

BC3 STANDARDS

1. Jack serve and first ball
2. Displacement of opponent's ball
3. Open space drill
4. Ricochet
5. Push

STANDARD 1: JACK SERVE AND FIRST BALL

Reason for the skill:

1st ball position for blocking and making opponent likely to have to take 2 shots to score.

Script:

BC3 Athletes will roll jack ball and a follow up ball at their personal choice at 2.5-4 meters (short), 4.1-6.5 (medium) and 6.5 m+(long). No two spots must be within 1/2 meter of each other (i.e., cannot put a jack at 6.5 for medium and 6.6 for long). Once the jack ball is rolled, each follow up shot will be rolled and recorded based on rubric. Athlete will reset and roll jack and colored ball again on each attempt. Athlete has 1:40 seconds to roll both balls (jack and first ball should take no more than 1:40 scorer must have a timer). This drill should take you no more than 30 minutes to complete.

Points:

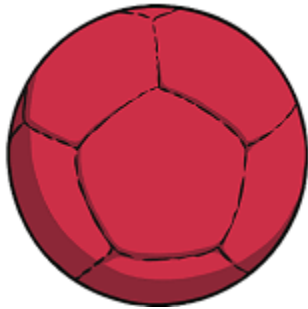
- 3 points if at least 75% of ball is blocking opponent and within 4 balls (short and medium) 8 balls (long)
- 2 points if at least 50% of ball is blocking opponent and within 4 balls (short and medium) 8 balls (long)
- 1 point if at least 25% of ball is blocking opponent and within 4 balls (short and medium) 8 balls (long)

Video:

Must be continuous for all 3 balls (at one distance). Video must show athlete rolling ball. Athlete has 1:40 seconds to roll both balls (jack and first ball should take no more than 1:40 scorer must have a timer). The video must also show the ball coming down the court and stopping. In the last section of the video, you must show a bird's eye view (overhead shot) of where the balls are stopped. Again, keep the cameras rolling for all 3 balls (continuous footage).

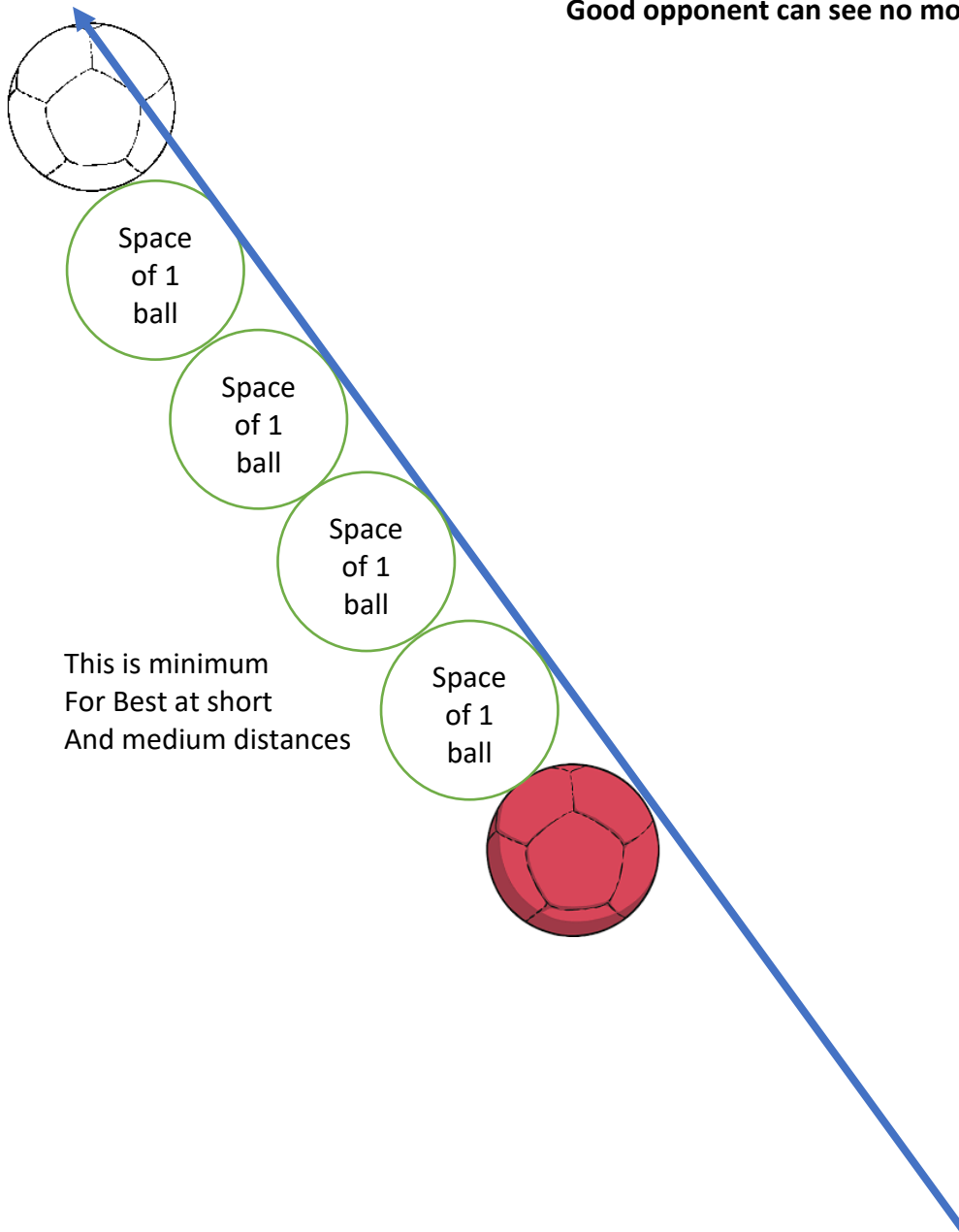
Distances	Short 2.5-4m	Medium 4.1-6.5m	Long 6.6m or over
National Team Standard	<u>6 pts 66%</u>	<u>5 pts 55%</u>	<u>4 pts 44%</u>
Development Team Standard	<u>4 pts 44%</u>	<u>3 pts 33%</u>	<u>3 pts 33%</u>

