



THE FOLLOWING SCORESHEET IS USED TO ASSIST COACHING JUNIORS FOR THEIR GREEN AND RED SKILLS AWARD.

USING THE REQUIREMENTS FROM THE GREEN/RED DOCUMENT SET OUT THE TERRAIN FOR EACH EXERCISE – SO THREE BOULE 10CM APART WITH THROWING CIRCLES AT THREE DISTANCES AWAY, SAY 6M, 8M, 9M. AFTER A WARM UP THE JUNIORS HAVE 6 X 3 BOULES TO HIT THE CENTRE OF THE THREE TARGETS. SCORING AS PER THE SHEET.

THE HIGH LOB REQUIRES YOU TO FASHION A ROPE, OR BAR AT 3M FROM THE GROUND. IF YOU ARE UNABLE TO DO THAT LEAVE THAT EXERCISE OUT.

WE HAD A GROUP WORKING TOWARDS THEIR AWARDS. EACH WEEK THEY TOOK ON THE SIX EXERCISES AND WE RECORDED THEIR SCORES. THIS ENABLED US TO MONITOR THEIR IMPROVEMENT OR OTHERWISE. IT WAS ALSO COMPETITIVE WHICH THE JUNIORS LIKED.

WE HAD TWO COACHES PRESENT THEY WERE VIEWING THE ACTIVITY AND ADVISING THE YOUNGSTERS ACCORDINGLY.

Any queries [juniors@petanque-england.uk](mailto:juniors@petanque-england.uk)

# RED AND GREEN AWARD TRAINING

NAME ..... DATE.....

PLEASE MOVE AROUND THE STATIONS AND HAND YOUR FORM TO WHOEVER IS SUPERVISING EACH ONE.  
THEY WILL SCORE YOUR PERFORMANCE AND HAND THE FORM BACK:

## HIGH LOB:

After warm up, 5 x 3 boules. Scoring one point if your boule lands in the circle; two points if it remains in the circle,

Max. 30 points.


Score

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## SHOOT MIDDLE BOULE OF THREE FROM THREE DISTANCES:

After warm up, 2 x 3 boules from each distance. Scoring one point for hitting the centre boule, two if you carreau, need not be a spot carreau.

Max. 36 points


Score

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## SHOOT BOULE BEHIND A SECOND BOULE:

After warm up, 5 x 3 boules. Scoring one point if you hit the boule, two points if you carreau.

Max. 30 points


Score

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## PROMOTE BOULE INTO CIRCLE:

After warm up, 5 x 3 boules. Lob your boule over the white line, one point if you hit the target boule, two points if you promote it into the circle, three points if you boule also ends up in the circle.

Max. 45 points.


Score

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## SQUAT POINT:

After warm up, 5 x 3 boules. Point boule into circle from a squat position.

Max. 15 points.


Score

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## COCHE:

After warm up, throw six coche's from each distance into circle, one point per coche in the circle.

Max. 18 points


Score

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