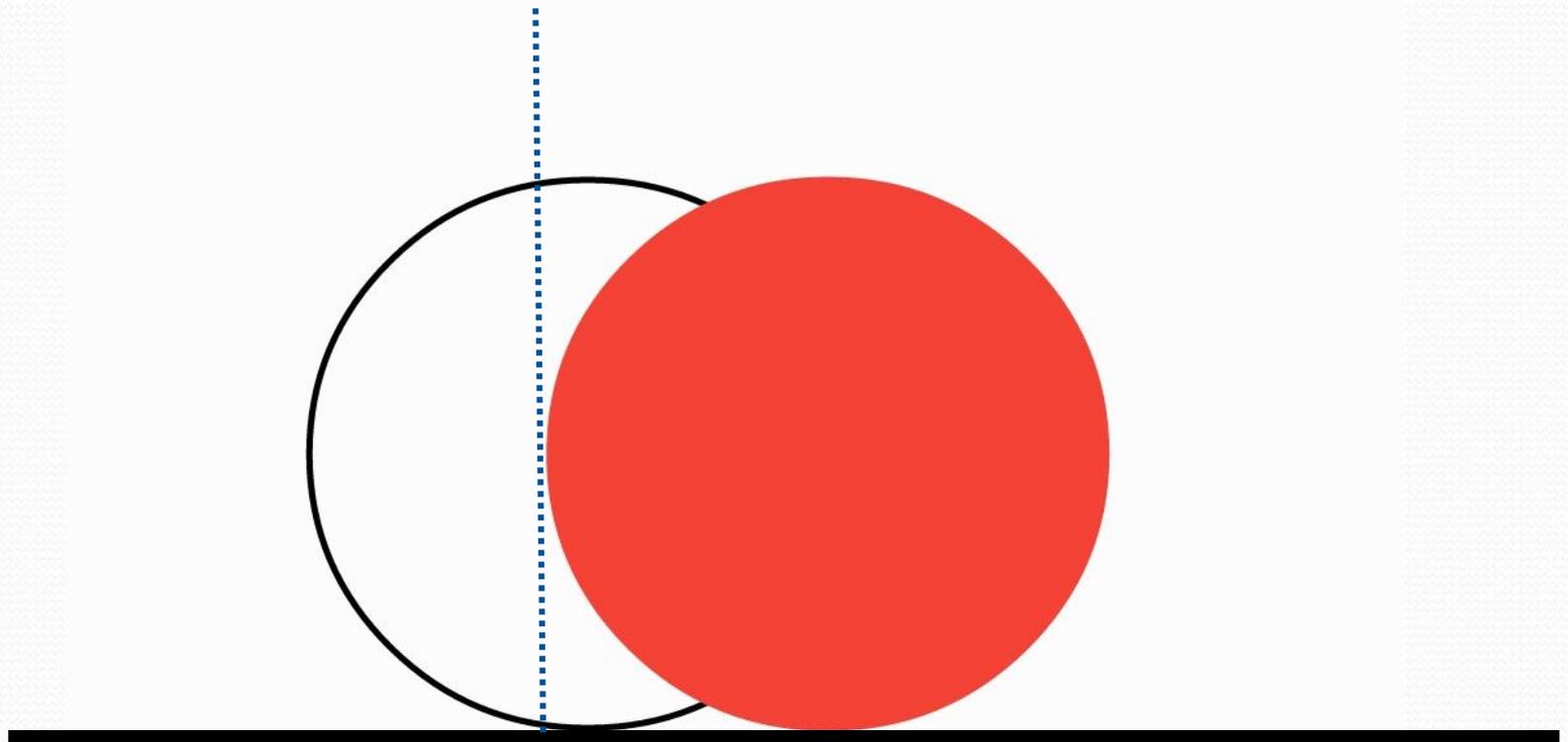
Kissing the Jack with 0% Open



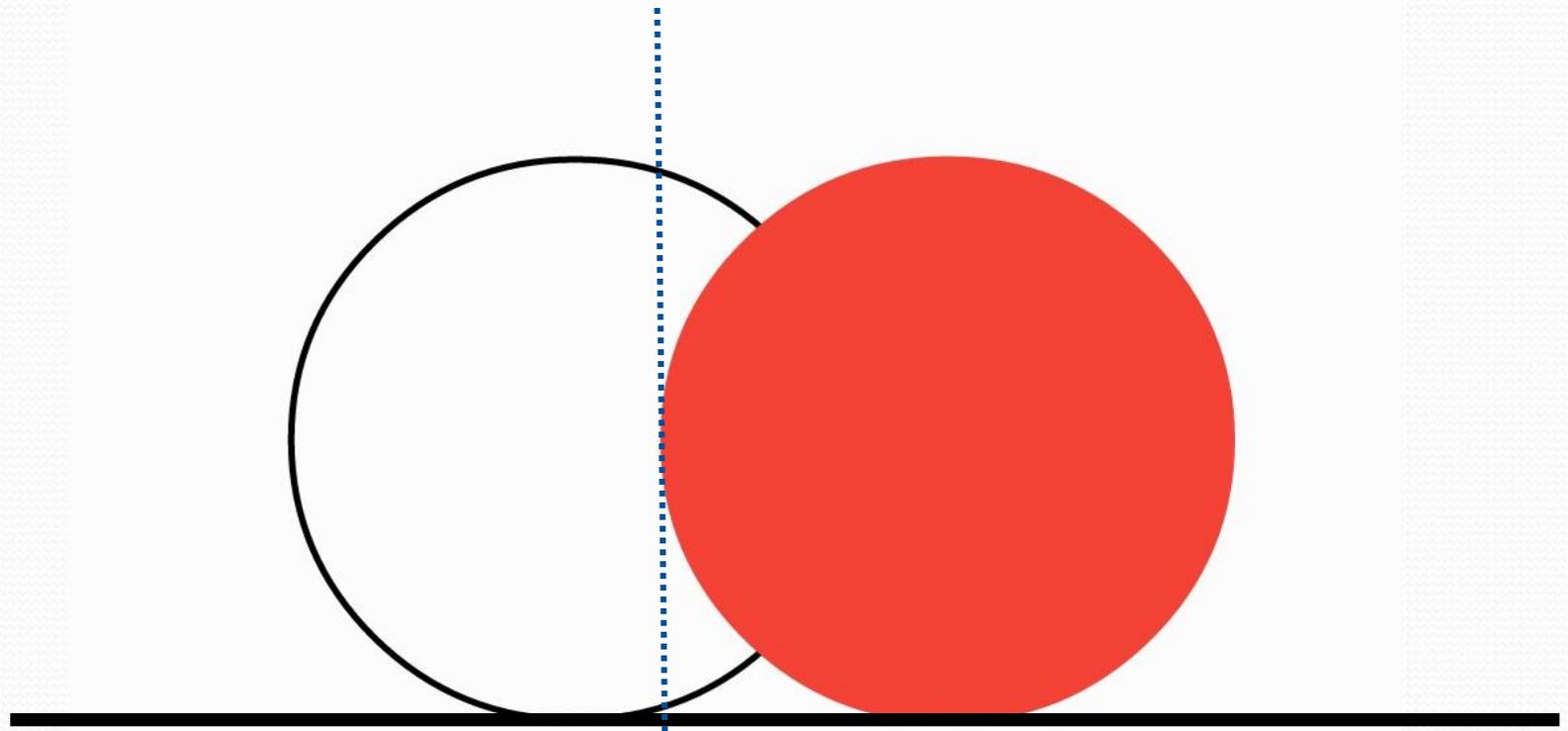
Kissing the Jack with 25% Open



Kissing the Jack with 50% Open



Kissing the Jack with 75% Open

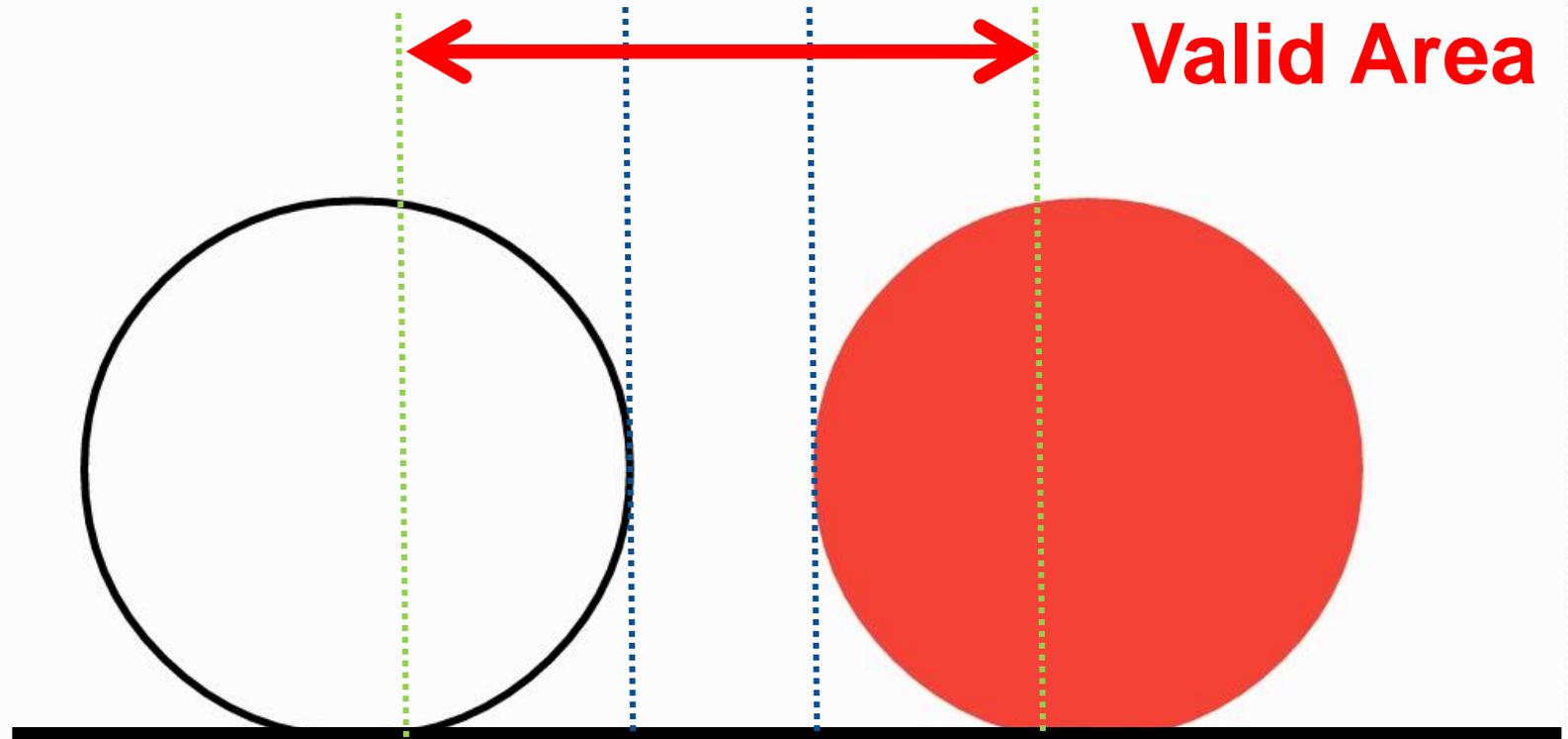


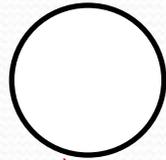
So It is very important **to control the speed of Knock off Shot** according to Jack's Open Situation.

But another **variable** is that some balls have **different texture**(sticky ball).

So it is also very important to **check the balls in the call room** carefully before the match, and **find out the balls' movement** during 1st and 2nd end.

Make the Half Wing Structure!