DIAGRAM – JACK SERVE AND FIRST BALL



BC3 serve and first colored ball- must have both balls out within 1:40 minute. You must use the same jack but any colored balls. Must reset each time. 3 balls of each color. No more than 4 balls between jack and 1st ball (short and medium) and 8 balls (long)

Best opponent can see no more than 25% of jack
Better opponent can see no more than 50% of jack
Good opponent can see no more than 75% of jack



opponent is
here



STANDARD 2: DISPLACEMENT OF OPPONENT’S FIRST BALL

Reason for the skill:

Most athletes have one hard ball in their set, and it is imperative that you can displace your opponent’s first ball to be able to score on the jack.

Script:

BC3 Athletes must be able to displace their opponents first ball that is blocking the jack. Your job is to move that colored ball out of the way to give yourself an opportunity to score. Because it is such a good block, we are not asking you to displace and score.

Directions:

Athlete you have 3 opportunities to displace the 1st-colored ball which will be setup 1 ball lengths in front of the jack with 75% of the jack covered from your box. You will shoot 3 red from box 3 and 3 blue from box 4. You will use your same displacement ball for all 3 shots. Please see diagram of setup and video for clarification on how to set up.

Points:

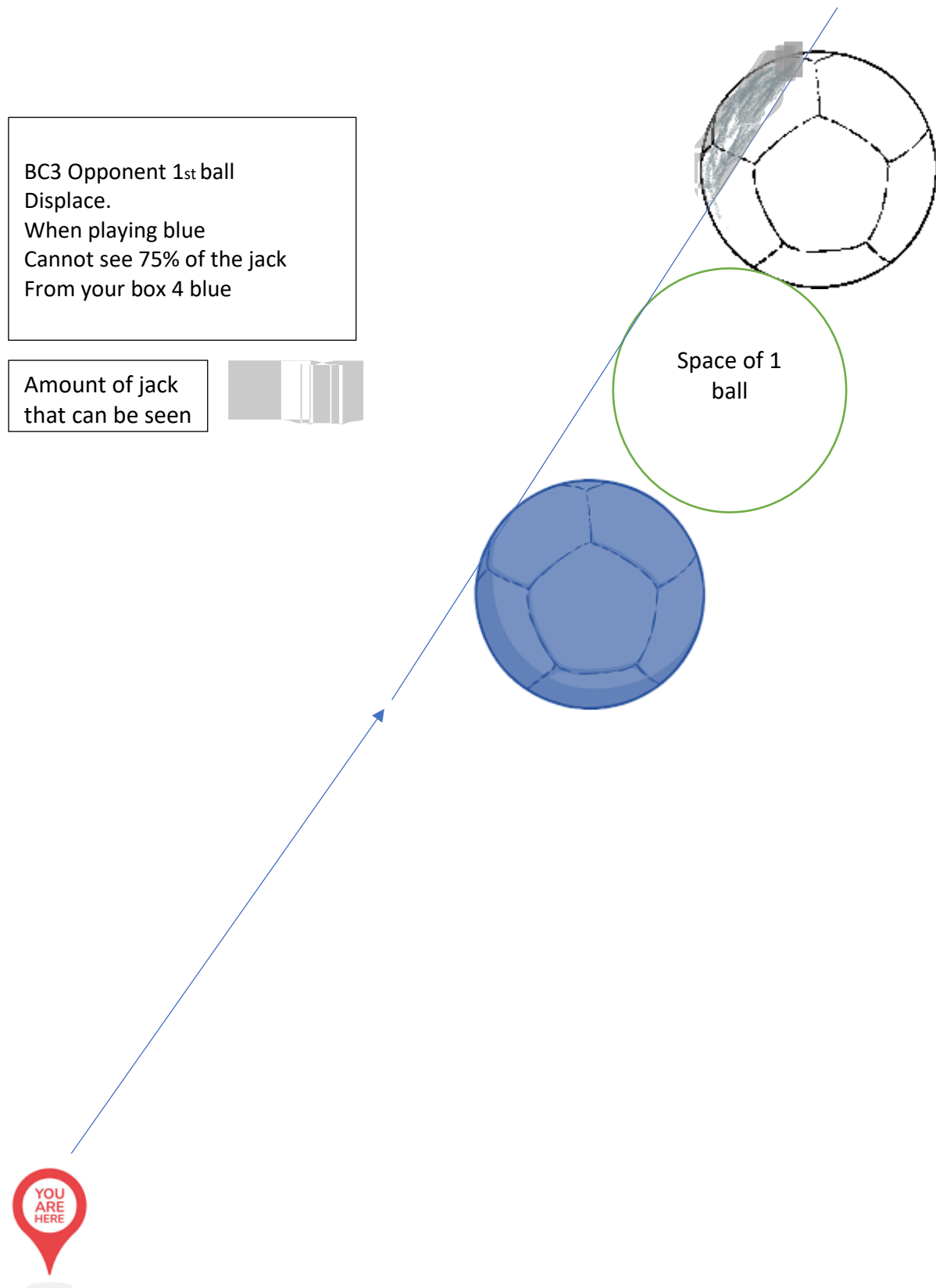
- 3 pts for moving the colored ball so you can see 100% of the jack
- 2 pts for moving the colored ball so you can see 50 % of the jack
- 1 pts if you can see 25% of the jack

