

BC4 STANDARDS

1. Jack serve and first ball
2. Lob and score
3. Open space drill
4. Ricochet
5. Smash and score

STANDARD 1: JACK SERVE AND FIRST BALL

Reason for the skill:

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

Script:

BC4 Athletes will throw/roll jack ball and a follow up ball at their personal choice at 2.5-4 m (short), 4.1-6.5 m (medium) and 6.6-9.5 m (long). **No two spots must be within 1/2 meter** of each other (i.e., cannot put a jack at 6.2 for medium and 6.6 for long). You will reset and roll/throw jack and colored ball again on each attempt. You must use the same jack, but you can use whatever colored ball you choose. Athlete has 50 seconds to roll/throw both balls (scorer must have a timer). This drill should take you no more than 20 minutes to complete. You will roll 6 jacks/follow-up 1st balls at each distance and each color.

Points:

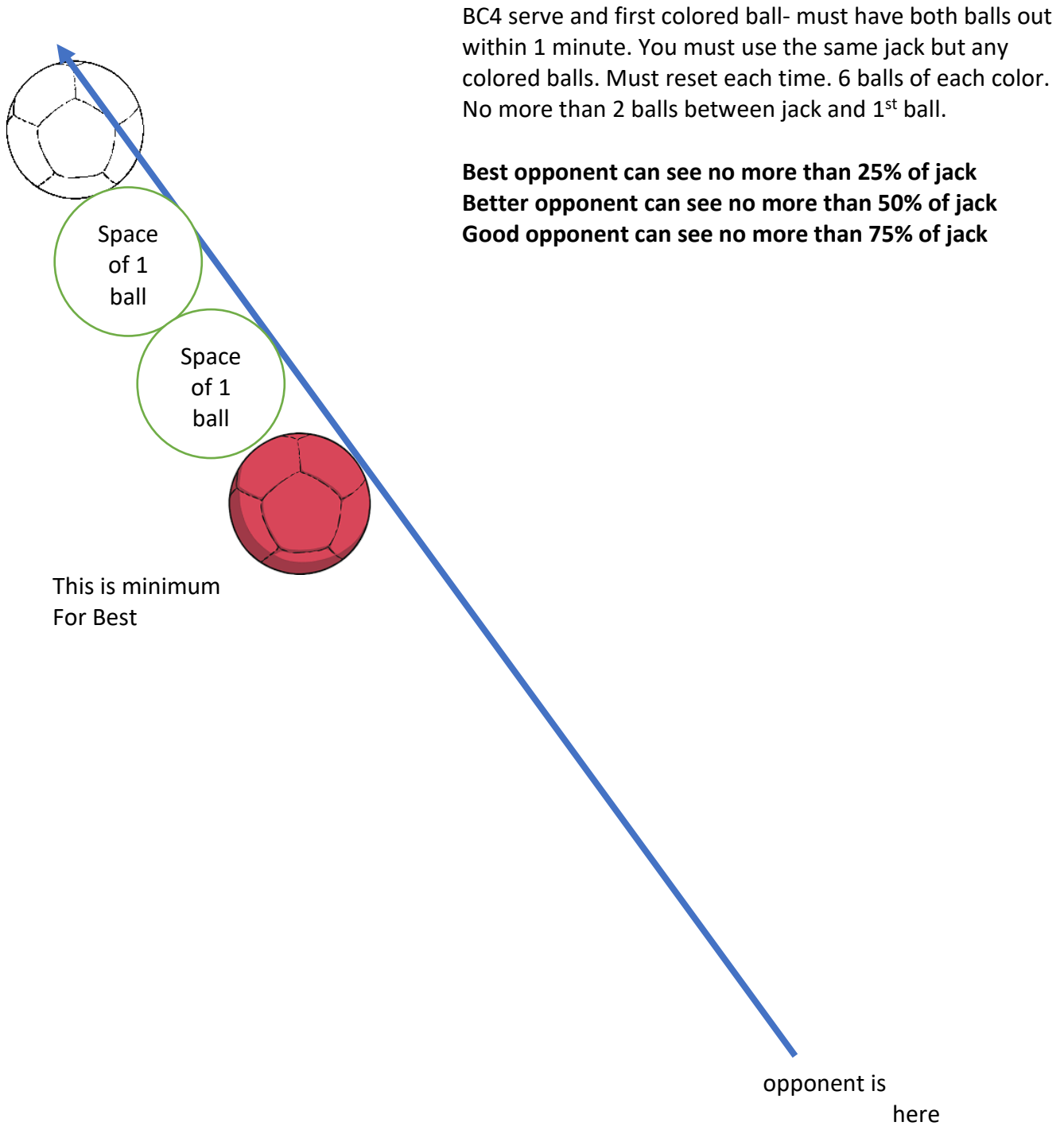
- 3 points if at least 75% of ball is blocking opponent and within 2 balls
- 2 points if at least 50% of ball is blocking opponent and within 2 balls
- 1 point if at least 25% of ball is blocking opponent and within 2 balls

