

BC4 STANDARDS

1. Jack and First Ball
2. Open Space
3. Displacement: Lob Jack Push Back
4. Lob & Score ****WILL BE DONE DURING ROUND 2 AT SELECTION CAMP**



STANDARD 1: JACK 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:

Best: 3 points if at least 75% of ball is blocking opponent and within 2 balls from the Jack

Better: 2 points if at least 50% of ball is blocking opponent and within 2 balls from the Jack

Good: 1 point if at least 25% of ball is blocking opponent and within 2 balls from the Jack

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>

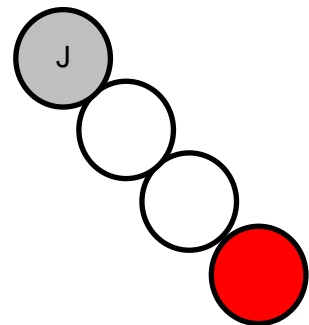
DIAGRAM – JACK SERVE AND FIRST BALL

BC4 serve and first colored ball-must have both balls out within 1 minute. You must use the same jack but any colored balls. Must reset each time. 6 balls of each color. No more than 2 balls between jack and 1stball.

Best: 3pt: opponent can see no more than 25% of jack

Better: 2pt: opponent can see no more than 50% of jack

Good: 1pt: opponent can see no more than 75% of jack



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 6 red from box 3 and 6 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 their 6-competition red and blue 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: 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 2.5-4m	Medium 4.1-6.5m	Long 6.6-9.5m
National Team Standard	<u>42 pts 70%</u>	<u>34 pts 56%</u>	<u>30 pts 50%</u>
Development Team Standard	<u>38 pts 63%</u>	<u>26 pts 46%</u>	<u>24 pts 40%</u>



STANDARD 3: BOUNCE LOB & SCORE

Reason for the skill:

Athletes need to be able to lob with control over ball in throwing lanes and know where the ball will bounce and stop given speed and lob trajectory.

Script:

BC4 athlete will bounce lob 6 red from box 3 and 6 blue from box 4 at each athlete choice distance short (2.5-3m/2m), medium (3.1-3.5m/2m), and long (3.6-4.5/2m). Note the vertical measurement is athlete choice between the parameters of distances listed above but **ALL** horizontal measurements must be at 2 meters (simulates your opponent putting it slightly to their side). The ball **must touch the floor in front** of the colored balls and then “bounce” over the wall of balls before landing. The ball may hit the wall of balls **AFTER** the bounce but not prior to the bounce to be scoring. This drill will be completed **cross court**. 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:

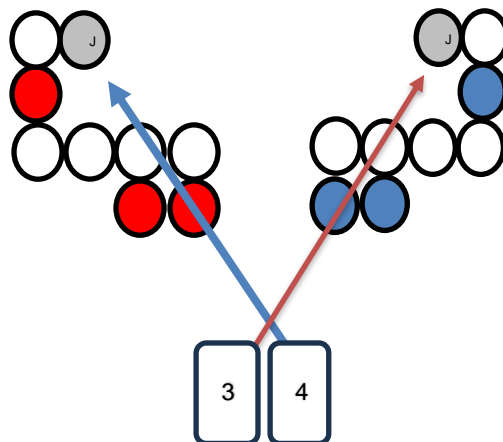
Best: 3 points (best) if you bounce lobbed over the wall and score a point

Better: 2 points (better) if you bounce lobbed over the wall, hit the jack, but do not score

Good: 1 point (good) if you bounce lobbed over the wall, but do not hit the jack or score

Distances	Short 2.5-3m @2m	Medium 3.1-3.5m @ 2m	Long 3.6-4.5 @2m
National Team Standard	<u>12 pts 66 %</u>	<u>10 pts 55%</u>	<u>8 pts 44%</u>
Development Team Standard	<u>11 pts 61%</u>	<u>7 pts 38%</u>	<u>4 pts 22%</u>

DIAGRAM – BOUNCE LOB AND SCORE



STANDARD 4: DISPLACEMENT LOB SHOT- Pushing Jack Back **WILL BE DONE DURING ROUND 2 AT SELECTION CAMP

Reason for the skill:

A lob is a highly effective one ball shot in BC4 play to displace or move balls back in one shot, changing the game dynamics.

Script:

A jack ball and an opponent's colored ball, blocking 75% of the Jack, will be placed at the distance range mentioned below. BC4 athlete will lob 6 red from box 3 and 6 blue from box 4 **cross court in front of opponent** at each athletes 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:

Best 3 points if you lobbed and moved jack creating separation.

Separation is defined as: Jack moved at least ½ a ball length or greater from opponents' ball and created 50% or better sight of jack for second shot.

Better 2 points if you lobbed and moved jack but did not create adequate separation.

Adequate separation is defined as: Jack moved but did not move at least ½ a ball length or greater from opponents' ball and created 50% or better sight of jack for second shot.

Good 1 point if you lobbed and hit the opponents' ball and created separation for second shot.

Distances	Short 2.5-3m	Medium 3.1-3.5m	Long 3.6-4.5
National Team Standard	<u>11 pts 61%</u>	<u>10 pts 55%</u>	<u>5 pts 27%</u>
Development Team Standard	<u>10 pts 55%</u>	<u>7 pts 38%</u>	<u>3 pts 16%</u>

DIAGRAM – DISPLACEMENT LOB SHOT- Pushing Jack Back

