

COACHING PROGRAMME BLUE ADVANCED

Advanced - six week coaching course/sessions

sessions	Group size	Duration	Team skills and drills training	Rules and games play	Equipment
Week one	Maximum Team of 6 people	2.5 hours	Warm-up exercises Pointing exercises in teams – green session plan 1 Game play – doubles /triples Cool down exercises	Basic game rules Drawing circle Marking boule	PNZ Rule book Boules & jack Measures
Week two	Maximum Team of 6 people	2.5 hours Include 10 mins feedback session	Warm-up exercises Overview of skills from previous session Pointing exercises in teams – green session plan 2 Game play – doubles Cool down exercises	Practical application of the rules Set up ends with 'played' boule and discuss a specific rule relative to the end i.e. unmarked jack has moved	PNZ Rule book Boules & jack Measures Circles for landing spots
Week three	Maximum Team of 6 people	2.5 hours Include 10 mins feedback session	Warm-up exercises Overview of skills from previous sessions Pointing & shooting exercises in teams – green session plan 3 Game play – doubles Cool down exercises	Practical application of the rules Set up ends with 'played' boule and discuss a specific rule relative to the end i.e. unmarked jack has moved	PNZ Rule book Boules & jack Measures Circles for landing spots Jack inside large drawn circle
Week four	Maximum Team of 6 people	2 hours Include 10 mins feedback session	Warm-up exercises Overview of skills from previous sessions Pointing & shooting exercises in teams – green session plan 4 Game play – doubles	Practical application of the rules	PNZ Rule book Boules & jack Measures Circles for landing spots Jack inside large drawn circle Tyre for lobbing boule into

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			Cool down exercises		
Week five	Maximum Team of 6 people	2 hours Include 10 mins feedback session	Warm-up exercises Overview of skills from previous sessions Fine tuning basic techniques –green session plan 5 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 Tyre for lobbing boule into
Week six	Maximum Team of 6 people	4 hours Include 10 mins feedback session	Warm-up exercises Mini tournament – doubles Cool down exercises	Coach act as arbiter	PNZ Rule book Boules & jack Measures Information on next coaching sessions and levels Tournament calendar for the region

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