Video:

Must be continuous for all 6 balls (at each distance). Video must show athlete rolling/throwing ball. Athlete has 50 seconds to roll/throw both balls (scorer must have a timer). The video must also show the ball coming down the court and stopping. In the last section you must show a bird's eye view of where the balls came to rest. Again, keep the cameras rolling for all 6 balls (continuous footage).

Distances	Short 2.5-4.4m	Medium 4.5-6.1m	Long 6.2-9m
National Team Standard	<u>13 pts 72%</u>	<u>11 pts 61%</u>	<u>8 pts 50%</u>
Development Team Standard	<u>12 pts 66%</u>	<u>10 pts 55%</u>	<u>7 pts 39%</u>

DIAGRAM – JACK SERVE AND FIRST BALL



STANDARD 2: LOB AND SCORE

Reason for the skill:

A lob is a highly effective one ball shot in BC4 play to not only move balls, but potentially score all in one shot.

Script:

BC4 athlete will lob 6 red from box 3 and 6 blue from box 4 at each athlete choice distance short (2.5-3m), medium (3.1-3.5m), and long (3.6-4.5). **Distances must be at least .3 meters apart** (i.e., short cannot be at 3m and medium at 3.1m). The delivered ball is scored, removed, and the test is reset before next attempts. Athlete may use the same ball in this assessment. You have 0:35 seconds to deliver the ball (scorer must have a timer). This drill should take you no more than 20 minutes to complete.

Points:

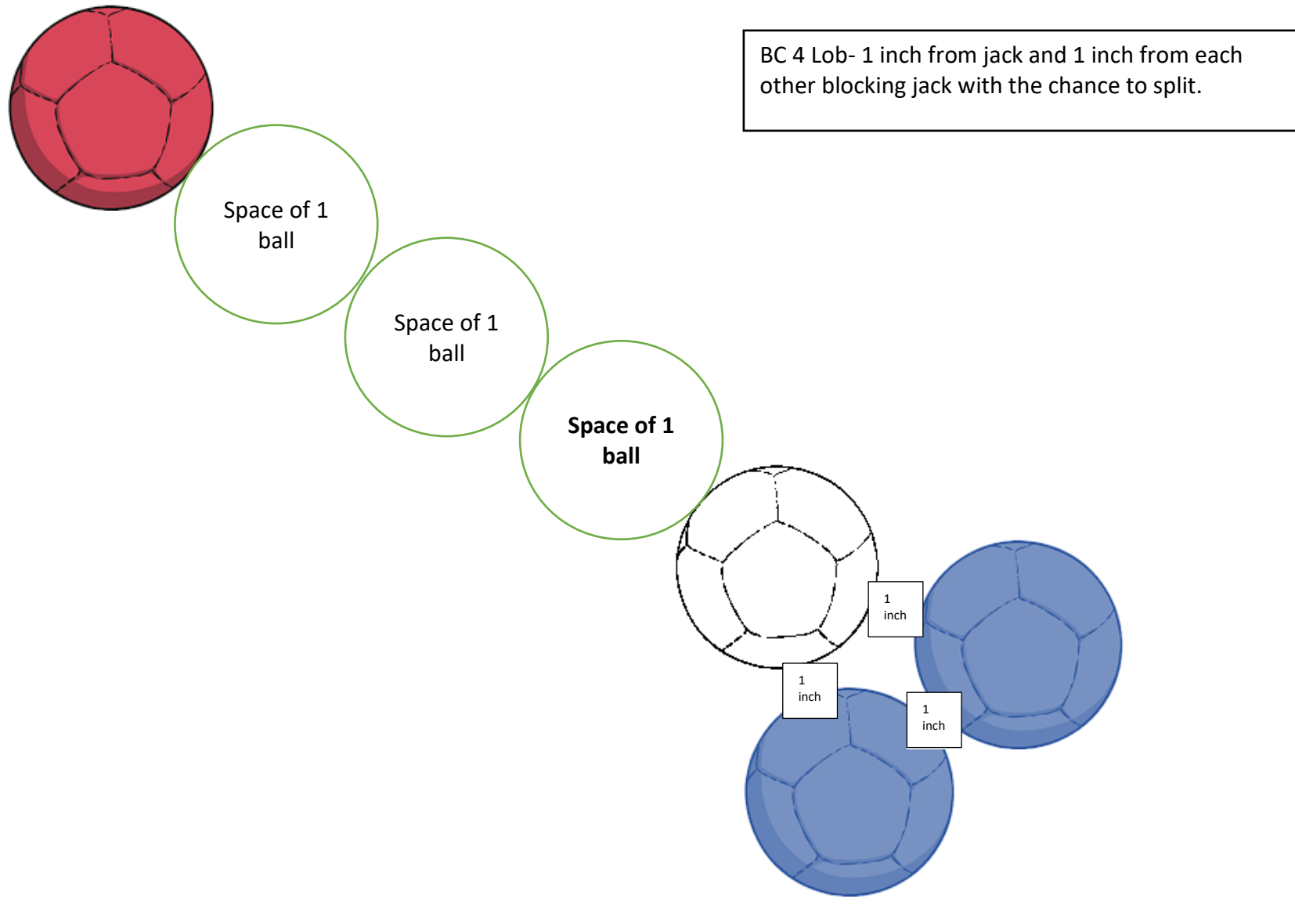
- 3 points (best) if you lobbed and score a point
- 2 points (better) if you lobbed and hit the intended target but did not score
- 1 point (good) if you lobbed and hit the jack or opponents' ball and created a second shot opportunity

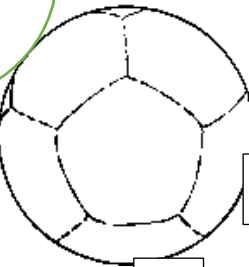
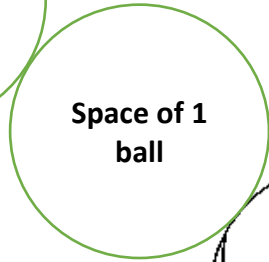
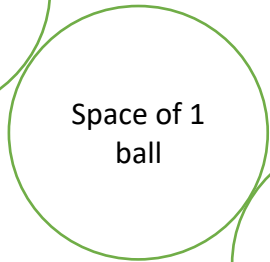
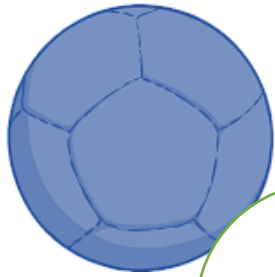
Video:

Must be continuous for all 6 balls (at each distance). Athlete has 35 seconds to lob the ball (scorer must have a timer). The video must also show the ball coming off the athlete's hand and hitting the balls. In the last section you must show a bird's eye view of where the balls came to rest. Again, keep the cameras rolling for all 6 balls (continuous footage).

