

BOCCIA
PLJOČKA
and
BULIN

NEXT GEN TSG

REVITALIZING TRADITIONAL SPORTS AND GAMES



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1. Introduction to bocce and pljočkanje (history, etymology, prevalence)



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- *pljočkanje* (en. flat stone throwing game) is a shepherd's game played by children while tending stock
 - named after the basic prop for the game, the *pljočka* (taken from the word "ploča", tile), originally a flat, palm-sized stone carved from thick slate
 - a smaller, round-shaped stone in the size of the fist called *bulin* is needed as marker ball
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1. *Introduction to bocce and pljočkanje (history, etymology, prevalence)*



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- Italy and the Spanish Basque County are considered possible cradles of bocce
- records state that a similar game was practiced by Ancient Egyptians while evidence of the game played with wooden props was also found in ancient Greece and ancient Rome

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2. Game basics and rule of play



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- the objective of the game is to toss the *pljočka*, as close as possible to the *bulin*, the target, and win a point, *punat*.
- whoever achieves first 11 or 13 points wins the match
- apart from the fact that it was important to throw the *pljočka* as close to the *bulin* as possible, one tried to knock the opponent's puck as far away as possible.

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2. Game basics and rule of play



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- the game of bocce is named after the basic prop, the *boccia* (taken from the Italian word "*boccia*", bowl), originally a round ball carved from stone (later wood or baked clay, from 1923 metal)
 - a smaller marker ball called *bulin* is also needed
 - the objective of the game is to roll or throw the boules as close as possible to the *bulin* and win a point
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2. Game basics and rule of play



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- it is important to point towards the *bulin* (marker ball)) as close as possible
 - bocce ball can be played on the ground, that is, while pointing towards the bulin, or, it can be launched into the air in order to hit the opponent's boccia and eliminate it from further competition
 - a point is won for each bocce ball closer to the *bulin* than the opponent's and whoever achieves first 13 points wins the match
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3. Kinesiological analysis



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- *pljočkanje* = monostructural sport of a cyclical character
- *Technical elements:*
 1. Throwing / Expulsion / Ejection / Breaking out
- the dominant hand executes the throwing according to the right hand / right foot principle
- *the pljočka*, when thrown from the hand should not spin in the air, like a frisbee, but fly straight and fall motionless on the field, usually the lawn

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3. Kinesiological analysis



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- *bocce* = monostructural sport of an acyclic character
 - *Technical elements:*
 1. Pointing / Lagging / Eruption
 2. Breaking out
 - the dominant hand executes the throwing according to the right hand / right foot principle
 - when pointing and breaking out, the head position is the most important since it dictates all subsequent movements. After expulsion visually follow the bocce
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4. Teaching methodology

Pljočkanje



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- Throwing / Expulsion / Ejection / Breaking out
 - precision games, coordination games, balance, prop grip and handling (index finger defining direction), body positioning and stance, throwing technique training (right hand-right foot), control of direction, control of distance
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4. Teaching methodology

Pljočkanje



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4. Teaching methodology

Bocce



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- Pointing / Lagging / Eruption
 - Breaking out

 - precision games, coordination games, balance, prop grip and handling (thumb and little finger holding, the other three fingers defining direction), body positioning and stance, head positioning, throwing technique training (right hand-right foot), control of direction, control of distance
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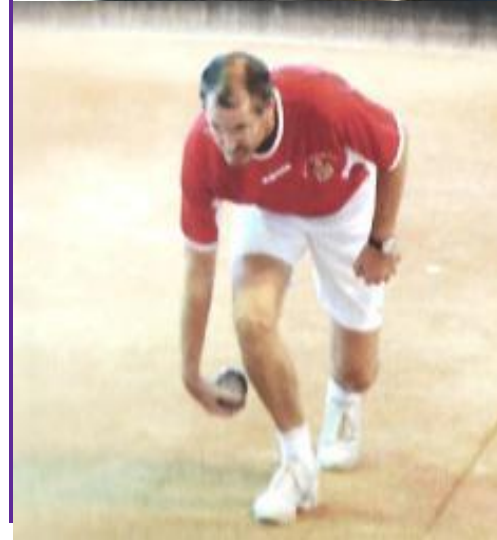
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4. Teaching methodology

Bocce



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4. Teaching methodology *Mistakes*



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1. undesirable body position (head, shoulders, trunk deflection, pronounced forward bend, inappropriate distance between both legs)
 2. inaccurate prop grip and handling
 3. inconsistent throwing technique (oscillations from the model)
 4. untimely release of the game prop, uncontrolled and weak expulsion
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5. Basics of training planning and programming



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Periodization refers to a systemic approach to planning and programming in order to have specific physical and metabolic adaptations

- it divides seasonal process into smaller phases or cycles (microcycle, mesocycle, macrocycle)
 - each of these phases has a varying exercise stimulus (training/volume) with planned periods of rest
 - the phases build upon another which allows for physical and metabolic adaptations to occur
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5. Basics of training planning and programming



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Periodization divides annual training into small cycles

1. **Microcycles** last 1-4 weeks
2. **Mesocycles** last 3-4 months
3. **Macrocycles** last for 12 months

A training routine can be varied by changing exercises, number of repetitions and sets, duration, load, intensity.

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5. Basics of training planning and programming



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Macrocycles

- gradually transition from high volume training (more repetitions and sets) to high-intensity (more resistance and less repetitions) training
 1. Preparatory phase
 2. First transition phase
 3. Competition phase
 4. Second transition phase
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5. Basics of training planning and programming



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Preparatory phase

- *goal*: increase muscle mass, develop endurance
- /GENERAL/: high training volumes at low intensity (50-75% of 1RM, 3-6 sets of 8-20 repetitions, or training endurance at a low heart rate)
- /SPECIFIC/: plyometrics and resistance training of higher intensity (80-95% 1RM) and moderate volumes (2-6 repetitions, 2-6 sets)

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5. Basics of training planning and programming



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First transition phase

- *goal*: build strength and power for enhanced athletic performance
 - mix heavy (85-95% 1RM) and low (30-85% 1RM) loads to optimize training adaptations
 - training volume low (2-5 repetitions per set, 2-5 sets)
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5. Basics of training planning and programming



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Competition phase

- *goal*: focus on sport-specific exercises rather than build strength and endurance

Caution !!!

- > detraining (partial loss of training-induced adaptations)
 - > physiological fatigue
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5. Basics of training planning and programming



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Second transition phase

- *goal*: focus on general training with reduced loading

The transition phase facilitates physiological and psychological rest while maintaining an adequate level of general physical fitness (40-50% of competitive phase) for a duration of 2-4-6 weeks

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5. Basics of training planning and programming



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Tapering

Consistent training can cause excessive fatigue. **Lowering the training load before competition** allows the body to recover, get rid of the negative effects of training /stress and fatigue/ and reach an optimal anabolic state

1. **Step taper** = sudden drop of training volume (-50%) on the first day of the taper and maintaining it throughout the tapering period
2. **Linear taper** = gradual decrease in training volume (-5% of initial volume)
3. **Exponential taper** = reduces training volume at a rate proportional to its current value (-5% of the previous session's volume)

Duration: 2 weeks

Reduction of 40-60% in training volume

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5. Basics of training planning and programming



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!!!! N.B.

Maintain the intensity and frequency of training sessions to obtain beneficial impact on performance

Aim for training volume (considered it when tapering for peak performance)

However, foresee sufficient time for ACTIVE REST!

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