Approaching Shot

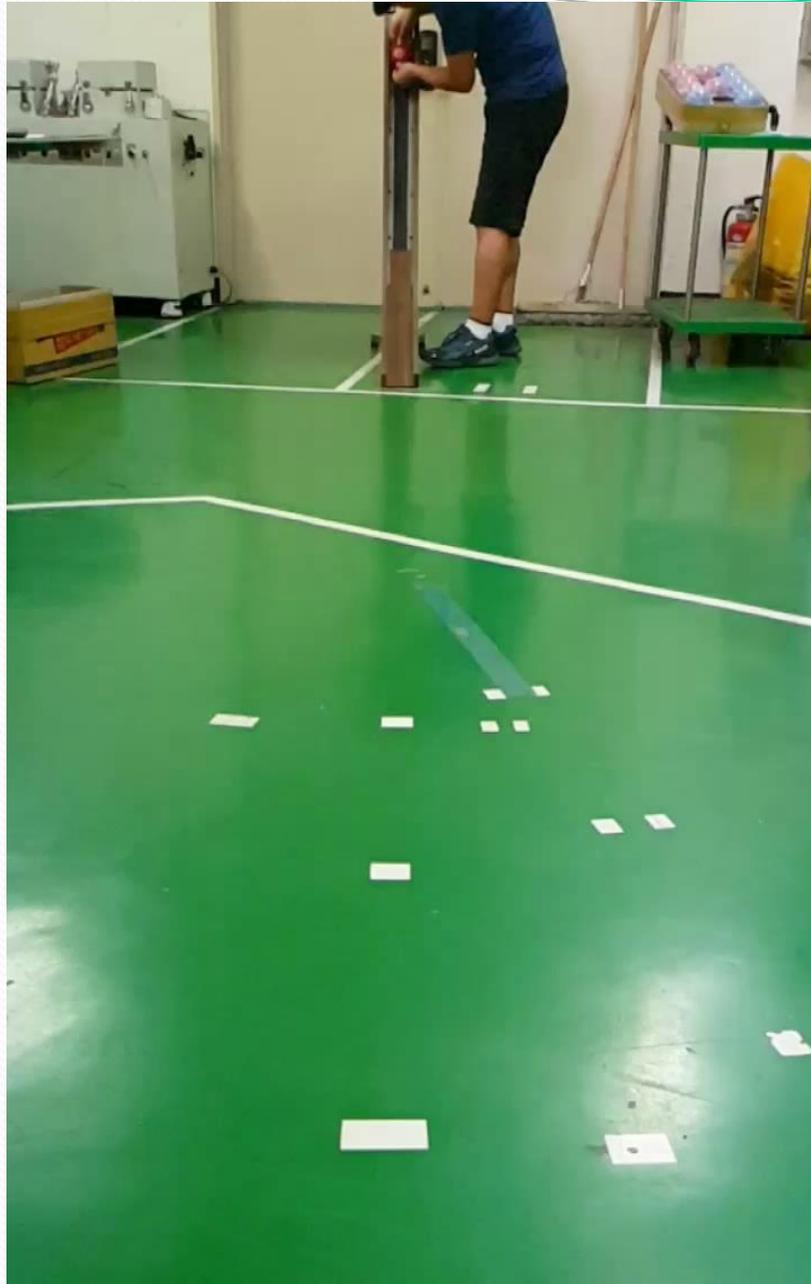
When the speed of the ball

is decreased,

the ball rolls curved

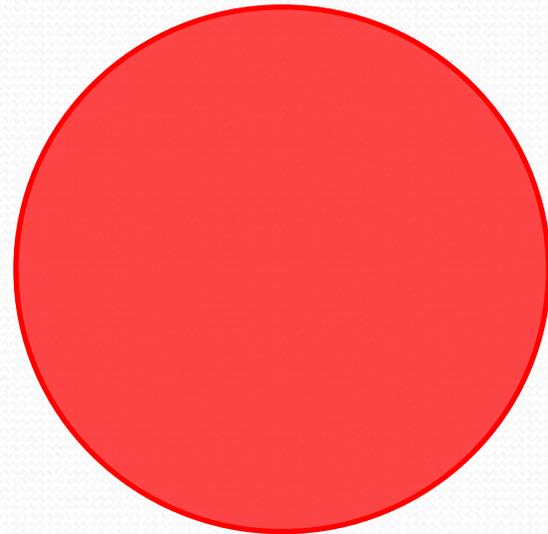
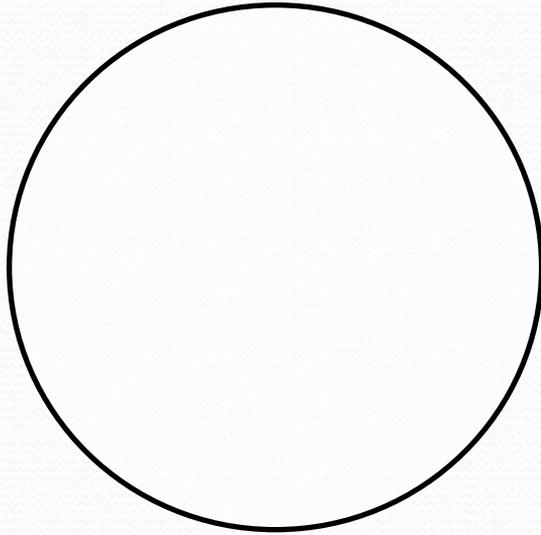
because of

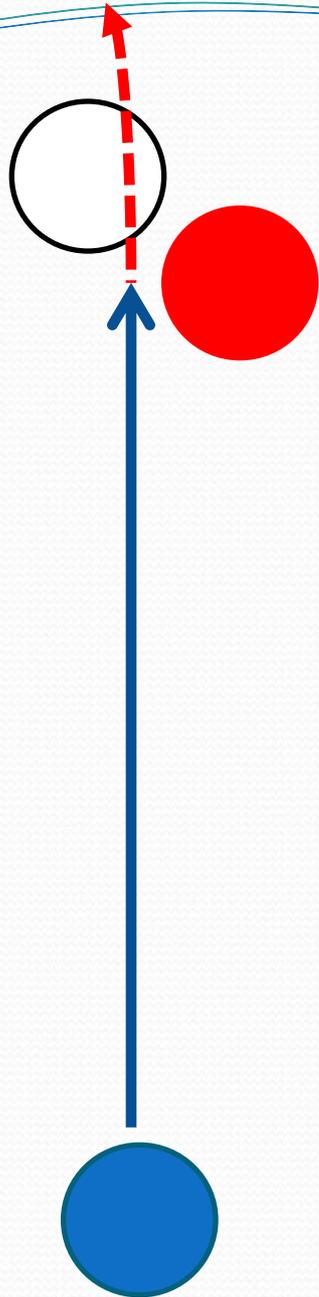
court level or **ball's property.**





Make Half Wing Structure!





Pushing Shot

So if the valid area gets wider,

We should increase

the ball' Speed.

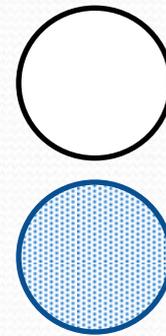
Then you can increase

the shot's success ratio.

Making the structure by Pushing Shot

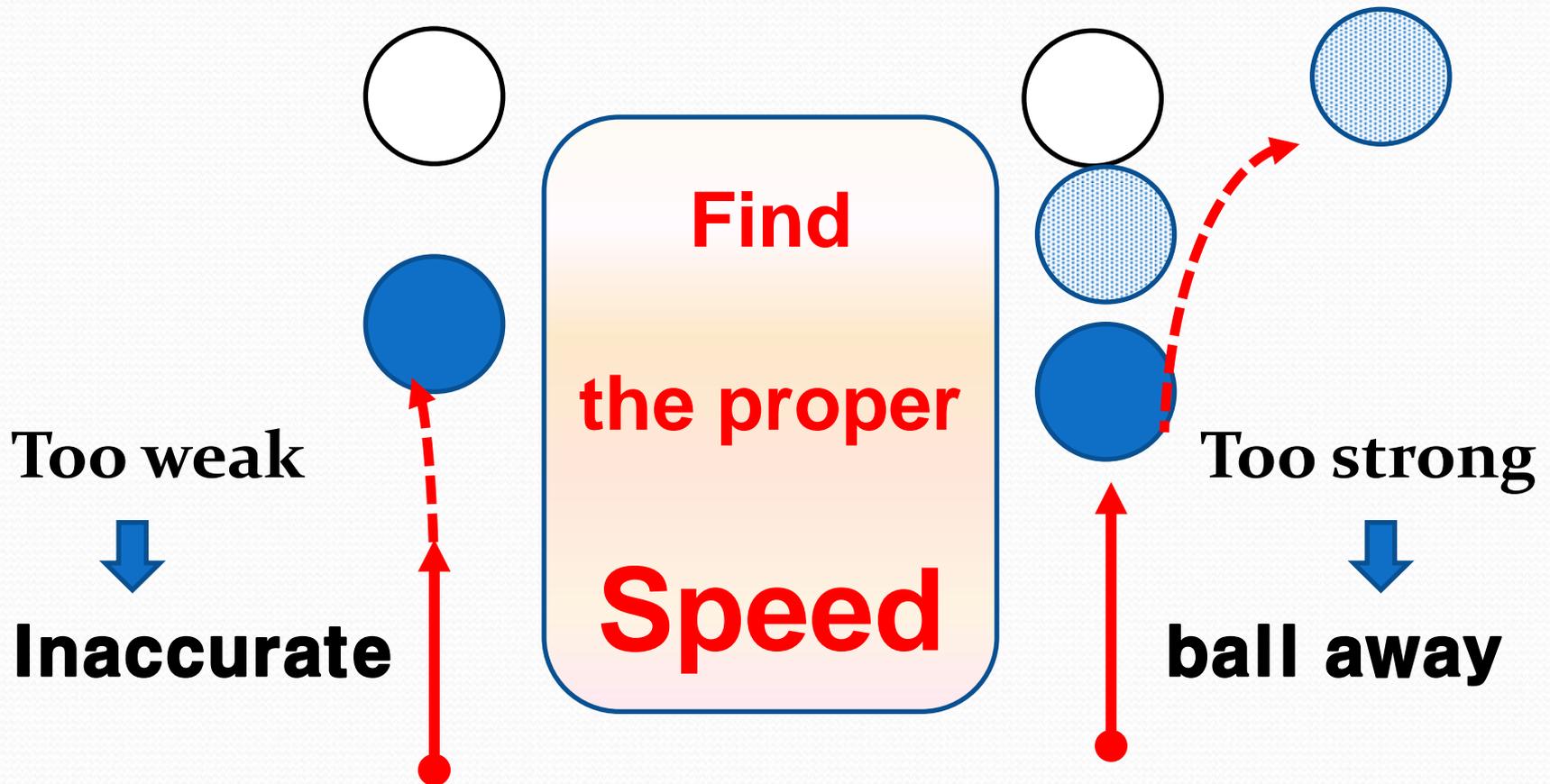


D 1 Move



D3 Move

Delemma of the Speed of PS



Increase the Ball Speed(Power)

