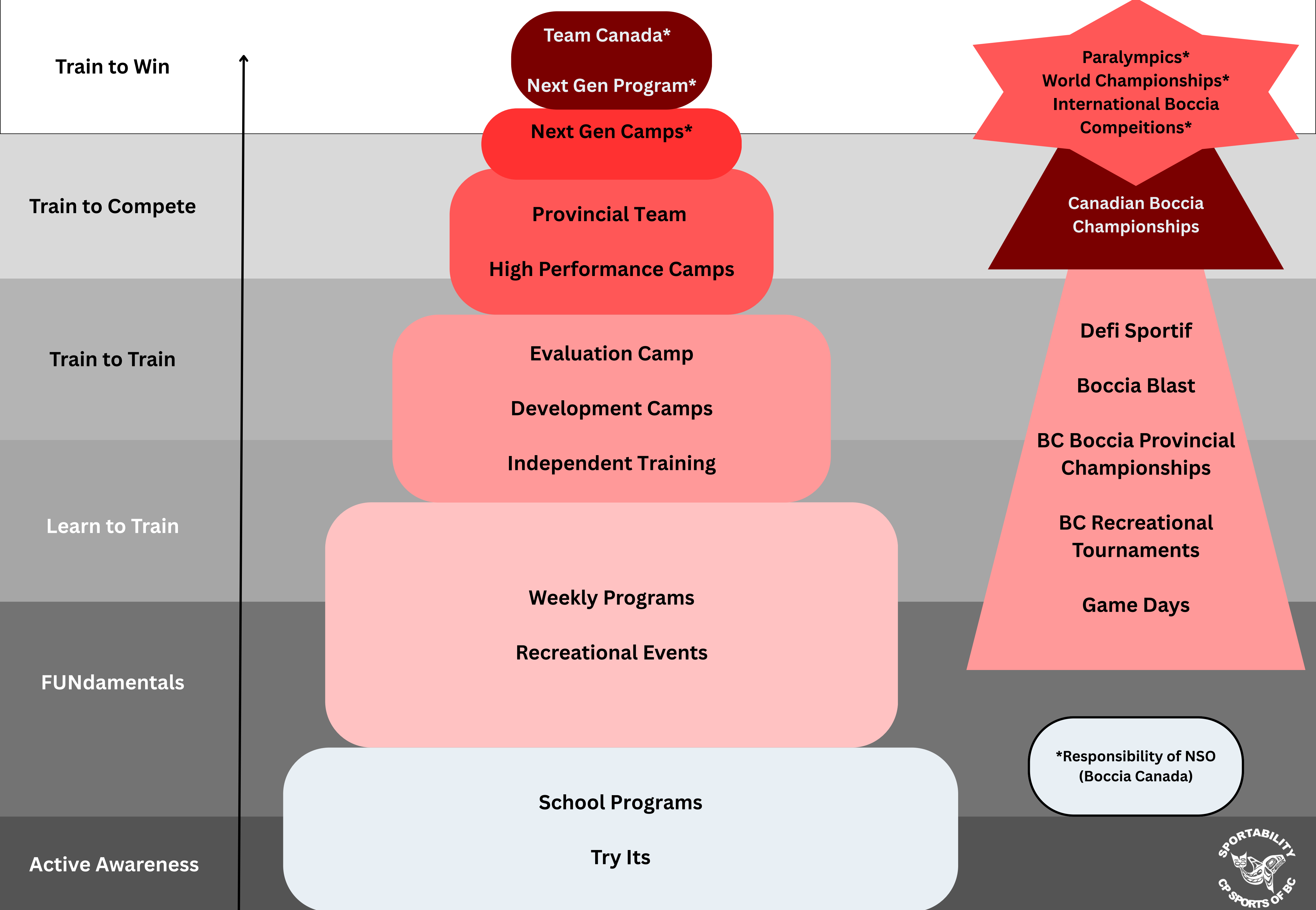


# LTAD Stages

# Programs & Events

# Championships



LTAD Stages	Skills Matrix			
	Delivery Skills	Positioning	Ball Shots	Ramp Players
<b>Train to Win</b>	<ul style="list-style-type: none"> <li>Perfecting the biomechanics of ball release technique</li> <li>Highly effective ball delivery to cover the court</li> </ul>	<ul style="list-style-type: none"> <li>Perfecting positioning of chair and body</li> <li>Continuing to develop and rehearse shot sequence</li> </ul>	<ul style="list-style-type: none"> <li>Perfecting all shot types</li> <li>Able to decide the most suitable shot</li> <li>Chooses the correct shot type 95% of the time</li> <li>Can effectively and consistently execute all shot types</li> </ul>	<ul style="list-style-type: none"> <li>Best possible equipment that meets individual players' needs</li> <li>Highest level of cooperation with sport assistant</li> </ul>
<b>Train to Compete</b>	<ul style="list-style-type: none"> <li>Using strength training program to increase strength in ball delivery execution</li> <li>High level of consistency of the technical execution</li> <li>Demonstrates a high level of control of the line, pace and trajectory</li> </ul>	<ul style="list-style-type: none"> <li>Can effectively choose optimal position of chair in the throwing box</li> <li>Learning and rehearsing shot sequence</li> </ul>	<ul style="list-style-type: none"> <li>Practicing to ricochet</li> <li>Can effectively delivery combination shots</li> <li>Can effectively bounce</li> <li>Can effectively push/bump</li> <li>Can effectively lob</li> <li>Can effectively set a block</li> <li>Chooses the correct shot type 85% of the time</li> <li>Practicing shot risk management</li> </ul>	<ul style="list-style-type: none"> <li>Effective cooperation with sport assistant</li> <li>Has personalized equipment that suits individual player needs</li> <li>Works with a consistent sport assistant at practice and competitions</li> </ul>
<b>Train to Train</b>	<ul style="list-style-type: none"> <li>Can control breath and use to increase accuracy and velocity of the ball</li> <li>Has a range of propulsion techniques</li> </ul>	<ul style="list-style-type: none"> <li>Can effectively position body</li> <li>Learning the different angles of body, chair and target</li> <li>Practice each player's shooting range and determine the optimal wheelchair position in the box.