

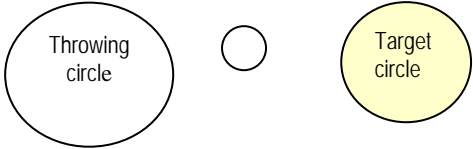
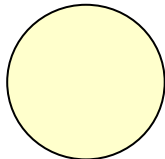
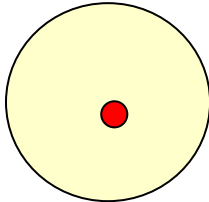
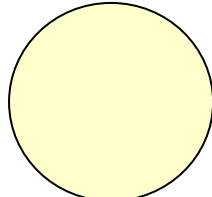
SESSION PLAN

BLUE (2)


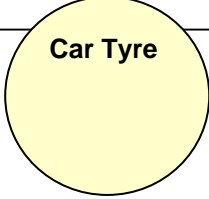
BEGINNERS

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 638 2092 702">Who:</td> </tr> <tr> <td data-bbox="1733 702 1865 775">E 1</td> <td data-bbox="1865 702 2092 775"></td> </tr> <tr> <td data-bbox="1733 775 1865 849">E 2</td> <td data-bbox="1865 775 2092 849"></td> </tr> <tr> <td data-bbox="1733 849 1865 922">E 3</td> <td data-bbox="1865 849 2092 922"></td> </tr> <tr> <td data-bbox="1733 922 1865 995">E 4</td> <td data-bbox="1865 922 2092 995"></td> </tr> <tr> <td data-bbox="1733 995 1865 1069">E 5</td> <td data-bbox="1865 995 2092 1069"></td> </tr> <tr> <td data-bbox="1733 1069 1865 1142">E 6</td> <td data-bbox="1865 1069 2092 1142"></td> </tr> <tr> <td data-bbox="1733 1142 1865 1214">TOTAL</td> <td data-bbox="1865 1142 2092 1214"></td> </tr> </table>		Who:		E 1		E 2		E 3		E 4		E 5		E 6		TOTAL	
Who:																				
E 1																				
E 2																				
E 3																				
E 4																				
E 5																				
E 6																				
TOTAL																				

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p>Action: Throw the boule on the landing spot</p> <p>Measure: Record the total number of throws of boules it takes to succeed for each player</p>	<p>Setup: draw a landing spot mid way between the throwing circle and target circle</p> <p>Repeat at 7 and 8 and 9 metres</p>	
<p>Action: To throw boule into the target circle without running past the marked line</p> <p>Measure: How many balls are thrown until successful.</p>	<p>Setup: draw a throwing circle and an 80cm target circle a distance of 6.5 metres from the throwing circle. Draw a line 30cm behind the target circle</p> <p>Repeat at 7 and 8 and 9 metres</p>	<p>30cm line behind the target circle</p> 
<p>Action: Point the boule in the circle and in front of the jack</p> <p>Measure: Record how many boules are thrown until successful for each player</p>	<p>Setup: draw a throwing circle and an 80cm 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 and 9 metres</p>	
<p>Action: Lob boule over height obstacle (chair or bar) into circle</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 and a height obstacle between the two circles</p> <p>Repeat at 7 and 8 and 9 metres</p>	<p>Chair or bar</p> 

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p>Action: Throw your boule to try and push the boules past the dead boule line</p> <p>Measure: How many boules it takes each player to move the boules over the dead ball line</p>	<p>Setup: draw a throwing circle and place five boules 30cm from the dead boule line</p> <p>Throwing circle at 6.5 t at 7 and 8 metres from dead ball line</p>	<p>Dead ball line</p> <hr/> 
<p>Action: Throw your boule into the tyre</p> <p>Measure: How many boules in the tyre in one end</p>	<p>Setup: draw a throwing circle and place a tyre at 6 metres</p> <p>Repeat at 7 and 8 metres</p>	<hr/> 

PETANQUE NEW ZEALAND

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	