

BC1 STANDARDS

1. Jack serve and first ball
2. Displacement of opponent's ball
3. Open space drill
4. Push **WILL BE DONE DURING ROUND 2 AT SELECTION CAMP



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:

BC1 Athletes will throw/roll jack ball and a follow-up ball at their personal choice at 2.5-4 m (short), 4.1-5.4 m (medium) and 5.5-6.9 m (long). No two jacks must be within 1/2 meter of each other (i.e., cannot put a jack at 5.3 for medium and 5.6 for long). Once the jack ball is rolled, each follow up shot will rolled/thrown. You must use the same jack, but you can use whatever colored ball you choose. Athlete will reset and roll jack and a colored ball again on each attempt. Athlete has 1:05 seconds to roll both balls (scorer must have a timer). You will roll 3 jacks/follow-up 1st balls at each distance and each color. This drill should take you no more than 20 minutes to complete.

Points:

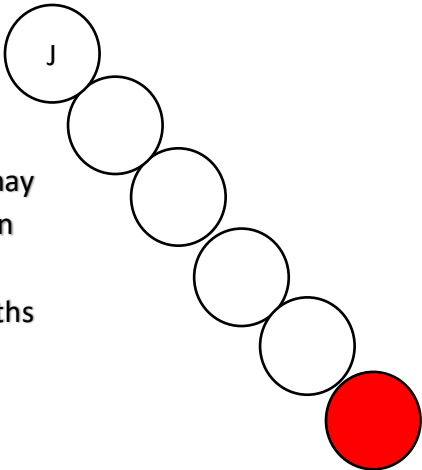
- Best:** 3 points if at least 75% of ball is blocking opponent and within 4 balls (short and medium) 6 balls (long)
- Better:** 2 points if at least 50% of ball is blocking opponent and within 4 balls (short and medium) 6 balls (long)
- Good:** 1 point if at least 25% of ball is blocking opponent and within 4 balls (short and medium) 6 balls (long)

Distances	Short 2.5-4m	Medium 4.1-5.4m	Long 5.5-6.9m
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 – JACK SERVE AND FIRST BALL

BC1 serve and first colored ball- must have both balls out within 1:35 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 distances) and 6 balls for long.

In short and medium distances there may be NO more than 4 ball widths between jack and colored ball. In long distance there may not be more than 6 ball widths between jack and colored ball.



DISPLACEMENT OF OPPONENT'S FIRST BALL

Reason for the skill:

It is imperative that you can displace your opponent's first ball to be able to score on the jack.

Script:

BC1 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 length 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. All shots are cross court because you are displacing your opponent's ball on their side. You will use whatever ball you want to throw. The ball that is used in the drill on court must be the softest ball in your set. You will be shooting at 3.2 @ 1.5 (short), 3.6 @ 1.7m (medium) and 4.8 @ 2m (long)

Points:

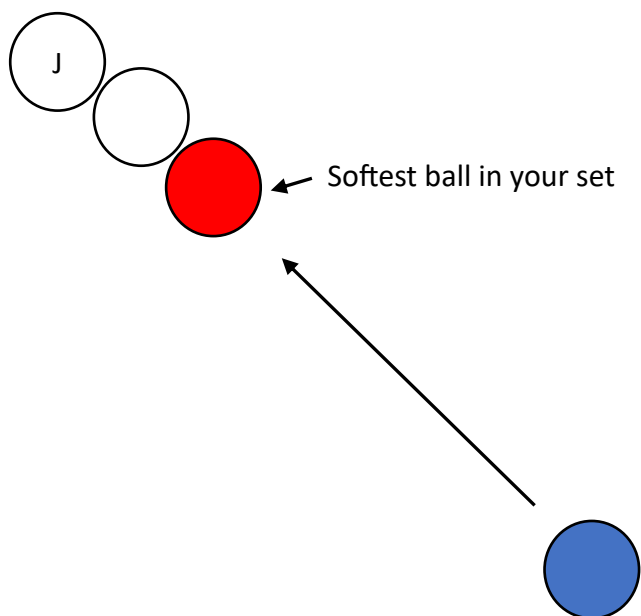
Best: 3 pts for moving the colored ball so you can see 100% of the jack

Better: 2 pts for moving the colored ball so you can see 50 % of the jack

Good: 1 pt. if you can see 25% of the jack

Distances	Short 3.2m and 1.5 m	Medium 3.6 and 1.7m	Long 4.8m and 2m
National Team Standard	<u>4 pts 44%</u>	<u>3 pts 33%</u>	<u>3 pts 33%</u>
Development Team Standard	<u>3 pts 33%</u>	<u>2 pts 22%</u>	<u>2 pts 22%</u>

DIAGRAM- DISPLACEMENT OF OPPONENTS FIRST BALL



You are here in box 4 playing blue and moving the red ball. There is one ball space between the jack and the colored ball. Seventy-five percent (75%) of the jack is blocked. Reverse the drill to the other side of the court when you are trying to move the blue ball while you are playing red in box 3.



STANDARD 3: OPEN SPACE DRILL



Reason for the skill:

Athletes must be able to accurately hit spaces without playing off other balls to score. Athletes must also show that they can hit open spaces with all 12 balls in their set.

Script:

BC1 athlete will shoot 6 red from box 3 and 6 blue from box 4 at each distance short (3 @ 1.5 m), medium (4.1 @ 2.5m), and long (4.8 @ 1.5m). If you are red you are shooting to the left of the court, and if you are blue you are shooting to the right side of the court. You must use ALL 12 balls in your set for this drill. 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 6 different balls in this assessment (of each color). Points are measured at the edge of the ball over scoring ring (i.e., picture shows 10 points).

Points:

Scoring Key:

- Max score: 60 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

Distances	Short 3m and 1.5 m	Medium 4.1 and 2.5m	Long 4.8m and 1.5m
National Team Standard	<u>36 pts 60%</u>	<u>30 pts 50%</u>	<u>26 pts 43%</u>
Development Team Standard	<u>30 pts 50%</u>	<u>26 pts 43%</u>	<u>22 pts 36%</u>



STANDARD 4: PUSH **WILL BE DONE DURING ROUND 2 AT SELECTION CAMP

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:

BC1 Athletes will have 3 balls at each of the 3 distances. They will roll/throw and push their ball to their opponent’s side cross court (opponent had good first ball and then you came up short). Jack will be placed at 2.8 @ 2m (short), 3.8 @ 2.5m (medium) and 4.7 @ 2 m (long). You can use the same or different colored balls in this standard but must use the same jack. The ball that is used in the drill (your opponent’s ball) on court **must be the softest ball in your set**. Athlete has no more than :40 seconds to roll/throw the ball (scorer must have a timer). Reset balls each time. This drill should take you no more than 20 minutes to complete.

Points:

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

Distances	Short 2.8 @ 2m	Medium 3.8 @ 2.5m	Long 4.7 @ 2 m
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>

