

NATIONAL AND DEVELOPMENT TEAM STANDARDS HOW-TO

The 2022-23 National Team Standards “NTS” and Development Team Standards “DTS” are designed to be rigorous. Athletes meeting these standards could currently play in close head-to-head competition with the top 15-25 World Ranked (WR) players in boccia in their division. Boccia will continue to update these standards annually. No team member may stay on the development team for more than 4 years consecutively. It is expected that those team members within that time frame increase their skills and rise to the ranks of a National Team member. Continuous improvement is expected of all National and Development Team members.

The National and Development Team Standards Selection Process consists of two (2) rounds - a technical skills assessment in Round 1 followed by an invitation-only selection camp in Round 2. In Round 1, athletes will complete a skill assessment of five technical standards and submit their data and video recordings for review. If NTS or DTS is met, the athlete will be invited to participate at the Round 2 Selection Camp. In Round 2, the athlete will be evaluated on tactical competencies. Both Round 1 and Round 2 standards will be used to name the National and Development Teams for the 2022-23 season.

ROUND 1 – TECHNICAL SKILLS

Required items to complete the Technical Skills Assessment

- Target
- Boccia balls (two colors)
- Full size boccia court – flat and hard surface
- Video capabilities (cell phone is likely the easiest)
- Independent score certifier



OVERVIEW

Round 1 is a technical skills assessment of the following standards:

1. Jack and 1st ball;
2. Ball Placement in open space;
3. Push;
4. Displacement;
5. One (1) other skill – based on the division

Within each of the five skill standards there are three (3) sub standards– short, medium and long distances. To meet the National Team Standard “NTS” or Development Team Standard “DTS”, the athlete must meet two (2) of the three (3) sub-skill standards.

- Example: If in Standard 1 (Serve and 1st ball) the athlete meets two (2) out of the three (3) sub standards in the DTS and 1 in the NTS, that standard is considered in the Development Team.
- OR-**
- Example: If in Standard 3 (Open Space) the athlete meets two (2) out of the three (3) sub standards for NTS but the third substandard is not met in either category this would meet NTS.
 - o This is the preponderance of evidence (2 out of the 3 sub standards shows where the athlete is in technical skills).

Each technical skill standard (Jack and 1st ball; Ball Placement in open space; Push; Displacement; One (1) other skill (per division) must be completed twice but **minimally on two separate data collection dates**. However, the athlete does not need to collect data on all five (5) standards on the same day. At maximum the athlete can use two different dates for technical standard #1 and two different dates for technical standard #2 and so on. At maximum athletes can use 4 different dates TOTAL to submit data on each of the five (5) standards and videos that will be submitted to the selection committee.

EXAMPLES - the athlete can complete the standards over 4 different days in a combination of ways:

MAX. OF TWO DIFFERENT DATES TO COMPLETE DATA SET 1 AND MAX. OF TWO DIFFERENT DATES TO COMPLETE DATA SET TWO.					
Examples below.					
DATE	DATA SET 1	DATE	DATA SET 1	DATE	DATA SET 1
22-Aug	1, 2, 3	30-Aug	1	2-Sep	3, 4,
23-Aug	4, 5	2-Sep	2, 3, 4, 5	6-Sep	1, 2, 5
DATE	DATA SET 2	DATE	DATA SET 2	DATE	DATA SET 2
30-Aug	1, 2, 5	8-Sep	1, 3	7-Sep	1, 2, 5
2-Sep	3, 4	9-Sep	2, 4, 5	10-Sep	3, 4

An athlete must minimally meet 4/5 technical standards at the National Team Standard **OR** Development Team Standard to be invited to Round 2.

For each of the four sport classes there is a separate link below that contains both instructions for completing the skill standard and a diagram showing the ball setup.

DATA SUBMISSION - TECHNICAL SKILLS

Data collection will be recorded in a preset Excel document. Download the [DATA COLLECTION SPREADSHEET](#) and navigate to the appropriate sport class tab at the bottom of the document i.e. BC1, BC2, BC3, BC4.

1. Record the dates of data collection
2. Record technical skill data
3. Ask the independent score certifier to sign off on the document
4. Email completed document to Kathy Brinker - usabocciahpmanager@gmail.com

The athlete can submit the document in whatever format is easiest: .xlsx, .pdf., .jpeg.

