



TRAINING SESSION - EXERCISES

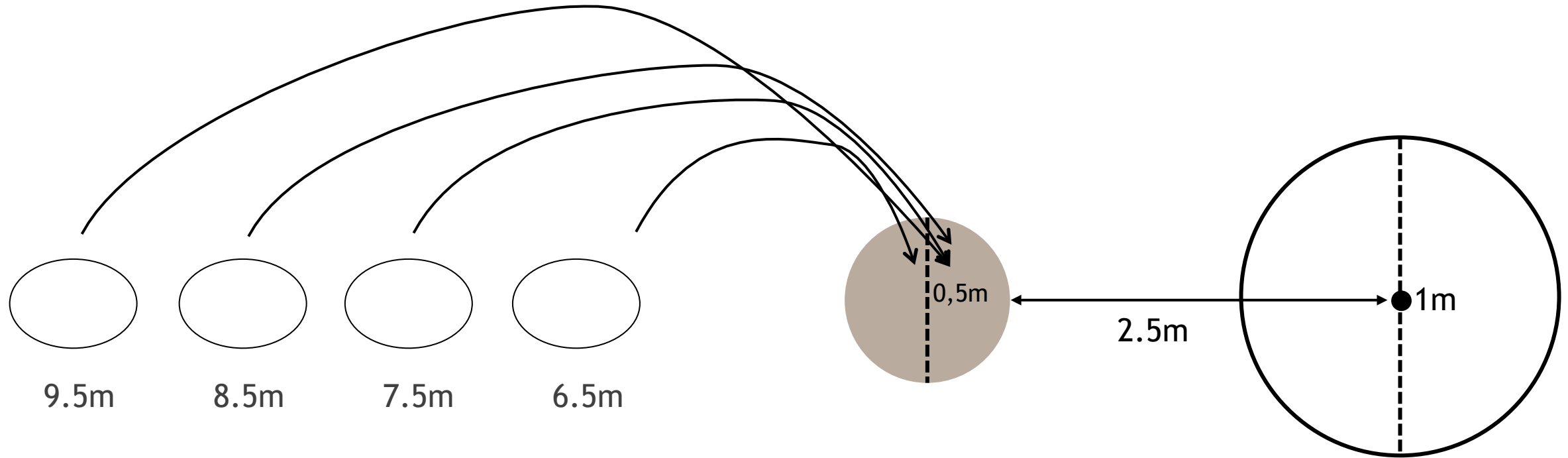
David Le Dantec

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POINTING EXERCISE-1

- 4 boules per round
- Alternate rounds standing up and squatting position



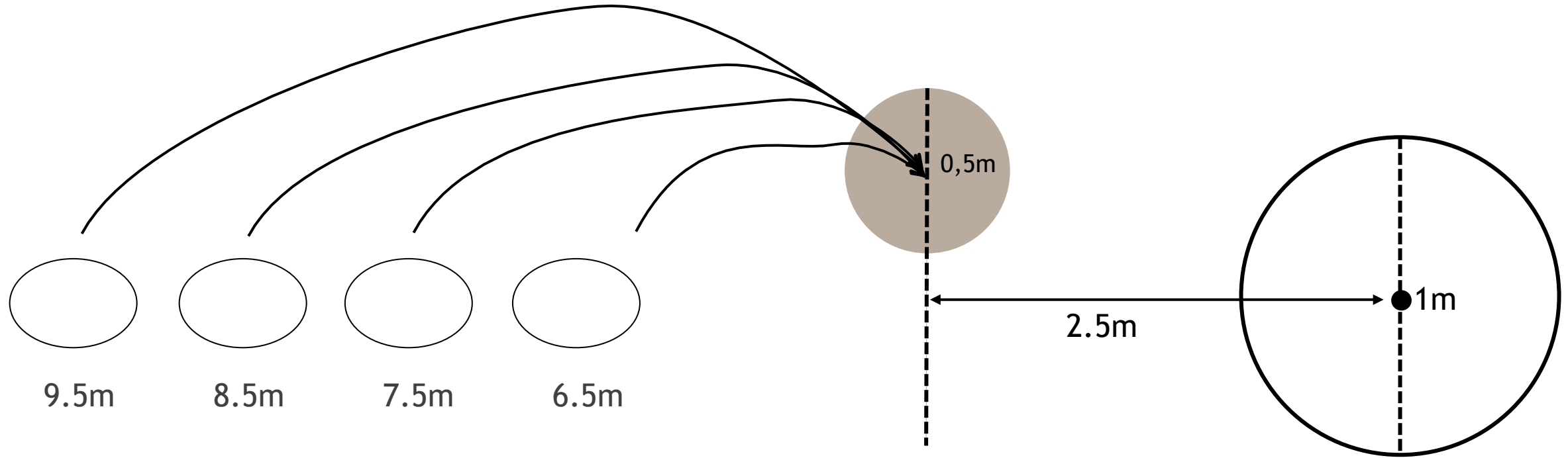
- 1 point if the boule lands in grey zone and does NOT stop into the ring
- 3 points if the boule lands in grey zone and stops into the ring
- 0 point if the boule does NOT land in the grey zone wherever it stops

