

Before the first night

You do not need much.

SET UP THE NIGHT

Players	Pairs work best. If you have an odd number, make one group of three.	Pistes	One piste for each pair if you have the room. Three or four can share, but try to avoid having people standing around waiting to throw.
Kit	Players use their own boules. Each pair needs a jack and, for some of the exercises, something small to mark a landing spot. A coin or bottle top is enough.	Notes	For the first evening, players just need something to write a few notes in. For the full six-week block, each player uses their own copy of The Pétanque Performance Journal.
Time	Choose a 20, 45 or 90-minute session. Most of it should be spent with boules in your hands.		

WHAT TO PRINT

Observer’s card • one per pair

Two fit on one A4 sheet. It is the same card every week.

This week’s sheet • one for the session leader

A different sheet for each evening.

Change One Thing • one to keep in your bag

Keep it handy for pairs who find the exercise easy.

CHOOSE 20, 45 OR 90 MINUTES

20 BEFORE THE GAMES

A short exercise before everyone goes off to play their usual games.

45 PRACTICE AND A GAME

More time in pairs, followed by a few normal ends.

90 A LONGER SESSION

Time to repeat the exercise, play, and talk about what you noticed.

THE SIX EVENINGS

01	Awareness	02	Slow
	What can you notice without trying to change it?		What becomes easier to feel when the movement slows down?
03	Arc	04	Play
	What changes when you throw the boule higher or lower?		Can you make the decision before the throw begins?
05	Trust	06	Review
	Once you’ve chosen your shot, can you stick with it?		What are you still using from the previous five weeks?

EXPLAIN THIS ONCE, THEN START THROWING

1.

Work in pairs. One player throws while the other watches.
2.

Before throwing, the player picks one thing from the card for their partner to watch. The partner keeps the card and watches quietly until the set finishes.
3.

Then the watcher asks them that question, and the player answers first.
4.

The watcher describes what they saw, without suggesting a correction. Swap roles and repeat.