

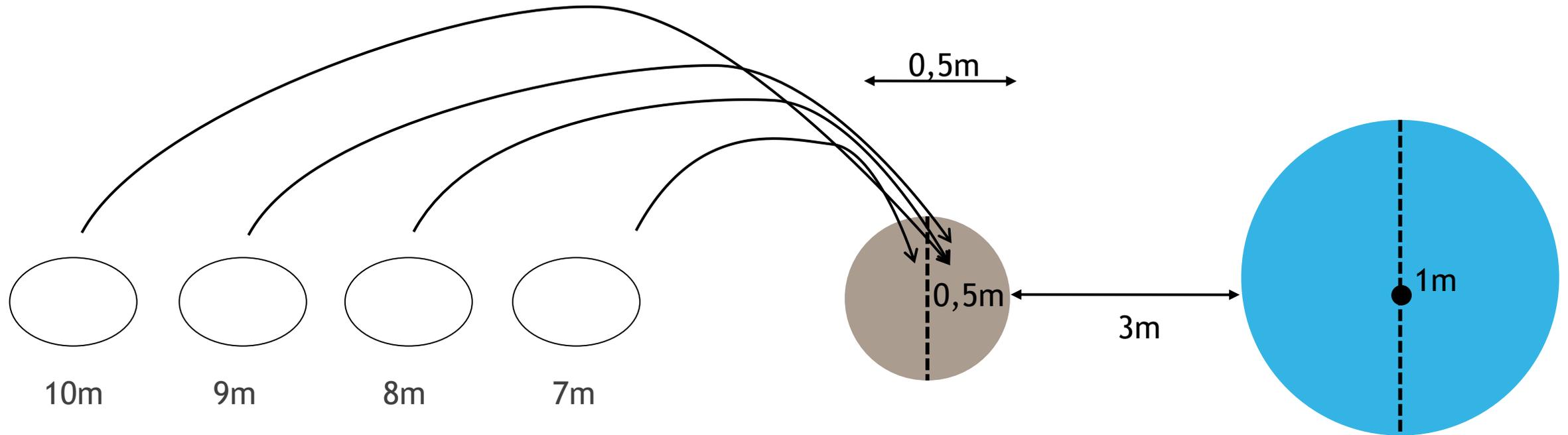


TRAINING SESSION - EXERCISES

David Le Dantec



POINTING EXERCISE-1

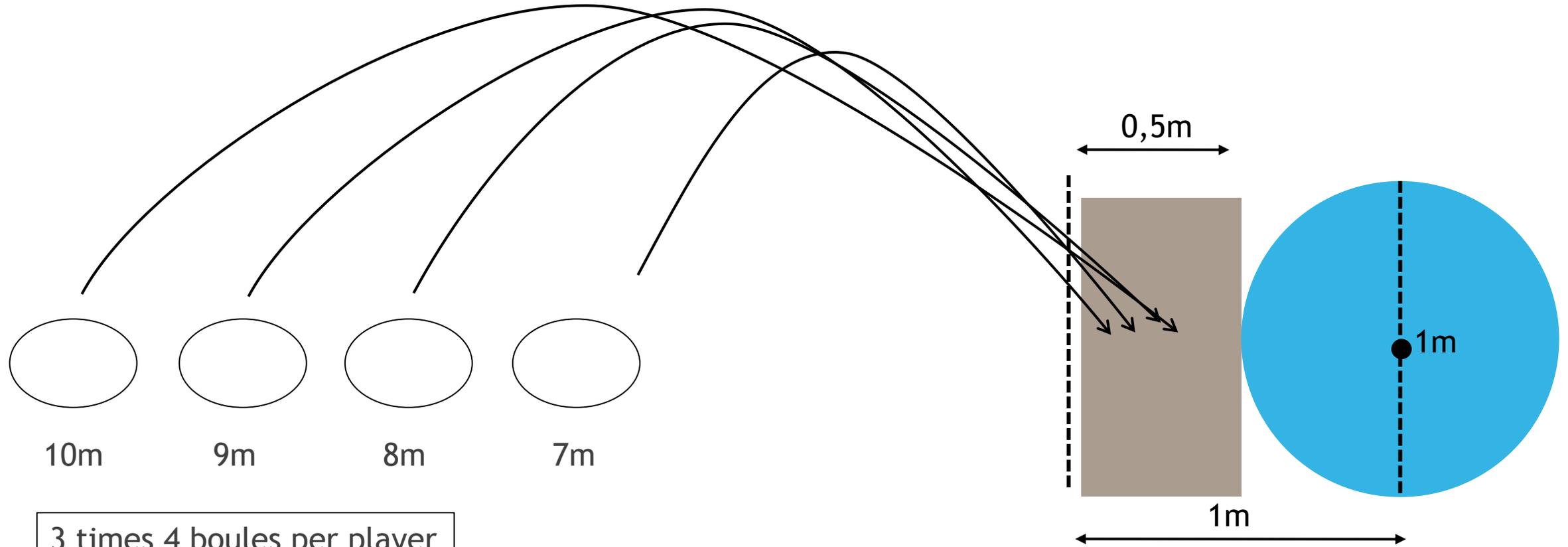


3 times 4 boules per player

- 1 point in case the boule falls in grey zone
