Lesson 1

1. Etiquette, just common sense rules
   a. Never throw a boule if a player or spectator is in front
   b. Be quiet and still when someone is in the Playing Circle
   c. Observe the game from outside the marked court, adjacent to or past the Jack and at least 2 meters to the side of the line of play.
   d. Don't walk across other games

2. The Game - Basic Rules
   a. The first team throws out the jack between 6 to 10 meters from the marked throwing circle and then throws a boule from inside the circle towards the jack.
   b. The second team tries to place a boule nearer to the jack than the other team’s best boule. If they succeed, the first team has to throw again. If they fail, they have to continue to play until they succeed or until they have no boules left.
   c. When a team has no boules left, their opponents play their remaining boules.
   d. When all the boules have been played, only one team scores, receiving as many points as it has boules closer to the jack than the best boule of the opposing side.
   e. Each team totals the points scored, the winning team being the first to reach 13.

3. Basic Guidelines
   a. Playing distances
      For the thrown jack to be valid the distance from it to the nearest edge of the throwing circle must be between: 6 meters minimum and 10 meters maximum. Shorter distances may be used for players 14 and under.
   b. Size of jack and throwing circle
      Jacks are made of wood, with a diameter of 30mm (+/- 1 mm).
      The throwing circle must measure not less than 35cm or more than 50cm in diameter. Prefabricated, rigid circles of 50 cm. diameter may be used in competitions. Circles must be drawn or placed at least 1 meter from any obstacle, within any marked playing area boundary and in an area allowing at least 11 meters of playable distance to another marked end/out of bounds line.
   c. Different weight and size of boule
      There are two types, Leisure and Competition, both similar in appearance. Leisure boules are generally not marked for weight and may be somewhat below regulated weight. Competition boules, required for sanctioned competition play, are made to higher standard specifications and may vary in diameter, weight, hardness and pattern. They must have legible, engraved or imprinted identifying marks identifying the manufacturer and the weight of each boule in grams. Permitted diameters are from 70.5 to 80mm and weights must be between 650 and 800 grams. Clubs may accept the use of leisure boules by players in club or inter-club competitions, not sanctioned by the national or international organizations.
4. Choice of Boules

In time you will need your own set of boules, but don't be in too much of a hurry to buy them yet, you may well regret your hastiness if you buy the wrong boule. For most players, competition boules may only be available by mail; they will be considerably more expensive than leisure boules, and may be hard to return, so try other boules before buying.

a. Correct weight

On a gravel surface a smaller and heavier boule will take a straighter and more consistent path through the variations of the surface. A heavy boule may cause problems in throwing to 10 meters, but the boule can roll some of the way. A shooter will often need to throw the full length to strike “au fer” (boule to boule). Weights of 680 grams to 700 grams are usually preferred for shooting, as are larger diameters that are still fit the hand (see next).

b. Correct Size

Try holding the boule palm down at arm’s length with little or no help from your thumb; your fingers should wrap just over halfway round the boule and the boule should not slip from your grasp. If it is slipping it is too big, and if it is too small it will not release cleanly from the fingers and will in both cases affect the direction and distance the boule travels. Start with a small boule and work up until the boule feels too big and then step down a size.

c. Try other boules before buying

With such a choice, buying your first set of boules can be a daunting task. Do not buy any until you have tried various weights and diameters and have found a size that feels comfortable.

5. Holding the boule

- Palm on top
- Fingers close together
- Thumb hardly used

6. Stance

A stable stance is vital for throwing a boule. Find out which positions are most comfortable.

A. Feet in the Circle

a. Comfortable
   Feet together in line with the game

b. Balanced
   Feet touching but one behind the other in line with the game. Forward foot corresponding to throwing arm

c. Aligned
   Feet apart. Forward foot corresponding to throwing arm.
B. Standing
   a. Comfortable: The feet are quite flat within the circle.
   b. Balanced: The body is upright for pointing high, bent slightly forward for pointing medium-high and bent well forward for the other points.
   c. Aligned: The shoulders and the whole of the body face into the game. The eyes are fixed on the jack.

C. Squatting
   a. The soles of the feet are not fully on the ground: The heels are raised.
   b. Balanced: The trunk is almost upright, just slightly leaning forward.
   c. Aligned: The shoulders are at right angles to the proposed trajectory and the elbow of the balancing arm is raised. The eyes are fixed on the jack.