**Unexperienced Throwing Skill
and Aiming Skill**

Not good court Level, Sticky surface

Sticky ball and Super Soft ball

Watch the Balls' structure carefully for Good Tactics

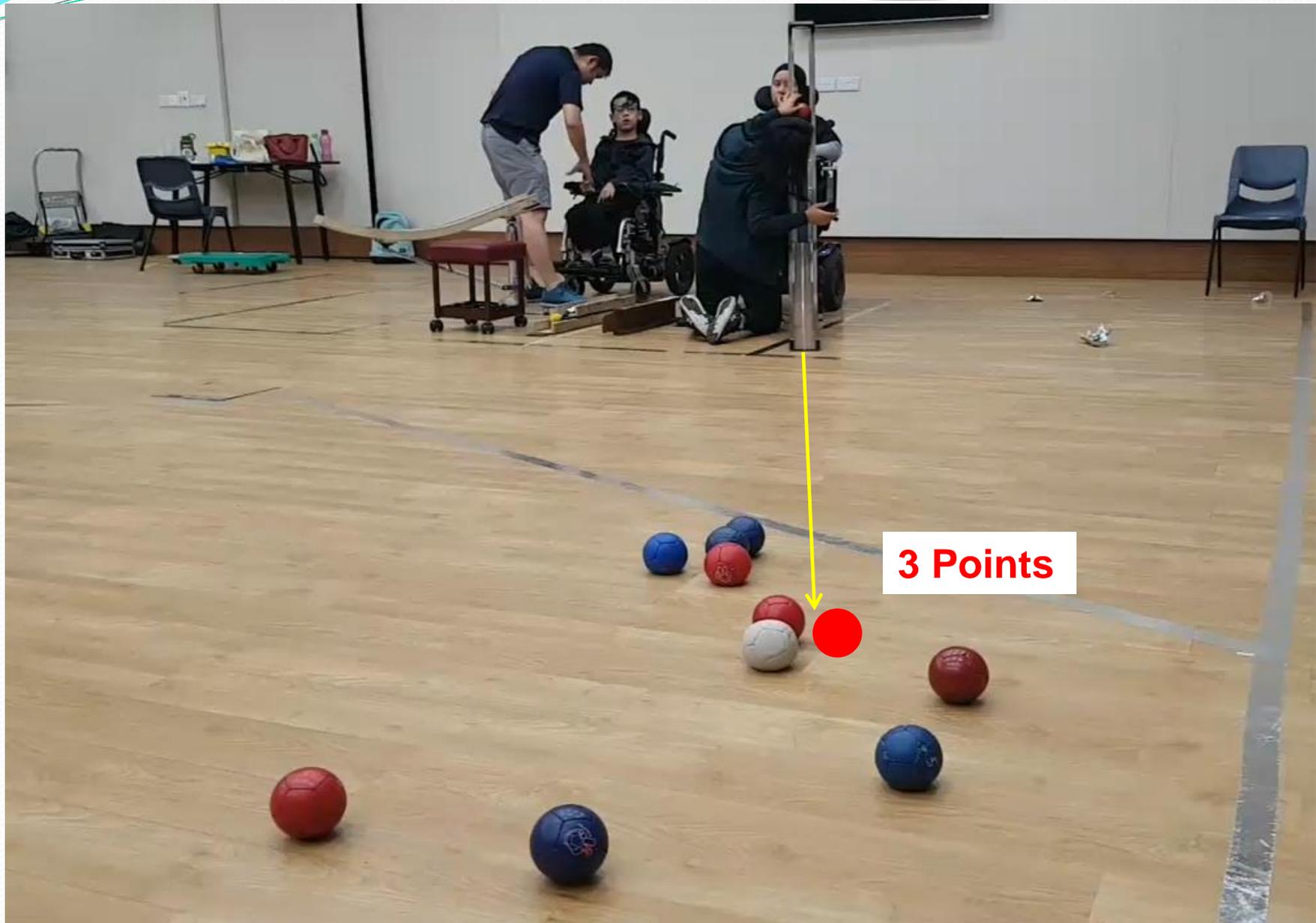
Watch the structure **widely**,

Don't focus on the balls near the Jack

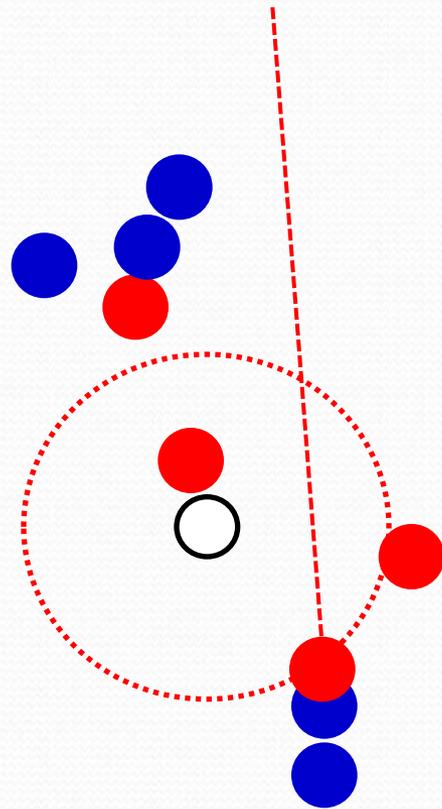
Watch the structure

from **Bird view**

Watch the **distance of the balls**
carefully



3 Points



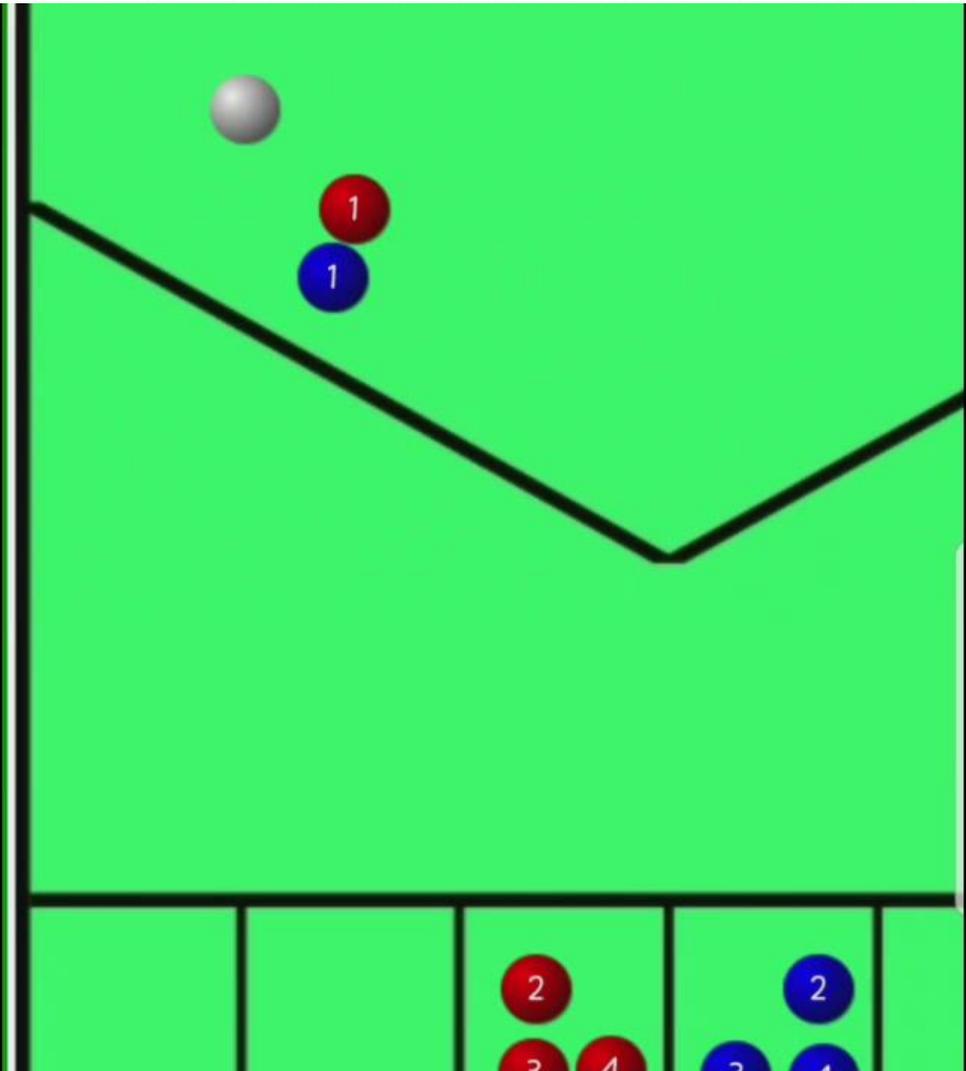
4 Points





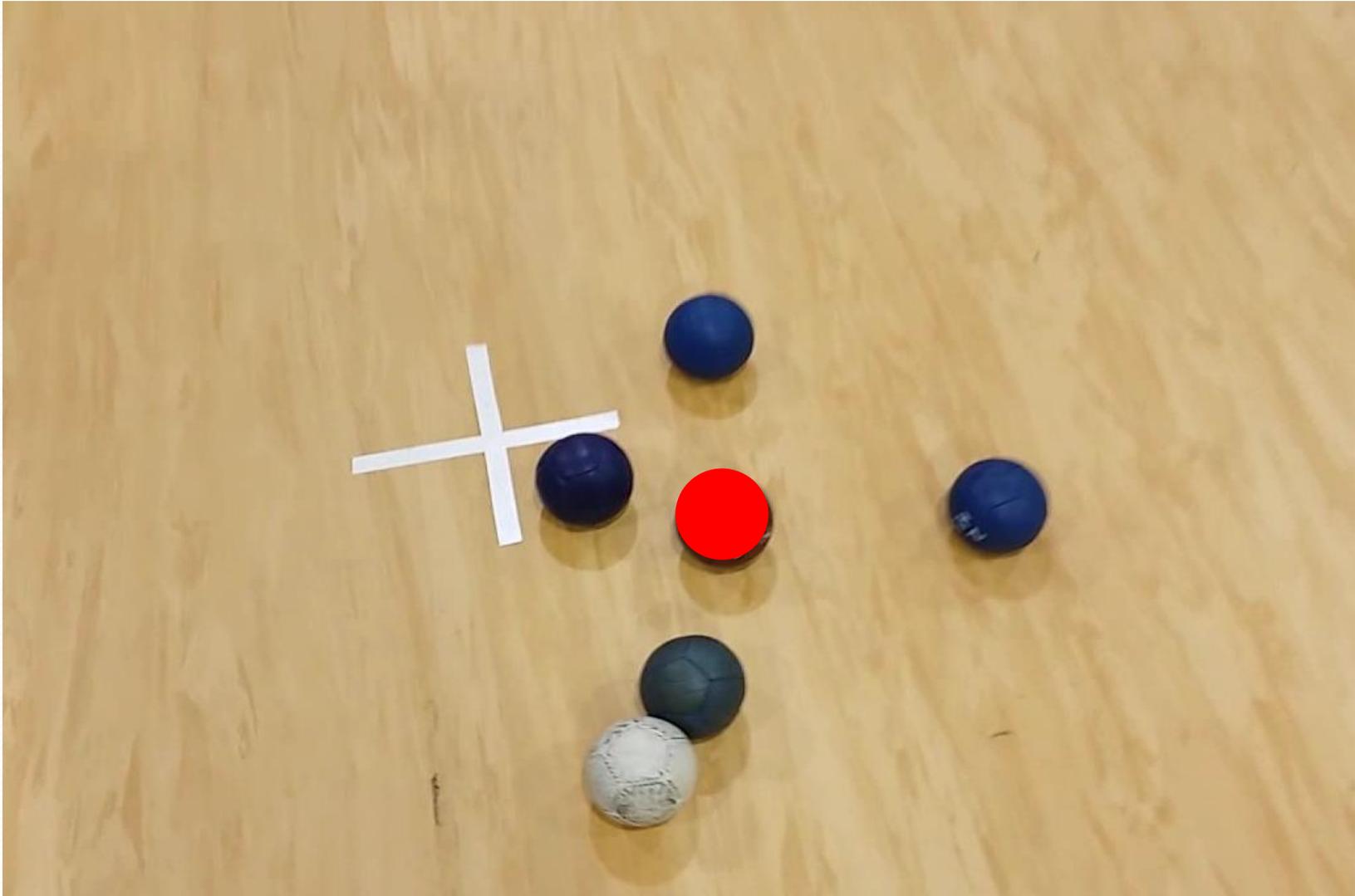
**When colored balls overlap,
Proper Speed PS doesn't change the
turn is important**