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POINTING EXERCISE-2 (SAME AS EXERCISE 1 BUT WITH LEFT EFFECT)

- 4 boules per round
- Alternate rounds standing up and squatting position

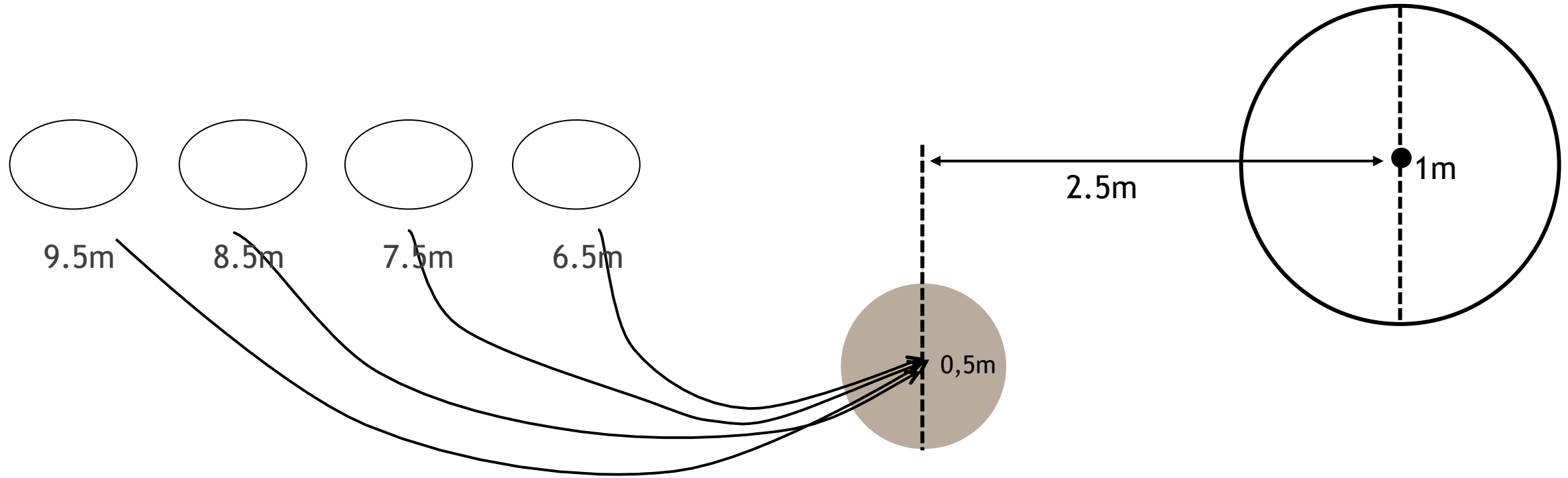


- 1 point if the boule lands in grey zone and does NOT stop into the ring
- 3 points if the boule lands in grey zone and stops into the ring
- 0 point if the boule does NOT land in the grey zone wherever it stops



POINTING EXERCISE-3 (SAME AS EXERCISE 1 BUT WITH RIGHT EFFECT)

