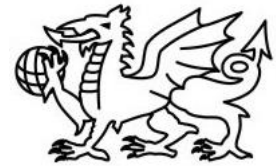




Welsh Pétanque Association

Junior Skills



The White Dragon Award: Part 1

The emphasis of this award is placed upon participation.

Those taking the Award will likely have played pétanque for at least six months.

Candidates will need to complete all the listed activities to pass. A pass will be awarded to anyone who can complete the tasks set out competently and consistently.

The examiner will be a qualified WPA coach.

Activities to be completed

1. Demonstrate how to hold a boule and find the correct size.
2. Demonstrate the correct stance in the throwing circle before delivering a boule.
3. Throw a boule using the correct grip.
4. Throw a boule, demonstrating good use of backswing during the throw when pointing at 6m from the inside edge of the throwing circle.
5. To throw a boule along a straight line without bringing the throwing arm across the body during the follow-through.
6. Throw a valid jack between 6m and 8m from the inside edge of the throwing circle.

Understanding

Candidates should be able to prove an understanding to the examiner of the following:

- Explain why safety is important and what potential dangers there are when playing pétanque.
- Explain what the term Pointing means.
- Explain what the term Shooting means.
- How many boules would each player use in a game of:
 - Singles
 - Doubles
 - Triples