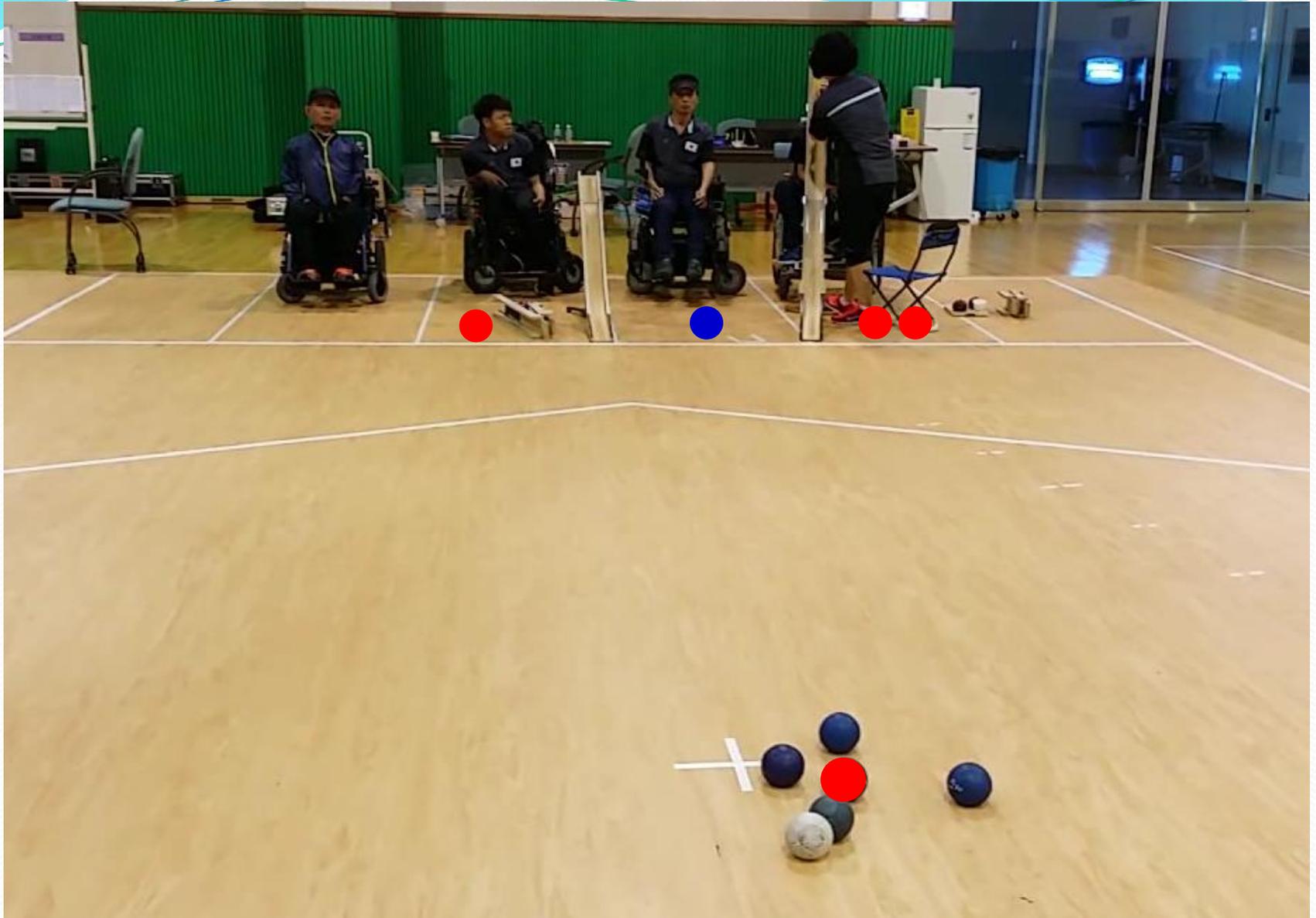


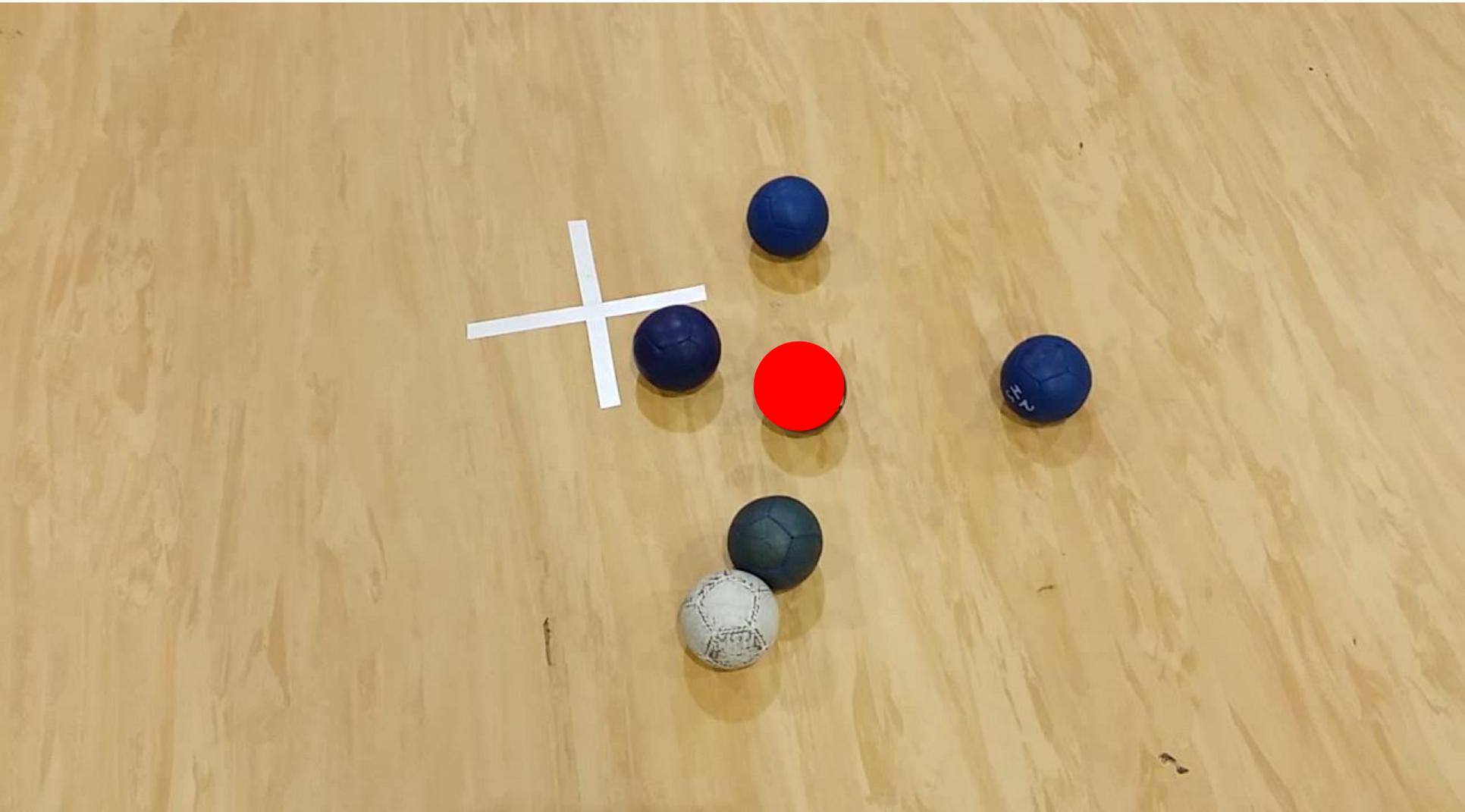


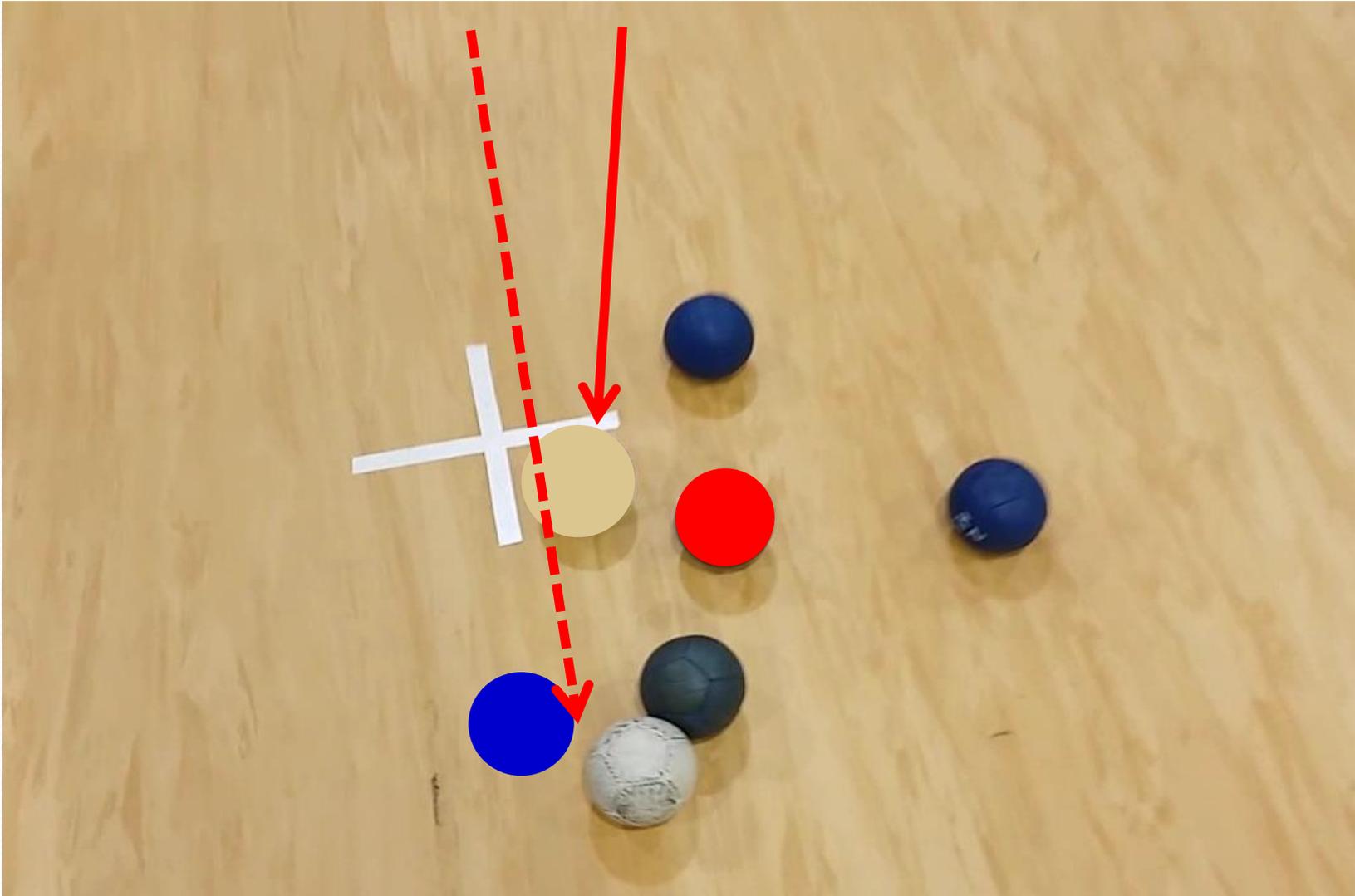


Case 1
Good Tactics
with a good PS shot



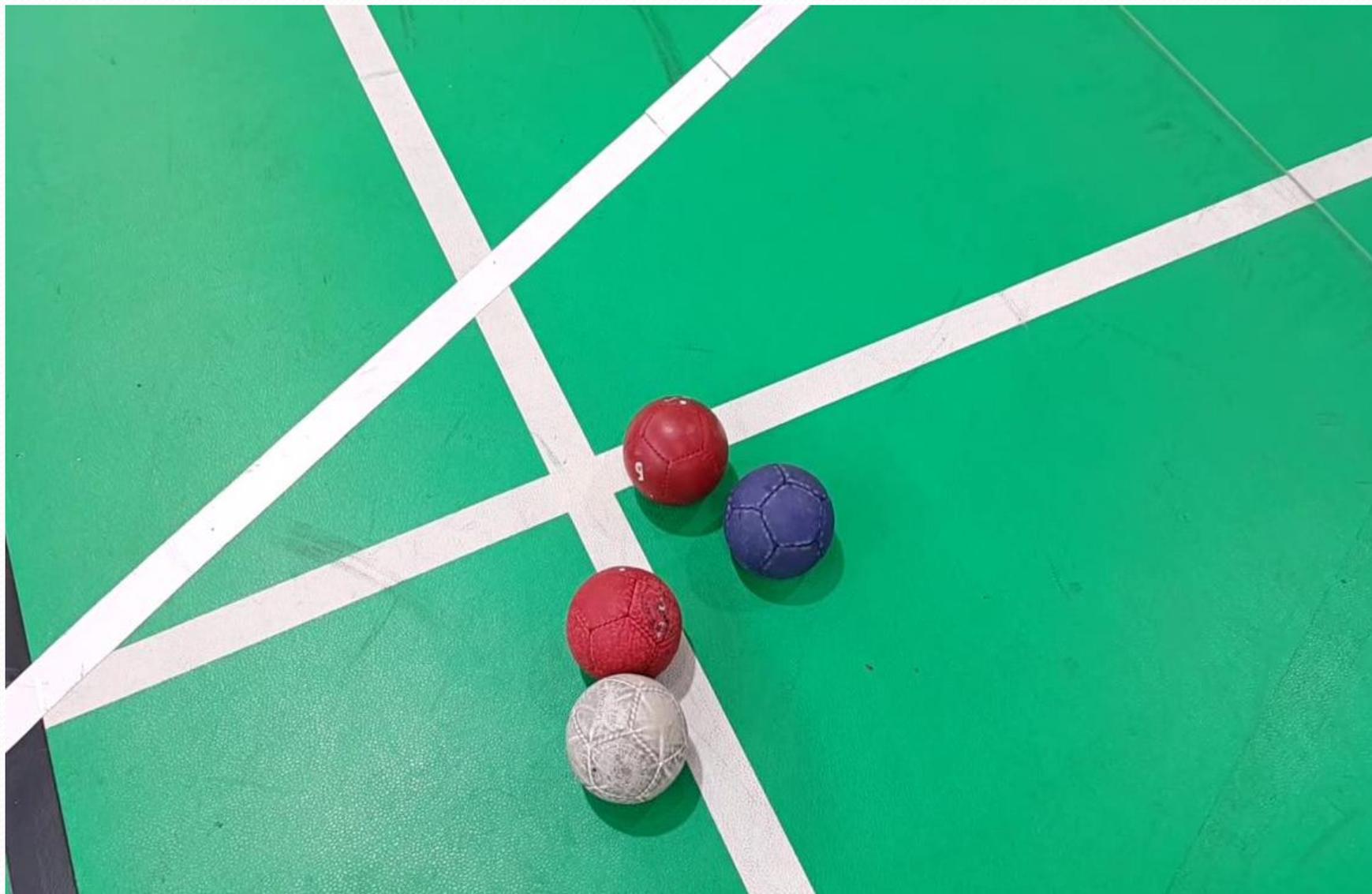


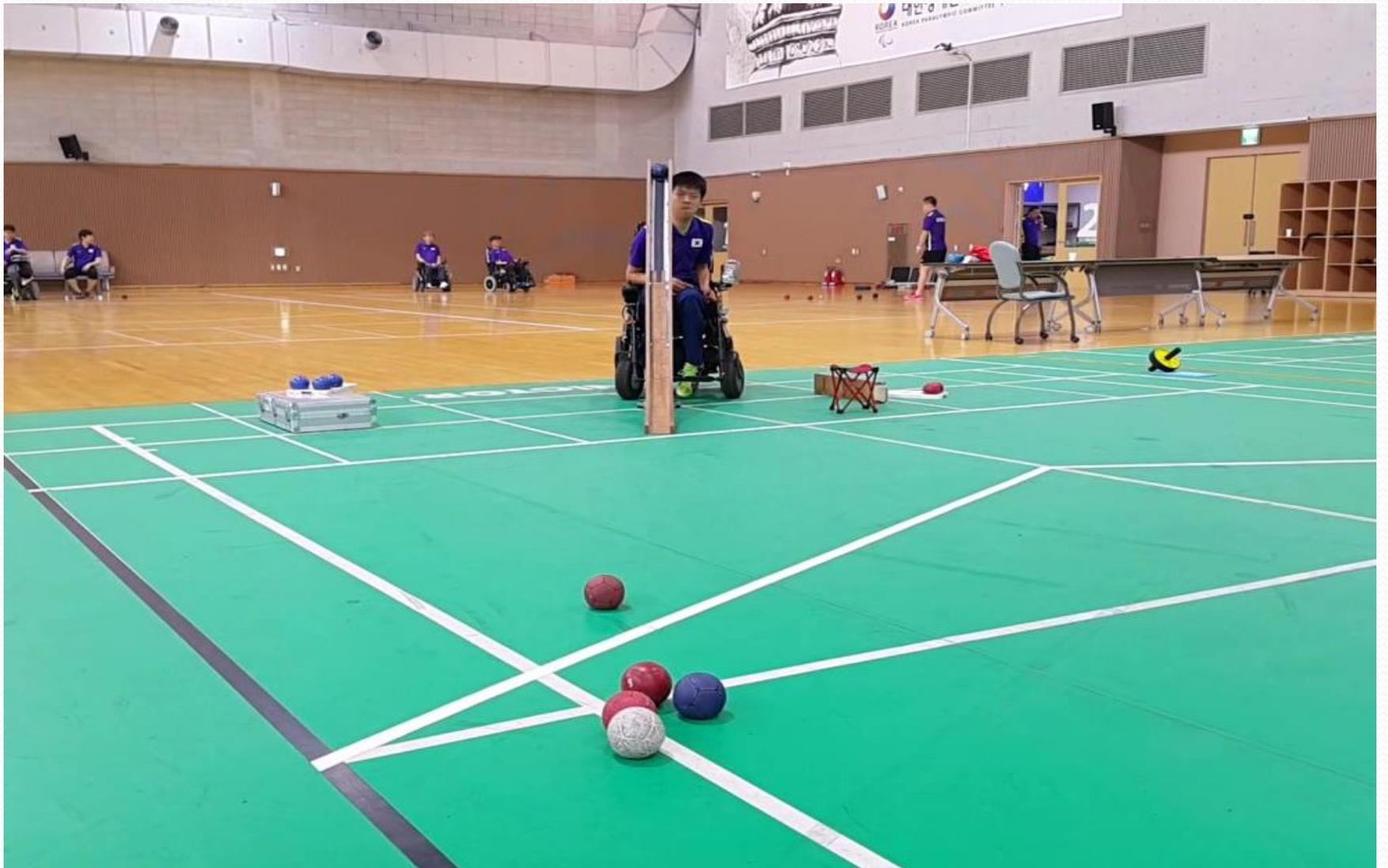


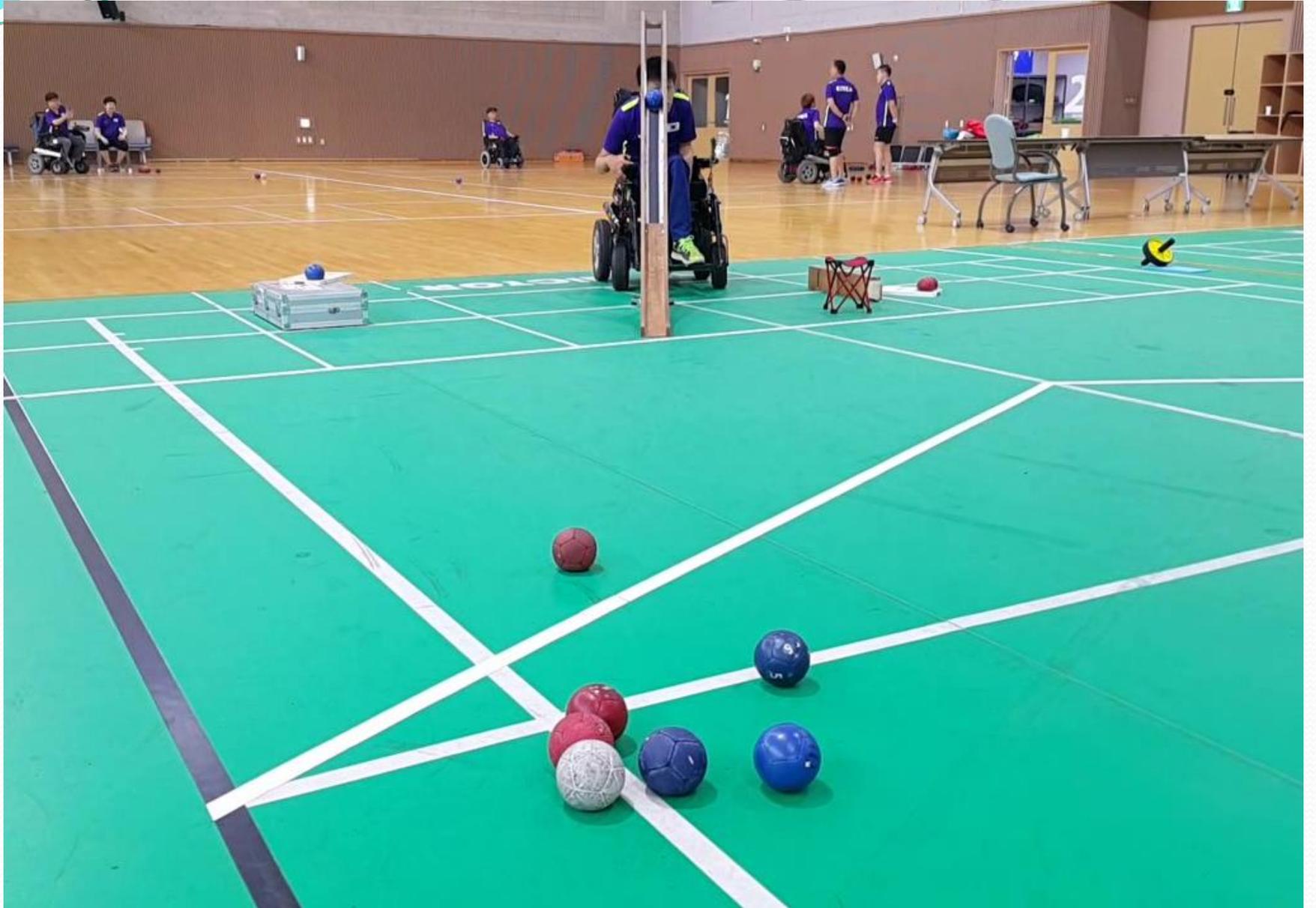




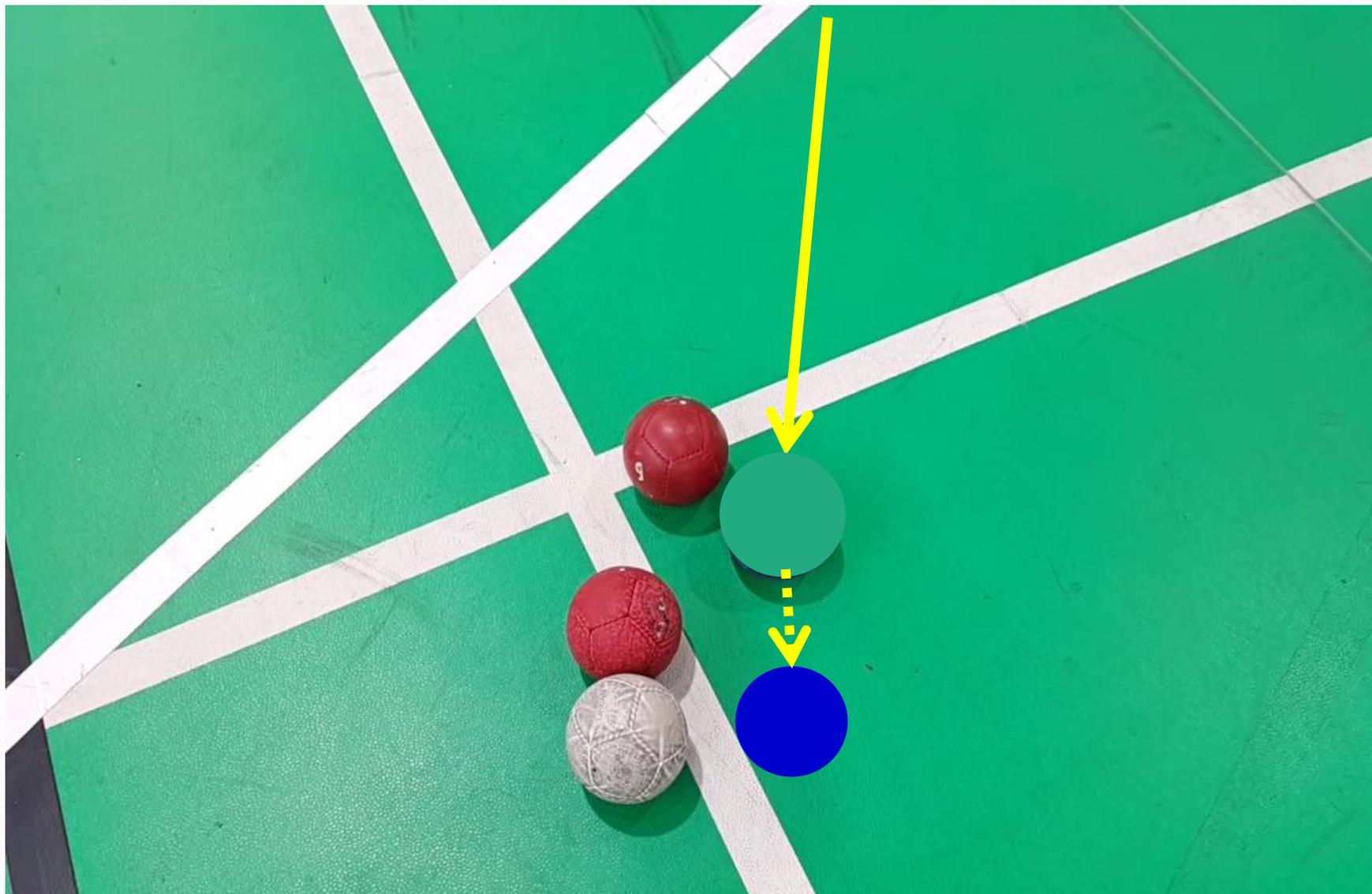
Case 2
Good Tactics
with a good PS shot













Case 3
Good Tactics
with a good PS shot









Case 5
Good and Bad Tactics
with KO shot



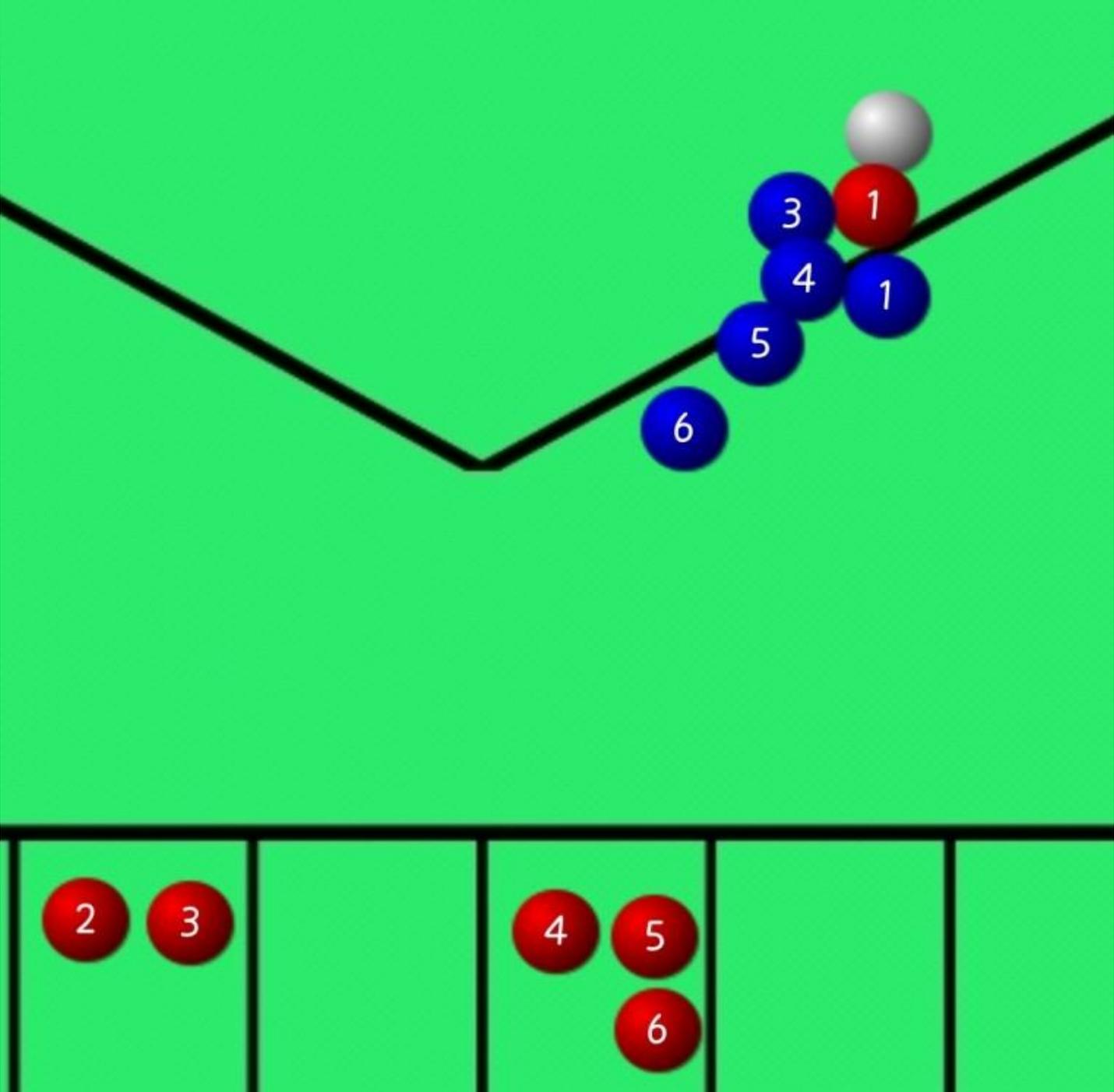




Case 6
Good Tactics
with a good KO and PS shot



Score After 3rd end
Red 2 : 4 Blue





**2nd Shot
from 2nd Box**

**KO with
a proper speed**





**2nd Shot
from 2nd Box**

**KO with
a proper speed**

**making
a good
Wing Structure
for next shot**



**3rd Shot
from 2nd Box**

