

CALIBRATION

for players with a BC3 classification



Calibration is the ability to assess, adjust and prepare for a range of surfaces.

It is a means of identifying where on the ramp to place each ball to reach different areas of the court with the purpose of gaining the greatest control, consistency and success.

A calibration plan will help prioritise where to establish the right pace to certain parts of the court.

Establishing a single A4 sheet for each regular venue will save time and may be usable at other venues where surfaces may behave similarly.

Line is not as important in this process but is more so during match warm-up.

Calibration is not a substitute for instinct and intuition but will guide pace for any position on the court.

Key calibration areas for matchplay are:

- short, mid and long across court;
- the centre cross;
- your preferred jack placement positions; and
- any known placements of our key opponents.

The latter can be done as part of the warm-up process if time is pressed.

All players should understand their equipment (balls) well enough to derive the pace of one ball from the behaviour of another to any point on the court.



#ScottishBoccia