

COACHING PROGRAMME

INTERMEDIATE

Delivered by club coaches - Level three

Intermediate- six week coaching course/sessions

| sessions | Group size | Duration | Basic techniques/skills | Rules and games | Equipment |
|------------|------------------|---|--|--|---|
| Week one | Maximum 6 people | 2.5 hours Include 10 mins feedback session | Warm-up exercises Individual and/or team exercises – blue session plan one Game play – doubles Cool down exercises | Testing players on the rules during play | PNZ Rule book Boules & jack Measures PNZ sessions plans and score cards Coaches log book |
| Week two | Maximum 6 people | 2.5 hours Include 10 mins feedback session | Warm-up exercises Overview of skills from previous session Individual and/or team exercises – blue session plan two Game play – doubles Cool down exercises | Practical application of the rules Testing players on the rules during play | PNZ Rule book Boules & jack Measures Circles for landing spots PNZ sessions plans and score cards Coaches log book |
| Week three | Maximum 6 people | 2.5 hours Include 10 mins feedback session | Warm-up exercises Overview of skills from previous sessions Individual and/or team exercises – blue session plan one Game play – doubles Cool down exercises | Practical application of the rules Team testing of the rules | PNZ Rule book Boules & jack Measures Circles for landing spots Jack inside large drawn circle PNZ sessions plans and score cards Coaches log book |

PETANQUE NEW ZEALAND

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| sessions | Group size | Duration | Basic techniques/skills | Rules and games | Equipment |
|-----------|------------------|---|--|---|--|
| Week four | Maximum 6 people | 2.5 hours Include 10 mins feedback session | Warm-up exercises Overview of skills from previous sessions Individual and/or team exercises – blue session plan two Game play – doubles Cool down exercises | Practical application of the rules Team testing of the rules | PNZ Rule book Boules & jack Measures Circles for landing spots Jack inside large drawn circle Tyre for lobbing boule into Shooting mat PNZ sessions plans and score cards Coaches log book |
| Week five | Maximum 6 people | 2.5 hours Include 10 mins feedback session | Warm-up exercises Overview of skills from previous sessions Individual and/or team exercises – blue session plan one 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 PNZ sessions plans and score cards Coaches log book |
| Week six | Maximum 6 people | 4 hours Include 10 mins feedback session | Warm-up exercises Pointing and shooting competition – Mini tournament – doubles Cool down exercises | Coach act as arbiter | PNZ Rule book Boules & jack & measures Tournament calendar for the region PNZ sessions plans and score cards |