7. The Throw
   • Aim
   • Smooth backswing
   • Follow through
   • Correct release

The Throwing Action
The movement of the arm should be smooth and should be without any stiffness. The arm should be at full extension throughout, without elbow interference. The only movement is at the shoulder joint and the wrist.

To aim, the throwing arm is extended towards the target; the boule may face up or down. If the boule starts facing up as the backswing begins, then, as the arm swings back, with the elbow next to the body, the hand holding the boule pivots so that the boule is facing straight down and back, ending the backswing with some cocking or back-curling of the wrist.

The forward swing, or follow-through, commences slowly...accelerating to the point of releasing the boule as in the manner of a hammer swinging at a nail. During this forward swing the arm remains straight and without any stiffness. As it returns forward, the wrist remains cocked all the way to the base of the swing. As the arm’s arc path is past the leg and the arm begins its upward swing towards the point of release, the wrist begins un-cocking. The hand should pass close by the leg, with the arm swinging in a vertically aligned arc; hence the importance of placing the feet correctly in the throwing circle.

The other arm should take the part of the counterbalance, helping the player to keep the body's weight in balance between the feet, without swaying to one side or stepping out of the circle before the boule lands (foot fault, resulting in invalid throw).

Having reached the height of the beginning aim position, the hand now opens in a single snap-like release as the ball leaves the hand from the fingertips, not as if it were being dropped. Gradually releasing the finger’s pressure on the ball will cause you to “drop” the ball at the wrong point in the swing, and a short throw.

The eyes are kept fixed on the rolling route or landing place intended for the boule, throughout the swing.

The legs are involved in the movement - the knees can bend - but the feet may not leave the ground (until after the boule has landed) and excessive leg “bounce” up and down while throwing can shorten the throw.
a. Aim  
b. Turning the wrist backwards as arm swings back.  
c. Arm extended beyond the axis of the body.  
d. Begin return swing slowly with arm fully extended.  
e. Accelerate to correct release point.

8. Clothing and Footwear  
   a. Comfortable, loose ... not bulky  
   b. Comfortable, casual, flat-soled shoes

Lesson 2

1. Pointing
The aim of the game of pétanque is simple. Playing pétanque is placing your boule nearer to the jack and keeping your opponents boule away. To start, pointing should be the focus of your beginning lessons. Shooting skills are usually developed after you’ve mastered your pointing skills.

   • Getting closer to the jack  
   • “Read” the terrain

Getting nearer to the jack can be achieved in various ways:

   a) A boule can be thrown to it.  
   b) The jack can be moved closer to one of your own boules.  
   c) The opponent’s best boule can be pushed further away by playing your own onto it.

Pointing is the part of the game in which you try to bring your boule as close as possible to the jack. In general the squatting position is for playing short (6-8 m) and the standing position is used for pointing long (8-10 m).

Pointing wins games. To the beginner it is an element of luck. To the expert it is a test of skill and is often used defensively. It’s important to remember that you only have to get closer to the jack than your opponents, not necessarily very close to it.

"Read" the terrain as a golfer reads the line of a putt. Predict the path of the ball from where it first will touch the ground (la donnée) to where you want it to stop. The terrain will show you which type of pointing method to use. Read the terrain from a crouch, even if you don’t throw from it, and walk along the desired path to inspect it for rocks or irregular areas, especially where you estimate that your throw will first land.

2. Pointing Styles
There are three main pointing throws in Pétanque:
a. **The Rolling Point (la roulette)**

Less used is the rolling throw, suitable where the playing surface is very regular and smooth. As the name implies your boule is rolled almost all the way from your circle to the jack. This is usually accomplished from the crouched position, or (if that is difficult for the player) a variation of the standing style where you bend forward from your waist and release the boule close to your feet.

