

SOTN - Return to Activities
Sport Training Considerations - Bocce



BOCCE				
Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open	No restrictions on size of mass gatherings and public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> No in person team meetings or activities At home sport specific strength and agility exercises alone or with household members Virtual Coaching & Activities 	<ul style="list-style-type: none"> High Risk individuals should continue to remain at home Engage in training and modified singles match play with very small groups Do at home sport specific strength and agility exercises alone or with household members Virtual Coaching & Activities 	<ul style="list-style-type: none"> High Risk individuals should continue to remain at home Engage in training at team practice facility or large open space Continue practice at home Engage in modified doubles and team matches 	<ul style="list-style-type: none"> Return to traditional bocce training Continue practice at home
Recommended Activities, Skills & Drills	<ul style="list-style-type: none"> Study and practice sport techniques with in household members including: <ol style="list-style-type: none"> Rolling pallina for short and long distance Rolling bocce ball closest to pallina from short and long distance Set up pallina and bocce balls in various positions and practice rolling to get closest to pallina and to knock out opponent balls Watch on-line YouTube videos for tips and skill development drills Match play with household members 	<ul style="list-style-type: none"> Continue with Phase 0 activities Modified Match Play: Do not switch ends, only touch your own bocce balls, sanitize pallina as needed Create skills contests or simulated match play virtually with other athletes, unified partners and coaches 	<ul style="list-style-type: none"> Continue with Phase 0 & 1 activities Modified Doubles & Team: Do not switch ends, have visual mark or object (x mark or chair) for players to return to after their turns, only touch your own bocce balls, sanitize pallina as needed Consider Virtual Bocce Competition 	<ul style="list-style-type: none"> Return to traditional bocce competitions Can continue with modified matches if desired