

Some Association Croquet practice routines

Basic

Hitting the ball stalk; swing; hit HEAD DOWN

In pairs Hit a ball from one to the other; start at 1m; increase gradually to 5m

Hold a mallet upright on the ground: hit the mallet face from 1m, 2m, 3m
Score out of 10 each time

Peg and boundary From the boundary aim to stop within a shaft length of the peg: score /10

Hoop running

Straight hoops run the hoop from just in front; score /10 from 0.5m

Angled hoops run the hoop from angles up to 30° and increasing distances

To and fro run the hoop from one side; run it the other way from wherever the ball stops
..... as long as you like

Controlled hoops put a ball marker in the ground ca 0.3m beyond the hoop. Run the hoop
to stop by the marker. Repeat for different distances

Roquets

Easy roquet from 0.5m, 1m, 2m score/10 each time

Harder roquet from 3m, 4m, 5m score /10 each time

Rushes

Easy dolly rush (balls 0.3m apart) to a ball marker 2m away
Increase to 3m, 4m

Harder rush balls 1m apart to within 1m of a target (eg peg) score /10

Round the clock rushes

Hoop approaches approach a hoop from “12 o’clock” with a short rush, croquet shot and
run the hoop

move to “1 o’clock” and repeat.....all the way round the hoop

Some more advanced practice routines

CROQUET STROKES (both balls must touching at the stroke)

Drive shots (croquet strokes to place two balls accurately)

1. straight drives: place object ball and striker's ball in a "dustbin lid" sized circles with target markers (eg bisque sticks) score/10
2. split drives: as above, not in a straight line. Score/10

Stop shots (croquet strokes where the striker's ball moves a mallet head length and the object ball about 5 – 7m) score/10

Take-off shots (croquet shots, balls alongside each other: place striker's ball into a target area – dustbin lid size – object ball must at least shake) score/10

ROLL SHOTS

Straight full roll (croquet shot to put both balls into a 1m dia circle 3m away) score/10

Then increase distance

Split roll (croquet shot so that the balls move the same distance but aimed at markers about 1.5m apart and about 3m distant) score/10

Then vary distances and angles

Half roll (croquet shot so that the object ball goes twice as far as the striker's ball)

Start at 4m and 2m then increase distances score /10

(Basically, that's it: if one can do all those shots well it's the World Championships next stop!)

