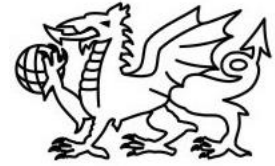




Welsh Pétanque Association

Junior Skills



The White Dragon Award: Part 2

The emphasis of this award is placed upon participation.

Those taking Part 2 will have completed and passed Part 1 of this award.

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. Throw a boule demonstrating good use of back swing during the throw when attempting to shoot boule to boule at 6m.
2. Throw a boule along a straight line without bringing the throwing arm across the body during the follow-through.
3. Throw a boule to a jack at 8m, demonstrating a good stance and steady balance throughout the throw.
4. Explain the use of the candidate's second arm, i.e. the arm not used to deliver the boule.
5. To play a game of doubles adhering to the Rules of Petanque utilising all the shots performed in this award. Candidates will pass this exercise, providing that they have shown to the examiner that they have worked together as a team. This task must be completed to the satisfaction of the examiner.

Understanding

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

- When the jack is thrown at the start of an end, what is the minimum and maximum distance from the inner edge of the circle that it can travel?
- What is the minimum distance from the end line of a lane that the jack must be when thrown at the start of an end?
- What two items have to be marked at the start of each end of a game?
- What time is allowed between one boule stopping and the next throw?