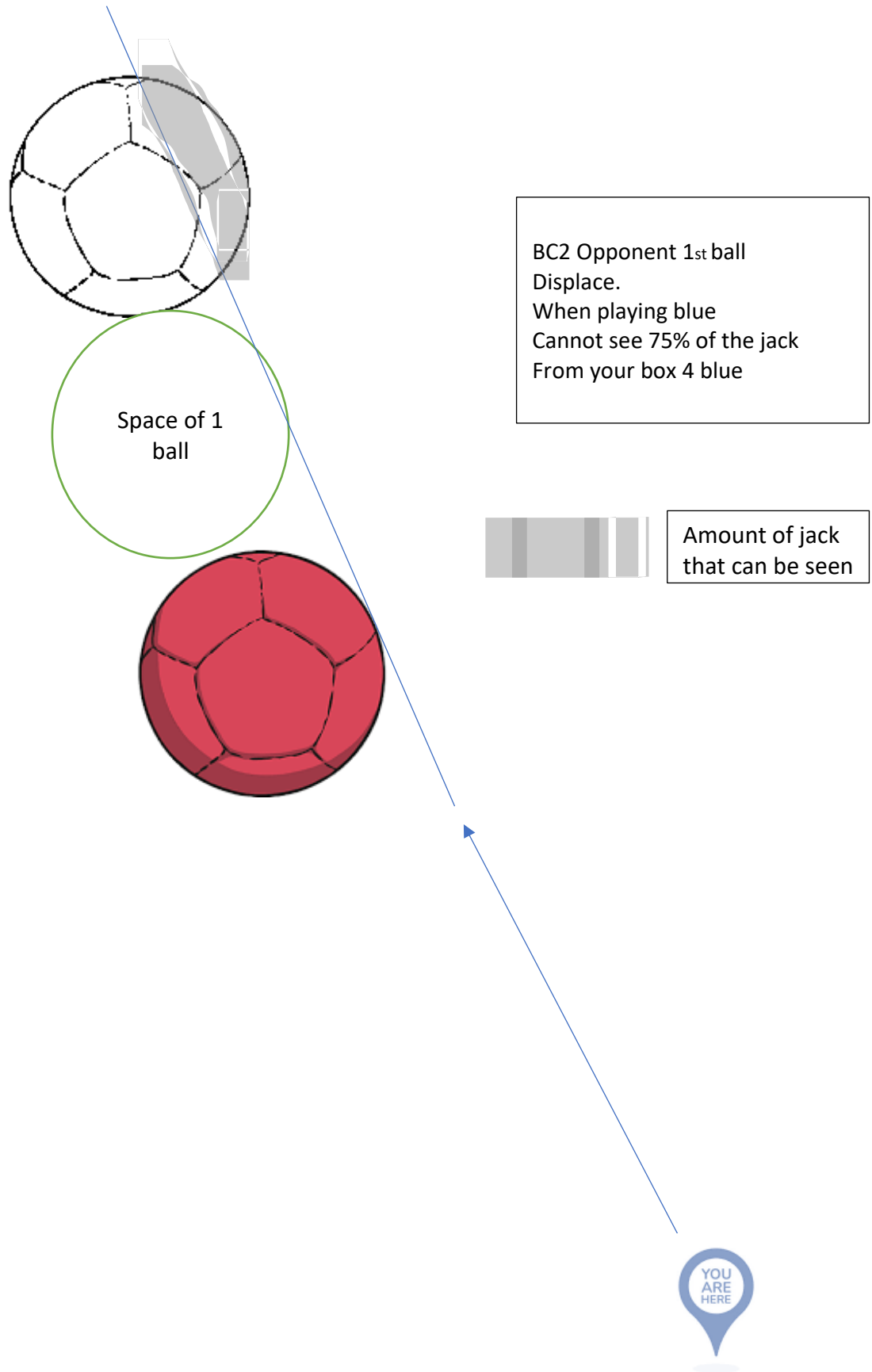
Video:

Must be continuous for all 3 balls (at each distance). Video must show athlete rolling ball. The video must also show the ball coming down the court and stopping. In the last section of the video, you must show a bird’s eye view (overhead shot) of where the balls are stopped. Again, keep the cameras rolling for all 3 balls (continuous footage).

Distances	Short 3.5 and 1m	Medium 5.2 and 1.5m	Long 7.5 and 2m
National Team Standard	<u>6 pts 66%</u>	<u>6 pts 66%</u>	<u>5 pts 55%</u>
Development Team Standard	<u>5 pts 55%</u>	<u>4 pts 44%</u>	<u>3 pts 33%</u>

DIAGRAM - DISPLACEMENT OF OPPONENT'S FIRST BALL





STANDARD 3: OPEN SPACE DRILL



Reason for the skill:

Athletes must be able to accurately hit spaces without playing off other balls to score.