- 3 points in case the boule falls in grey zone and stops in blue circle



POINTING EXERCISE-2

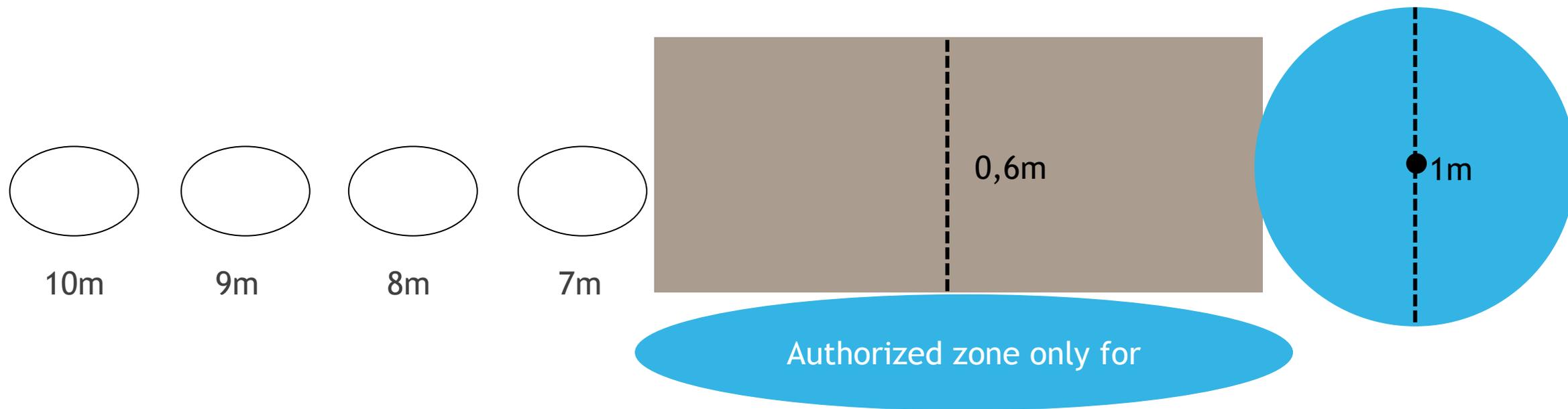


3 times 4 boules per player

- 1 point in case the boule falls in grey zone
- 3 points in case the boule falls in grey zone and stops in blue circle



