

Bocce Sport Training



A special thanks to

Alison Hartman, PT DPT from [Pro-Activity](#)

For content/photo contributions!

You chose Bocce as your primary sport this season.

Partner Up Power Up will start with fitness training.

All sport training starts in Week #3 of the Partner Up Power Up program.

Live sport training sessions are scheduled for every Thursday.

This means you will start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you to perform better in this sport!

Planning on joining the live sport training session?

Email sports@sonc.net for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

Are you also interested in other sports this season?

You can join other online sport sessions on any Thursday starting September 24. Email sports@sonc.net for more information.

You can also view recordings of all sport sessions on the SONC web site at

<https://sonc.net/sports-competitions/power-up/>



September 10, 2020
Training Thursday – Week #1

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

September 17, 2020
Training Thursday – Week #2

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

September 24
Training Thursday – Week #3

October 1, 2020
Week #4

October 8, 2020
Week #5

Time to start your sport training!

Every Thursday, you will do the following:

In this order	Training for that week	Where can you find it
1	First, let’s warm up!	In your Partner Up Power Up Playbook
2	Let’s get strong!	In your Partner Up Power Up Playbook
3	Your sport skill workout	On the following pages
4	Now, let’s stretch it out!	In your Partner Up Power Up Playbook

Thursday Live Sessions
Every Thursday starting September 24



Join us online:

<https://zoom.us/j/93362798647>

Join us by phone: 1-929-205-6099

Meeting ID: 933 6279 8647

September 24, 2020

Bocce Skills



Go through these first 3 exercises, then go through them again **2 more times**.

1. Lunges



- Stand up tall, take one big step forward with one leg, and drop your opposite knee to the ground
- Return to standing, and do the same with the opposite leg
- Do this for **1 minute**, continuing to switch legs

2. Seated Around the World

You will need something to use as a weight. A book, can of soup, a water bottle will all work!



- Sit up nice and tall.
- Hold the object in two hands, arms bent, in front of your chest.
- Keeping your body very still and only moving your arms, move the object up around your head in a circle, and return

back in front. That is **1 circle**.

- Do the same thing but go the other direction. That is **2 circles**. Do a total of **20 circles; 10 each side**.
- Remember, only arms should move, while your middle stays tall and strong.

3. Russian Twist



- Start by sitting on the floor with your knees bent and your back off the ground.
- Bring your feet slightly off the ground.
- Place your hands together in front of your chest.
- Keeping your feet raised, twist your upper body moving your hands from side to side.

- Do this for **30 seconds** or do this **30 total twists**.

Remember to go back through the first 3 exercises **2 more times**. Then, move on to the bocce skills below.

4. Pick Up Sticks



- Start with 4 items around your house about the size and/or weight of a bocce ball on the floor/ground.
- Stand over the objects and squat down, bending at your knees, keeping back straight and tall.
- Pick up one object and stand up.
- Walk 5 regular steps and squat down and place it on the ground.
- Walk back to the other objects to squat down and get another. Walk 5 regular steps and squat to place it with the first object. Repeat with all four balls.
- Then, move all four balls by squatting and moving one at a time back to their original space on the floor.
- Move all four objects **four total times**.

5. Practicing your Bocce Grip, Stance and Delivery

- Ensure ball is sitting in the palm of your hand with fingers spread evenly across the bottom
- Use your thumb to hold the ball in place
- With feet spread slightly apart, take one step forward with slightly bended knee
- Bring your throwing arm straight back next to your body and bring your arm forward as you transfer weight from your back foot to your front foot
- Release the ball
- Practice grip, stance and delivery for **3 minutes**

Great job! Now, it's time for cool-down! You'll find those stretches in your playbook.



October 1, 2020

Bocce Skills



Go through these first 3 exercises, then go through them again **2 more times**.

1. Reverse Lunge



- Stand tall. Take a big step back with one leg, and drop your back knee toward the ground.
- Press up to bring your feet back together.
- Then step back and repeat with other leg as shown.
- Continue to switch legs for **1 minute**.