Script:

BC3 athlete will shoot 3 red from box 3 and 3 blue from box 4 at each distance short (3.5 and .5 m), medium (5.2 and 1 m), and long (7.5 and 1.5 m). A target (provided to the athlete) is placed at distance with yellow representing the ultimate mark they are aiming for). The player attempts to aim for yellow and get as many points as possible per throw. The delivered ball is scored, removed, and the test is reset before next attempts. Athlete must use 3 different balls in this assessment. Points are measured at the edge of the ball over scoring ring (i.e. picture shows 10 points).

Points:

- Scoring Key:

- Max score: 30 pts (see picture above – example of 10 points)
- Yellow: 10-9 pts
- Red: 8-7 pts
- Blue: 6-5 pts
- Black: 4-3 pts
- White: 2-1 pt

Video:

Must be continuous for all 3 balls (at each distance). Video must show athlete rolling ball. The video must also show the ball coming down the court and stopping. In the last section of the video, you must show a bird's eye view (overhead shot) of where the balls are stopped. Again, keep the cameras rolling for all 3 balls (continuous footage).

Distances	Short 3.5 and .5m	Medium 5.2 and 1m	Long 7.5 and 1.5m
National Team Standard	<u>19 pts 63%</u>	<u>16 pts 53%</u>	<u>14 pts 46%</u>
Development Team Standard	<u>14 pts 46%</u>	<u>12 pts 40%</u>	<u>11 pts 36%</u>

STANDARD 4: RICOCHET

Reason for the skill:

During games there will be an opportunity to play off a ball to position a ball closer to the jack when it is blocked.

Script:

BC3 athlete will set up in box 3 and in box 4 and roll corresponding balls to their side to attempt a ricochet and score. You may use any balls you want to in this drill, but you must reset the balls in between shots. The ball MUST ricochet off the set-up ball to count as a score. (Not a push into ball and score). You will roll 3 balls of both colors at short 3.7 @.5 m (short), 5.2 @ 1 m (medium), and 6.5 @ 1m (long).

Scoring:

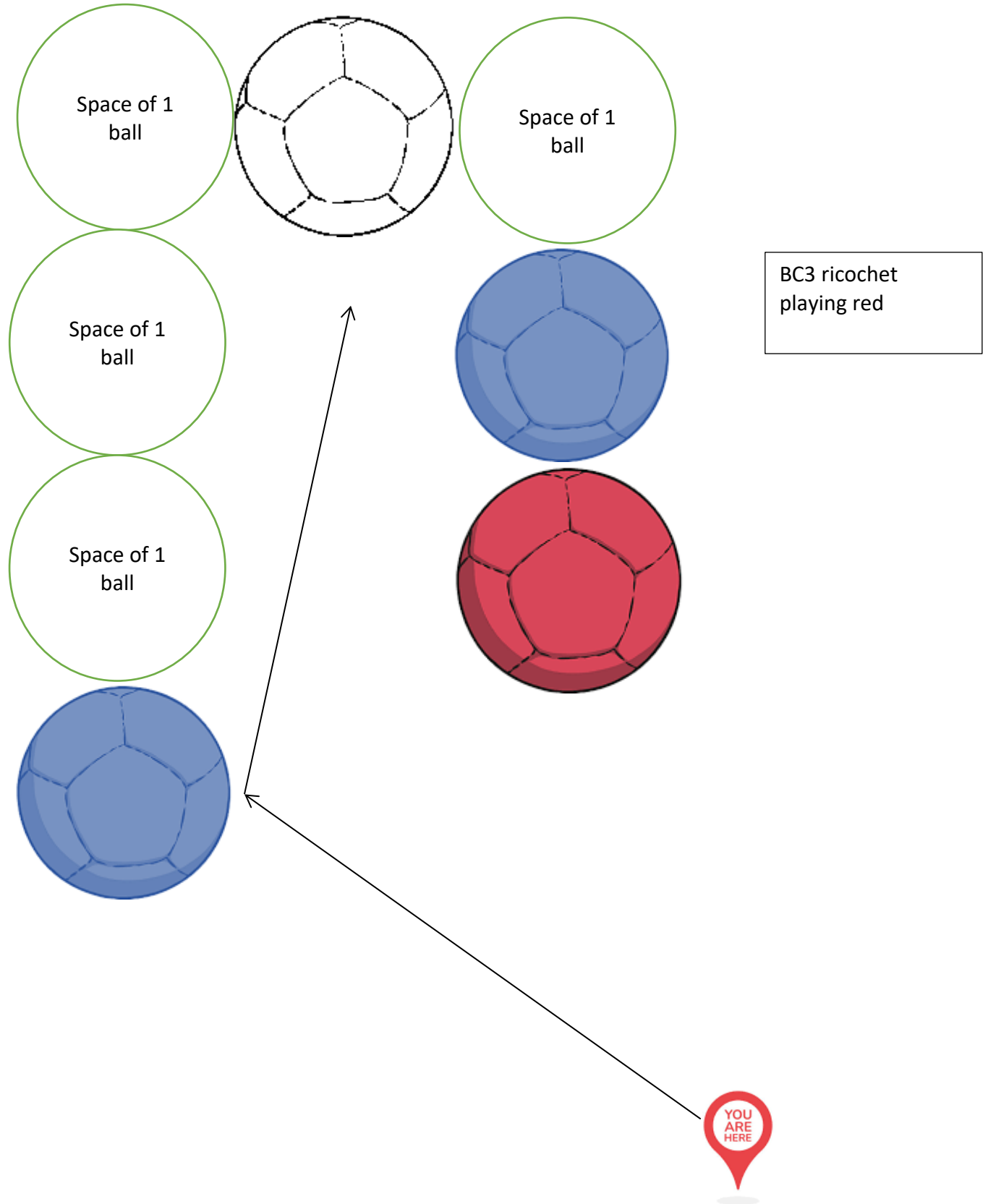
- 3 points if the ball ricochets off of the correct ball and is scoring
- 2 points if 1 ball ricochets off the correct ball and is closer than the red ball, if shooting red (but not scoring) and is closer than the blue ball, if shooting blue (but not scoring).
- 1 point if ball ricochets off the intended ball