Note: Whether you stand, bend forward or squat to make a throw depends largely on the type of terrain you are using. As a general rule for pointing, you need to be higher off the ground on a terrain that is rough and closer to the ground when the terrain is smooth.

b. **The Half Lob (la demi-portée)**

The most frequent and common way of pointing is the "half lob". Most players adopt this as their standard form for throwing their boule. The half lob is throwing your boule so that it lands between the circle where you are standing and the target, roughly at the halfway point but varying if the terrain is rough or smooth, allowing the boule to run along the terrain for the rest of the way to the target. If the terrain is reasonably smooth, the boule will roll forward in a line or curve directly to the target. Pay particular attention to where your ball lands so that you can adjust your next aiming point if necessary.

c. **The High Lob (la portée, sometimes la plombée)**

The "high lob" is the most difficult of the three pointing throws, and requires a great deal of height and a lot of backspin to prevent the boule rolling forward too much. The idea is to throw the boule to land as vertically and as close to the jack as possible, then stopping without moving forward too much, sometimes almost stopping dead where it lands. The throw is difficult to master but very effective when successful, especially on rough and uneven terrains or where intervening boules block the path.
Practice the action of pointing on smooth ground and uneven terrain while both squatting and standing:

- Reading the terrain and choosing the best landing point (la donnée) for the boule to land.
- Plan ahead of your throw: how hard the boule is to be thrown, how high it is to go and the distance it has to cover.
- Keeping the eye on the jack, the field of vision should extend from where the boule lands to the jack.
- Keeping a loose arm-swing which governs the success of the throw.
- Releasing the boule correctly so that there is good backspin and no side-spin (unless desired).

3. Shooting

- Why and When
- Shooting Styles

Shooting is the act of hitting an opponent’s boules out of the way. Shooting is an option if your opponent’s ball is difficult to out-point which would otherwise cause your team to waste balls in trying. In this way, shooting can clear a path for your team to point close to the bouchon (cochonnet). Shooting also can increase the ball advantage for your team and pressure opponents to try to point close again. Shooting also removes opponents’ boules to increase your team’s score. Shooting the jack out of play, though a difficult skill, can annul an end going badly, or get extra points if your opponent has no boules left and you have several.

Shooting Styles include shooting low along smooth ground and shooting in the air to remove boules. Shooting through the air is used both when the ground is smooth or when the terrain is rough. Both are effective for different reasons and depend on your own abilities and strengths. Every good shooter, to be fully effective, should have both techniques available, depending on the circumstances.

**Shooting along smooth ground (a la rafle)**

Usually, shooting on the ground is the beginning style most people start with. Shooting along smooth ground is to throw a boule with controlled force to hit the ground first and then the target ball or balls. It is thrown to land a few meters in front of the target boule(s), or the jack, and proceed in a straight line to the target. The arm-swing is forceful and rapid and the boule leaves the hand by the fingertips. On touching the ground there
should be a slight backspin. The boule moves rapidly along the ground until it makes contact.

![Diagram of boule movement](image1)

**Shooting along smooth ground (a la rafle)**

**The One Bounce Shot**

This method is differentiated from the previous one because it uses less force and greater precision.

The boule is thrown to land about one or two feet in front of the object to be shot and will work well on ground surfaces where the ground is not too compact or wet (bouncy) so your ball stays low to the target.

![Diagram of boule movement](image2)

**The One Bounce Shot**

**Shooting through the air (au fer)**

The shooting form and stance is essentially the same as in pointing with the only difference being that you are applying more power to hit the boule directly, on the fly, or an inch or two in front. This is a precision shot, but can more often give you a “carreaux” or “palais”, where your ball replaces the shot boule or rolls into point.

In principle, on rough terrain, it is easier to shoot a boule away than it is to point a boule close to the jack.

In this diagram there is no arc shown for the direct hit Shot. This is fundamentally wrong and this picture depicts perfectly the mistake most beginning shooters make. This style of shot takes twice the energy to perform and is unpredictably disruptive to balls you don’t wish to disturb.

The ideal arc depends entirely on the distance the target ball is from you. The longer the shot...the higher the arc you will need.
Lesson 3
Pointing and Shooting Skills

1. Pointing Practice—Rolling Point, Half Lob, and High Lob

From the drawn throwing circle, place a jack 6 meters away and draw another circle around the jack about the same size as the throwing circle. Practice pointing boules into that circle with the jack.

Practice all three styles, Rolling-Half Lob-High Lob, separately with landing spots that correspond to each style.

Repeat this exercise at 8 meters and then at 10 meters.