**PS with
a proper speed**

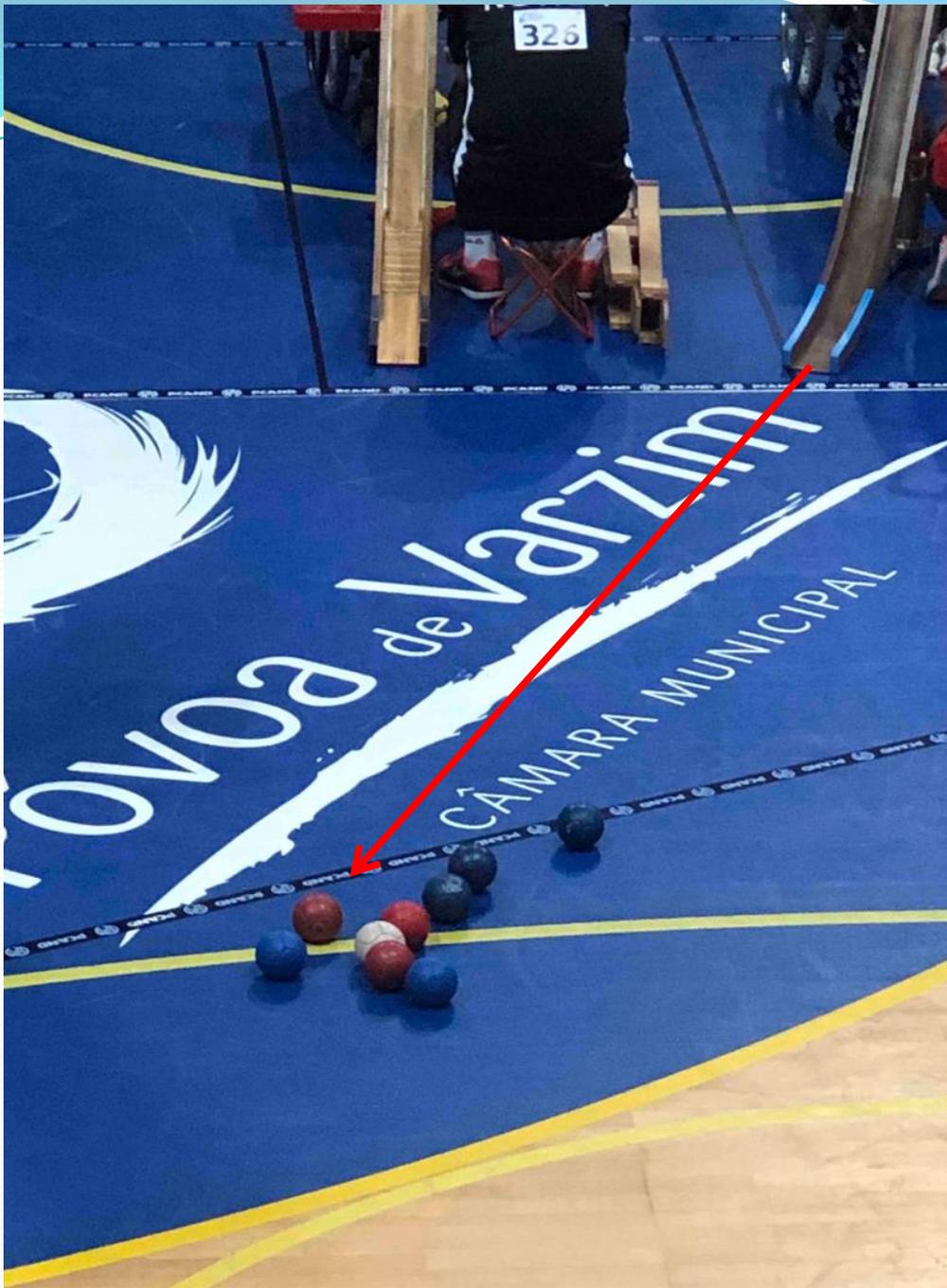
made

2 Points



**4th Shot
from 4th Box**

**KO with
a proper speed**



**4th Shot
from 4th Box**

**KO with
a proper speed**

**making
a good
Wing structure**

**5th Shot
good AS
made 3 points**



**6th Shot
from 4th Box**

**PO with
a proper speed**

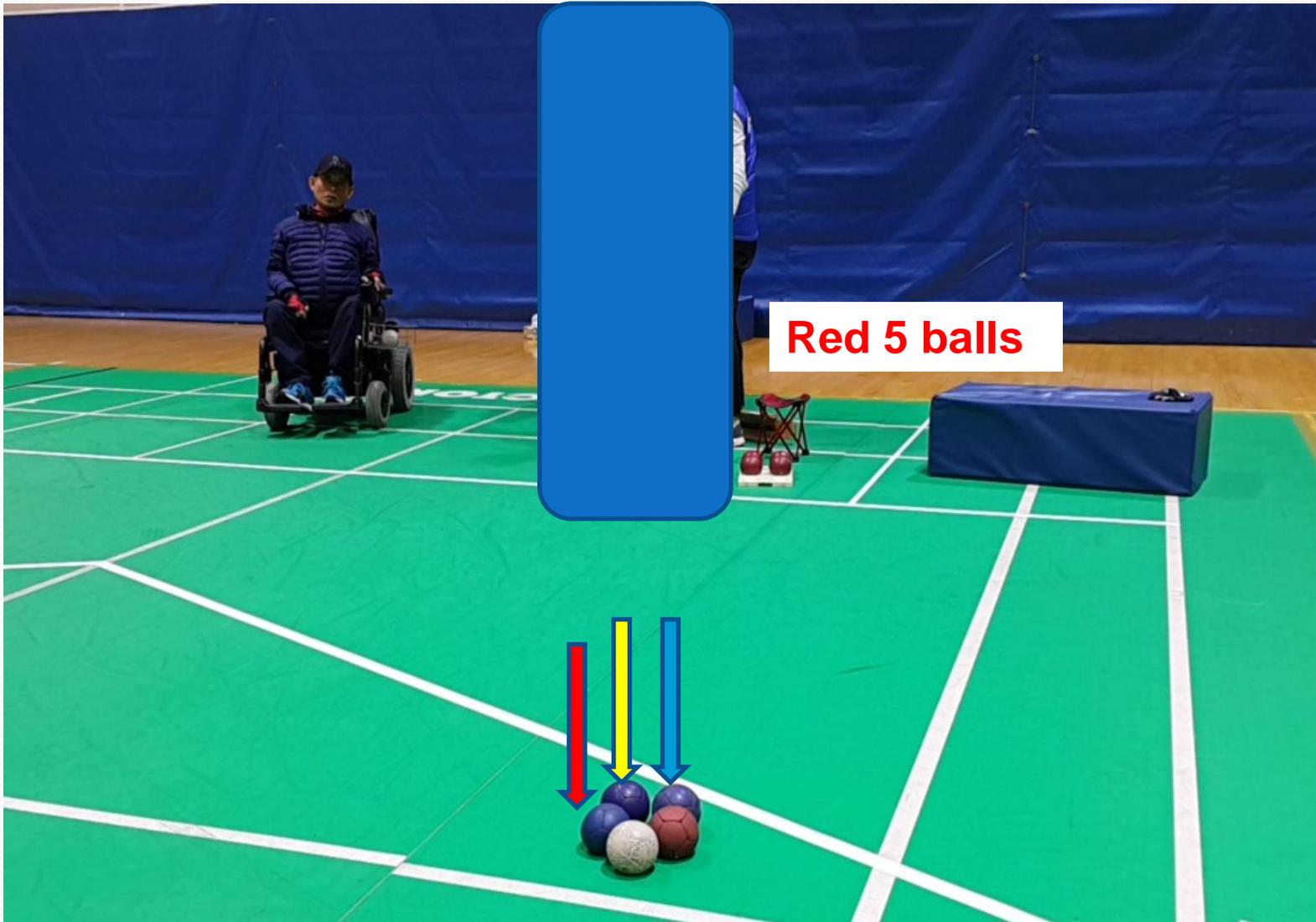
**made
4 Points**

**reversed
the match
dramatically**

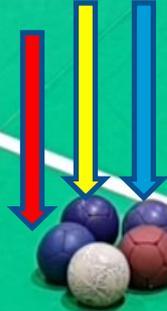


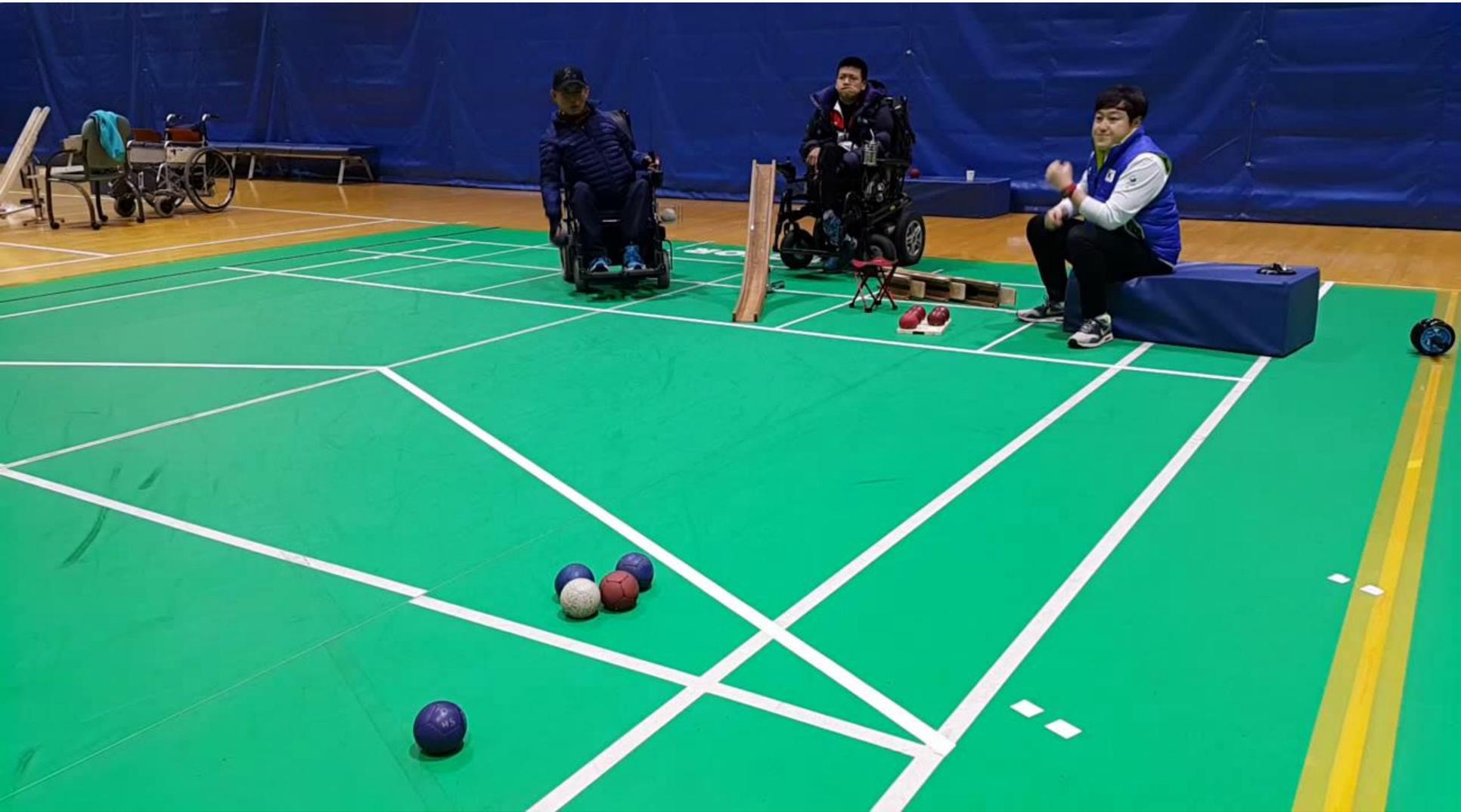


Case 7
Good Tactics
with a good KO and PS shot



Red 5 balls





Understanding the flow of the game

Which end it is

How many point difference

How many balls are remained

Which type balls are remained

To Understand Game flow



**Analysis the Games
(Video and Game Diary)**



