

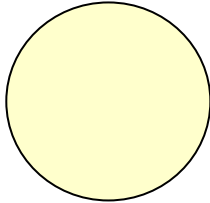
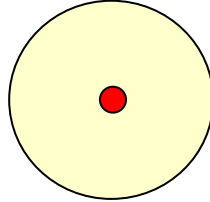
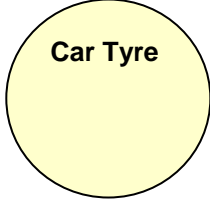

SESSION PLAN

BLUE (1)

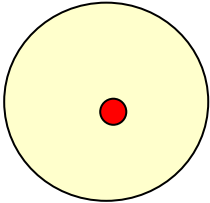
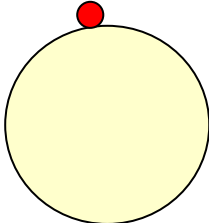
BEGINNERS

PETANQUE – TEAM CIRCUIT EXERCISE	Players	Date	Venue																	
Training Objectives	Coaches tips	Rules	Record																	
<ul style="list-style-type: none"> - To teach a player the basis techniques and skills of Petanque - To familiarise a player with the rules of Petanque - To build a players skills in pointing and shooting - To build confidence and enjoyment in Petanque amongst players 	<ul style="list-style-type: none"> - Get players to focus on the first objective only to concentrate their focus - Find the optimum pace to play at for each player - Encourage the player to try all exercises - Be positive and recover well when it's not going right - Remember to warm up well and go into it well prepared - Plan the strategy / order of play carefully 	<p>A player must successfully throw six boules in one end before moving onto the next exercise</p> <p>The player can record how many ends it took to successfully complete each end</p> <p>Distances given – length of an end and distance from jack can be adjusted for skill of player and difficulty of terrain.</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" data-bbox="1733 639 2092 703">Who:</td> </tr> <tr> <td data-bbox="1733 703 1865 778">E 1</td> <td data-bbox="1865 703 2092 778"></td> </tr> <tr> <td data-bbox="1733 778 1865 853">E 2</td> <td data-bbox="1865 778 2092 853"></td> </tr> <tr> <td data-bbox="1733 853 1865 928">E 3</td> <td data-bbox="1865 853 2092 928"></td> </tr> <tr> <td data-bbox="1733 928 1865 1003">E 4</td> <td data-bbox="1865 928 2092 1003"></td> </tr> <tr> <td data-bbox="1733 1003 1865 1078">E 5</td> <td data-bbox="1865 1003 2092 1078"></td> </tr> <tr> <td data-bbox="1733 1078 1865 1153">E 6</td> <td data-bbox="1865 1078 2092 1153"></td> </tr> <tr> <td data-bbox="1733 1153 1865 1214">TOTAL</td> <td data-bbox="1865 1153 2092 1214"></td> </tr> </table>		Who:		E 1		E 2		E 3		E 4		E 5		E 6		TOTAL	
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E 2																				
E 3																				
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E 5																				
E 6																				
TOTAL																				

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p>Action: Throw the jack into the circle.</p> <p>Measure: Record the total number of throws of jack it takes to succeed for each player</p>	<p>Setup: draw a throwing circle and a 80cm target circle a distance of 6.5 metres from the throwing circle.</p> <p>Repeat at 7 and 8 metres</p>	
<p>Action: Point the boules in the circle</p> <p>Measure: Record how many boules are thrown until successful for each player</p>	<p>Setup: draw a throwing circle and a 60cm target circle whose front edge is 6.5 metres from the throwing circle.</p> <p>Place jack in the centre of the target circle</p> <p>Repeat at 7 and 8 metres</p>	
<p>Action: Throw boules into tyre</p> <p>Measure: How many boules out of 9 can be thrown into the tyre. Record each player</p>	<p>Setup: draw a throwing circle and place a car tyre at 6.5 metres from the throwing circle.</p> <p>Repeat at 7 and 8 metres</p>	
<p>Action: Throw your boules to try and touch or move three boules.</p> <p>Measure: How many boules it takes each player to touch or move boules.</p>	<p>Setup: draw a throwing circle and place three boules in a row at 6.5 metres from the throwing circle.</p> <p>Repeat at 7 and 8 metres</p>	

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p>Action: throw boule over timber and finish in target circle.</p> <p>Measure: How many balls are thrown until successful.</p>	<p>Setup: draw a throwing circle and a 80cm target circle a distance of 6.5 metres from the throwing circle. Place a piece of timber 2 metres in front of the target circle</p> <p>Repeat at 7 and 8 metres</p>	
<p>Action: Point boule as close to jack as possible but must be within circle</p> <p>Measure: Record number of successful boules thrown from 9 attempts for each player.</p>	<p>Setup: draw a throwing circle and a 50cm target circle a distance of 6.5 metres from the throwing circle. Place a jack at the back of the circle</p> <p>Repeat at 7 and 8 metres</p>	

PETANQUE NEW ZEALAND

Team scores

Who:		Who:		Who:	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
TOTAL		TOTAL		TOTAL	
Who		Who:		Who:	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
TOTAL		TOTAL		TOTAL	