- 4 boules per round
- Alternate rounds standing up and squatting position

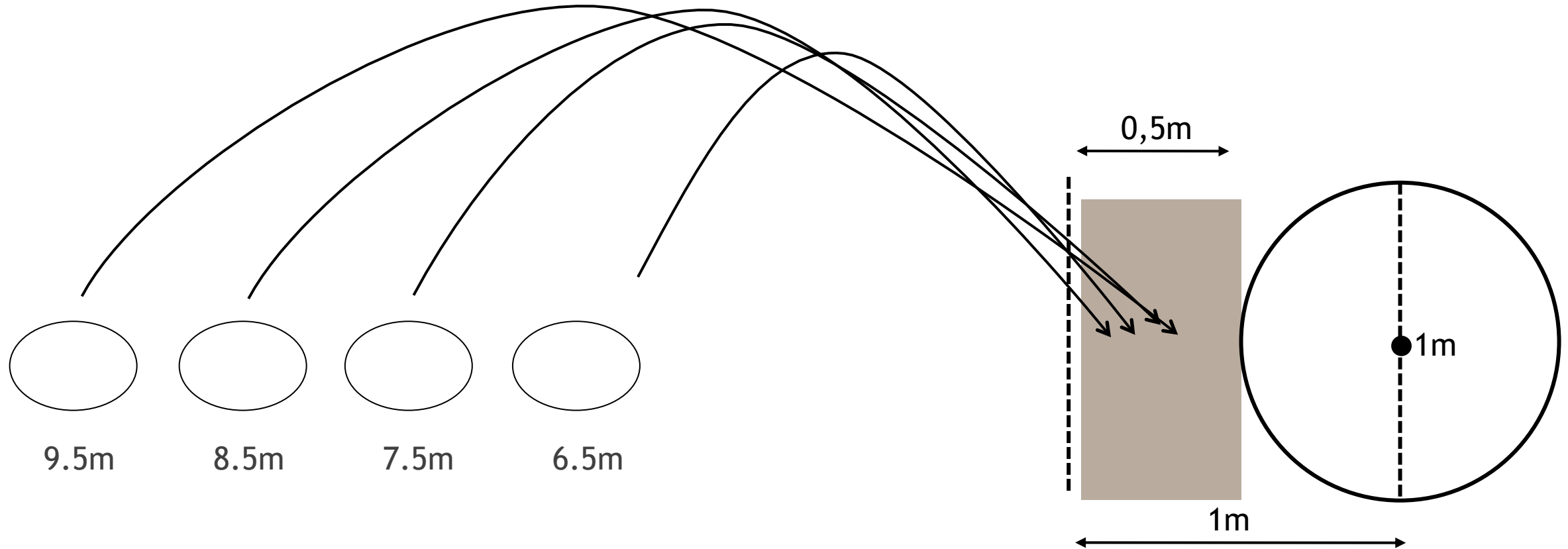


- 1 point if the boule lands in grey zone and does NOT stop into the ring
- 3 points if the boule lands in grey zone and stops into the ring
- 0 point if the boule does NOT land in the grey zone wherever it stops



POINTING EXERCISE-4 « PORTEE »

- 4 boules per round
- Alternate rounds standing up and squatting position



- 1 point if the boule lands in grey zone and does NOT stop into the ring
- 3 points if the boule lands in grey zone and stops into the ring
- 0 point if the boule does NOT land in the grey zone wherever it stops

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POINTING EXERCISE-5 « ADDING POINTS »

2 matches of 4 rounds each

1st match only pointing authorized

2nd match both pointing and shooting authorized

- Two teams - 3 players each with 2 boules
- Team-1 places 4 boules and the jack (with hands) where they want
- Team-2 starts to play and try to add the maximum number of points
- Team-1 plays and try also to add maximum number of points (with the same four initial boules on the lanes at the same place)
- Next round, Team-2 place the 4 boules and the jack again with hands and Team-1 starts to play and to add point. Then Team 2 plays...
- 4 rounds and the team with more points win...