**Find out
advantages and disadvantages**

Tactics is not something to memorize

**Coach cannot give any correct answer
to Boccia athletes.**

**We can just help them to find the way
to make correct answer
for themselves.**

Coach's Role

Providing the Motivation

Providing various Training Program

Providing Match Video

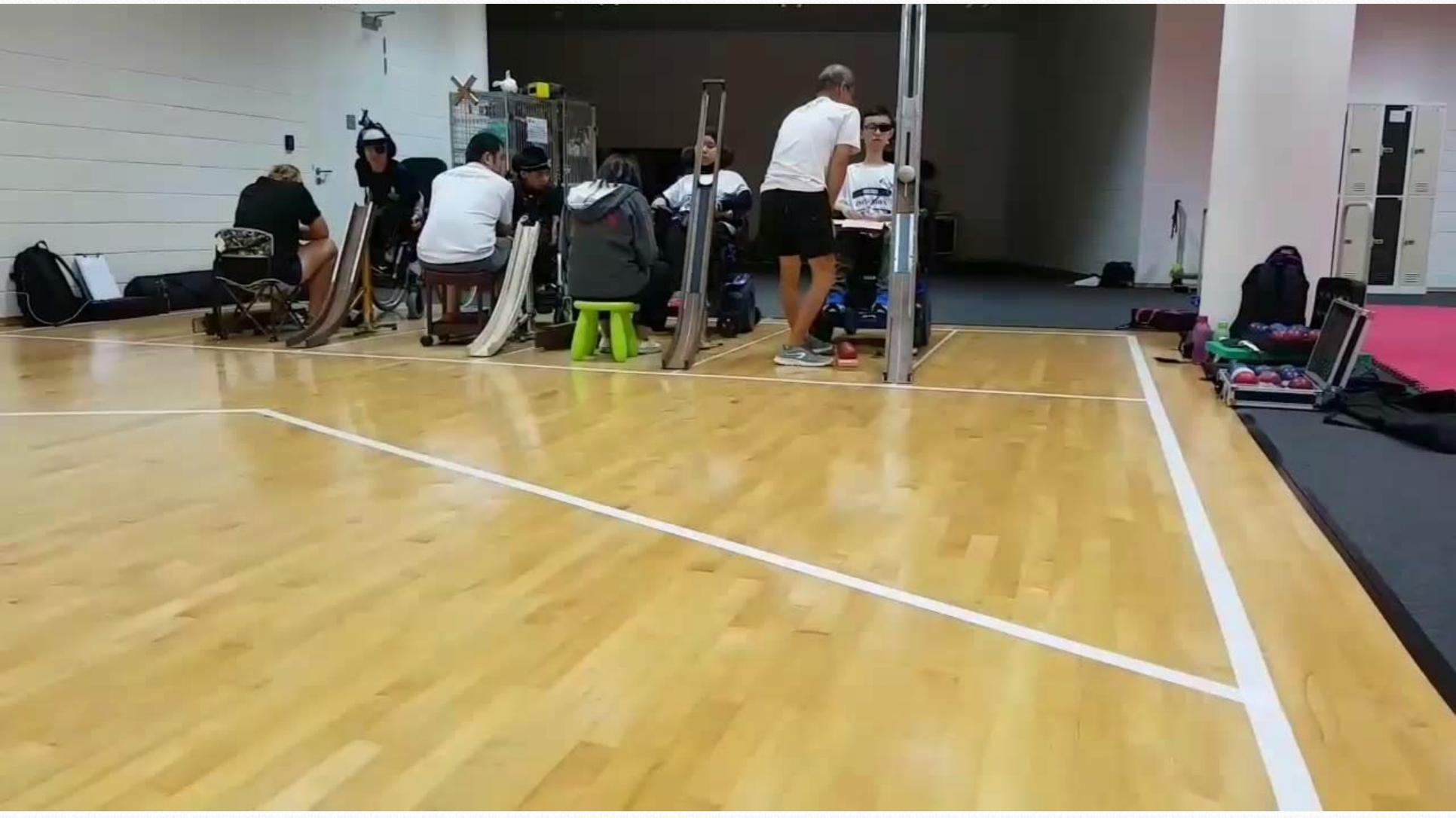
Providing various Data(shot, match)

Record Match Video

Running time 7 ~ 8 min

Record the shot from **opposite angle**
to check the structure well

Record the structure from **Bird view**
to watch the distance sometimes



Process of Match Analysis

Provide match video

Hear the Athlete's opinion first!

**If athlete analyzes well, just Compliment
Otherwise, **discuss it together****

Boccia match video Analysis

✕ 2016 보치아 국가대표 BC3