Distances	Short 2.5-3m	Medium 3.1-3.5m	Long 3.6-4.5
National Team Standard	<u>12 pts 66%</u>	<u>11 pts 61%</u>	<u>6 pts 33%</u>
Development Team Standard	<u>11 pts 61%</u>	<u>8 pts 44%</u>	<u>3 pts 16%</u>

DIAGRAM 3 – LOB AND SCORE

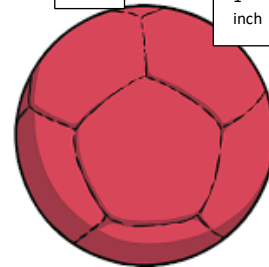
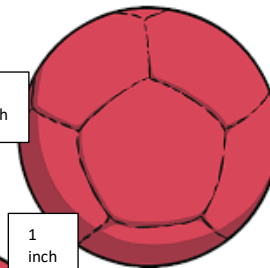




1
inch

1
inch

1
inch



BC 4 Lob- 1 inch from jack and 1 inch from each other blocking jack with the chance to split.



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:

BC4 athlete will shoot 3 red from box 3 and 3 blue from box 4 at each athlete choice distance short (2.5-4m), medium (4.1-6.5m), and long (6.6-9.5m). 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 2.5-4m	Medium 4.1-6.5m	Long 6.6-9.5m
National Team Standard	<u>21 pts 70%</u>	<u>17 pts 56%</u>	<u>15 pts 50%</u>
Development Team Standard	<u>19 pts 63%</u>	<u>13 pts 46%</u>	<u>12 pts 40%</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:

BC4 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 3.1 @2 m (short), 4.3 @ 1 m (medium), and 7 @1 m (long).

Scoring:

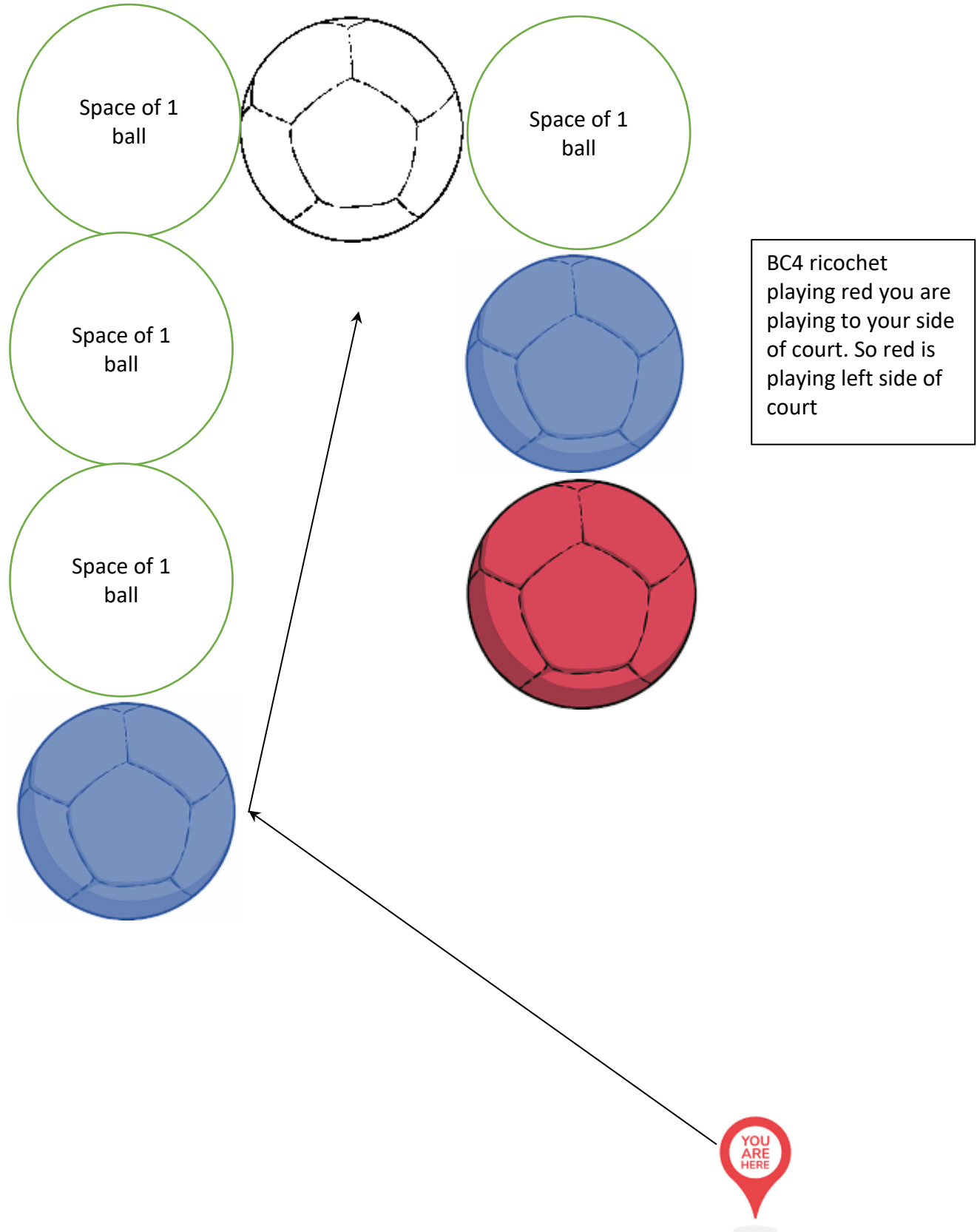
- 3 points if the ball ricochets off the correct ball and is scoring
- 2 points if thrown ball ricochets off the correct ball and is closer than the red ball, if shooting red (but not scoring) and is closer than the blue ball, if shooting blue (but not scoring).
- 1 point if ball ricochets off the unintended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

