

COACHING PROGRAMME BLUE REPRESENTATIVE TEAM

Administered by: PNZ level 4 coach or level 3 Regional Coach

Representative teams - six week coaching course/sessions

sessions	Group size	Duration	Team drills	Team game application	Equipment
Week one	Rep team	4 hours together 6 hours per week individual training of same exercises	Warm-up exercises Pointing exercises – yellow sessions plan 1 Game play in teams & coach scoring game	Standing together during a game Shielding player from opposition when in the circle Importance of marking boule and jack	PNZ Rule book Boules & jack Measures PNZ scoring template
Week two	Rep team	4 hours together 6 hours per week individual training of same exercises	Warm-up exercises Pointing from crouch position and standing position – yellow session plan 2 Game play in teams & coach scoring game Cool down exercises	Practical application of the rules Terrain prep before throwing ball Coming out of the circle after first throw	PNZ Rule book Boules & jack Measures PNZ scoring template
Week three	Rep team	4 hours together 6 hours per week individual training of same exercises	Warm-up exercises Pointing and shooting in one end – yellow session plan 3 Game play in teams & coach scoring game Cool down exercises	Practical application of the rules Mental toughness and how to overcome drop in performance during a game	PNZ Rule book Boules & jack Measures PNZ scoring template

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Week four	Rep team	4 hours together 6 hours per week individual training of same exercises	Warm-up exercises Pointing and shooting exercises to defend an end - yellow session plan 4 Game play in teams & coach scoring game Cool down exercises	Understanding when to close down an end When to attack to save an end Difference between saving an end and taking an end	PNZ Rule book Boules & jack Measures PNZ scoring template
Week five	Rep team	4 hours together 6 hours per week individual training of same exercises	Warm-up exercises Tactical and execution exercises – yellow session plan 5 Game play in teams & coach scoring game Cool down exercises	Set up ends to simulate game play and discuss tactic and shot selection – test team on tactics and execution	PNZ Rule book Boules & jack Measures PNZ scoring template
Week six	Rep team	4 hours together 6 hours per week individual training of same exercises	Warm-up exercises Game play in teams & coach scoring game – yellow session plan 6 Cool down exercises	Set up ends to simulate game play and discuss tactic and shot selection – test team on tactics and execution Team preparation Mentally and physically	Individual training drills

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