</li> </ul>	<ul style="list-style-type: none"> <li>Can effectively set a block</li> <li>Chooses the correct shot type 75% of the time</li> <li>Learning combination shots (see descriptions)</li> <li>Learning to lob</li> <li>Learning to ricochet</li> <li>Practicing pushing/bumping</li> <li>Practicing to block</li> <li>Able to execute good line and trajectory for selected shots</li> </ul>	<ul style="list-style-type: none"> <li>Cooperation and communication with sport assistant in game scenarios</li> </ul>
<b>Learn to Train</b>	<ul style="list-style-type: none"> <li>Refining trunk control and balance</li> <li>Effectively times the release and aim of the ball</li> <li>Learning breath control in relation to releasing the ball</li> <li>Able to determine the best propelling technique and pattern</li> </ul>	<ul style="list-style-type: none"> <li>Learning optimal chair positions based on shot type</li> <li>Learning to move chair between shots</li> <li>Able to adjust position of the chair in the box towards the target</li> </ul>	<ul style="list-style-type: none"> <li>Can effectively deliver a ball with various shot types</li> <li>Learning to choose between shot types</li> <li>Practicing preferred type of shots</li> <li>Learning to block</li> <li>Learning to push/bump</li> </ul>	<ul style="list-style-type: none"> <li>Augmentative alternative communication if needed</li> <li>Determining set of balls, ramps and assistive devices for player's individual needs</li> </ul>
<b>FUNDamentals</b>	<ul style="list-style-type: none"> <li>Can effectively stabilize trunk to increase accuracy</li> <li>Can effectively aim the ball at a target</li> <li>Learning timing of releasing the ball</li> </ul>	<ul style="list-style-type: none"> <li>Exploring limits of wheelchair movement</li> <li>Learning to move chair behind a throwing line</li> </ul>	<ul style="list-style-type: none"> <li>Able to effectively propel a ball at a target using preferred shot type</li> <li>Introduction to all shot types (See Descriptions)</li> </ul>	<ul style="list-style-type: none"> <li>Explore types of release for BC3 players</li> </ul>
<b>Active Awareness</b>	<ul style="list-style-type: none"> <li>Learning to release the ball</li> <li>Learning to generate velocity through trunk control</li> </ul>		<ul style="list-style-type: none"> <li>Learning to release the ball at a target</li> </ul>	