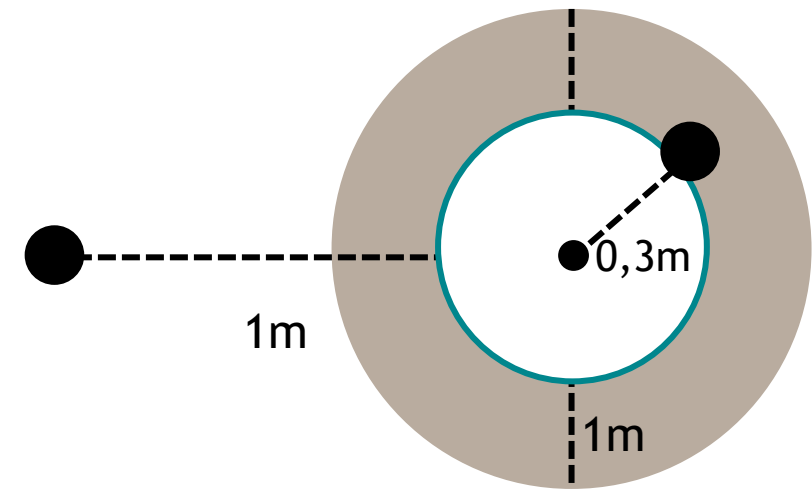
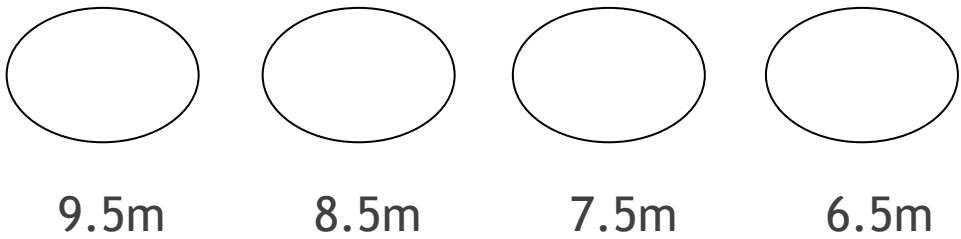
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POINTING EXERCISE-6 «WIN A POINT»

2 rounds - with the point to win on the left side
2 rounds - with the point to win on the right side

Objectives: Win the point and if possible in front of the opponent
boule



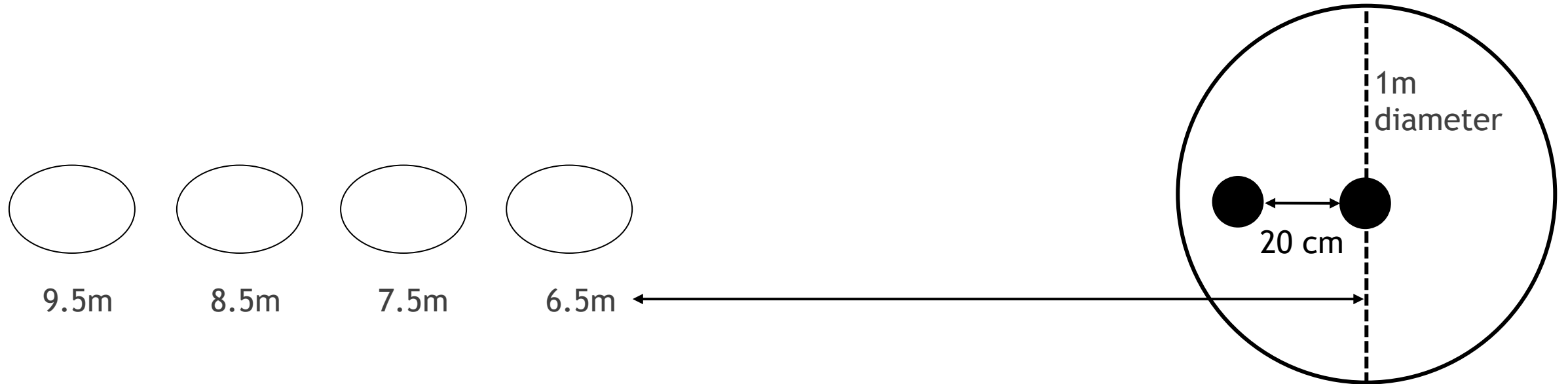
- 3 points if you win the point (white ring)
- 1 point if the boule stop in the grey ring
- 0 point if the boule hits the first one or doesn't stop in the circle



SHOOTING EXERCISE-1 « SHOOTING SAUTEE»