POINTING EXERCISE-3 - RIGHT TO LEFT EFFECT

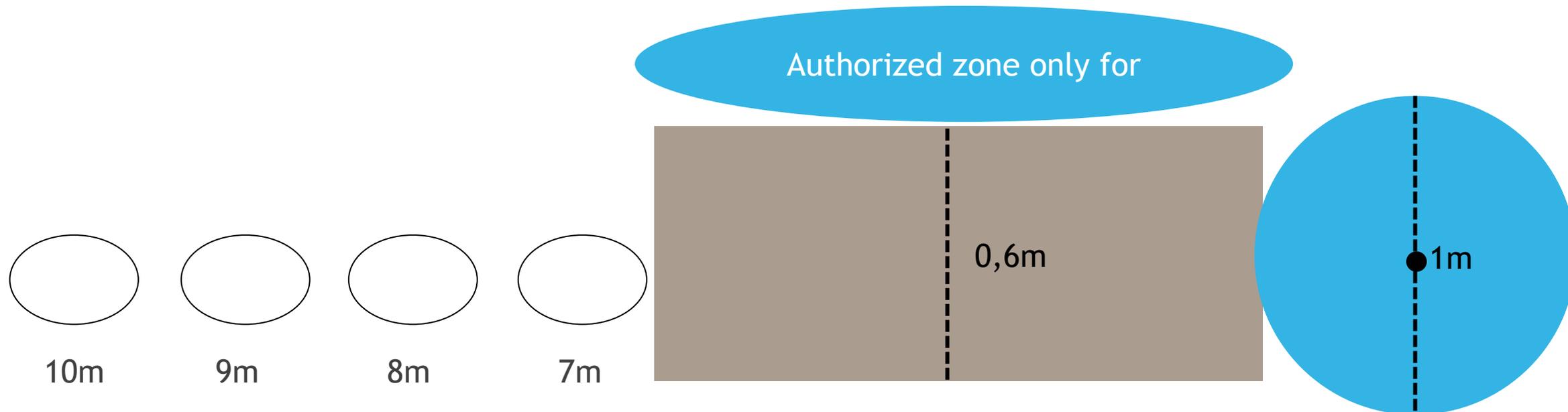


3 times 4 boules per player

- 0 point in case the boule falls in the grey zone even if the boule stops in the circle zone
- 3 points in case the boule falls outside grey zone on the right and stops in blue circle



POINTING EXERCISE-4 -LEFT TO RIGHT EFFECT

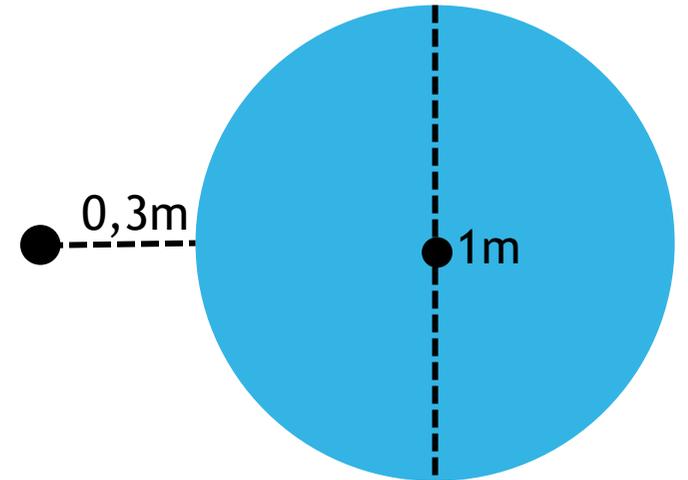
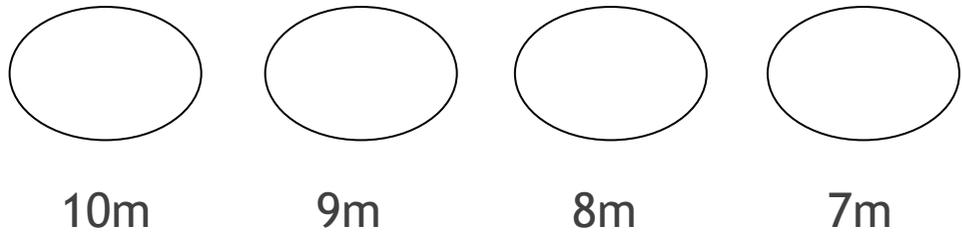