Video:

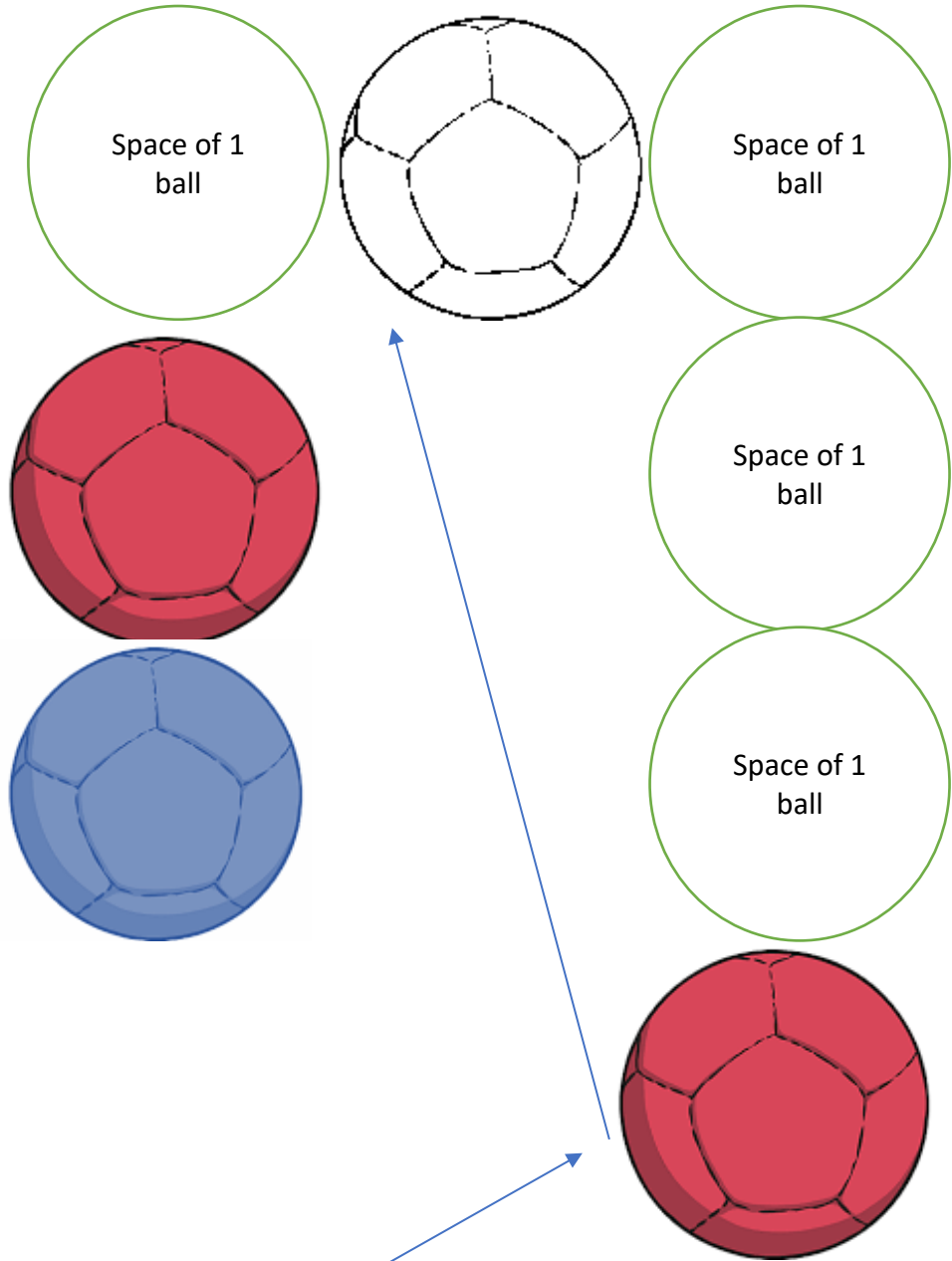
Must be continuous for all 3 balls (at each distance). Video must show athlete rolling ball. The video must also show the ball coming down the court hitting balls and stopping. In the last section of the video, you must show a bird's eye view (overhead shot) of where the balls are stopped. Again, keep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