권철현

18 April 2016 18:53

Read by 7

20160418 BC3 Pair vs BC4 Pair



Boccia match video Analysis



Howon Jeong

2엔드5구째무리하게잭볼을돌리려고하지말고6구처럼잭볼앞에있는상대볼을쳐서밀었으면순서가안바뀌더라도6구로앞에수비했으면3점까지는실점하지않았을것이고... 순서가바뀌더라도상대팀이하는거봐서대처했다면3점을실점할확률이적었을것이다..이건완벽한주장의판단실수이다..곱씹어야되겠다.

18 April 2016



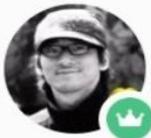
최예진

3엔드 4구째 오빠가 하지 말고 내가 블루 2번째 가운데 공 먼저 깨고 오빠가 잭볼 돌리면 좋았을 것 같아요.

18 April 2016



Boccia match video Analysis



권철현

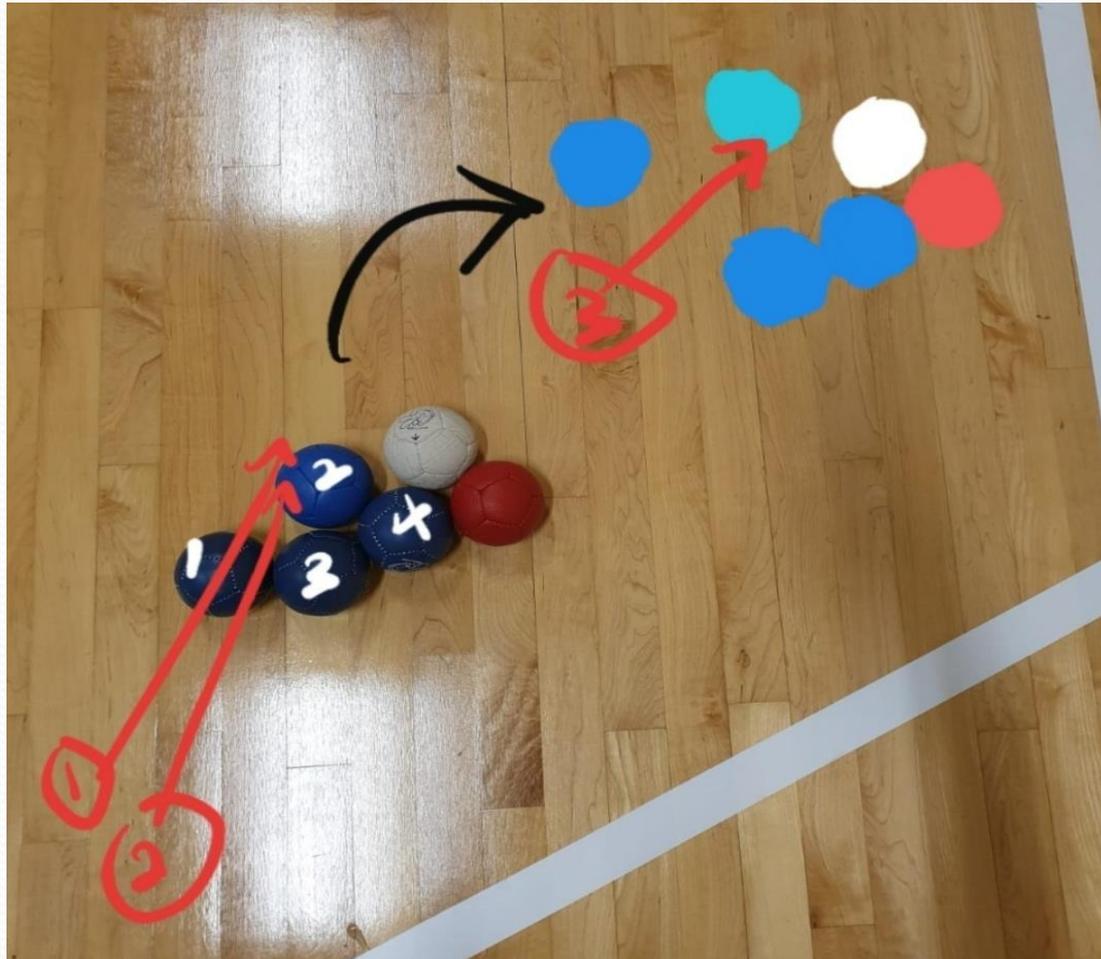
██████████ we had 5 balls..but only AS.. this is the one of biggest mistake..
we always need to make an effort to make a proper structure for next shot..we just focused AS.



24 May, 13:18



Boccia match video Analysis



Boccia match video Analysis

**Only one right answer(Strategy)
to one situation?**

Absolutely NO!