3 times 4 boules per player

- 0 point in case the boule falls in the grey zone even if the boule stops in the circle zone
- 3 points in case the boule falls outside grey zone on the left and stops in blue circle



POINTING EXERCISE-5 -PUSH A BOULE

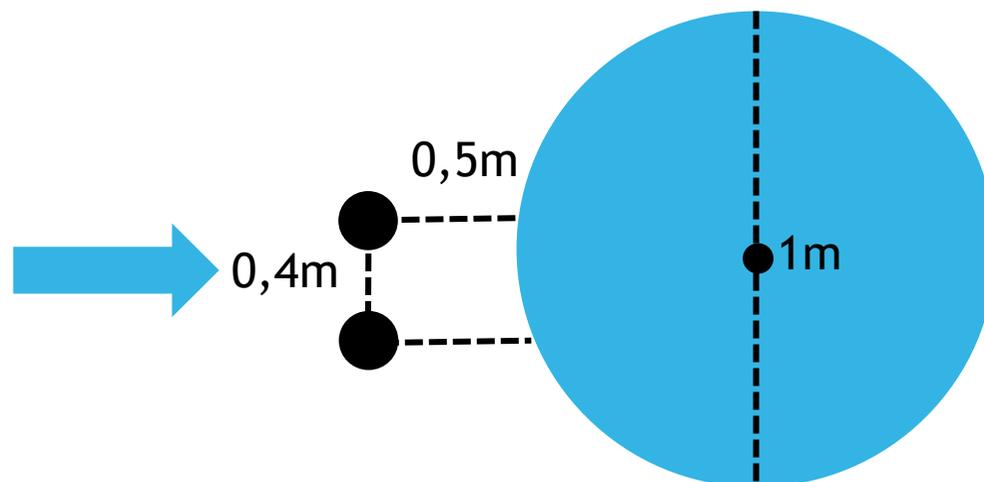
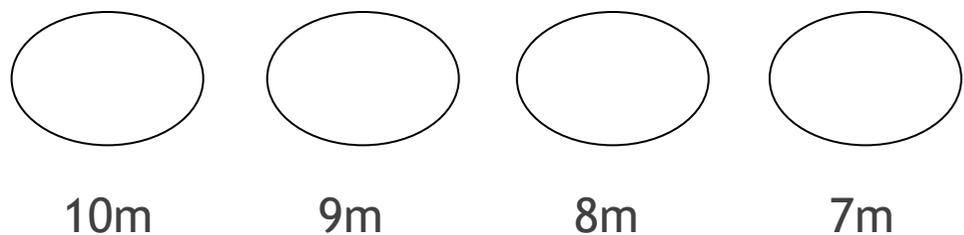


3 times 4 boules per player

- 1 point in case the player misses the boule to push but his boule stops in the blue circle
- 3 points in case the player pushes only one of the two boules into the blue circle
- 5 points in case the player pushes the two boules into the blue circle



POINTING EXERCISE-6 - PLAY BETWEEN TWO BOULES

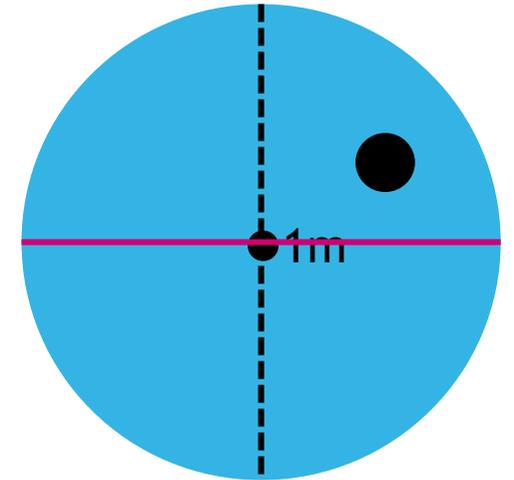
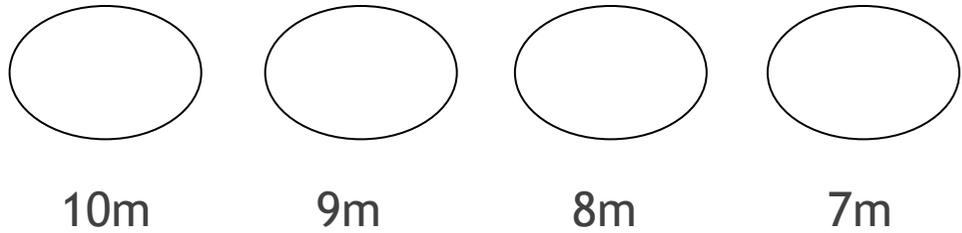


