

## **BEGINNERS' TASTER 3 SESSION COACHING COURSE**

### **SESSION 1 (90 mins)**

- General welcome, introduction to club & people (5 mins)
  - Standard croquet: 2 balls each compared to one ball
  - Order of hoops
- Hoop Running (25 mins.)
  - Stance, Grip & Swing
  - Demonstration and exercise to run a straight hoop
  - Demonstration and exercise to run an angled hoop
  - Demonstration and exercise to run 6 hoops, plus hit peg, counting shots taken
- The Roquet (15 mins.)
  - Demonstrate it is not necessary to hit ball square on
  - Practise in pairs about 6 yards apart hitting ball lying between the two students
- The Croquet Stroke (as appropriate to one-ball)
  - The Drive (45 mins.)
    - Demonstrate normal, straight croquet stroke with medium strength
      - Stance, grip, eyes on ball, head down, swing through
      - Make stroke by following through and estimating ratio (approx. 1:4)
    - Individual practise
    - Demonstrate a practical use for this shot
      - Take position on boundary in front of hoop to be run
      - Roquet ball
      - Line up and drive front ball past hoop, approaching hoop with back ball
      - Run hoop
      - Roquet awaiting reception ball
    - Demonstrate again, this time explain splitting the angle

### **SESSION 2 (90 mins)**

- Recap of session 1 (10 mins)
- The Croquet Stroke (continued)
  - Split Croquet Strokes (15 mins.)
    - Demonstrate relatively straightforward split drive shot
      - Choose targets on lawn and explain it is possible to place the croqueted ball close to one target and the striker's ball close to another target
      - Demonstrate shot explaining that
        - When splitting the angle, a lesser ratio is achieved with a greater angle of split
        - To trust the striker's ball to get to its destination without guiding it with the mallet
      - Individual practise with nominated hoops as targets
    - Ask students what they have noticed about the relative distances travelled by the 2 balls in a split shot compared to a straight croquet shot
    - Demonstrate using an angle of about 20 degrees and one of about 45 degrees (as the angle increases the striker's ball travels further while the croqueted ball travels less)
    - Group practise using furniture on lawn as targets

- Thin Take-Offs (15 mins.)
  - Explain the need at times to have the croqueted ball roughly where it is whilst sending the striker's ball to some other point on the lawn
  - Show students the tangent/arrow head methods
  - Practise in pairs
- Exercise (15 mins): Round the Clock from 2 metres/6ft.
- Rushes
  - Straight Rushes (20 mins.)
    - The importance of taking croquet in front of hoop
    - Demonstrate with 2 balls on foot apart aiming at a hoop
    - Demonstrate a rush of a different strength to bring out the point that a rush may be employed for short distances as well as long ones, emphasising
      - Take stance for a normal drive
      - Take a small step back of a few inches
      - Hit the ball at the bottom of the swing or very slightly on the up
      - Keep head down, not lifting head to see where it goes
      - Follow through
    - Demonstrate standing too close and making it jump
    - Students to pair up with 3 balls between 2 and practise straight rushes to each other, gradually standing further apart
  - Cut Rushes (10 mins.)
    - State that very few rushes will be absolutely straight and that there is a need to cut the ball to the desired target
    - Suggest that a ball needs to be rushed to the right a few feet and get students to volunteer where the croqueted ball should be struck
    - Place another ball in contact with this spot to indicate where the striker's ball should be aimed
    - Remove this ball, stalk this point and play stroke
      - State that cutting a ball requires extra strength to move it the same distance as hitting it in the centre
      - Some people may still mistakenly feel that the position of the striker's ball is relevant after this stroke; emphasise that it is a ball in hand to be picked up for the croquet stroke
    - Students to practise cut rushes with balls placed about one foot apart and only gently angled cuts to be practised, initially, to hoops

### **SESSION 3 (90 mins)**

- Recap of 1<sup>st</sup> two sessions (10 mins)
- Demonstrate how to start a game
- 2 x 13-pt. games of one-ball (40 mins. each)