Distances	Short 3.1 @ 2m	Medium 4.3 @ 1m	Long 5.4 @ 1.5m
National Team Standard	<u>5 pts 55%</u>	<u>4 pts 44%</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



BC 4 ricochet
playing blue you
are playing to your
side of court. So
blue is playing right
side of court



STANDARD 5: SMASH AND SCORE

Reason for the skill:

In BC4 play there are game scenarios where you need to move balls accurately to score or minimally separate balls to get in good position to score on a second ball.

Script:

BC4 Athletes will throw one ball at a time from box 3 and then from box 4 throwing corresponding color, smashing through a two-ball wall, set up in front of a placed jack at stated distances to score a point (see diagram). If done in one shot, which is preferred that is best (moving balls and scoring). If an athlete does not score on the first ball the athlete must create an obvious second chance opportunity to score (slightly pushing a ball on the wall or a cluster in front of jack does not count as “opportunity”) and complete the process to determine score or no score (see point structure). Creating a second opportunity means that you moved at least one of the two opponent’s balls in front of the jack to get a better look at the jack. Lobing or push back is not acceptable for this drill. You will have 6 opportunities to score with each color- it maybe one or two balls per trial depending on what you do with the first ball. You may use any colored balls you wish. After the attempt(s), the balls will be reset for next throw.

Points:

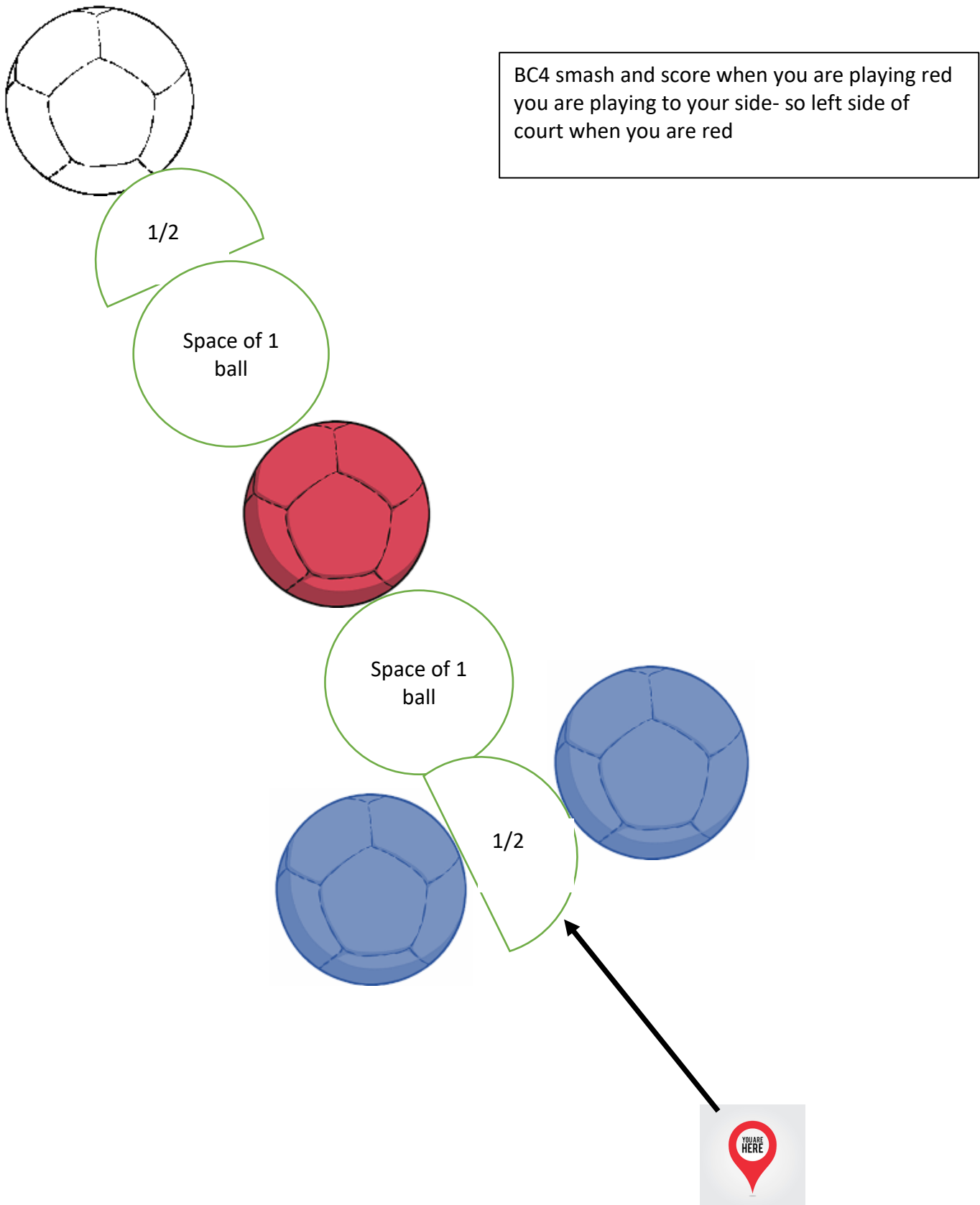
- 3 points (best) if you smash and score on one ball
- 2 points (better) if you smash and did not score but created a second opportunity and scored on second ball
- 1 point (good) if you created a second opportunity but did not score on second ball

Video:

Must be continuous for all balls (at each 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 balls (continuous footage) which maybe up to 12 balls for this standard.

Distances	Short 3.1 @ 1m	Medium 4.5 @ 1m	Long 7 @ 1m
National Team Standard	<u>12 pts 66%</u>	<u>10 pts 56%</u>	<u>8 pts 44%</u>
Development Team Standard	<u>10 pts 56%</u>	<u>8 pts 44%</u>	<u>6 pts 33%</u>

DIAGRAM – SMASH AND SCORE



BC4 smash and score when you are playing blue
you are playing to your side- so right side of
court when you are blue