VIDEO REQUIREMENT - TECHNICAL SKILLS

At least twelve (12) videos must be submitted by the conclusion of the application period. Jack and 1st ball and a second skill of the athlete's choosing are mandatory uploads.

The videos must show the athlete releasing the ball and following the ball down the court with an overhead shot (standing over the balls like the referee would do to tell who is closer) of the final resting spot of the balls. Continuous video must be taken at each distance.

IMPORTANT: To ease the video upload process, **it's recommended to record the sub standards in separate videos.** For instance, if an athlete is recording jack and first ball, they will record a continuous video of rolling out each jack and follow-up red balls at the **short distance**. The athlete will make a **separate video** of all blue balls for the short distance. Meaning, the athlete's videos for technical skill 1 would look like the following:

- Jack and 1st ball - short distance (red)
- Jack and 1st ball - medium distance (red)
- Jack and 1st ball - long distance (red)
- Jack and 1st ball - short distance (blue)
- Jack and 1st ball - medium distance (blue)
- Jack and 1st ball - long distance (blue)
- **TOTAL: 6 videos for technical skill #1** - The athlete will only upload one day's recordings for the skill. The athlete does not need to upload the recordings of the second day's data.

The athlete will upload videos of a different technical skill of their choosing. The athlete's videos for the second technical skill would like the following:

- Technical skill - short distance (red)
- Technical skill - medium distance (red)
- Technical skill - long distance (red)
- Technical skill - short distance (blue)
- Technical skill - medium distance (blue)
- Technical skill - long distance (blue)

- **TOTAL: 6 videos for technical skill** - The athlete will only upload one day's recordings for the skill. The athlete does not need to upload the recordings of the second day's data.

Prior to uploading the videos, please label the files accordingly:

LAST NAME - TECHNICAL SKILL_DISTANCE - BALL COLOR

Please upload video content via the Dropbox link:

<https://www.dropbox.com/request/fw8tgH77jqTcmkSLbKxE>

TECHNICAL SKILL STANDARDS

Download the instructions and diagrams using the links below or on the website –

www.teamusa.org/boccia/athlete-and-sport-program:

- [BC1](#)
- [BC2](#)
- [BC3](#)
- [BC4](#)

ROUND TWO – TACTICAL SKILLS

OVERVIEW

In Round 2 of the selection process the athlete will be evaluated on tactical competencies:

1. Time management on court
2. Can positively reflect with teammates/coaches after a match to improve future play
3. Demonstrates knowledge of opponent's balls
4. Can set up a shot (physically using the full throwing box depending on shot)
5. Knowledge and demonstration of rules
6. Shot selection

Athletes are expected to answer the following questions out loud when playing:

- The shot you are taking – share the best two (2) shot options then pick one
- The percentage shot – how often can you make the shot?
- If you are playing off of other balls – what is the makeup of the ball?
- How many balls does your opponent have left and what is the makeup of the balls left?
- If you make the perfect shot what do you think your opponents next move is and why

Athletes will be evaluated on a rubric regarding the shot selections and order of play based on their responses to the above questions. Additionally, the rubric includes other technical and tactical skills including understanding the use of the throwing box to get the best angle (vector) on a particular shot, time management and reflection (debriefing about a game).

An athlete must minimally meet 22 pts. of tactical competencies at the National Team Standard **OR** 20 pts. of tactical standards at the Development Team Standard.

The following individuals will serve on U.S. Paralympics Boccia Discretionary Selection Committee for Round 2 of the selection process:

1. High Performance Director
2. National Team Coach or Team Manager
3. Athlete representative

TECHNICAL SKILLS RELATED TO ROUND TWO

The Round 1 technical skill evaluation is not meant to be all inclusive. At the discretion of the U.S coaches, if during Round 2 there is a discrepancy in visible skill level between Round 1 and Round 2, the athlete may be asked to re-complete any one or more of the technical skills from Round 1 no more than two times.

