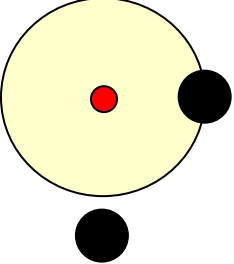
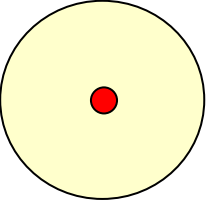
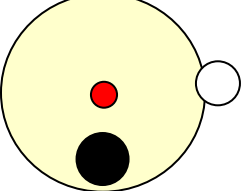
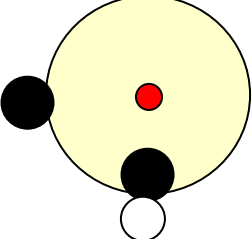


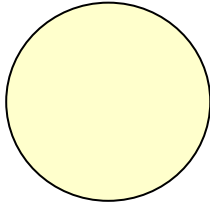
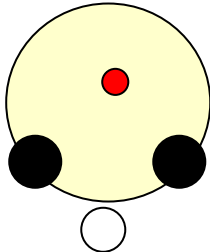
## SESSION PLAN BLUE (2) INTERMEDIATE

PETANQUE – TEAM CIRCUIT EXERCISE	Players	Date	Venue	
Training Objectives	Coaches tips	Rules	Record	
<ul style="list-style-type: none"> <li>- To challenge a team to complete the exercise in as few boules as possible.</li> <li>- Put players and team under pressure to perform – simulating tournaments</li> <li>- To build team decision making skills</li> <li>- For the team to build confidence and trust in each other regardless of whether this exercise (or a game) is going well or not</li> </ul>	<ul style="list-style-type: none"> <li>- Get players to focus on the first objective only to concentrate their focus</li> <li>- Find the optimum pace to play at for the team</li> <li>- Encourage the Team to encourage and compete with each other</li> <li>- Be positive and recover well when it's not going right</li> <li>- Remember to warm up well and go into it well prepared</li> <li>- Plan the strategy / order of play carefully</li> </ul>	<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>	Who:	
			E 1	
			E 2	
			E 3	
			E 4	
			E 5	
			E 6	
			TOTAL	

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p><b>Action:</b> Gain the advantage in the least boules possible. Consider best option to achieve this</p> <p><b>Measure:</b> How many boules thrown before advantage is regained.</p>	<p><b>Setup:</b> draw a throwing circle and a jack at 6.5 metres. Opponents' two boules – 1 at 30cm on right of jack, 1 at 50cm in front.</p> <p>Repeat at 7 and 8 metres</p>	
<p><b>Action:</b> Point the boule in the semi circle. Aim to achieve it with as few boules as possible.</p> <p><b>Measure:</b> Record how many boules are thrown until successful for each player</p>	<p><b>Setup:</b> draw a throwing circle and a 60cm target semi circle whose front edge is 6.5 metres from the throwing circle.</p> <p>Place jack in the centre of the base line of the semi circle.</p> <p>Repeat at 7 and 8 metres</p>	
<p><b>Action:</b> Gain the advantage in the least boules possible. Consider best option to achieve this</p> <p><b>Measure:</b> How many boules thrown before advantage is regained.</p>	<p><b>Setup:</b> draw a throwing circle and a jack at 6.5 metres. Your boule is at 30cm on right of jack. The opponents' boule is 25 cm directly in front of the jack.</p> <p>Repeat at 7 and 8 metres</p>	
<p><b>Action:</b> Gain the advantage in the least boules possible. Consider best option to achieve this</p> <p><b>Measure:</b> How many boules thrown before advantage is regained.</p>	<p><b>Setup:</b> draw a throwing circle and a jack at 6.5 metres. Opponents' two boules is 50mm to the left of jack and 20 cm in front. Your boule is touching opponents boule but not holding</p> <p>Repeat at 7 and 8 metres</p>	

PETANQUE NEW ZEALAND

Exercise	Equipment and Set up	
<p><b>Action:</b> choose one player from the team to point one ball in the circle then shoot it out. To be achieved in 2 balls. If 1<sup>st</sup> player fails, then choose new player and repeat etc until you succeed.</p> <p><b>Measure:</b> How many balls are thrown until successful.</p>	<p><b>Setup:</b> draw a throwing circle and a 50cm target circle whose front edge is 7 metres from throwing.</p>	
<p><b>Action:</b> Point onto your team's boule pushing it into the circle. Aim to achieve it with as few boules as possible.</p> <p><b>Measure:</b> Record number of boules thrown before advantage gained.</p>	<p><b>Setup:</b> draw a throwing circle, jack at 6.5 metres. Place opponents boules 20cm left and 20cm right and in front of jack. Place own boule 30cm in front and centre of the two boules</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	