BC3 First Principles

It is about the why not the how.

Be creative, flexible and have some fun.

“You can’t play tactics if you can’t get the ball to go and why.”

“There is no right and wrong method there is just what is best for each player.”

1) Find a way to be able to aim the ramp
    a. Get behind the ramp and use eye to mark up where you want to go on the court.
        i. May want an eye patch
        ii. May want to close one eye
        iii. Move ramp up/down to find best angle for you to see/line up

2) Communication with your ramp assistant
    a. Can be verbal, non-verbal (eye, head or arm movement) but has to be precise. Example of information you need to manage: -
        i. When it is your turn
        ii. Left & Right (sometime better to say/indicate away or towards the ramp assistant)
        iii. Which ball to use
        iv. Where you want the ball to go on the ramp
    b. Over time want to be able to do these quickly to be within the time limit

3) Find a way Release the ball in a repeatable and consistent way.
    a. Aim to make contact with the ball in the middle/top
        i. You want to get the ball rolling and not sliding down the ramp or hitting of the sides

4) Floors are not flat
    a. You may not be aiming at where you want the ball to go.
    b. When warming up may want to use that time to work out how the floor roles (this can be very hard to do/learn early on)
        i. This will change from hall to hall (and court to court, sometimes parts of the court will roll different too)

5) Balls don’t roll straight
    a. See page 2 Marking/arrowing the ball (or below)

6) Create shot process
    a. It starts from being shown the paddle to when the ball has left the ramp.

7) Repeat, repeat and repeat to find consistence. You may need to play the same shot a few times. Both simple and complex shots both are just important.
   This builds important cognitive learning pathways.

8) BC3 is about being specific.

Marking/arrowing ball

In BC3, the consistency of the balls is very important and knowing the line of each ball is key. The characteristics of each ball are different so to identify each one, it would be worth numbering them.

Using the logo on the ball, line it up straight on the ramp and see how it rolls. If you do not have a logo on the ball, mark the ball with a pen with a dot and use that as a reference panel. Be sure to put it near the top of the panel (See the black dot on the picture above).
Does it roll straight to the target more than once?

If not, then rotate the “top” of the logo to the 11 o clock start point see if this helps the ball roll straight off the ramp and so on. Once you find the best set up mark a small arrow on the ball with a pen or place a sticker if you don’t own the ball so you know the best way to place it on the ramp so it rolls straight. All ball logos must be visible so avoid covering over them with pen marks.

Even if you don’t manage to get the ball running straight, as long as you know how it runs, this will help e.g. from this arrow this ball is veering to the right. You can factor this in when lining up.

Obviously other factors can affect the line of the ball also e.g. floor, ramp, playing the ball from the same point each time will improve consistency.

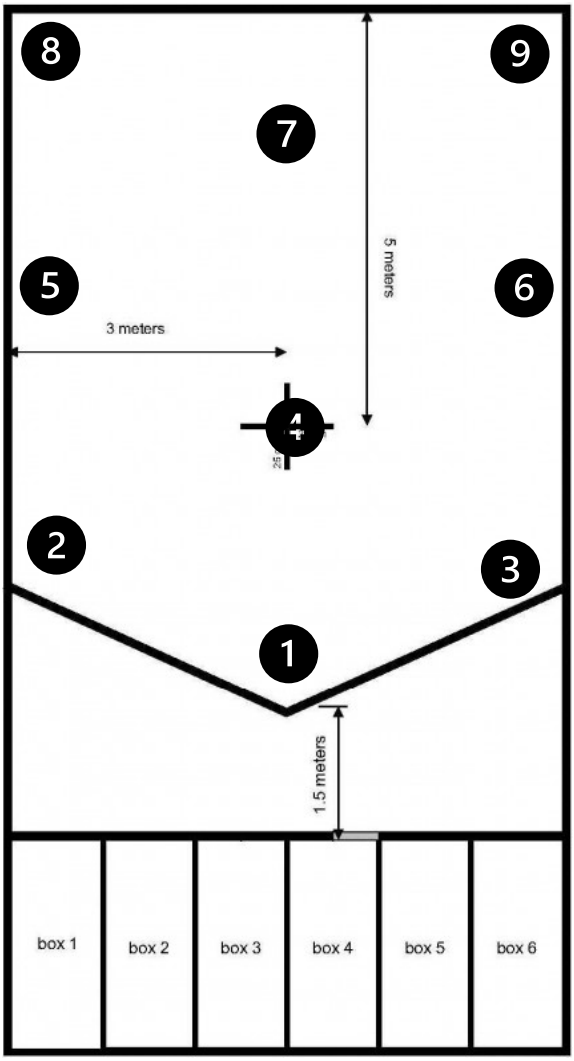
See different ways of calibrating your balls below. There is no right way but these are some examples of what has worked for others.

