

COACHING PROGRAMME BLUE BEGINNERS

Delivered by club coaches level one and two

Beginners- six week coaching course/sessions

sessions	Group size	Duration	Basic techniques/skills	Rules and games	Equipment
Week one	Maximum 6 people	2 hours Include 10 mins feedback session	Warm-up exercises How to hold boule How to stand Throwing boule Choosing landing spot – blue session plan 1 Game play – doubles Cool down exercises	Basic game rules Drawing circle Marking boule	PNZ Rule book Boules & jack Measures
Week two	Maximum 6 people	2 hours Include 10 mins feedback session	Warm-up exercises Overview of skills from previous session Pointing from crouch position blue session plan 2 Game play – doubles Cool down exercises	Practical application of the rules Set up ends with 'played' boule and discuss a specific rule relative to the end i.e. unmarked jack has moved	PNZ Rule book Boules & jack Measures Circles for landing spots
Week three	Maximum 6 people	2 hours Include 10 mins feedback session	Warm-up exercises Overview of skills from previous sessions Choosing landing spot – blue session plan 1 Game play – doubles Cool down exercises	Practical application of the rules Set up ends with 'played' boule and discuss a specific rule relative to the end i.e. unmarked jack has moved	PNZ Rule book Boules & jack Measures Circles for landing spots Jack inside large drawn circle

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Week four	Maximum 6 people	2 hours Include 10 mins feedback session	Warm-up exercises Overview of skills from previous sessions Choosing landing spot – blue session plan 2 Half lob from standing position Game play – doubles Cool down exercises	Practical application of the rules	PNZ Rule book Boules & jack Measures Circles for landing spots Jack inside large drawn circle Tyre for lobbing boule into
Week five	Maximum 6 people	2 hours Include 10 mins feedback session	Warm-up exercises Pointing from crouch and standing position at 6 – 10 metres. Focus on landing spot and placing boule in front of jack – blue session plan 3 Game play – doubles Cool down exercises	Verbal testing of application of rules	PNZ Rule book Boules & jack Measures Circles for landing spots Jack inside large drawn circle Tyre for lobbing boule into Tyre for lobbing boule into
Week six	Maximum 6 people	4 hours Include 10 mins feedback session	Warm-up exercises Mini tournament – doubles Cool down exercises	Coach act as arbiter	PNZ Rule book Boules & jack Measures Information on next coaching sessions and levels Tournament calendar for the region