

### **Coaching Corner - Tip 3**

Players often need to shoot out a boule behind another but lack the confidence or skill to try the shot and so settle for a less adventurous tactic. This practice develops that skill.

Set three boules in line away from you with 50cm between them.

Start at about 4m and attempt to hit the furthest boule of the three without disturbing the other two.

If you succeed, hit the further of the remaining two and finally the original front boule.

As your accuracy and confidence increases stand further back or decrease the distance between the boules gradually to a minimum of one boule width.

If you have a solid wooden barrier around your terrain, try putting a target boule on the piste inside the barrier. Walk away from the terrain until you can see half a boule over the top of the barrier and then attempt to loop your shot over the barrier to land on the target boule. This requires you to shoot smoothly and gently rather than trying to hit by throwing flat and hard.

Hints: A fairly high release helps you to clear the boule in front more easily and the steeper angle of its arrival tends to keep it in the head more often after impact, even if you miss. Also, don't be afraid to practise at shorter distances until you get the hang of something.