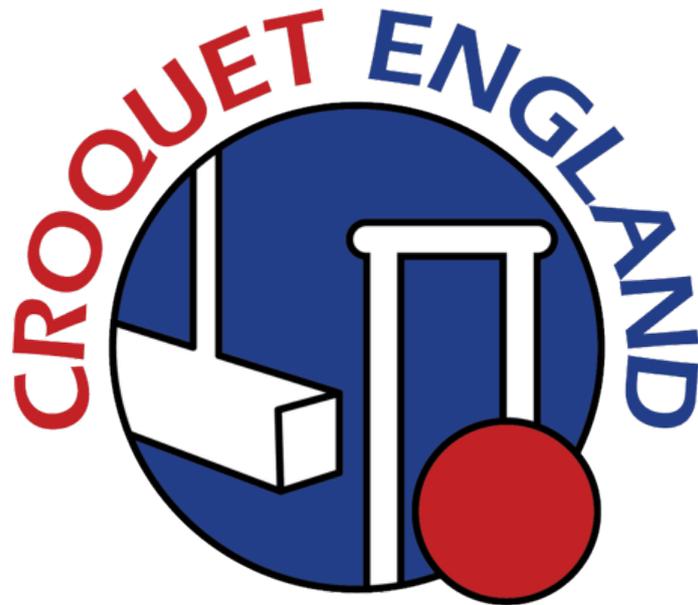


# ***Coaching Booklet***

## ***CROQUET CHALLENGE***



*Published by Croquet England  
First edition*

**Name:** \_\_\_\_\_

## ***Introduction***

Regular practice and measuring the improvement it generates is a key to improving your performance. This booklet sets out the exercises used for the Croquet England Steel Award in a framework that encourages you to use them as regular practice routines.

## ***Acknowledgements***

This Croquet Challenge booklet owes its origins to Croquet NSW, Australia's PACE booklet. To suit better Croquet England's needs, their exercises have been modified to align with those for the Steel Award. Thank you to members of the Croquet England Coaching Committee for offering very helpful suggestions. Remaining shortcomings are my own. Ian Shore

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## ***The Challenge***

To practice your croquet skills, have a go (up to two attempts each time) at the following three sets of exercises, which mirror those used for the Croquet England Steel Award.

### ***Set 1 - Common to AC and GC***

- 1A - Run a Hoop - Half a Yard
- 1B - Run a Hoop - One Yard
- 1C - Run a Hoop - One and a Half Yards
- 2A - Run an Angled Hoop - One Yard / One Foot Left
- 2B - Run an Angled Hoop - One Yard / One Foot Right
- 3A - Roquet or Clear - 2 Yards
- 3B - Roquet or Clear - 3 Yards
- 3C - Roquet or Clear - 4 Yards
- 3D - Roquet or Clear - 5 Yards
- 4 - Rush or Promote

### ***Set 2 - Association Croquet***

- AC 5 – The roll shot
- AC 6A – The peg-out - 1 Yard
- AC 6B – The peg-out - 2 Yards
- AC 6C – The peg-out - 2 Yards / 1 Yard
- AC 7A – Hoop approach shot - SW
- AC 7B – Hoop approach shot - NW
- AC 7C – Hoop approach shot - NE
- AC 7D – Hoop approach shot - SE
- AC 8 – The take-off and a simple two-hoop break

### ***Set 3 - Golf Croquet***

- GC 5A - Close Positioning A - 3 yards
- GC 5B - Close Positioning B - 7 yards
- GC 6A - Long-Range Positioning A - Hoop 1
- GC 6B - Long-Range Positioning B - Hoop 2
- GC 7A - Stun Shot - 3 Inches
- GC 7B - Stun Shot - 1 Foot
- GC 8A - Block - 2 feet
- GC 8B - Block - 1 yard

Score 10 points for getting it on the first attempt, 5 points on the second attempt.

Repeat each exercise three times, and add up the points achieved in the three rounds.

Return on a later date to repeat the process, attempting to improve the previous score.

### ***Imperial to Metric***

4 yards =	3.66 metres	1 yard =	0.91 metres
3 yards =	2.74 metres	18 inches =	0.45 metres
2 yards =	1.83 metres	1 foot =	0.31 metres
		3 inches =	0.08 metres























































## ***Practising***

Practice makes permanent. In common with all sports, a player's abilities improves with practice - as long as that practice involves doing the right thing!

Two ways of practising are:

**Blocked Practice** – Doing same thing over and over again:

- Builds muscle memory

- Can be counted / scored

- Allows you to learn to do one thing consistently

**Random Practice** - Play stroke, pause, reflect, do something different:

- Avoids boredom

- Replicates a game better