SUMMARY
2022 – 23 BOCCIA NATIONAL & DEVELOPMENT TEAM STANDARDS

TECHNICAL SKILLS

National Team Standard – minimally meet 4/5 technical standards

Development Team Standard – minimally meet 4/5 technical standards

Technical skills assessment:

1. Jack and 1st ball;
2. Ball Placement in open space;
3. Push;
4. Displacement;
5. One (1) other skill – based on the division

BC1 TECHNICAL STANDARDS

BC1	SERVE AND 1ST BALL	Standard	SHORT 2.5-4m	MEDIUM 4.1 - 5.4 m	LONG 5.5 - 6.9m
		NTS	5 pts 55%	4 pts 44%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%
	DISPLACE MENT OF OPP. 1ST BALL	Standard	SHORT 2.8 and 2m	MEDIUM 4.1 and 1.5m	LONG 5.1 and 2m
		NTS	5 pts 55%	4 pts 44%	4 pts 44%
		DTS	5 pts 55%	3 pts 33%	3 pts 33%
	OPEN SPACE DRILL	Standard	SHORT 3.8 and 1m	MEDIUM 5.2 and 2.5m	LONG 6.3 and 2m
		NTS	18 pts 60%	15 pts 50%	13 pts 43%
		DTS	15 pts 50%	13 pts 43%	11 pts 36%
	RICOCHET	Standard	SHORT 3.7 @ .5m	MEDIUM 5.2 @ 1m	LONG 6.5 @ 1m
		NTS	6 pts 66%	5 pts 55%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%
	PUSH	Standard	SHORT 2.8 @ 2m	MEDIUM 4.1 @ 1.5m	LONG 4.7 @ 1m
		NTS	6 pts 66%	5 pts 55%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%

BC2 TECHNICAL STANDARDS

BC2	SERVE AND 1ST BALL	Standard	SHORT 2.5-4.4m	MEDIUM 4.5 - 6.1 m	LONG 6.2 - 9m
		NTS	5 pts 55%	4 pts 44%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%
	DISPLACE MENT OF OPP. 1ST BALL	Standard	SHORT 3.2 @ 1m	MEDIUM 4.8 @ 1.5m	LONG 5.6 @ 2m
		NTS	5 pts 55%	4 pts 44%	4 pts 44%
		DTS	5 pts 55%	3 pts 33%	3 pts 33%
	OPEN SPACE DRILL	Standard	SHORT 3.7 and .5m	MEDIUM 5.3 and 1.5m	LONG 6.5 and 2m
		NTS	18 pts 60%	15 pts 50%	13 pts 43%
		DTS	15 pts 50%	13 pts 43%	11 pts 36%
	RICOCHET	Standard	SHORT 3.1 @ 2m	MEDIUM 4.3 @ 1m	LONG 5.4 @ 1.5m
		NTS	5 pts 55%	4 pts 44%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%
	PUSH	Standard	SHORT 2.8 @ 2m	MEDIUM 4.1 @ 1.5m	LONG 4.7 @ 1m
		NTS	6 pts 66%	5 pts 55%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%

BC3 TECHNICAL STANDARDS

BC3	SERVE AND 1ST BALL	Standard	SHORT 2.5 - 4m	MEDIUM 4.1 - 6.5 m	LONG 6.6m or over
		NTS	6 pts 66%	5 pts 55%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%
	DISPLACE MENT OF OPP. 1ST BALL	Standard	SHORT 3.5 @ 1m	MEDIUM 5.2 @ 1.5m	LONG 7.5 @ 2m
		NTS	6 pts 66%	6 pts 66%	5 pts 55%
		DTS	5 pts 55%	4 pts 44%	3 pts 33%
	OPEN SPACE DRILL	Standard	SHORT 3.5 and .5m	MEDIUM 5.2 and 1m	LONG 7.5 and 1.5m
		NTS	19 pts 63%	16 pts 53%	14 pts 46%
		DTS	14 pts 46%	12 pts 40%	11 pts 36%
	RICOCHET	Standard	SHORT 3.7 @ .5m	MEDIUM 5.2 @ 1m	LONG 6.5 @ 1m
		NTS	6 pts 66%	5 pts 55%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%
	PUSH	Standard	SHORT 3.4 @ .5m	MEDIUM 4.6 @ 1m	LONG 6.7 @ 1m
		NTS	6 pts 66%	5 pts 55%	4 pts 44%
		DTS	5 pts 55%	4 pts 44%	3 pts 33%

