



WORKSHOP

Part 1

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1) FEET POSITION:

Petanque = Ped Tanco (Provençal)

Pieds tanques (French)

Feet stuck flat on ground and not “together” as often said. Word “Tanquer” is Marseillais in origin those interested can go to this web site to see a full list of words from that derivative language <http://www.elysiria.org/lexique.php>

Actual feet positions of Champions

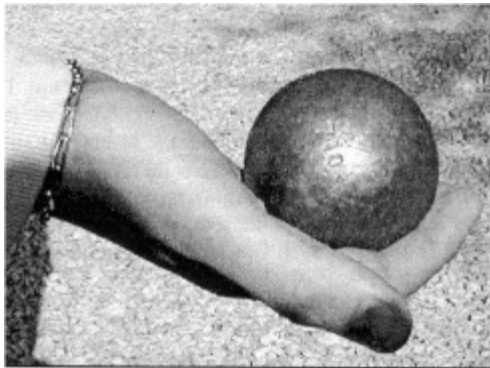


Rene Coulomb + Philippe Quintais + Marco Foyot

Placement = personal preference

2) HOLDING THE BOULE

It's like holding a bird in the hand. Enough to stop it from flying away without hurting it.



Right way, in the fingers



Wrong way, in the palm

3) BODY & RYTHM

Body kept relaxed, think of a swing back and forth for added momentum. No side swing.

Keep movement rythmic.

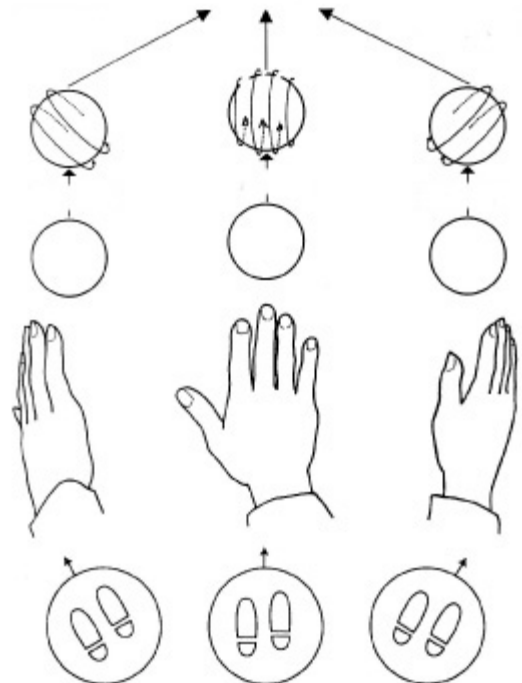
Swing back S L O W L Y

Swing Forward QUICK

Follow through with your arm movement as if guiding the boule to the target.

4) GUIDING EFFECTS

Rotation can be imparted to boule by positioning the hand as per diagram.



Pronounced rotation added by use of thumb or little finger.

5) THE COCHONET

But, Bouchon, Jack, the little one etc...
Send it far if opponent cannot shoot far or vice versa. Remember what YOUR shooter can or cannot do too.

Look at you opponents play and find weaknesses, even if harder for you too, you'll have the psychological advantage.