Calibration Option & Sheet 1

It is also important to understand the speed/pace of each ball in relation to the height of where it is released from down the ramp. The higher up the ramp you release the ball from the further up the court the ball goes. Also, the softer the ball is, the further up the ramp it is released from.

This information is written down and is used as a guide (see below) . The more information or distances you have, the better the understanding of each balls pace you will have however the skill comes in adjusting from the information e.g. my information tells me to get to this position ball A should be at 8 on the ramp. However, the jack has moved back 1 metre so to reach it I think I should move the ball up to 10 for this shot.

You can calibrate to different areas of the court. See below for ideas of areas to calibrate to. These are a good way of getting coverage of the whole court from a few reference points. You could also add your jack positions also.



1. Short centre (SC). 50cm back from the point of the V line.
2. Short left (SL). 3.5m from the front box line and 50cm in from the left side line.
3. Short right (SR). 3.5m from the front box line and 50cm in from the right side line.
4. Medium centre i.e. the cross (MC).
5. Medium left (ML). 1.5m beyond the cross and 50cm in from the left side line.
6. Medium right (MR). 1.5m beyond the cross and 50cm in from the right side line.
7. Long centre (LC). 1.5m short of the back line and 3m in from either side line.
8. Long left (LL). 50cm short of the back line and 50cm in from the left side line.
9. Long right (LR). 50cm short of the back line and 50cm in from the right side line.

Red balls	Ball 1	Ball 2	Ball 3	Ball 4	Bal 5	Ball 6	Jack
SC							
SL							
SR							
MC (Penalty)							
ML							
MR							
LC							
LL							
LR							

Blue balls	Ball 1	Ball 2	Ball 3	Ball 4	Bal 5	Ball 6	Jack
SC							
SL							
SR							
MC (Penalty)							
ML							
MR							
LC							
LL							
LR							

Calibration Sheet 2

This sheet marks each ball to a specific distance the ball travels to cover most of the court.

DIS/BALL	Ball 1	Ball 2	Ball 3	Ball 4	Ball 5	Ball 6	(Ball 7)	Jack
1.7 m								
2 m								
3 m								
3.5 m								
4 m								
4.2 m								
5 m								
6 m								
7 m								
8 m								
9 m								
10 m								

DIS/BALL	Ball 1	Ball 2	Ball 3	Ball 4	Ball 5	Ball 6	(Ball 7)	Jack
1.7 m								
2 m								
3 m								
3.5 m								
4 m								
4.2 m								
5 m								
6 m								
7 m								
8 m								
9 m								
10 m								

Calibration Sheet 3

5m$^{25\ in}$ (5.41m)			
Jack			
4			
3			
1			
V	7.25		
D1			
D3			

8m (8.24m)			
Jack			
4			
3			
1			
V	11		
D1			
D3			

MC (5.05m)			
4			
3			
1			
V			
D1			
D3			

4			
3			
1			
V			
D1			
D3			

5mCC (5.48m)			
4			
3			
1			
V	8		
D1			
D3			

SR (4.15m)			
4			
3			
1			
V	8.5U		
D1			
D3			

BC395 (3.33m)			
4			
3			
1			
V			
D1			
D3			

Calibration Option 4