BC4 TECHNICAL STANDARDS

BC4	SERVE AND 1ST BALL	Standard	SHORT 2.5 - 4.4m	MEDIUM 4.5 - 6.1 m	LONG 6.2 - 9m
		NTS	13 pts 72%	11 pts 61%	8 pts 50%
		DTS	12 pts 66%	10 pts 55%	7 pts 39%
	LOB AND SCORE	Standard	SHORT 2.5-3m	MEDIUM 3.1 - 3.5m	LONG 3.6 - 4.5m
		NTS	12 pts 66%	11 pts 61%	6 pts 33%
		DTS	11 pts 61%	8 pts 44%	3 pts 16%
	OPEN SPACE DRILL	Standard	SHORT 2.5 - 4m	MEDIUM 4.1 - 6.5m	LONG 6.6 - 9.5m
		NTS	21 pts 70%	17 pts 56%	15 pts 50%
		DTS	19 pts 63%	13 pts 46%	12 pts 40%
	RICOCHET	Standard	SHORT 3.1 @ 2m	MEDIUM 4.3 @ 1m	LONG 5.4 @ 1.5m
		NTS	5 pts 55%	4 pts 44%	4 pts 44%
		DTS	4 pts 44%	3 pts 33%	3 pts 33%
	SMASH AND SCORE	Standard	SHORT 3.1 @ 1m	MEDIUM 4.5 @ 1m	LONG 7 @ 1m
		NTS	12 pts 66%	10 pts 56%	8 pts 44%
		DTS	10 pts 56%	8 pts 44%	6 pts 33%

TACTICAL COMPETENCIES (assessed in Round 2)

National Team Standard – minimally meet 22 pts. of tactical standards

Development Team Standard – minimally meet 20 pts. of tactical standards

Tactical competencies assessment:

1. Time management on court
2. Can positively reflect with teammates/coaches after a match to improve future play
3. Demonstrates knowledge of opponent's balls
4. Can set up a shot (physically using the full throwing box depending on shot)
5. Knowledge and demonstration of rules
6. Shot selection

RUBRIC – part 1

TACTICAL COMPETENCY	1	2	3	4
TIME MANAGEMENT ON COURT	Can state how much time they have left and how many balls they have when asked	Asks appropriate questions of the referee while managing clock	Comes out onto court when appropriate while managing the clock appropriately	Manages time to their individual team/pair advantage. Knows their teammate's needs and can allow enough time for each individual based on the court scenario. Uses stress reduction techniques while managing clock.
CAN POSITIVELY REFLECT WITH TEAMMATES/COACHES AFTER A MATCH TO IMPROVE FUTURE PLAY	Names one shot or situation that they need to improve	Athlete ties their technical training to several instances during the match in which they had success	Athlete is honest about their strengths and weakness. They cite both technical and tactical training and how that benefitted them in a match	Athlete is honest and specific about their performance. They can recite most of the match and how they adapted over the course of the match. Athlete can cite specific technical and tactical strengths and weaknesses specifically during the match. They see and use reflection as one way to improve future performance and not a negative
DEMONSTRATES KNOWLEDGE OF OPPONENT'S BALLS	Plays the game without thought to opponents' balls	Knows type of balls of opponent in the call room and can state makeup of set	Knows type of balls of opponent however uses same shots on all balls	Considers type of ball of opponent in game scenario before shooting. I.e., knows that a super-soft ball was used with first ball of the opponent and changes speed to affect displacement of ball

RUBRIC – part 2

TACTICAL COMPETENCY	1	2	3	4
CAN SETUP A SHOT (PHYSICALLY IN THROWING BOX)	Does not check throwing box lines when stopping or locking breaks	Checks for line violations however does not use clock effectively to get into position	Uses an appropriate amount of time to get into position, however, does not use length of box to assist in getting proper length on shot	Uses the entire throwing box to get the right vector and length of shot
KNOWLEDGE AND DEMONSTRATION OF RULES	Continually repeats same violations during a 3-match competition	Has basic knowledge of rules and can commit 3 or less infractions during 3-match competitions. Does not repeat infraction again during play	Makes 2 or less infractions during 3-match competition and does not repeat infractions during play	Makes 1 or less infractions over course of 3-match competition
SHOT SELECTION	Making a shot to score without regard to future shots by opponent(s)	Makes a low percentage shot where high percentage shots would potentially put them in a better scenario	At looking at the scenario on court and making a low percentage shot and is thinking 2 shots ahead to ultimately score the end with the most points possible	Is looking at the scenario on court and making a high percentage shot and is thinking 2-3 shots ahead to ultimately score the end with the most points possible