5 rounds - 4 shoots per round

Objectives: Get a shoot with curve

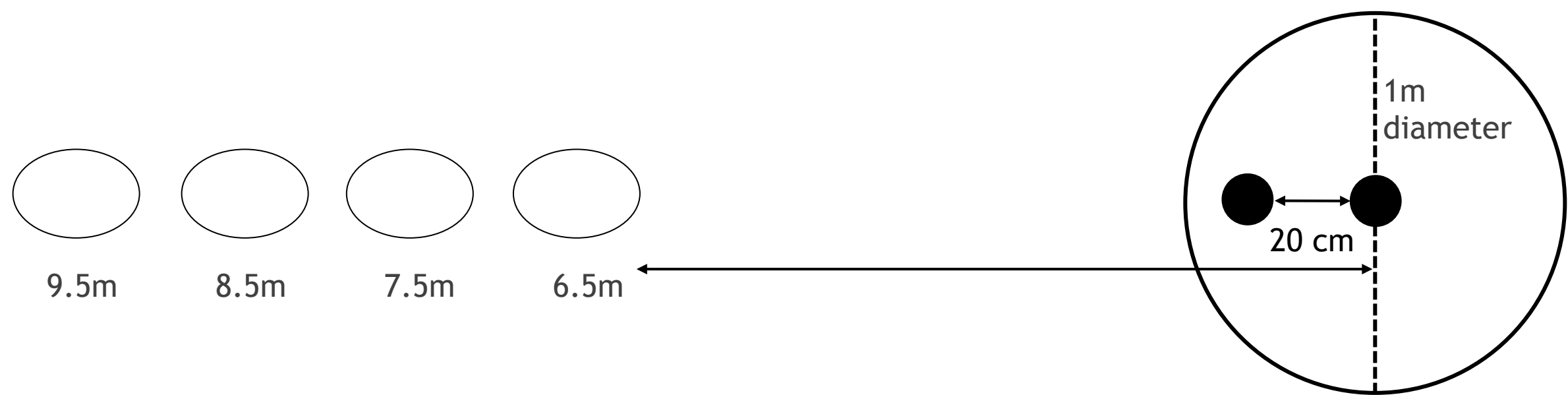


- 5 points if you make carreau into the ring without hitting the first boule
- 3 points if you hit the second boule and the boule get out the ring without hitting the first boule
- 1 point if you hit the second boule and the boule doesn't get out the ring without hitting the first boule
- -1 point if you hit directly the first boule

SHOOTING EXERCISE-2 « SHOOTING»