LTAD Stages	Skills Matrix				
	Clock Management	Strategic & Decision Making Skills	Social Skills	Emotional Skills	Cognitive Skills
<b>Train to Win</b>	<ul style="list-style-type: none"> <li>Effective game time management – regulating shot preparation and execution to remain within the designated time frame.</li> </ul>	<ul style="list-style-type: none"> <li>Able to successfully implement long term strategies during the game</li> <li>Can confidently adjust game strategy in game</li> </ul>	<ul style="list-style-type: none"> <li>Takes on a leadership roles with developing athletes</li> <li>Developing social skills while in increasingly high pressure situations</li> </ul>	<ul style="list-style-type: none"> <li>Can effectively teach developing players about basic emotional skill</li> </ul>	<ul style="list-style-type: none"> <li>Understanding Paralympic pathway and qualification processes</li> <li>Collaborate with interdisciplinary team to start incorporating and perfecting sport psychology principles into training program</li> </ul>
<b>Train to Compete</b>	<ul style="list-style-type: none"> <li>Able to use the clock effectively and does not leave more than 1 minute on the clock after each end</li> </ul>	<ul style="list-style-type: none"> <li>Understands the decision making process and able to make independent tactical decisions</li> <li>Can accurately and consistently place jack and 1<sup>st</sup> ball</li> <li>Understanding advantage of own strengths and weaknesses to develop strong strategy</li> <li>Strong understanding of strategy and tactics</li> </ul>	<ul style="list-style-type: none"> <li>Learning to compete as a team and developing teamwork, leadership and communication skills with game pressure present</li> </ul>	<ul style="list-style-type: none"> <li>Practicing adaptations to in game changes</li> <li>Has strong coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>Is accountable to personal training plan</li> <li>Developing more detailed and long term goals</li> <li>Able to complete a self reflection on own tactical decisions and impact the opponents game and score</li> </ul>
<b>Train to Train</b>	<ul style="list-style-type: none"> <li>Able to execute good pace for selected shots</li> <li>Practicing taking time between shots to reset and refocus while not running out of time</li> </ul>	<ul style="list-style-type: none"> <li>Knows when and how to protect a lead</li> <li>Knows when to maximize points</li> <li>Able to make decision after coin toss</li> <li>Learning differences between balls and shot types</li> </ul>	<ul style="list-style-type: none"> <li>Practicing assertiveness</li> <li>Developing leadership skills</li> <li>Developing in game communication skills</li> </ul>	<ul style="list-style-type: none"> <li>Practicing controlling emotions under pressure</li> <li>Developing coping strategies in relation to self confidence and game performance</li> </ul>	<ul style="list-style-type: none"> <li>Applying goal setting to season plans</li> <li>Learning to evaluate coaching advice</li> </ul>
<b>Learn to Train</b>	<ul style="list-style-type: none"> <li>Able to understand call room process</li> <li>Learning time management principles in practice and recreational games</li> </ul>	<ul style="list-style-type: none"> <li>Learning jack placement</li> <li>Introduction of formal game rules</li> <li>Progression of different target areas</li> <li>Offensive and defensive play introduced</li> </ul>	<ul style="list-style-type: none"> <li>Practicing leadership skills</li> <li>Practicing teamwork skills</li> <li>Can demonstrate positive sportsmanship</li> </ul>	<ul style="list-style-type: none"> <li>Practicing adapting to change</li> <li>Confident in one’s ability</li> <li>Learning to control emotions</li> </ul>	<ul style="list-style-type: none"> <li>Learning basic goal setting principles</li> <li>Practices time management</li> </ul>
<b>FUNDamentals</b>		<ul style="list-style-type: none"> <li>Understands and executes the goal and objective of placing ball as close to the jack to score points</li> </ul>	<ul style="list-style-type: none"> <li>Practicing confidence in social situations</li> <li>Learning teamwork and what it means to be a team player</li> </ul>	<ul style="list-style-type: none"> <li>Developing self confidence through sport</li> <li>Learning to adapt to change</li> </ul>	<ul style="list-style-type: none"> <li>Learns from observing others</li> </ul>
<b>Active Awareness</b>			<ul style="list-style-type: none"> <li>Learning communication skills</li> <li>Learning sportsmanship principles</li> </ul>	<ul style="list-style-type: none"> <li>Learning about self confidence</li> </ul>	



# Skill Descriptions

## **Delivery Skills**

The technical and physical abilities an athlete uses to accurately and consistently propel the ball onto the court in alignment with their strategy.

