



BOULE – A PRACTICE COURSE

Preliminary remarks/goals

In Pétanque, players often practice their pointing by just throwing their boules as close to the jack as possible, or for shooting, hitting another boule.

Here we have a 1.5 hour practice schedule, using 7 different practice stations. It offer players a variety of practicing tasks.

While this is designed for outside use, it can also be done indoors, using bean bag boules, or rubber boules.

General guideline

Time: 90 minutes

Participants (participants): max. 12

Material: 3 boules, sticks, ropes and marker cones per participant

Location: preferably an outdoor pétanque piste, or any stoney, or sandy flat playing surface.

Hourly progression and content

Time (10 minutes)

1 ball per participant

The following exercises are performed while standing:

- Measured swing exercises with the arm holding the ball in different directions
- Throw and catch the ball with one hand.
- Toss the ball from one hand to the other hand and catch (gradually increase distance)

This warm up exercise help to loosen up the arm, and shoulder joints. It also helps develop of a sense of movement for a feel of the ball, raising awareness of the different throwing positions of the hand

Play time (55 minutes)

Boule practice course

The players are divided into small groups of 4. Each group starts at a different station, and when the station is completed by all players in the group, the group moves onto the next station. There is a maximum of 6 throws per player.

Each player must write their score on the score sheet.

Score Sheet	
<i>Station</i>	<i>Points</i>
Alley	
Barriers	
Shooting	
Pointing short distance	
Pointing long distance	
Darts	
Meeting point	
<i>Total Score</i>	

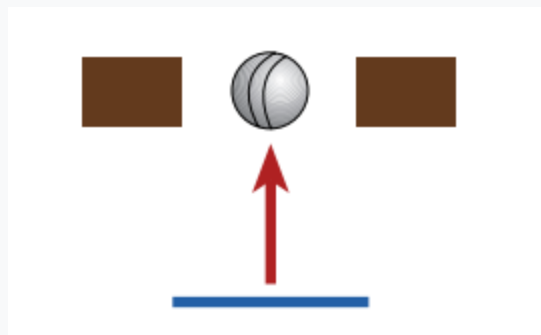
1st station: "Alley"

The ball is thrown through an alley, (between 2 boules or sticks).

The alley must be 3 meters away from the throwing line.

(To make it a little more challenging, increase the distance.)

Scoring: Each ball thrown through the alley, without touching the sides scores 1 point. Maximum 6 throws.



2nd station: "Barrier"

The ball is thrown over a barrier without hitting it but can touch the barrier behind. The front barrier must be 3 Meters away from the throwing position. The barrier behind should be 0.5 meters from the barrier in front.

Scoring: Each ball that makes it, scores 1 point. Maximum 6 throws.



3rd station: "shooting"

Shoot a boule 6 meters from the throwing line.

Scoring: Each ball that strikes, or touches the target boule scores 1 point.

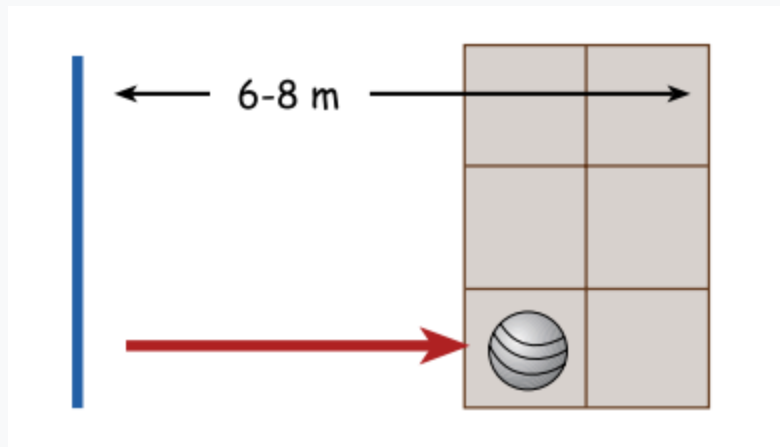


4th station: "boxes short distance 6-8 meters"

Throw the boule into one of the boxes.

Scoring: Each space occupied by 1 boule scores a point.