5 rounds - 4 shoots per round

Objectives: Get a shoot with curve

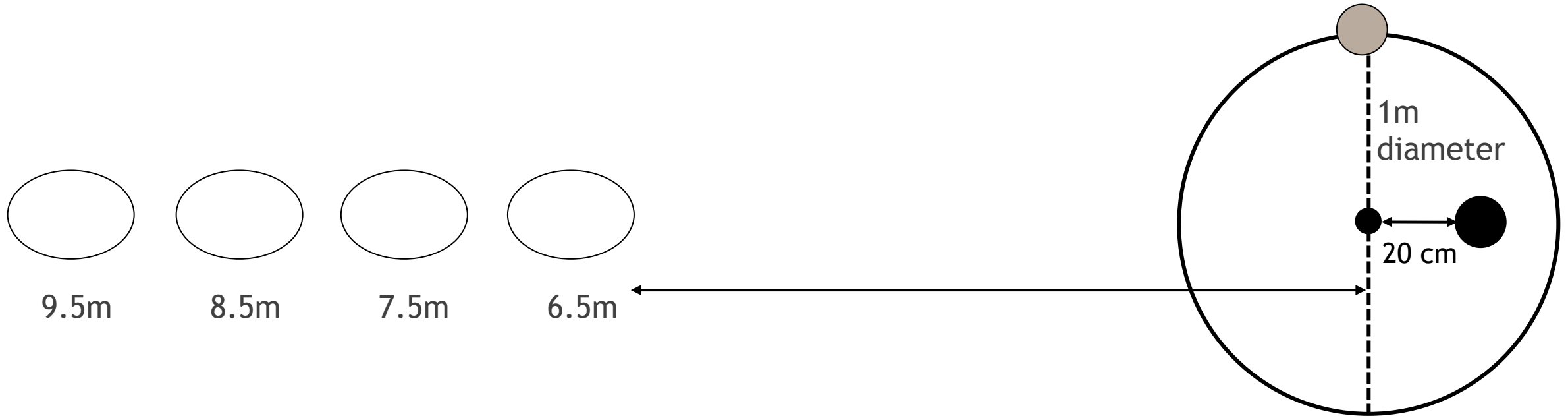


- 5 points if you make carreau into the ring without hitting the second boule
- 3 points if you hit the first boule and the boule get out the ring without hitting the second boule
- 1 point if you hit the first boule and the boule doesn't get out the ring without hitting the second boule
- -1 point if you hit directly the second boule

SHOOTING EXERCISE-3 « SHOOTING BEHIND THE JACK»

5 rounds - 4 shoots per round

Objectives: Get the point after the shoot

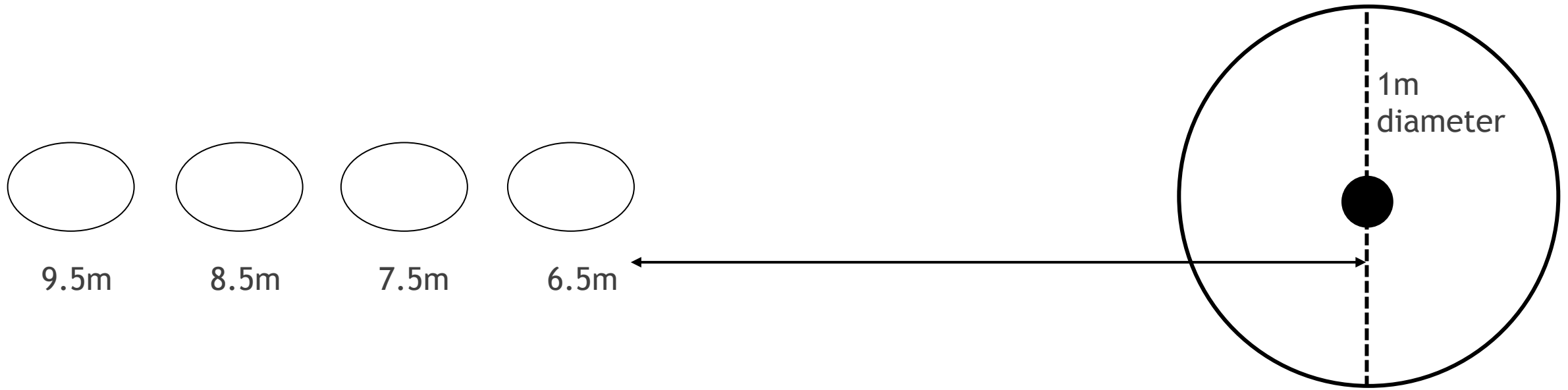


- 5 points if you make carreau into the ring without hitting the jack
- 3 points if you get the point after the shoot without hitting the jack
- 1 point if you hit the boule but you don't have the point
- -1 point if you hit the jack

SHOOTING EXERCISE-4 « SHOOTING ALONE»

5 rounds - 4 shoots per round

Objectives: Apply the learnings (curve) from previous shooting exercises



- 5 points if you make carreau into the ring
- 3 points if you get the point after the shoot without hitting the jack
- 1 point if you hit the boule but you don't have the point
- -1 point if you hit the jack

SINGLE GAMES - RULES

- Each player takes a number from 1-12 for Women and 1-14 for Men
- Number 1 against Number 2 on lane 1
- Number 3 against Number 3 on lane 2 and so on
- One round only between the two players. The winner moves to the upper lane and the loser moves to the lower lane (except the winner on lane 1 who stays on lane 1 and the loser on lane 6 for Women and 7 for Men who stay on the same lane)
- Rules may change



PROGRESSIVE SHOOTING - RULES

- All players shooting at the same time
- Starting at 6m and moving to the upper distance (1 meter more each time), only for the players having hit at least one on two
- Players having missed twice are eliminated
- In case, several players are still present at the maximum distance, they re-start at 6 meters (same rules)
- Of course the winner is the last player present on the lane...

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