The donnée for the rolling point is selected by choosing a flat and smooth spot just in front of the throwing circle. The medium arc point is thrown to a landing spot roughly half the distance from the throwing circle and the jack. The high arc point is a very special technique in which the boule is thrown high so that after it lands, it only has a very short distance to roll; it is rarely used at short distances.

2. Shooting Practice—Shooting along the Ground, the One Bounce Shot, and Shooting Through the Air

Shooting practice is the same as pointing practice except that you will place a single target ball near the jack at 6, 8, and 10 meters. Practice all three styles of shooting separately at each of these distances. Both styles are very similar. The main difference is the point of release.

For a more focused practice, place extra boules that represent your team’s boules next to the jack. Avoid hitting your team’s boules. For shooting “au fer” or in the air, place the target boule(s) on a piece of wood with a little depression to hold them in place; this will force you to aim directly at the boule and, with advanced skills, to try aiming off-center to one side or the other, to ensure that a shot boule goes away from the jack or your team’s boules.
Tactics

- Evaluate position
- Your team's/opponents' strengths/weaknesses
- Decide on a shot
- Position the jack
- Long/short
- Smooth or rough

General Tactics of a Game of Petanque

In the game of pétanque, the teams do not play simultaneously but one after the other. The team which starts
the game has an initial disadvantage, since the opponent has one more boule in hand than they have, and is
the first to have to “guess” the terrain’s effect, where their first boule’s track or donnée (always observe this)
may tell the other team how to adjust for a better result. It follows that the team that throws second has the
advantage until they miss.

Keeping track of this “ball advantage” is key to winning and determines when you should point and when you
should shoot. This advantage can be worth one point for every boule held. In real life this is rarely attained.
When your team has the ball advantage you must decide whether to point or shoot. When there is a choice
between shooting and pointing, use the method which looks most likely to succeed and, if missed, will not put
your team at a large disadvantage.

In pétanque, shooting is not necessarily attacking and pointing is not necessarily defending. Shooting to defend
a point or pointing to attack can also, in the right circumstances, enable you to regain the advantage.

Even if you have the advantage, you should point if the opponents' most recent boule is poor and easy to
outpoint. Be sure that the nature of the surface or the skill of the opponents does not leave you open to
attack. Many elements have to take into account, including your own skill, when you adapt your tactics.

Consider shooting defensively when at a disadvantage, to reduce the opponents' score, or to break up the
game by sending the jack out, or by scattering the boules even if the opponents have one or more boules more
than you (but not with your last boule!).

Nobody is immune from making an error of play, though this is usually a case of failing to successfully execute
an attempted throw, rather than an ill-chosen tactic.

Lesson 4

1. Pointing

- Offensive Pointing
- Defensive Pointing
- Promoting a boule
- Moving the jack
- Spinning around an obstacle

Offensive pointing

When your opponents have pointed a good ball but it’s determined that it is not worth shooting out (generally,
close but to the side or rear of the jack), ALWAYS point in the direction of the opponents ball with the
intention of coming to rest right against their ball. The result is that the opponents will not shoot your ball
when their ball behind it will also get shot out, and yours may rest in point from the rebound. If you did not earn the point outright, do the same thing again with the intention of lightly touching your first ball so that it then bumps the opponent’s ball away from the jack.

**Defensive Pointing**

Defensive pointing means to block the opponents pointing lanes, especially late in the end. Here, you are trying to reduce your opponent’s opportunities to easily point right to the jack. Every defensive point is thrown short to close the middle line and then either/both the right side or the left depending on your opponents throwing styles (is one of them left handed?).

**Promoting a boule**

Promoting your teams’ ball is a powerful play. Here, you play hard enough in the direction of your team’s ball in order to push it into owning the point. Play only hard enough to bump your ball into winning the point and soft enough that if you miss the bump, you may still earn the point. It moves it only a short distance, generally taking its place if it is another boule or, if it is the jack, moving it only a little way.

**Moving the jack**

This too is a powerful play. It is a low percentage play owing to the small size of the jack. The same principles in promoting your boule apply to moving the jack. Don’t waste your boule by throwing too hard in an all out effort. Play softly enough to drag the jack back to your team’s boules behind the jack but still keeping your ball in the game. Remember that the jack can easily move to the side if not touched squarely, which might make your result negative.

