



# Bocce Sport Training

## **A special thanks to**

Bocce Sport Development Team  
Alison Hartman, PT DPT from [Pro-Activity](#)  
For content/photo contributions!

## **You chose Bocce as your primary sport this season.**

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](mailto: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](mailto: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/>



Go to the pages listed below in the Weeks 6 – 10 playbook and the sport skills in this packet for your weekly workouts.

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
6	October 15	Page 4	Page 5	This packet	Page 6
7	October 22	Page 12	Pages 13 – 14	This packet	Page 15
8	October 29	Page 21	Page 21	This packet	Page 21
9	November 5	Page 33	Page 33	This packet	Page 33
10	November 12	Page 39	Page 39	This packet	Page 39

### Thursday Live Sessions

Join us online:

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

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

Meeting ID: 933 6279 8647



## 1. Squat Row



- Wrap your resistance band around something heavy or won't move.
- Hold the ends in each hand.
- Squat down (chair behind if needed) and hold the squat while pulling both arms back in an even row.
- Repeat for 30 seconds, holding the squat position
- Modification: Sit in chair while squeezing glutes during exercise.

## 2. Lunge Hold Around the World (right & left)



- Stand up tall. Take a big step back with your left leg, and drop your back knee toward the ground.
- Hold an object in front of you.
- 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, or keep going for **30 seconds**.
- Take a quick 15 second break. Then, stake a big step back with your **right** leg and drop your back knee toward the ground and repeat the steps.
- Modification: Sit in chair while sitting tall and keeping core strong and still.

## 3. Focus on Distance

- Using the picture sample set-up, roll out your pallina either indoors or outdoors.
- If your pallina lands 15 feet away from you, try to roll the rest of your bocce balls to 15 feet away as well
- Practice this for **7 minutes (or listen to 2 songs in a row)**



## 4. Group Bocce Balls - Cluster

- Take 10 big steps across an open area in your house or outside.
- Roll your pallina back towards where you just stepped away from (this will be your target) into the middle of your playing surface
- With every ball, try to roll as close to your target as possible
- Practice this drill for **7 minutes, or 2 songs** retrieving your balls after rolling them all out



**Now, it's time for cool-down! Go back to your large playbook for those stretches!**

Go through these first two exercises **2 more times**. Then, move onto bocce ball drills.

### 1. Tall Kneeling Y Raise



- Wrap your resistance band around something heavy or won't move.
- Hold the ends in each hand.
- Keep your core very tight and raise your arms up into "Y" shape overhead.
- Lower back down slowly. **This is 1.** Do this for **30 seconds** or **20 reps**.
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y.

### 2. Single Leg Balance (right & left)

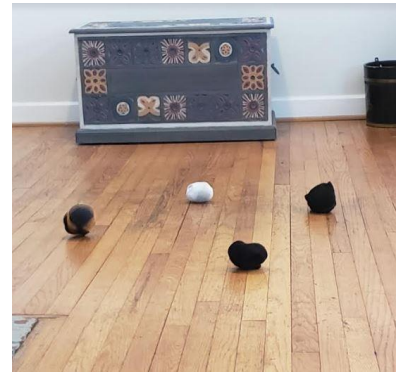


- Stand close to something you can hold onto to steady yourself as needed.
- Pick right foot up off ground.
- Try to bring your right knee up to hip level.
- Keep eyes up straight ahead.
- Balance here for **30 seconds**. If you need support, you can use a chair or a wall.
- Challenge yourself by moving farther away from your support object!
- Take a quick 15 second break. Then, lift your left leg, keeping your right foot on the floor.
- Modification: Sit in chair while sitting tall and lifting foot off the ground as much as possible, sitting tall in the chair.

Go through these first two exercises **2 more times**. Then, move onto bocce ball drills.

### 3. Group Bocce Balls - Cluster

- Take 10 big steps across an open area in your house or outside.
- Roll your pallina back towards where you just stepped away from (this will be your target) into the middle of your playing surface
- With every ball, try to roll as close to your target as possible
- Practice this drill for **7 minutes** or **2 songs**, retrieving your balls after rolling them all out



