

GOOD PRACTICES

Traditional sport

“Pilota valenciana”

Colegio Santa Ana (Villalonga)



• History

- Played since a long time ago by people as diverse as the Mayans, Egyptians or the Japanese. In Rome it was recommended by doctors as a healthy exercise.
- It appears in the Valencian Community with the Knights of the conquest, its practice and popularity extended from the King to the nobility, the Church, the people and the children of every street. This omnipresence provoked the appearance of ban of the General Council of Valencia banning the game.
- The beginnings of the 20th century are exultant, the innovation of the rope to complement the scale of ratchets, etc.
- The Valencian Pilota Federation broke from the State in 85, organizing from this moment the competitions and regulating standards, measures, etc.

MATERIALS



We need the following materials:

1. **The gloves**: it is the most important because it protects the hand. These are made of lamb skin, they have no fingers and just cover the knuckles of the hand and a part of the palm.
2. **“Didals” (raspall)**: It is a tubular piece of skin or pork casings closed due to an extreme that is put with a piece of cotton or sponge, all fixed with tape.
3. **The balls**. Could be:
 - Of *“Badana”*: made of skin of veal and a small rubber in the middle.
 - Of *“Vaqueta”*: made by the results of the cow and filling of lear. This is the ball used in the major categories (raspall i escala i corda). It is an essential thing in the world of the ball.
 - Of *“Tec”*: for the “frontó”.
 - Of *“Drap”*: for the “galotxetes”.

Types of games

1.- DIRECT GAME: when faced with 2 teams of a throwing the ball directly against the opponents. These games are divided into three groups

PLAYING IN THE STREET	Joc per baix	EL RASPALL
	Joc per l'alt	LA GALOTXETA I LA PERXA
	Joc lliure	LES LLARGUES
PLAYING IN THE "TRINQUET"	Joc per baix	EL RASPALL
	Joc a l'alt	ESCALA I CORDA
		EL REBOT
PLAYING IN THE "GALOTXETA"	Joc a l'alt	GALOTXETES DE MONÒVER

2.- INDIRECT GAME: when faced with 2 teams (occupy the same field) and throw the ball against a wall (frontó). Here we find two types:

- FRONTÓ VALENCIÀ
- FRARE