Shot Delivery Types:

- Under hand - The athlete swings their arm from low to high, releasing the ball with the palm facing upward. This technique emphasizes control and is commonly used for short to medium-distance throws.
- Over hand - The athlete throws the ball with the hand moving from high to low, palm facing downward at release. Often used for power shots or lobs to place the ball over others.
- Kicking - The athlete uses their foot to propel the ball onto the court. This method is chosen when hand/arm use is limited, and can be adapted for accuracy or power.
- Ramp - An assistive device where the athlete (often with the help of a sport assistant) uses a ramp to release the ball. The athlete directs the ball's angle, speed, and placement through head, hand, or pointer control.
- Pendulum - motion begins with the arm gently swinging backward and then forward in a smooth, continuous movement. At the appropriate point in the forward swing, the athlete releases the ball, propelling it toward the target.
- Dart - A straight, dart-like throw where the athlete pushes or flicks the ball forward with a quick motion, often for precise, targeted placement.
- Chest - The athlete holds the ball against the chest and pushes or releases it forward using both arms or upper body strength. This method is commonly used when arm extension is limited.

## **Positioning**

How the athlete places themselves, their assistive devices and their balls on the court to gain a tactical advantage. It involves selecting the best location and orientation to deliver shots accurately, block opponents, protect balls and create scoring opportunities.

## **Ball Shots**

Types of throws or deliveries an athlete uses to achieve specific tactical objectives during a game. Shots are chosen based on the position of the jack, the athlete's own balls, opponents balls and the goal of scoring points, blocking or controlling the play.

Shot Types:

- Draw - delivering a ball close to the jack to score or set up future plays.
- Bounce/Ricochet - using a ball in field of play to redirect a shot into a strategic position by bouncing or ricochet off of.
- Block - placing ball in front of the jack or opponents ball to restrict their options.
- Lob - a high arching throw to drop the ball over others into a strategic position
- Bust - forcefully striking an opponents ball(s) to clear balls out of the way creating more scoring opportunities.
- Push - hitting one of your own balls to move it closer to the jack

## **Clock Management**

How an athlete or team strategically uses their allotted playing time during a boccia match. Each athlete or side has a set amount of time to complete all their throws in an end (usually displayed on a timing device or scoreboard).

## **Strategic Skills**

Ability to plan and adapt a broader game plan to achieve long term success. An example could include choosing to play more defensive early in the end to force the opponent into riskier shots later.

## **Decision Making Skills**

Ability to choose the best immediate action in a given situation. An example could include deciding to play a blocking shot instead of a placement shot because the opponent has an open lane to the jack.

## **Social Skills**

Ability to interact respectfully and effectively with others in the sport environment. This includes communication with teammates, coaches, and officials, cooperating during team/pair play, showing sportsmanship and building positive relationships within the boccia community.

## **Emotional Skills**

Capacity to recognize, express and manage emotions during training and competition. This includes staying calm under pressure, handling frustration or disappointment, celebrating success appropriately, and maintaining focus and confidence throughout a match.

## **Cognitive Skills**

Mental processes athletes use to learn, understand and apply knowledge of the game. This includes attention, memory, problem-solving, anticipation, and tactical thinking - all of which help athletes analyze situations, plan shots, and adapt strategies during play.

# References & Resources

Resources used to create player pathway and skills matrix:

World Boccia - Boccia Player's Pathway by the BISFed Development Committee: <https://share.google/fCxp1tZCTW9dfhRSZ>

Boccia Canada Long Term Athlete Development Model <https://bocciacanada.ca/wp-content/uploads/2021/08/Long-Term-Athlete-Development-Model-en.pdf>

SportAbility Coaching Resource: <https://sportabilitybc.ca/wp-content/uploads/2020/05/Boccia-CoachingResource.pdf>

Sport for Life Long Term Athlete Development [https://sportforlife.ca/wp-content/uploads/2017/04/LTAD-2.1-EN\\_web.pdf?x96000](https://sportforlife.ca/wp-content/uploads/2017/04/LTAD-2.1-EN_web.pdf?x96000)