### 4. Group Bocce Balls - Equidistant

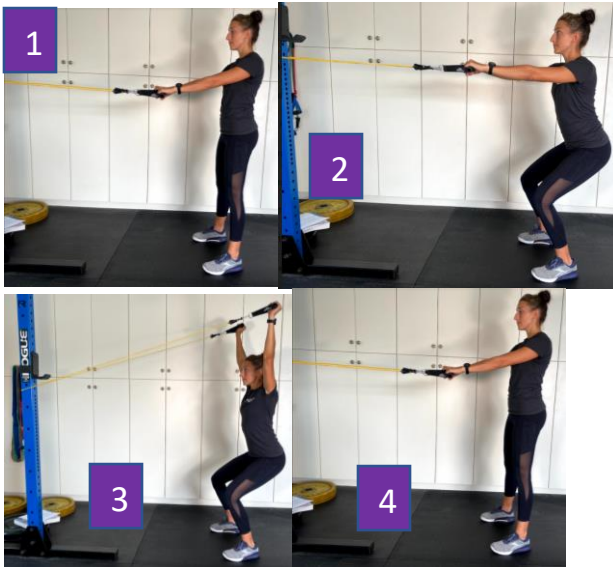
- Roll out your pallina again, a similar distance away
- Then roll your first bocce ball; if it lands 2 feet away from the pallina, this is your new target distance
- Attempt to roll the rest of your balls to form a 2 foot circle around your target ball
- Practice this drill for **7 minutes** or **2 songs**.



**Now, it's time for cool-down! Go back to your large playbook for those stretches!**

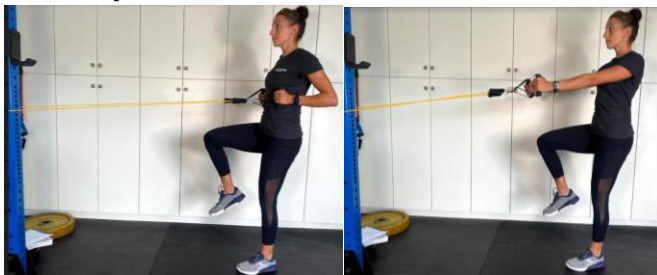


## 1. Mini Squat Y Raise



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips back slightly to a mini-squat. Hold the mini squat position and raise arms up into "Y" shape overhead.
- Lower arms slowly and stand up. **This is 1 rep.** Do this **20 times** or for **30 seconds**.
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

## 2. Single Leg Balance & Row (right & left)



- Stand close to something you can hold onto to steady yourself as needed.
- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Pick right foot up off ground.
- Try to bring your right knee up to hip level.
- Keep eyes up straight ahead.

- Keep eyes up straight ahead while you pull elbows back by your side, then release to start. **This is 1 rep.** Do this **20 times** or **30 seconds**.
- Take a quick 15 second break. Then, lift your left leg, keeping your right foot on the floor.
- Modification: Sit in chair while sitting tall and lifting foot off the ground as much as possible, sitting tall in the chair and completing rowing movements.

Go through these first two exercises **2 more times**. Then, move onto bocce ball drills.

## 3. Group Bocce Balls - Equidistant

- Roll out your pallina again, a similar distance away
- Then roll your first bocce ball; if it lands 2 feet away from the pallina, this is your new target distance
- Attempt to roll the rest of your balls to form a 2 foot circle around your target ball
- Practice this drill for **7 minutes** or **2 songs**



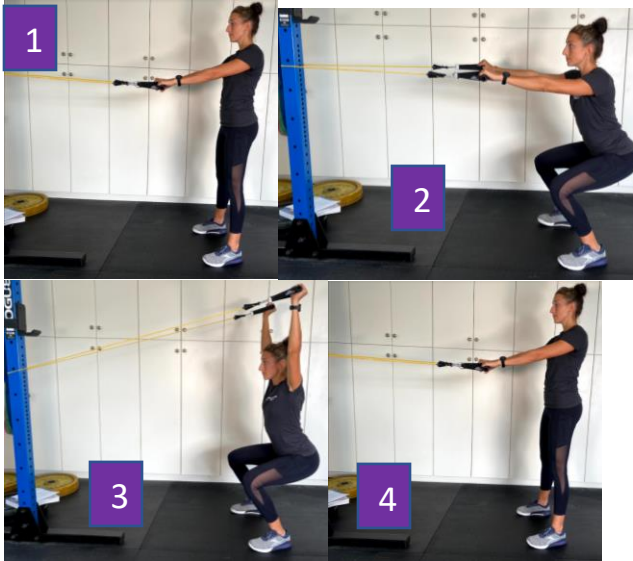
## 4. Rolling around an Obstacle

- Take 10 big steps across an open area in your house or outside.
- Roll your pallina back towards where you just stepped away from (this will be your target) into the middle of your playing surface
- Between your rolling position and the pallina, place an obstruction (like a small trash can or a shoe)
- Roll your bocce balls as close to the pallina as possible, avoiding the obstruction
- Practice this drill for **7 minutes** or **2 songs**



**Now, it's time for cool-down! Go back to your large playbook for those stretches!**

## 1. Full Squat Y Raise



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips Sit hips back into a squat, trying to get your hips parallel to your knees.
- Hold the squat position and raise arms up into "Y" shape overhead.
- Lower arms slowly and stand up. **This is 1 rep.** Do this **20 times** or for **30 seconds**.
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

## 2. Single Leg Balance to Romanian Deadlift (right & left)



- Stand close to something you can hold onto to steady yourself as needed.
- Balance on right leg & pick left foot up off ground straight behind you. Keep your back straight.
- Return left foot to ground. **This is 1 rep.** Do this with the **same leg** for **15 reps** or **30 seconds**.
- Take a quick 15 second break. Then, switch legs.

