

# Change one thing

When the exercise starts to feel easy, try one change from the list below. You might move the jack or make the landing area smaller.

Change one thing at a time so you can see what difference it makes.

## BEFORE YOU CHANGE ANYTHING

Agree what you're practising and what you'll look for after the change.

## CHOOSE ONE CHANGE

| CHANGE                 | TRY IT LIKE THIS                                                                                | THE QUESTION IT ADDS                                              |
|------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| The distance           | Move the jack a metre nearer or farther. Or alternate six, eight and ten metres across the set. | Do you need a different landing spot when the distance changes?   |
| The landing spot       | Make the landing area smaller. Or move it while leaving the jack where it is.                   | Are you choosing a landing spot, or aiming straight at the jack?  |
| The jack               | Move it between ends rather than leaving it where the last end finished.                        | Did you adjust to the new distance, or repeat the previous throw? |
| Number of attempts     | Give the player one attempt at the task, then reset it.                                         | What changes when you only have one attempt?                      |
| Block the obvious line | Put a boule a metre in front of the jack before the set starts.                                 | Can you go around the boule or over it?                           |
| In front, not past     | The boule must finish in front of the jack. Behind does not count, however close.               | Can you get close without going past the jack?                    |
| Point or shoot         | Say which shot you are playing before stepping into the circle. Then play it.                   | Was the shot chosen before the throw?                             |
| The ground             | Choose a rougher line. Or play across a slope instead of along it.                              | What did the ground do to your boule after it landed?             |
| The watcher            | Change partners after a set. Ask them to watch the same thing.                                  | Does your new partner notice the same thing?                      |

Use a change to help you understand the shot you're practising. There's no need to make it harder just for the sake of it.

If the change makes the exercise too difficult, make it smaller and try again.