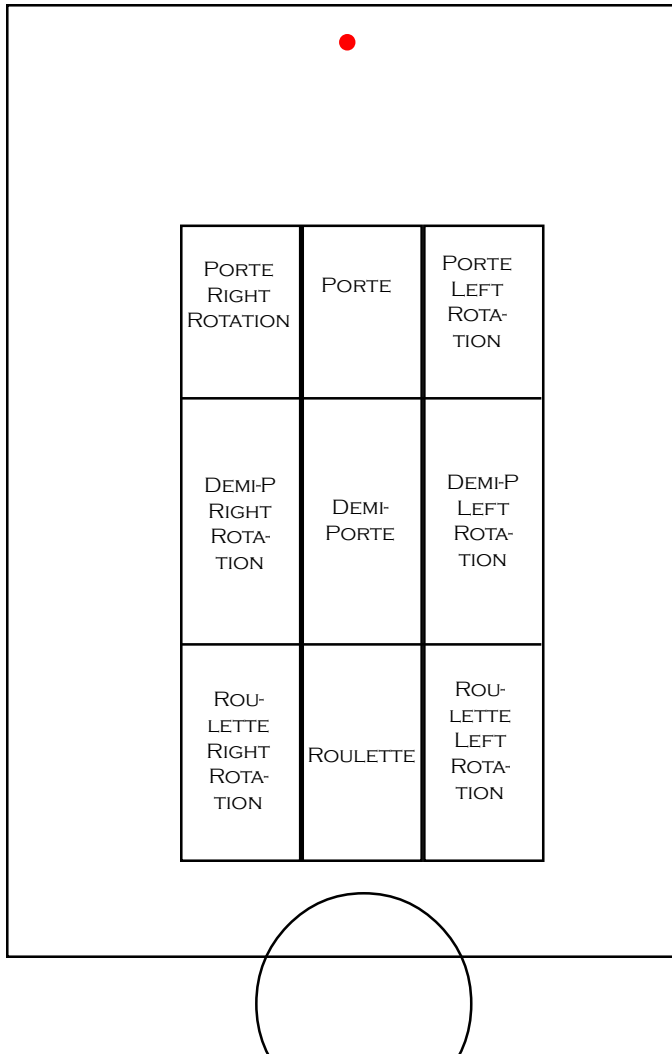
6) POINTING STANDING OR SITTING

Sitting for a close game for more control, standing for a long game

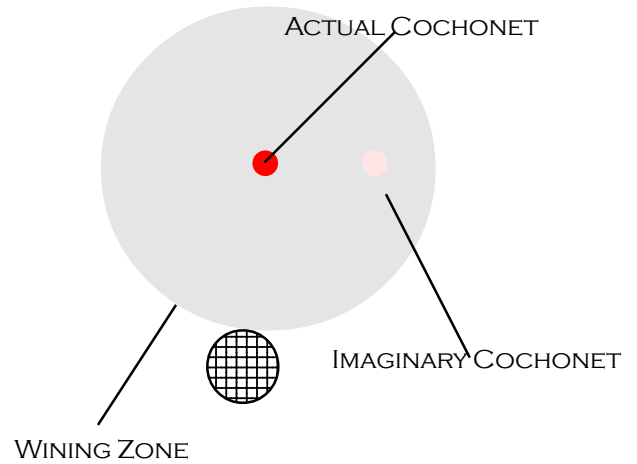
Sitting for skimming or rolling for accuracy.

7) POINTING

9 basic pointing methods



8) IMAGINARY COCHONET



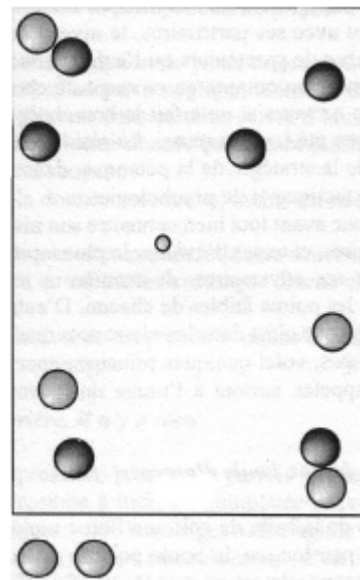
9) BOULE POSITION

Boule devant, Boule d'argent
Ball in front can always be pushed nearer. One behind cannot be brought back.

Always point near an opponent boule to force him to take risks when shooting.

10) TACTIC

Learn to read the situation

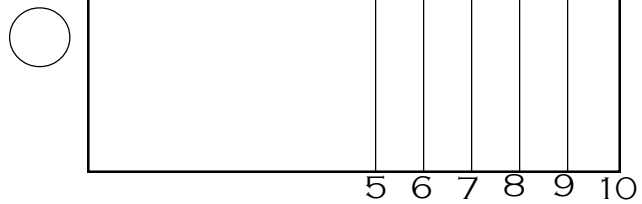


See your advantage and possibility of making 4 points

POINTING EXERCISES

Do exercise with a partner and keep score.

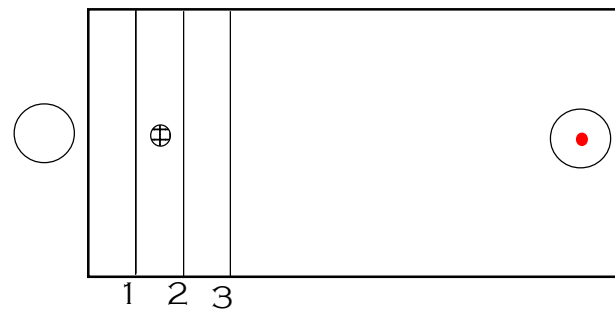
1) Practise throwing a cochonet at the desired distance (ten times consecutive)



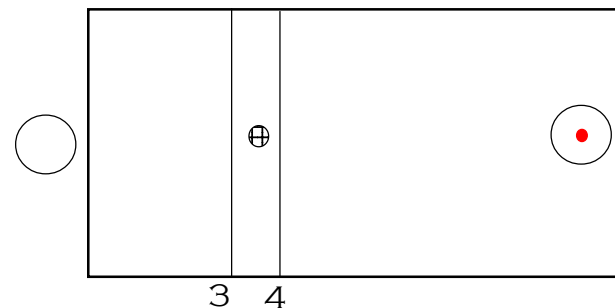
2) using the slide method point within the objective circle. Hit the ground with your boule one metre from your starting circle - Do not go past boundary (9 boules then swap with partner)



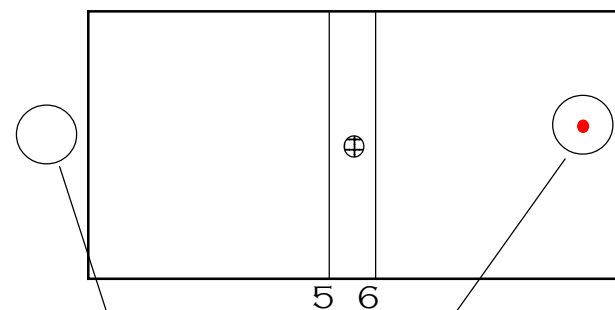
3) Hitting the ground within the 2 metre line, roule a boule to the target circle (9 boules then swap with partner)



4) Using the demi-porte by hitting the ground only between the 3 and 4 metre line to target circle (9 boules then swap with partner)



5) Using the Porte by hitting ground only between 5 and 6 metre line to target circle (9 boules then swap with partner)



STARTING CIRCLE

TARGET CIRCLE (50 CMS)

OUT OF BOUNDS

OUT OF BOUNDS