



U7



PROGRAM

WOODSIDE NIPPERS



WESTERN AUSTRALIA



GENERAL INFORMATION

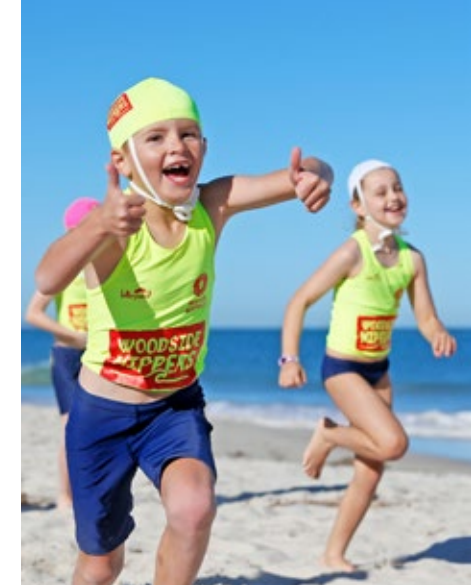
U7

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Program

The U7 Woodside Nippers Education Program comprises of twelve 60 minute lessons. Ideally six lessons should occur prior to Christmas and the other six post Christmas.



Preliminary Evaluation

Prior to commencement of the Woodside Nippers Education Program all participants must undergo a Preliminary Evaluation. It is recommended that the Preliminary Evaluation be done at a pool setting.

Under 7's are required to demonstrate from a standing position in waist deep water, a front glide, kick for 3m and a back or front float for a few seconds, and recover to a secure position. Should a Nipper not achieve the Preliminary Evaluation they should be restricted to beach activities only until such time as the Preliminary Evaluation is achieved.

Please record achievement of the Preliminary Evaluation on the checklist in this resource. Preliminary Evaluations must be entered into SurfGuard within a week of completion.



Safety Ratios (NAA)

For all water activities please ensure the correct water safety ratios are met as per SLSWA Procedure 1.

If you are unsure of the requirement please discuss with the Water Safety Supervisor (WSS) who is on duty.

Generally for U7's the requirements are for every 5 Nippers there needs to be one Nipper Adult Assistant (NAA) in the water.



Certificates and Individual outcomes

Your club will be provided with enough blank certificates to cover the Nippers in your U7 program. You will be required to tick boxes to show the outcomes that each individual Nipper has achieved over the season and present these at the end of the program on the date determined by your club.

It is highly recommended you use the checklist in this resource to monitor and record the progress of each individual Nipper. Only tick the boxes on the certificate that truly reflect what has been achieved.



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For all the latest, updated information please check mybeach.com.au

U7 OUTCOMES

INDIVIDUAL SAFETY

The U7 Outcomes, and some suggested activities, are outlined below for ease of reference. It is recommended that these key outcomes are covered as detailed in the individual lesson plans, so they link with the appropriate skill activity.

<p>1. IDENTIFY : the surf club as a welcoming place</p>	<ul style="list-style-type: none"> • Talk about the different streams within surf lifesaving e.g. Sport, lifesaving and education • Take participants on a guided tour through the club pointing out key parts of the club e.g. First aid room, patrol shelter etc.
<p>2. UNDERSTAND : the meaning slip, slop, slap, seek, slide Ask participants:</p>	<p>Q. Why do we need to take care out in the sun? A. So we don't get burnt and get skin cancer</p> <p>Q. What can we do before we go out into the sun? A. SLIP (on clothing), SLOP (on sunscreen), SLAP (on a hat), SEEK (shade), SLIDE (on sunglasses) – (Have some examples of these ready to put on)</p>
<p>3. RECOGNISE : safety signs on the beach</p>	<ul style="list-style-type: none"> • Walk participants up to the nearest safety sign at your local club • Explain all information on the sign and how to read safety signs located at beaches <p>Q. What does a safety sign with a red circle and a cross through it mean? A. You cannot do this</p> <p>Q. What does a yellow diamond mean? A. Beware of danger</p>

	<p>Q. What does the blue square contain? A. This provides extra information</p> <p>Q. If there isn't a sign located at a particular beach, where should you go to ask for safety information? A. If there is a patrol on duty, ask the lifesavers</p>
<p>4. UNDERSTAND : 5 important beach safety tips</p>	<ul style="list-style-type: none"> • What are some important things to remember when you go to the beach? (Discuss each point and expand upon them) <ol style="list-style-type: none"> 1. Swim between the Red and Yellow flags Q. Why do we do this? A. This is the safest part of the beach to swim, as determined by lifesavers 2. Look and read the safety signs Q. What does it tell us? A. Information about the beach, any dangers present and weather conditions for the day 3. Always swim with someone (parent, family member) Q. Why is it important? A. So they can help if you get into trouble 4. What should you do in an emergency? When you're... Q. In the water? A. Stay calm and float with your hand raised to signal for help When you're... Q. On the beach? A. Find the patrol captain, parent, or club member to report what has happened 5. Be SunSmart... Q. How can we be SunSmart? A. SLIP, SLOP, SLAP, SEEK, SLIDE

U7 OUTCOMES

SURF AWARENESS

The U7 Outcomes, and some suggested activities, are outlined below for ease of reference. It is recommended that these key outcomes are covered as detailed in the individual lesson plans, so they link with the appropriate skill activity.