3 times 4 boules per player

- 0 point in case the player touches one of the two boules
- 3 points in case the player passes between the two boules and stops into the blue circle



POINTING EXERCISE-7 - WIN IN FRONT OF A BOULE (LEFT SIDE)

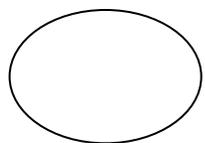


3 times 4 boules per player

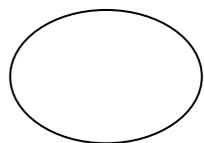
- 1 point in case the player stops in the left side of the blue circle but without winning the point
- 3 points in case the player wins the points on the left side of the blue circle
- 5 points in case the player wins just in front of the boule



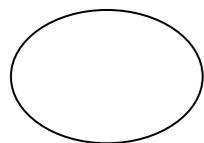
POINTING EXERCISE-8 - WIN IN FRONT OF A BOULE (RIGHT SIDE)



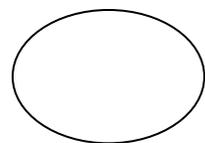
10m



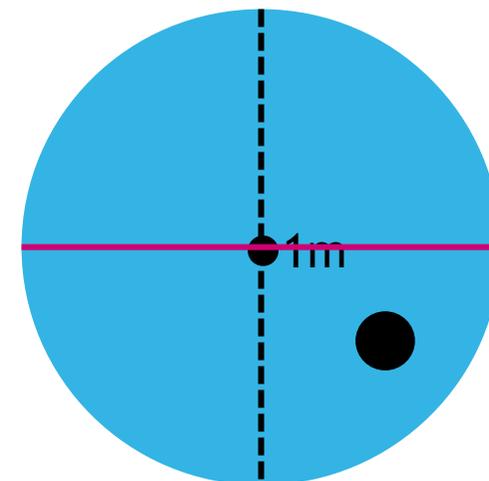
9m



8m



7m

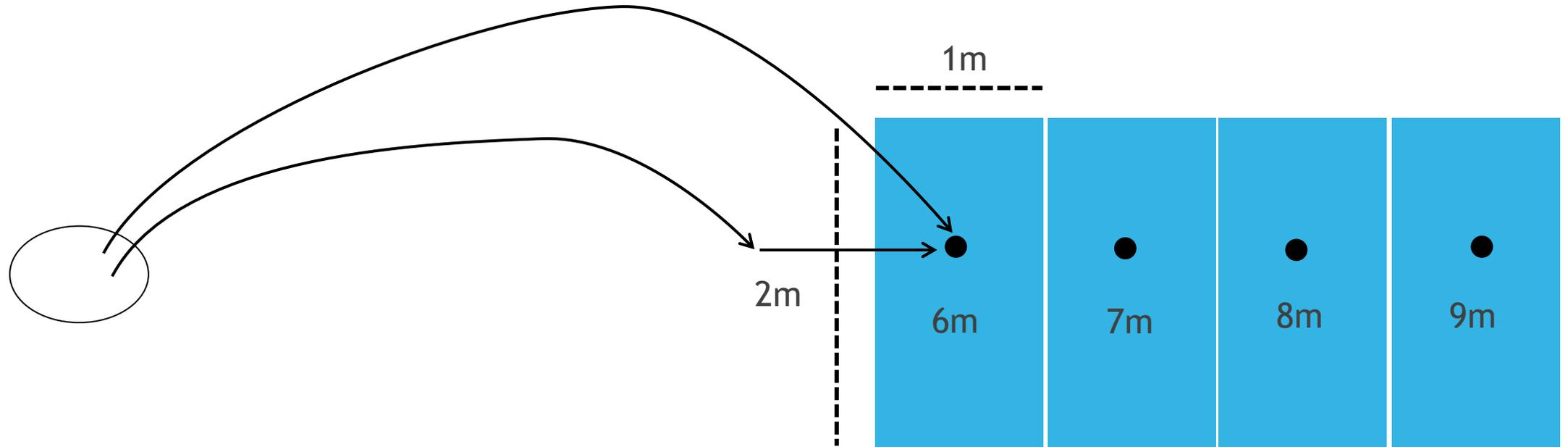


3 times 4 boules per player

- 1 point in case the player stops in the right side of the blue circle but without winning the point
- 3 points in case the player wins the points on the right side of the blue circle
- 5 points in case the player wins just in front of the boule



POINTING EXERCISE-9 - THROW THE JACK

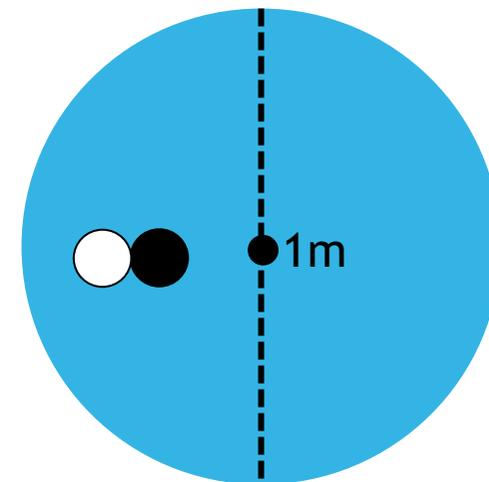
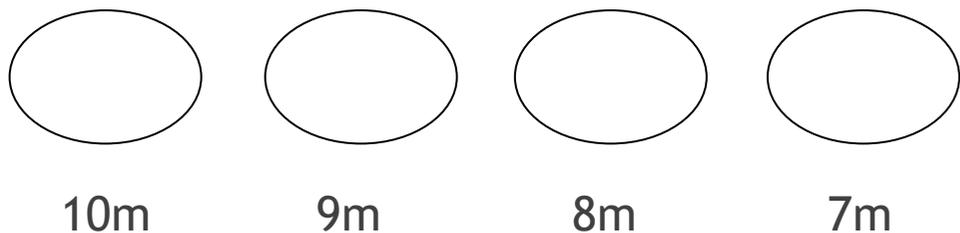


3 times 4 boules per player - no indication on how throw the jack - Madagascar technic is fine

- 0 point each time the jack is not in the right zone (start from 6m to 9m)
- 3 points each time the jack is in the right zone