Maximum 6 boules per player

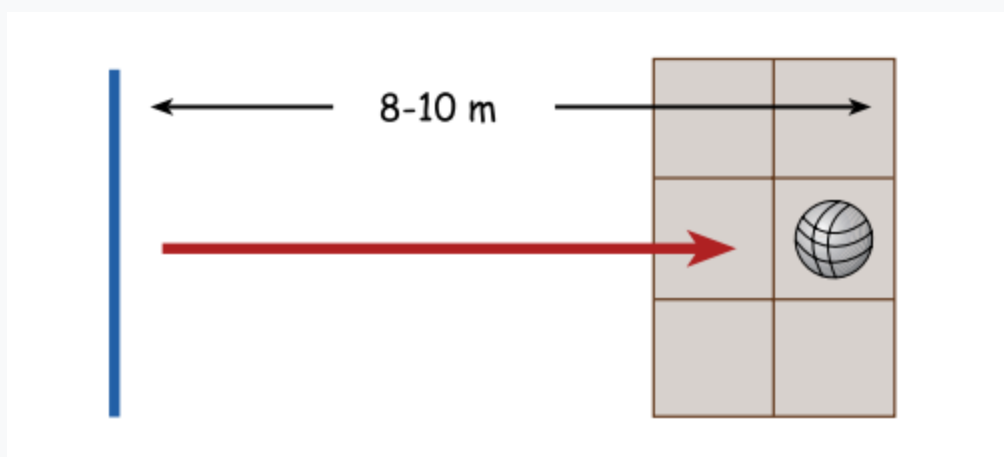


5th station: "Fields-distance 8-10 meters"

Throw the boule into one of the boxes.

Scoring: Each space occupied by 1 boule scores a point.

Maximum 6 boules per player



6th Station: "Darts"

The target or dart board is divided into 6 segments.

The segments are numbered from 1 to 6, with the segment in the Center getting 6 points.

Throwing distance is 6 meters from the throwing line to the centre of the dart board.

The player must try to score 10 points in total, using their 6 boules.

Scoring: try to get 10 points with the least number of boules. If 10 points are scored with the first 2 boules (e.g. landing on the 5 twice) the player can continue to make another 10 points, with their remaining boules. If all boules 6 boules are used, that players turn is complete. If the player does not score 10 points from 6 boules they score zero points.

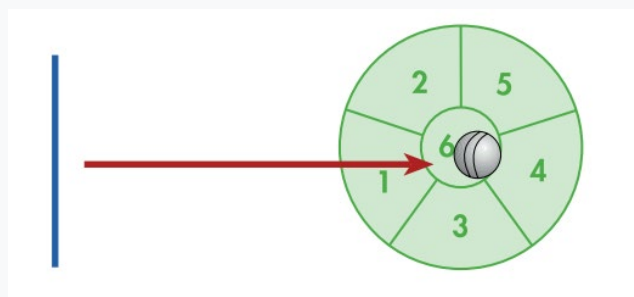
6 throws required = 1 point

5 throws required = 2 points

4 throws required = 3 points

3 throws required = 4 points

2 throws required = 6 points

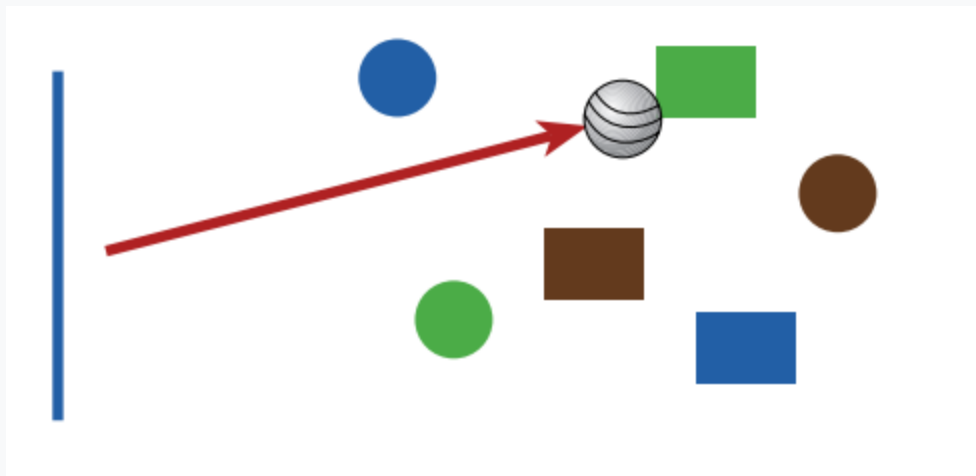


7th station: "Meeting point"

The ball is thrown directly at 6 different targets, from a distance of 6 meters. (adjust distance to 7 or 8 meters to increase difficulty)

Scoring: 1 point is awarded for each object hit.

Maximum 6 boules per player.



CONCLUSION (5 minutes)

Add up all the score results on the players score sheet. Compare how you did at each station, which will give you an idea of which areas to practice more.

Compare how you did with the other players

The player with the highest score wins.

Copy of score sheet which can be printed and given to each player, or marked by a score taker.

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Meeting point	
<i>Total Score</i>	