**So we need to encourage our athletes to
make various strategies for themselves.**

Boccia Game Analysis (example)

BOCCIA Game Analysis Sheet						
day month /2014						
	1th end	2nd end	3rd end	4th end	Tie-break	Total Score
red	2	0	1	0		3
Blue	0	1	0	3		4

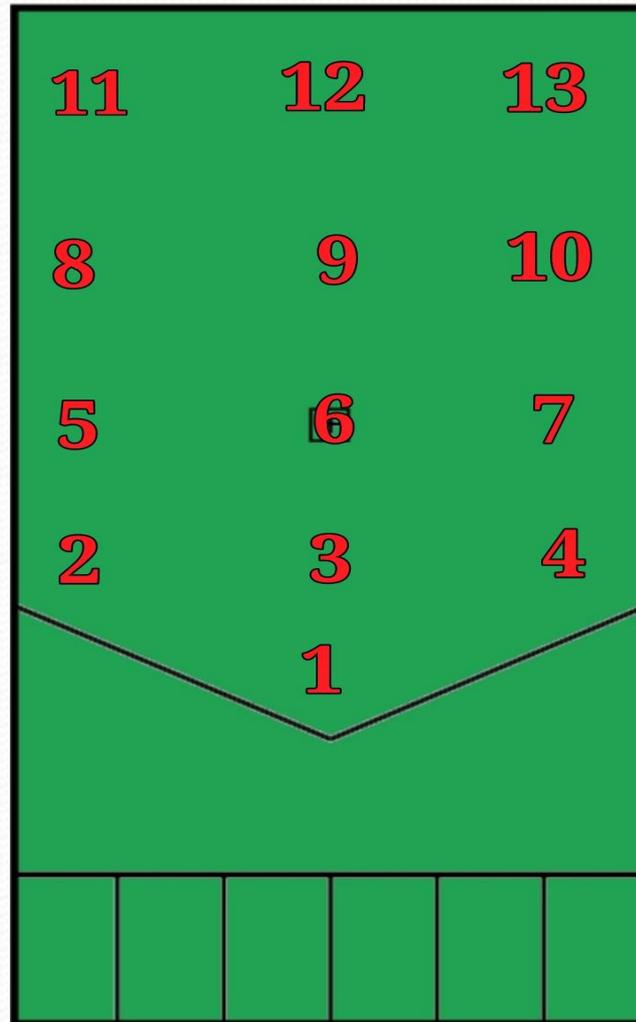
1th end				2nd end				
Red		Blue		Red		Blue		
Jack	2 area / 3.5m			Jack	4 area / 3.5m			
1	AT	3		1	AT	3		
2			HT	2	HT	3		
3			HT	3	AT	1		
4			AT	4	AT	2		
5	HT	3		5			ST	
6	AT	2		6			AT	
7	PT	3		7	LT	3		
8			PT	8	AT	3		
9			PT	9			HT	
10			BT	10			AT	
11	AT	2		11	AT	1		
12	ST	3		12			AT	
Point	2		0		0		1	
comment								

3rd end				4th end				
Red		Blue		Red		Blue		
Jack	2 area / 3.8m			Jack	7 area / 5.5m			
1	AT	2		1	AT	3		
2			AT	2	HT	0		
3			PT	3	HT	3		
4	HT	3		4	AT	2		
5	HT	2		5	PT	2		
6	PT	2		6			LT	
7			LT	7			AT	
8			PT	8	AT	2		
9			PT	9	BT	2		
10			BT	10			HT	
11	AT	2		11			HT	
12	ST	3		12			AT	
Point	1		0		0		3	
comment								

BOCCIA Throwing Analysis Sheet													
(1) Trial Number of Times per Each Throwing													
RED							BLUE						
AT	BT	ST	PT	HT	LT	JT	AT	BT	ST	PT	HT	LT	JT
13	1	2	3	6	1	0	9	2	1	5	5	2	0

(2) AVERAGE POINT PER EACH THROWING													
RED							BLUE						
AT	BT	ST	PT	HT	LT	JT	AT	BT	ST	PT	HT	LT	JT
66.7	66.7	100.0	77.8	77.8	100.0	#DIV/0!	77.8	83.3	100.0	73.3	66.7	50.0	#DIV/0!

Numbers of Court area for Analysis



Input the data in Game Analysis

1th end					2nd end				
	Red		Blue			Red		Blue	
Jack	No 2/ 2.5 meter				Jack			No 4/ 3mter	
1	AS	4			1			AS	3
2			KO	5	2	AS	4		
3			AS	4	3			KO	4
4	KO	5			4			AS	5
5	PS	4			5	LS	5		
6			KO	4	6	PS	3		
7			PS	4	7			AS	2
8	KO	4			8	PS	4		
9	AS	3			9			SS	2
10			PS	5	10			BS	2
11	BS	4			11	LS	5		
12			SS	1	12	PS	2		
Score			1		Score	2			
comment	Red 5th : PS > AS				comment	Blue 5th : missed Defence timing, PS>SS Red 6th : Shot Speed bad, failed more points			

Analysis Shot Accurate per each end

BOCCIA Game Analysis Sheet (End)

1st end									
RED					BLUE				
Type	Times	Point	Avg Pts	P/100	Type	Times	Point	Avg Pts	P/100
AS	2	7	3.5	70	AS	1	4	4.0	80
BS	1	4	4.0	80	BS	0	0	0	0
PS	1	4	4.0	80	PS	2	9	4.5	90
RS	0	0	0	0	RS	0	0	0	0
KO	2	9	4.5	90	KO	2	9	4.5	90
LS	0	0	0	0	LS	0	0	0	0
RU	0	0	0	0	RU	0	0	0	0
SS	0	0	0	0	SS	1	1	1.0	20
Total	6	24	4.0	80	Total	6	23	3.8	77

Analysis Shot Trial Times

(1) TRIAL TIMES PER EACH THROWING

RED							
AS	BS	PS	RS	KO	LS	RU	SS
5	1	7	1	5	2	1	1

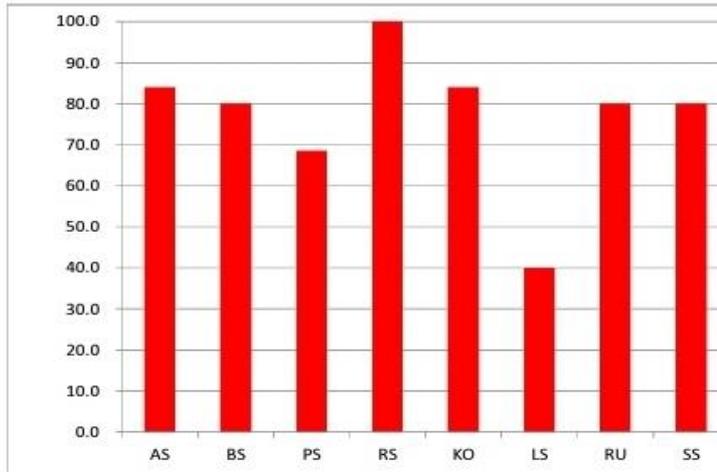
BLUE							
AS	BS	PS	RS	KO	LS	RU	SS
7	1	5	1	7	0	1	2



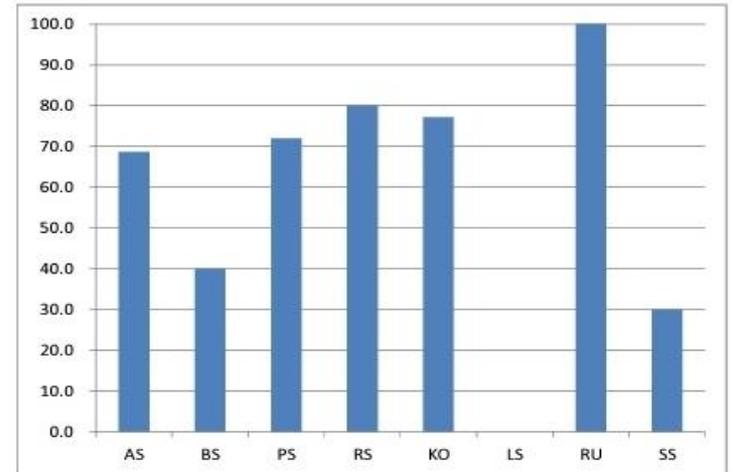
Analysis Shot Accuracy per each shot

(2) AVERAGE POINT PER EACH THROWING

RED							
AS	BS	PS	RS	KO	LS	RU	SS
84.0	80.0	68.6	100.0	84.0	40.0	80.0	80.0



BLUE							
AS	BS	PS	RS	KO	LS	RU	SS
68.6	40.0	72.0	80.0	77.1	0.0	100.0	30.0



(3) Score and Shot Average Point

RED	
SCORE	SHOT AVERAGE POINT
4	77.5

BLUE	
SCORE	SHOT AVERAGE POINT
1	69.2

“Tactics should be made
from **the court(Practice)**,
not from the **brain(Theory)**”

CheolHyeon (Boccia coach)

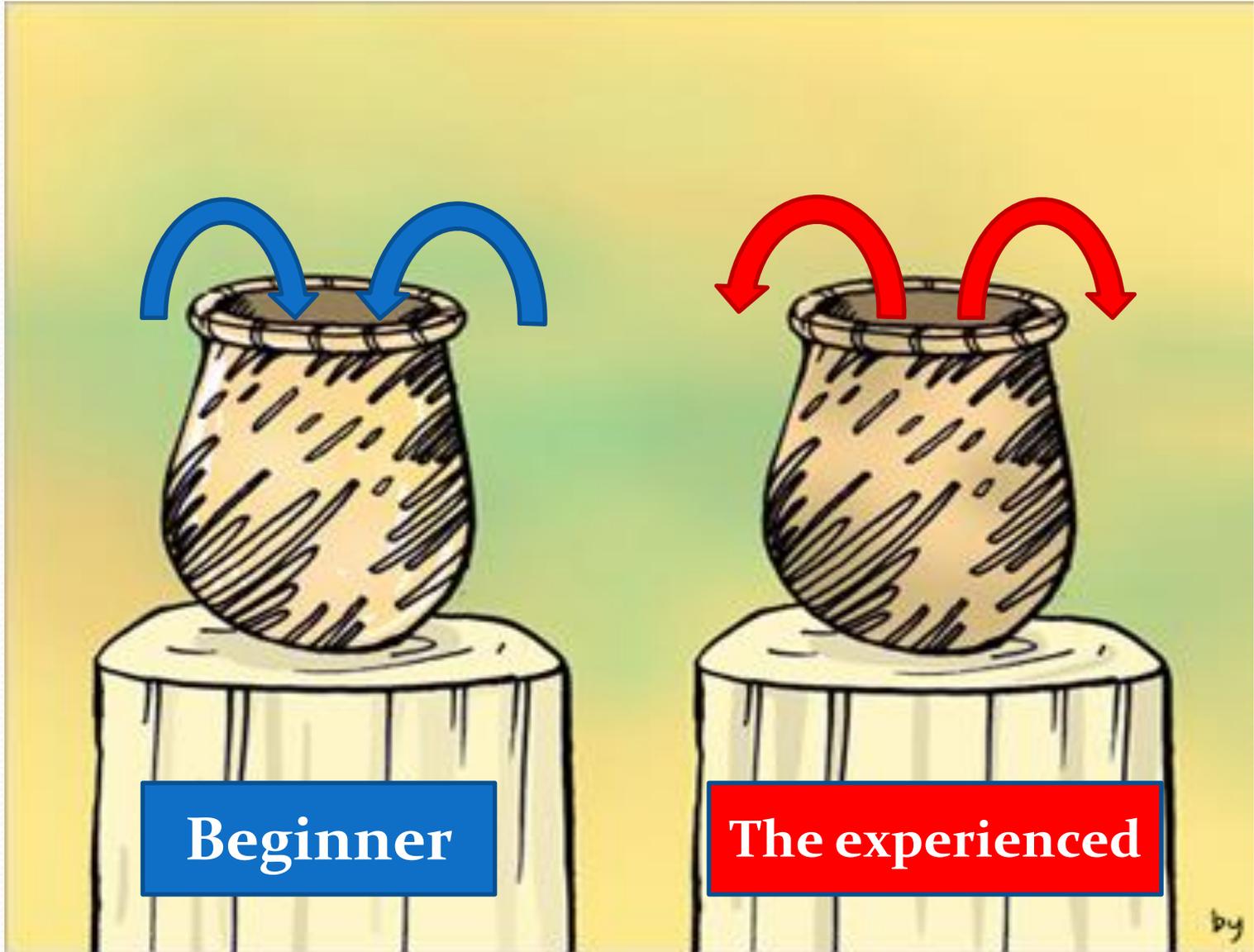
**“Important Tactics is made
from **the Heart(Mental),**
not from **the Brain(Knowledge).****

**Making good tactics is
fight against fear and greed!”**

CheolHyeon (Boccia coach)

“ Improving Tactics is
not the process of
adding Tactics,
but **eliminating Tactics**”

CheolHyeon (Boccia coach)



Beginner

The experienced

Athlete's Tendency (Character)

**“Knowing yourself is
the beginning of all wisdom”**

Aristotle (Philosopher)

Athlete's Tendency (Character)

Aggressive

drastic

Reckless

Defensive

Considerate

timid

MBTI Test



MBTI Test

ISTJ Responsible Executors	ISFJ Dedicated Stewards	INFJ Insightful Motivators	INTJ Visionary Strategists
ISTP Nimble Pragmatics	ISFP Practical Custodians	INFP Inspired Crusaders	INTP Expansive Analizers
ESTP Dynamic Mavericks	ESFP Enthusiastic Improvisors	ENFP Impassioned Catalysts	ENTP Innovative Explorers
ESTJ Efficient Drivers	ESFJ Committed Builders	ENFJ Engaging Mobilizers	ENTJ Strategic Directors

INFP

The INFP is a special, sensitive individual who needs a career that is more than a job. The INFP needs to feel that everything they do in their lives is in accordance with their strongly-felt value systems, and is moving them and/or others in a positive, growth-oriented direction. INFP will be happiest in careers that allow them to live their daily lives in accordance with their values, and that work towards the greater good of humanity. It's worth mentioning that nearly all of the truly great writers in the world have been INFPs.

Examples of Careers for this Type:

Writer / Author

Psychologist

Social Worker

Counselor

Teacher

Musicians

Religious Workers

How can we improve tactics?

< **Tactics Prayer** >

**“God grant me serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference”**

