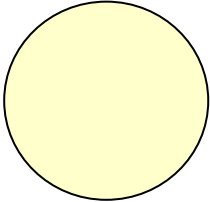


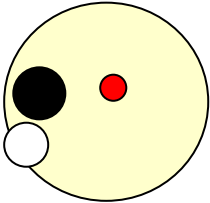
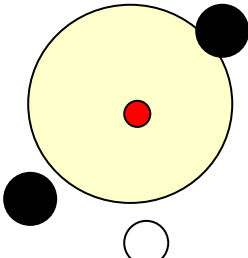
SESSION PLAN BLUE (1) INTERMEDIATE

PETANQUE – TEAM CIRCUIT EXERCISE	Players	Date	Venue	
Training Objectives	Coaches tips	Rules	Record	
<ul style="list-style-type: none"> - To challenge a team to complete the exercise in as few boules as possible. - Put players and team under pressure to perform – simulating tournaments - To build team decision making skills - For the team to build confidence and trust in each other regardless of whether this exercise (or a game) is going well or not 	<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 the team - Encourage the Team to encourage and compete with each other - 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>Team starts with their 6 boules and they must all be used before a player can play again.</p> <p>Team must nominate to the coach how they are going to play each exercise.</p> <p>Distances given – length of an end and distance from jack can be adjusted for skill of team and difficulty of terrain.</p>	<p>Who:</p> <p>E 1</p> <p>E 2</p> <p>E 3</p> <p>E 4</p> <p>E 5</p> <p>E 6</p> <p>TOTAL</p>	

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p>Action: The Team is to throw the jack into the circle once and then point in one boule. The Team keeps throwing boule until a boule is inside the circle.</p> <p>Measure: Record total number of throws of jack and boules it takes to succeed</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 7.5 and 8 metres</p>	
<p>Action: choose one player from the team to point one boule past the front boule and into the circle. Aim to achieve it with as few boules as possible.</p> <p>Measure: Record how many boules are thrown until successful for each player</p>	<p>Setup: draw a throwing circle and a 80cm target circle whose front edge is 6.5 metres from throwing. Place jack in the centre of the target circle</p> <p>Place a boule 40cm in front of the front edge of the target circle</p> <p>Repeat at 7 and 8 metres</p>	
<p>Action: Gain the advantage in the least boules possible. Consider best option to achieve this</p> <p>Measure: How many boules thrown before advantage is regained.</p>	<p>Setup: draw a throwing circle and a jack at 6.5 metres. Opponents boule is 40cm to the right of the jack</p> <p>Repeat at 7 and 8 metres</p>	
<p>Action: Gain the advantage in the least boules possible. Consider best option to achieve this</p> <p>Measure: How many boules thrown before advantage is regained.</p>	<p>Setup: draw a throwing circle and a jack at 6.5 metres. Opponents' two boules – 1 at 30cm on left of jack, 1 at 50cm in front.</p> <p>Repeat at 7 and 8 metres</p>	

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p>Action: Gain the advantage in the least boules possible. Consider best option to achieve this</p> <p>Measure: How many boules thrown before advantage is regained</p>	<p>Setup: draw a throwing circle at 6 metres place the jack. Place the 'opponents' boule 10cm to left of the jack. Own teams' boule touching this boule in front of it.</p> <p>Repeat at 7 and 8 metres</p>	
<p>Action: play until you hold 2 boules. Consider best options to achieve this.</p> <p>Measure: How many boules thrown before you're holding 2.</p>	<p>Setup: draw a throwing circle at 6.5 metres place the jack. Place opponents' boules holding 2 – 40cm diagonally behind, diagonally in front. 1 of own teams boules 50cm in front.</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	