**Spinning around an obstacle**

It is possible to reach the jack by curling around previously played boules where a bump is determined to be too dangerous or otherwise unavailable.

In order to increase the curl on the boule, some side-spin (NOT A LOT) must be applied to the ball before it reaches the ground. To give the boule this rotating movement as you release the boule, use your standard grip but with your hand tilted (see following) so that the boule is suspended off-vertical, in the direction you want the ball to curve, then throw straight towards where the boule must land before the side spin starts to make it curve, with fingers slightly flexed as it leaves the hand.

Also, the foot corresponding to the throwing arm no longer faces into the game, it is turned very slightly to the left for a left curl and to the right for a right curl.

For a right-handed player: To ‘curl’ a boule, the general rule is not to have the palm of the hand facing the ground, but to rotate it slightly to the right, give a curl to the right – or rotated to the left, to curl to the left.

![Spinning around an obstacle](wrist arrows are reversed; ignore)
2. Pointing Exercises

Various exercises to perfect Shooting skills. This section introduces some very elaborate techniques and how to proceed in difficult situations which arise during a game, with exercises to practice these shots.

- Playing First Ball – Your Boule in Front of Jack
- Opponent’s Boule in Front of Jack
- Boules in Your Line
- Pointing for More Points
- Bumping Your Boule Closer

**Exercise 1. Playing First Ball – Your Boule in Front of Jack**

There is no more important ball played than the first. It sets the stage for the rest of the game. Most beginning and intermediate players try to throw the first ball right to the jack. More often than not, this ball goes behind the jack and leaves the front door open for the opponents to take control of the game. Look for a small rock, a leaf, or any other thing you can point to about 12 inches in front of the jack. The result is that your ball now blocks the opponents pointing lane. Often, your ball will roll past your chosen spot and get very close to the jack. This is okay but not ideal because now your opponents will shoot or it will give them a backstop to point against. In France they reinforce this with their rhymed phrase: “Boule devant, c’est boule d’argent”, which translates as: “a boule in front (of the cochonnet), is in the money”.

**Exercise 2. Opponent’s Boule in Front of Jack**

Place a boule 12 inches in front of the Jack at 8-10 meters. Often this ball is shot before pointing to beat it. A good pointer will throw directly in the direction of this ball and not intentionally try to slide his ball past. When his ball hits either side of this trouble ball in passing, at least 50% of the time his will gently glance off and roll forward to win the point. Also, this blocking ball will have moved slightly to the side creating a clearer line to the jack. Even if his point hits the blocking ball straight on and moves it closer to the jack it is still to his advantage. Why? Because now his ball blocks the same line to the jack and the opponents will have to deal with his ball that now blocks the line. Now your team can shoot the trouble ball and own the point out-right.

**Exercise 3. Boules in Your Line**

You can add spin to your ball to help you in this situation. Scatter some boules on your pointing line between the circle and the jack. Now look for any smooth donnée where you can land your ball and where spin will get you closer to the jack than your opponent’s balls. You may also, where “spin” would be uncertain, try to glance off of balls on one side of your desired line, to deflect yours towards the jack.

Once again, it’s important to remember that you only have to get closer to the jack than your opponents, not necessarily very close to it. After all, it’s not a beauty contest. Just get your team out of the circle and force the opponents back into it.

**Exercise 4. Pointing for More Points**

Scatter some boules in front and behind the jack with one of yours being the closest. For example, say you have the last 2 balls to be played in your end. This exercise teaches you to not point directly towards the jack, which could cause you to lose the point that you already have on the ground. Point your balls toward your ball that has the point, or a nearby spot also “in point” without hitting the jack.

**Exercise 5. Bumping Your Boule Closer**

Place your opponent’s ball 12 inches in front of the jack. Then place one of your team’s balls adjacent to this ball but just an inch further away from the jack. Practice bumping your ball just hard enough to win the point, but soft enough, so that if you miss the bump, you will still earn the point. Some advanced pointers will “push” their pointing ball with their palm which causes forward spin. Done correctly, you will push your target ball in for the point together with the ball you just threw following in for a second point. This is a much lower percentage play, for hard, dry ground.
3. Shooting Exercises

Various exercises to perfect shooting skills: This section introduces some very elaborate techniques and how to proceed in difficult situations which arise during a game, with exercises to practice these shots.