- Modification: Sit in chair, lift right leg out as straight as you can, bring back, then kick right leg back under your chair as far as you can. Alternate kicking out and kicking back for 30 seconds.

Go through these first two exercises **2 more times**. Then, move onto bocce ball drills.

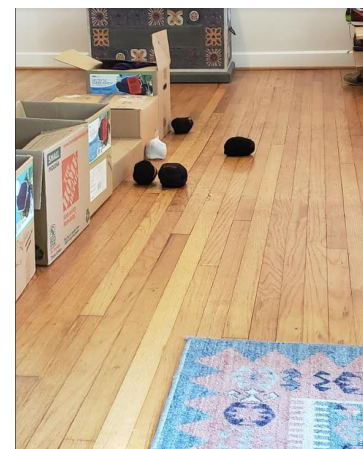
## 3. Rolling around an Obstacle

- Take 10 big steps across an open area in your house or outside.
- Roll your pallina back towards where you just stepped away from (this will be your target) into the middle of your playing surface
- Between your rolling position and the pallina, place an obstruction (like a small trash can or a shoe)
- Roll your bocce balls as close to the pallina as possible, avoiding the obstruction
- Practice this drill for **7 minutes** or **2 songs**.



## 4. Rolling to a Pallina against the Wall

- Find a space along a wall where you can take 10 big steps away and still be unobstructed (if you cannot find a space like this, set up several feet of a mock sideboard using items like cardboard boxes, suitcases, or books – see picture)
- Place your pallina against the wall and walk to your normal rolling position
- Try to cluster your bocce balls as close to the pallina as possible
- You can use the wall as a sideboard or simply throw your balls straight
- Practice this drill for **7 minutes** or **2 songs**.



**Now, it's time for cool-down! Go back to your large playbook for those stretches!**



November 12, 2020

## Bocce Skills

### 1. Squat Single Side Row & Rotate (right & left)



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips. Sit hips back into a squat, trying to get your hips parallel to your knees.
- Hold the squat position as you pull one elbow back by side, then rotate toward that side. Return arms slowly together so they are both extended. Hold the squat and pull the other elbow back and rotate to that side. **This is 1 rep.** Do both sides **20 times total** or for **30 seconds**.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

### 2. Single Leg Reach Backs (right & left)



- Start with feet together and knees slightly bent.
- Balance on right leg, reach left leg to tap toe to the ground

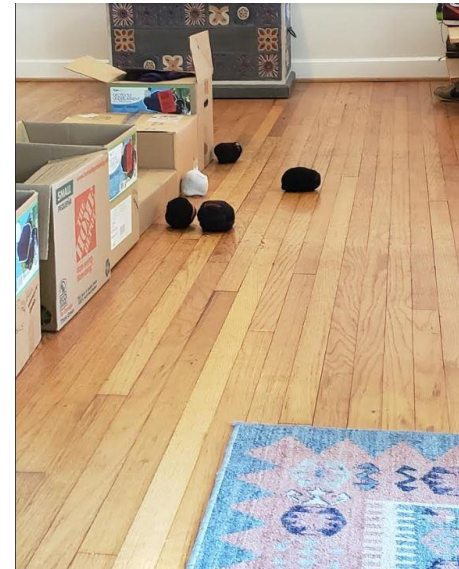
behind you. It is very important to reach behind far enough but only to tap your toe.

- Return to starting position. **This is 1 rep.** and repeat on same leg for **15 more times** or **30 seconds**.
- Take a quick 15 second break. Then, switch legs.
- Modification: Sitting unsupported, slide left leg out as far as you can, then bring it back in.

Go through these first two exercises **2 more times**. Then, move onto bocce ball drills.

### 3. Rolling to a Pallina against the Wall

- Find a space along a wall where you can take 10 big steps away and still be unobstructed (if you cannot find a space like this, set up several feet of a mock sideboard using items like cardboard boxes, suitcases, or books – see picture)
- Place your pallina against the wall and walk to your normal rolling position
- Try to cluster your bocce balls as close to the pallina as possible
- You can use the wall as a sideboard or simply throw your balls straight
- Practice this drill for **7 minutes** or **2 songs**.



### 4. Rolling Accuracy

- Place a bucket or trash can about 10 big steps away from you
- Roll as many of your bocce balls into your target
- Roll your ball 10 times, how many times can you put your bocce balls in?
- Practice this drill for **7 minutes** or **2 songs**.



**Now, it's time for cool-down! Go back to your large playbook for those stretches!**