2. Seated Row – Rotate Right

You will need a chair, your resistance band, and something to wrap it around for this one!



- Wrap your resistance band around something heavy or won't move. If you don't have anything, then sit on the floor with the band under the middle of your feet.
- Sit up tall with your arms stretched out, holding a handle in each hand. Pull right arm back, and turn your upper body to the right at the same time.
- Return to center and straighten your arm. Do this **15 times**.

3. Seated Row – Rotate Left

- Same as above, just turn to the left! Do this **15 times**.



Repeat these three exercises **2 more times**, then move onto the bocce ball drills.

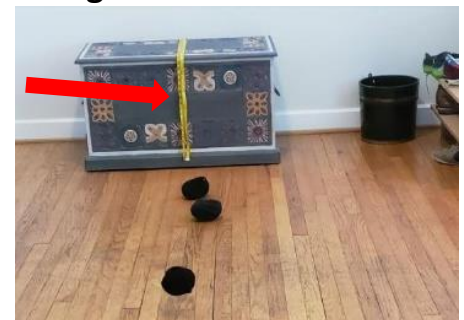
4. Practicing your Bocce Grip, Stance and Delivery

- Ensure ball is sitting in the palm of your hand with fingers spread evenly across the bottom
- Use your thumb to hold the ball in place
- With feet spread slightly apart, take one step forward with slightly bended knee
- Bring your throwing arm straight back next to your body and bring your arm forward as you transfer weight from your back foot to your front foot
- Release the ball
- Practice grip, stance and delivery for **6 minutes (or play 2 favorite songs)**



5. Straight Line Rolling

- Set up a target (the yellow tape measure), in the picture below on a wall about 10 big steps away from your rolling position (see sample bottom right)



- Using the form you just practiced, roll your bocce balls and attempt to hit the target
- Don't worry about distance, just make sure your throws are straight!
- Practice this for **6 minutes (or play 2 favorite songs)**

Great job! Now, it's time for cool-down! You'll find those stretches in your playbook.



1. Reverse Lunge to Balance

- Stand up tall. Take a big step back with one leg, and drop your back knee toward the ground.
- Press up to return to standing, then raise your knee up and balance on one leg. Return to both feet on the ground. This is **1**. To make it harder, keep your foot off the ground as you bring it forward.
- Step back with other leg, and do the same action with the other leg. This is **2**.
- Keep switching legs for a **total of 20 times**.



2 & 3. ½ Kneeling Around the World

- Kneeling with **left knee** on the ground and **right foot** flat on the ground. Chest up and proud. Hold an object in front of your chest.
- Keeping body very still and only moving arms, move object up around your head in a circle motion, and return back to center. This is **1**.
- Move the object in a circle the other direction. This is **2**. Do this **15 total times**.



- Now, switch legs. Kneel with **right knee** on the ground and **left foot** on the ground.
- Keeping body very still and only moving arms, move object up around your head in a circle motion, and return back to center. This is **1**.
- Move the object in a circle the other direction. This is **2**. Do this **15 total times**.

Repeat these three exercises 2 more times before moving on to the bocce game skills.

4. Straight Line Rolling

- Set up a target (the yellow tape measure), in the picture below on a wall about 10 big steps away from your rolling position (see sample bottom right)
- Using the form you practiced last week, roll your bocce balls and attempt to hit the target
- Don't worry about distance, just make sure your throws are straight!
- Practice this for **6 minutes (or play 2 favorite songs)**



5. Distance, not just Direction

- Now, it's time to take some power off those throws
- A few feet closer to you, along the same line, set up a new target (this can be a pallina, a cone, different colored sock!)
- Roll your bocce balls as close to the target as possible
- Practice this for **6 minutes (or listen to 3 songs in a row)**



Great job! Now, it's time for cool-down! You'll find those stretches in your playbook.



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You made it through the first three weeks of the sport training program.

You will receive the training program for the next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share them with your coach or partner.

Write your sport activity in under "other activity".