- Back Boule – Your Boule in Front
- Front Boule – Your Boule Behind
- Side-by-Side
- Middle Boule - Three Boules Side by Side
- Three Boules Behind One Another
- Two Boules Touching, One Behind the Other
- One Beside the Other
- Three Boules One Behind the Others

**Exercise 1. Shoot Back Boule - Your Boule in Front**

Shooting the boule behind when the one in front belongs to your own team. Shooting along the ground will be useless. Shoot with a high arm-swing, to raise the boule high enough in the air to arc over your boule.

Place two boules 6 meters away, one behind the other, 10 to 15 cm apart and hit the boule behind without touching the one in front.

After successful hits, the target set-up is moved another meter from the throwing circle.

**Exercise 2. Shoot Front Boule – Your Boule Behind**

It is possible to move just the boule in front by hitting it 'on the ear', i.e., somewhat left or right of center, so that it kicks it to the side, missing your boule; a good exercise in focusing on a very narrow target. The space between the two boules and the distance are fixed according to the experience and skill of the players.

After successful hits, the target boule is moved another meter from the throwing circle.

**Exercise 3. Shoot one of Side-by-Side Boules**

Two boules are side by side, a millimeter between them. Hit the target boule (first the right one, then the left one) right in the center to avoid moving the other. Shooting on the side closest to the other boule will risk moving both. Shooting on the side furthest away from the other boule, there will be a rebound. The more the shot is off center, the more the rebound will be to the advantage of the boule you were actually trying to remove.

After successful hits, the target boule is moved another meter from the throwing circle.

**Exercise 4. Shoot Middle Boule - Three Boules Side by Side**

As for the first case, trying to shoot the middle boule without touching the others.

After successful hits, the target boule is moved another meter from the throwing circle.

**Exercise 5. Shoot Middle Boule of Three Boules Behind One Another**

The opponent’s boule is in the middle. They are 10 to 15 cm apart. To hit only the one in the middle, it must be hit from above and at the side to avoid it rebounding onto the boule behind. Shooting along the ground is, of course, clearly impossible.

After successful hits, the target boule is moved another meter from the throwing circle.

**Exercise 6. Three Boules, One Behind the Other**

Yours is in the middle. If they are no more than a few millimeters apart, by striking the front one hard can shoot on the ground, a la rafle here), the front one and the back one will move, whereas the middle one remains in place. The first will travel a greater or lesser distance according to how hard it was shot.

**Exercise 7. Two Boules Touching, One Behind The Others**

To remove only the boule behind, hit the first boule in the center. To remove both, hit it 'on the ear'.
Websites of Interest

- Portland Petanque Club, Oregon:  http://www.pdxpetanque.org/
- Great Explanation of the Game:  http://en.wikipedia.org/wiki/P%C3%A9tanque
- Pétanque Information:  http://www.petanque.org/
- www.petanque.org/blog, for news and discussions from Federation of Petanque - USA
- “Le Mondial la Marseillaise a Pétanque “:  http://mediterranee.france3.fr/mondial-petanque/. On this website, the France3 Méditerranée television channel offers all the Marseille championship matches in videos (in French) for the last annual tournament. It also gives daily highlights during the 6-day annual tournament in July. This is a huge event, with over 13,000 players and over 150,000 visitors. Watching the “pro’s” play is very instructive, even a little encouraging, when you see that they, too, miss some shots. Your Internet connection must be fast enough for streaming videos.
- Bill Cosby - these short clips show how contagious pétanque is and often leads to a mix of serious and funny debate:  http://www.petanque.us/video/cosby/
- Good video selections when you enter “Petanque” as the search word:  http://youtube.com/
- Peter Mayle - author of "A year in Provence", who spent many a lazy afternoon playing, concocted a very funny description of pétanque and the influence of pastis on game tactics:  http://www.petanque.us/press/peter_mayle.html
- See the Tiger Woods of pétanque play a few hands:  http://www.youtube.com/watch?v=HQZUg2wH_vQ
- Honk if You Petanque  By Dave Barry “If you can say it, it's time to play it”  http://www.washingtonpost.com/ac2/wp-dyn?pagename=article&contentId=A60038-2004Jan6