

Training program created by Michael Lacase

Pointing

What is pointing?

- Throwing a boule aiming at your target.
- Pushing a boule to promote it.
- Resting on an opponent's boule. "devant de boule"

Types of pointing shoots:

- Roll
- Semi lob
- High lob

Pointing Techniques:

- Standing, squat, semi bend your knees until you find a comfortable position in the circle. You need to feel comfortable and stable when throwing the boule, you may want to place one foot in front of the other or have them together. Petanque has no right or wrong stance!!
- The grip of the ball should be the same firmness as holding a small bird or squeezing toothpaste out of a tube. Holding the boule too firm will not allow you to release the boule correctly and holding too loosely may make the boule drop out of your hands before you throw the boule.

Pointing Exercise – Landing.

- blue is the throwing circle
- orange is the landing circle with a 30cm diameter
- green is the jack.

Objective- Pointing is all about your landing spot, hence why its always important to check the ground and find the smoothest landing spot for your boule. This exercise is about ensuring you continue to land in the correct spot, the result of your boule is **not** important for this exercise.

This following exercise is based on a distance of 6m, obviously the placement between the circles needs to increase proportionally based on the training distance.

The Roll:

Place **landing circle** approximately 3m away from **throwing circle** and from the **throwing circle** throw 10 boules aiming to land in the **landing circle**.

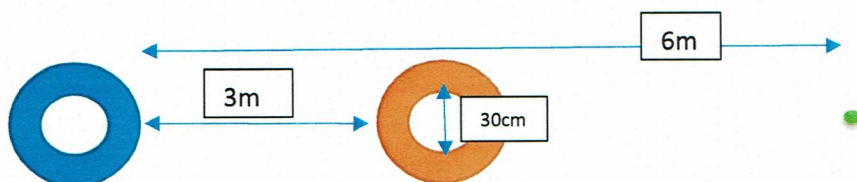
The Semi Lob:

Place **landing circle** approximately 4m away from **throwing circle** (therefore 2m away from **the jack**) and from the **throwing circle** throw 10 boules aiming to land in the landing circle.

The High Lob:

Place **landing circle** approximately 5m away from **throwing circle** (therefore 1m away from **the jack**) and from the **throwing circle** throw 10 boules aiming to land in the landing circle.

Visual example for a roll at 6 m:



Once a distance has been mastered with an average of 80% at all 3 landing positions, move the jack 1 metre further eg 7m, 8m,9m and 10m.

Remember you are only trying to land in the landing circle!!

Tick or cross your results in the box.

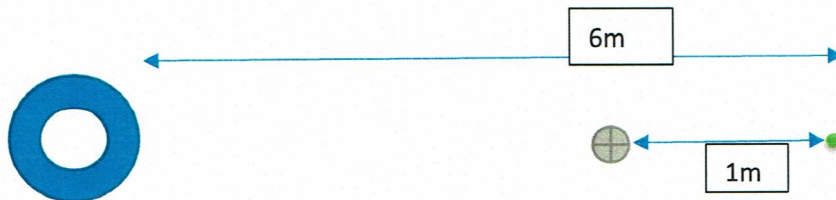
3 metres	4 metres	5 metres

Remember training is training, you are allowed to try new things and always enjoy training. Training is not meant to be easy, set yourself a goal and work until you achieve that goal. For the training above you might set a goal of “I want to hit my target of 80% for all 3 landing spots at 6 metres within two weeks” as an example.

Pointing Exercise – Pushing a target ball

- blue is the throwing circle
- Silver is the target ball, 1m away from the jack
- green is the jack

Objective- Using a semi lob, push the target ball closer to the jack, but not pass the jack.



Once a distance has been mastered with an average of 80% at all 3 landing positions, move the jack 1 metre further eg 7m, 8m,9m and 10m.

6 metres	7 metres	8 metres	9 metres	10 metres

Pointing exercise – Resting on an opponent’s boule. “devant de boule”

- blue is the throwing circle
- Silver is the opponent’s ball, 20cm pass the jack at a slight angle (not directly behind the jack)
- green is the jack

Objective- Using your landing training, either play a rolling, semi lob or a high lob shot to rest directly on the opponent’s ball. This is a critical shot when you are behind in the ball count of a bad end. This shot protects your ball from been shoot out and it’s almost impossible to shot. Practise this shot at only 6 and 7 metres at the start, once you feel more comfortable increase the distance to suit.

