

Awareness

THE QUESTION

“What happened?”

For now, notice what happens without trying to correct it.

THE IDEA

Start by noticing something about your throw that normally happens too quickly to catch.

ANOTHER WAY TO RUN IT

Try it with another partner and see whether they notice the same thing.

Change one thing · /en/running-a-club-session/change-one-thing/

TRY

Set the jack at a distance you know well. Before the set, the player throwing picks one question from the observer’s card for their partner to ask afterwards.

Throw six boules at about half your normal arm speed: your three, then three more. After each throw, pause to think back over what it felt like before picking up the next boule. Resist the urge to correct anything during this set.

After the set, your partner asks the question you chose. Say what you noticed before they add what they saw. Then swap.

TO MAKE IT SIMPLER

One end rather than two. Three boules, then swap.

EVERY EVENING FOLLOWS THE SAME RHYTHM

	MINUTES	20	45	90
Have a few throws		3	5	10
Explain the exercise		2	5	5
Practise in pairs		12	20	35
Play some ends		–	10	25
Write down one thing you noticed		3	5	15

For the 20-minute version, write your notes before the usual club games. Add anything useful after playing.

WHAT IF YOU HAVE MORE PLAYERS THAN PISTES?

Two on a piste

One throws while the other watches, then they swap.

Three or four on a piste

Take turns throwing and watching. Swap after each set so everyone gets a go.

Not enough pistes to go round

Split the group. Half can do the exercise while the others play a game, then swap.

TAKE HOME

What did you notice about your throw for the first time?