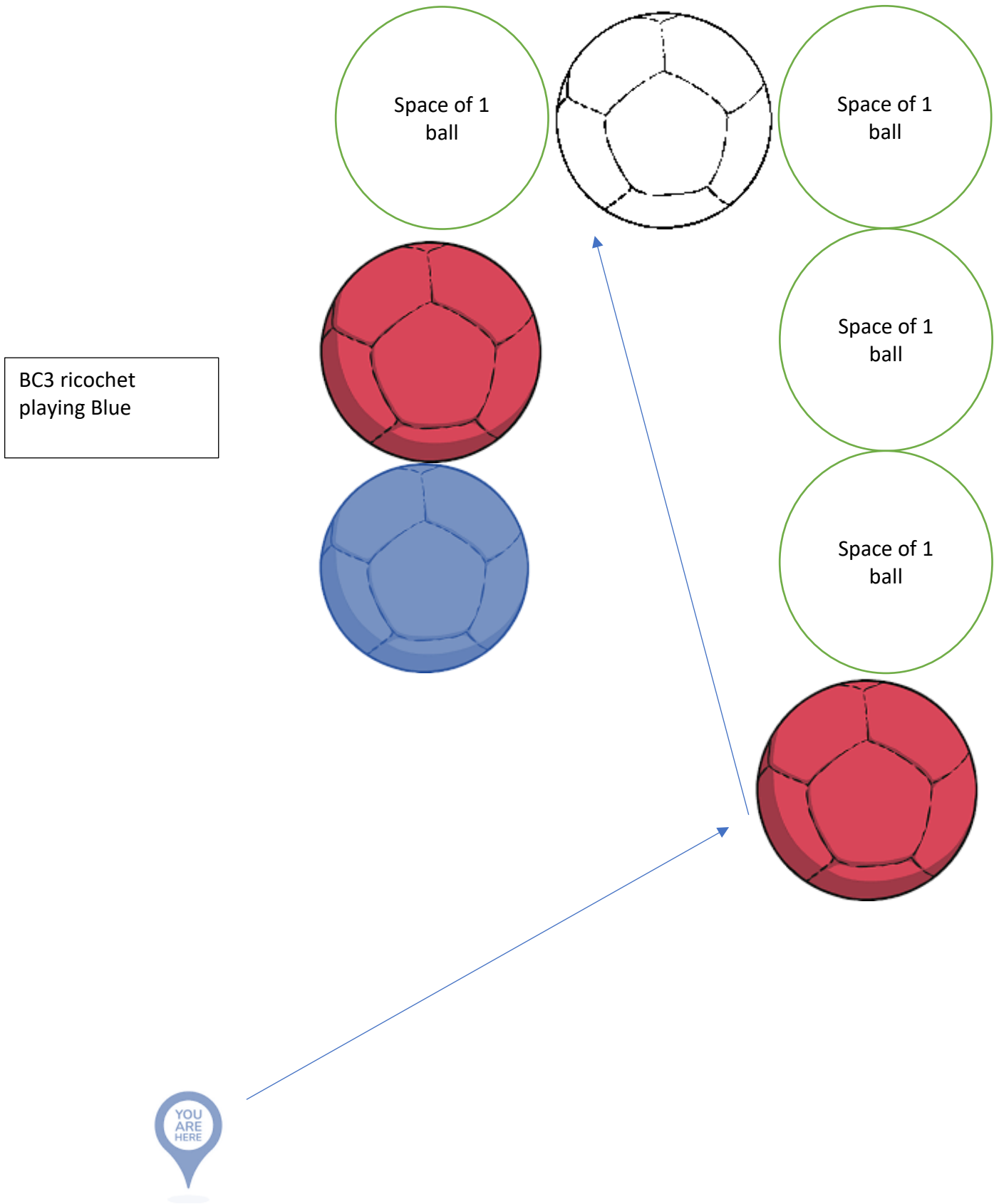
Video:

Must be continuous for all 3 balls (at one distance). Video must show athlete rolling ball. The video must also show the ball coming down the court hitting balls and stopping. In the last section of the video, you must show a bird's eye view (overhead shot) of where the balls are stopped. Again, keep the cameras rolling for all 3 balls (continuous footage).

Distances	Short 3.7 @ .5m	Medium 5.2 @ 1m	Long 6.5 @ 1m
National Team Standard	<u>6 pts 66%</u>	<u>5 pts 55%</u>	<u>4 pts 44%</u>
Development Team Standard	<u>4 pts 44%</u>	<u>3 pts 33%</u>	<u>3 pts 33%</u>

DIAGRAM – RICOCHET





STANDARD 5: PUSH

Reason for the skill:

When you come up short there are many options. When you particularly come up short on a ball, a higher percentage shot is the push. Object is to push your colored ball that is not currently scoring back into the jack.

Script:

BC3 Athletes will have balls at each of the 3 distances. They will roll and push the ball to their opponent's side (opponent had good first ball and they came up short. Jack will be placed at 3.4 @ .5 m (short), 4.6 @ 1m (medium) and 6.7 @ 1m (long). You can use the same or different colored balls in this standard. Athlete has no more than :50 seconds to roll the ball (scorer must have a timer). Reset balls each time. This drill should take you no more than 30 minutes to complete.

Points:

- 3 points if both balls are scoring
- 2 points if 1 ball is scoring
- 1 point if intended ball was pushed back into jack but is not scoring

Video:

Must be continuous for all 3 balls (at one distance). Video must show athlete rolling/throwing ball. The video must also show the ball coming down the court and stopping. In the last section of the video, you must show a bird's eye view (overhead shot) of where the balls are stopped. Again, keep the cameras rolling for all 3 balls (continuous footage).

Distances	Short 3.4 @ .5m	Medium 4.6 @ 1m	Long 6.7 @ 1m
National Team Standard	<u>6 pts 66%</u>	<u>5 pts 55%</u>	<u>4 pts 44%</u>
Development Team Standard	<u>5 pts 55%</u>	<u>4 pts 44%</u>	<u>3 pts 33%</u>

DIAGRAM – PUSH

