



Adur Junior Petanque Training Day 15th March 2025

Feedback rating:

4.83

Average Rating



Head Junior Coach: John Edmondson

Junior Coach Lead: Claire Geddes

Our aim of the day was to ensure all the players developed at least one skill. Taking the instructions of the P.E Qualified coaches, asking questions and looking to their own development.

We had an amazing 21 Juniors attend and 10 qualified coaches.

The morning, we put the players into groups of 2 or 3's. They rotated around 8 stations. Spending 15mins on each station.

Station 1: Coche throwing. Most players overlook the importance of this ball. Considering where you want to place it. Then accurately executing the throw. Most players scored 3 out of 5 on this task. Their alignment or distance needed further development. Some were hampered by the tree nearby!

Station 2: Squat pointing. The players could see the importance of this activity. Most players admitted they don't choose this shot. After their success this weekend, I hope they start to demonstrate during games.

Station 3 Promotion. The perception of promotion is generally to shoot at the boule. The aim was to change the style of throw the players do, ensuring their boule stays in the head. There was lots of positive comments on the effort of the players, but much practise is needed at home.

Station 4: Spinning. Many players have not tried to spin the boule before, or they rarely use the skill. So Players listened well and tried very hard to adjust their release. There is much practise to do on this skill. However – Excellent for all players attempting this new skill.

Station 5: Shooting varying lengths. Encouraging boule to boule shooting, release of the boule, getting a nice loop, having a great back swing, straight arm, stay in the circle until the boule hits the ground.....

So many steps for a good shot. Players were offered advice on one area they need to practise with their club coach.



Which tasks did you find helpful from the first session?





Station 6: Pointing/Landing spots. This task was looking for a nice loop with back spin to stop within a certain distance. There was much success here, as the players use this throw the most already.

Station 7: Lob over 3m. The players enjoyed this challenge the most. All managed to throw over the bar! Our coaches were keen to see straight arm with a nice release to get backspin. Again, a shot which has multiple steps needed for a successful throw. Coaches encouraged the players well. Main target was either the arm not crossing the body or the release of the boule.

Station 8: shooting over an obstacle. A hard task to do in 15mins. This is to encourage a nice loop to drop over the obstacle. Coaches comments mainly where the backswing needs the most practice.

Overall, all players listened well to the coaches and engaged with every task. 15mins over 8 stations. Was a long time to concentrate. Well done to all involved.

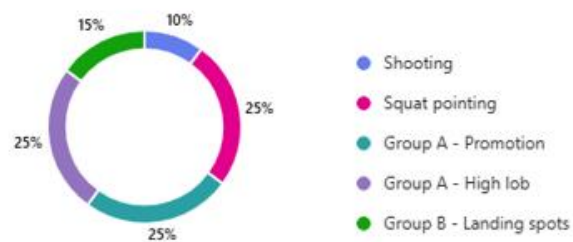
After a short lunch break. We broke off into two groups. This was based on the players scores from the morning. (New system, we tried)

The aim, is now to develop skills identified areas from the morning that need more focus.

Group A – Lob, without the bar.
Promotion.

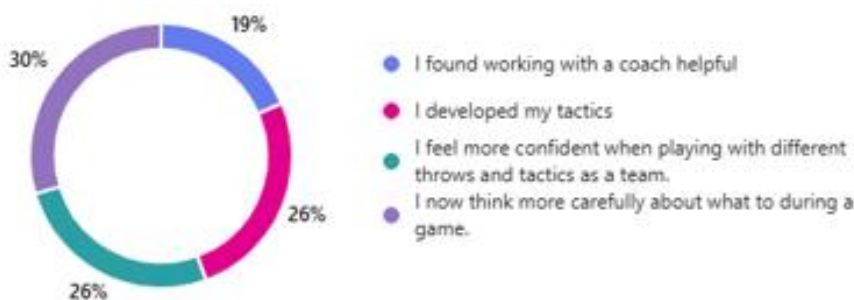
Group B – Shooting. Pointing with focus on landing spots, including the coche placement.

Again, all players engaged well with the tasks, listening to their coaches.



Which skills do you think you have developed more in ?

Finally we broke into games. Each team give a coach to discuss game play, tactics.



You can see from the feedback, players found this helpful.

Knowing what to discuss as a team is often helpful to model to juniors.

Players were asked for their feedback via a QR code survey. Over half of players took the time to help these sessions develop.

Personally, I would want the middle/afternoon session to be more impactful. Might need a longer break/lunch allowing more time to organise the players into smaller groups for more targeted coaching session.

Below are some of the kind comments from the players:



“All the coaches were really nice and they know a lot. They were very helpful!”

“Really good day need more practise”

“It was a lovely day to show my level of skills and get feedback for what i can improve, it was also very lovely to make friends and enjoy a day out playing Petanque.”

“Amazing !!!! 🥰”

“I found it a very useful day which helped. developed tactics and skills during game play, and it was nice to meet up with some new and more experienced juniors”

Big thanks to Adur Pétanque Club for hosting. The parents and carers for supporting their child and those that helped out on the day. The Coaches for giving up their time, giving their advice. Also the Players for their concentration, high standards and efforts throughout the day.