

硬地滾球

Boccia

硬地滾球的英文名稱Boccia，源於拉丁語Bottia這個詞，是一種古老而傳統的運動，它的起源可以追溯至古希臘時期，目前已有許多國家和地區發展這項運動。

Boccia is an ancient traditional ball sport, the name of which is derived from bottia - the Latin word for "boss". Its origins can be traced back to ancient Greece, and it is rapidly gaining popularity in many countries and regions worldwide.



硬地滾球運動的特點 *Features of Boccia*

- 1. 易於參與 Easy to participate**
此運動的玩法簡單易學，較適合嚴重腦癱患者或類似病症而需要使用輪椅患者參與。
It is easy to pick up, and suitable for patients in wheelchairs with severe cerebral palsy or similar conditions.
- 2. 健身益智 For fitness and intellect**
此運動能訓練參與者的肌肉控制力和準確性；另一方面，在比賽中同時需要運用策略和技巧，同時亦需要參與者高度集中注意力。
It trains muscle control and precision. Boccia games also require strategy and skills, as well as intense concentration.
- 3. 競技娛樂 Competitive or recreational**
此運動是結合智力和技巧的非強體力化的運動，可以單人或隊際形式進行比賽，趣味性和娛樂性亦豐富，能夠達到調節心理、愉悅身心的作用。
Boccia is not a physically demanding sport, that instead calls for combining ones' mental and physical skills. It can be played in singles or in teams, in a fun and enjoyable manner, to achieve a psychological balance that is rewarding for both mind and body.

本會服務使用者年紀漸長，參與運動可有效減低身體肌能退化。有見及此，本會輔助醫療服務團隊於2012年成立普及運動工作小組，成員包括物理治療師、社工及康復導師。自2013年起，工作小組籌辦了一次硬地滾球簡介會，並舉辦十二節硬地滾球分區訓練班，讓各區不同單位服務使用者參與，以上活動皆有香港殘奧會硬地滾球教練親臨協助講解。

各服務使用者及員工參與活動時均全情投入，非常用心聆聽教練講解，在實習時亦十分主動參與及試玩硬地滾球。他們都能感受正面、積極的氣氛去學習這項非常合適的運動。

As our service users begin to grow older, participating in sports can be particularly effective in reducing muscle degeneration. In view of this, our Paramedical Services team has established a Working Group on Popular Sports, comprising of physiotherapists, social workers and rehabilitation workers. Since 2013, the Working Group has organized a briefing on Boccia and 12 training courses in different districts for service users. These activities were attended and hosted by coaches from the Hong Kong Paralympics Boccia team.

Service users and staff who attended were very enthusiastic, paying close attention to the coach's instructions, and actively participating in the game. Everyone felt the positive atmosphere when engaging in this very useful and valuable sport.