POINTING EXERCISE-10 - SEPARATE BOTH BOULES

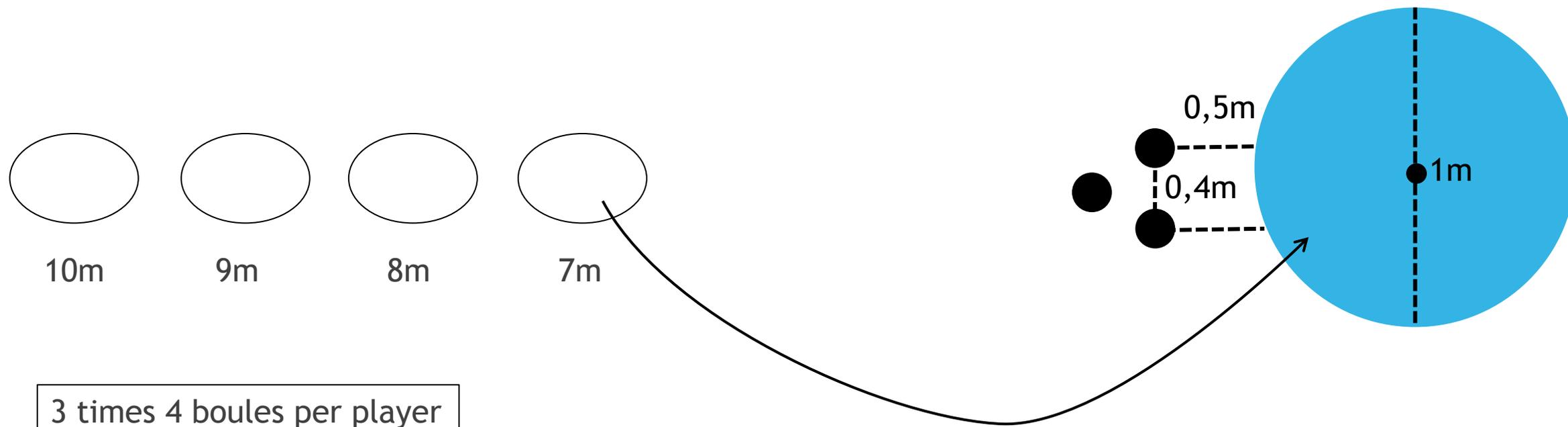


3 times 4 boules per player

- 0 point in case the player doesn't touch and separate both boules
- 3 points in case the player can separate both boules but his boule stops outside the blue circle
- 5 points in case the player can separate both boules but his boule stays inside the blue circle



POINTING EXERCISE-11 - EFFECT RIGHT TO LEFT

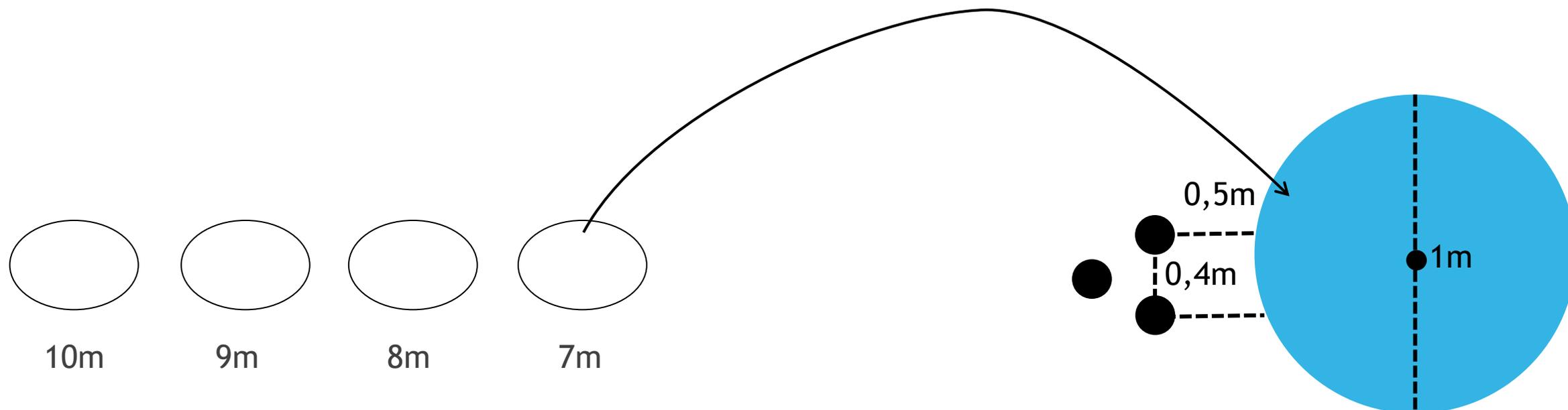


3 times 4 boules per player

- 0 point in case the player touches one of the three boules or misses the blue circle
- 3 points in case the player lands on the right and stops in the blue circle (without touching the three boules)



POINTING EXERCISE-12 - EFFECT LEFT TO RIGHT



3 times 4 boules per player

- 0 point in case the player touches one of the three boules or misses the blue circle
- 3 points in case the player lands on the left and stops in the blue circle (without touching the three boules)