<p>1. IDENTIFY : what a lifesaver looks like</p> <p>Ask participants:</p>	<p>Q. What is a lifesaver?</p> <p>A. A volunteer who patrols the beach and provides community service</p> <p>Q. What does a lifesaver look like?</p> <p>A. They are dressed in red and yellow, they wear a red and yellow cap, carry a rescue tube etc.</p> <p>Q. Where might you find lifesavers?</p> <p>A. Patrol shelters and flags at your local beach (take participants for a walk having them identify each)</p>
<p>2. IDENTIFY : the safest place to swim at the beach</p> <p>Ask participants:</p>	<p>Q. Where is the safest location to swim whilst at the beach?</p> <p>A. Between the red and yellow flags</p>
<p>3. RECOGNISE : dangers at the beach</p> <p>Ask participants:</p>	<p>Q. What kind of dangers can we find at the beach?</p> <p>A. Rocks, reef, rips, waves, snakes etc.</p> <p>Q. What do lifesavers do to make us aware of dangers at the beach?</p> <p>A. Put up safety signs, set-up patrol flags etc.</p> <ul style="list-style-type: none"> Take students for a walk along the beach and have them point out any visible dangers; and any visible safety signage

4. BASIC UNDERSTANDING :
that there are different kinds of waves

Ask participants:

- Q. What are the three different types of waves?
- A. 1. PLUNGING WAVE (curling face) – Very strong, breaks in shallow water, can push you to bottom, is dangerous and can cause spinal injuries
2. SPILLING WAVE (sloping face) – Best waves to play in, wave crumbles, a gentle wave suitable for learning
3. SURGING WAVE (sloping face) – Found around rock ledges and steep beaches, don't often break, but can knock you off your feet
- Q. Why is it important you never go in the water without an adult?
- A. If you get into trouble the adult can help you

5. BASIC UNDERSTANDING :
of rips

Ask participants:

- Q. Can anyone tell me what a rip is?
- A. Water flowing out to sea forming a strong current
- Q. How do you spot a rip?
- A. Deep, dark water that has sand and foam on the surface
- Q. What should you do if you get caught in a rip?
- A. Stay calm, float and raise your arm for help
- Q. What is the best way to avoid a rip?
- A. Swim between the flags

U7 OUTCOMES

LIFESAVING

The U7 Outcomes, and some suggested activities, are outlined below for ease of reference. It is recommended that these key outcomes are covered as detailed in the individual lesson plans, so they link with the appropriate skill activity.

1. BASIC UNDERSTANDING : of signals

Demonstrate a few signals:

- **Return to shore** > Arm straight up
- **Proceed further out to sea** > Two arms straight up
- **Go left** > Left arm raised horizontally
- **Go right** > Right arm raised horizontally
- **Remain stationary** > Both arms raised horizontally
- **Assistance required**
 - > One arm waved above the head, closed fist
- Now have participants stand in a large circle facing outward and call out signals with participants attempting to guess correctly

2. DEMONSTRATE : the use of a flotation aid

Ask participants:

- Float on bodyboard for set time (include assistance required signal)

SURF SPORT SKILLS

1. Demonstrate confidence in shallow open water
2. Demonstrate confidence playing in waves
3. Demonstrate confidence wading in and out of the water
4. Demonstrate confidence in duck diving
5. Demonstrate confidence using a bodyboard in the surf
6. Demonstrate confidence paddling on a bodyboard
7. Participate in beach flags
8. Participate in beach sprinting and beach relays
9. Demonstrate confidence completing a run-wade-run
10. Demonstrate confidence in swimming activities
11. Participate in team activities
12. Attempt or perform body surfing
13. Demonstrate standing start technique for Beach Sprints
14. Participate in Cameron Relay



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U7 OUTCOMES



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WOODSIDE NIPPERS

U7 LESSON 01

EQUIPMENT

- 4 x cones
- 2 x poles

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist
4. Set up an area for the warm up and sprint track

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (20 minutes)

Introduction to Surf Life Saving

- Sit participants down and explain ways to be involved and the various roles the club performs
- Take the participants (and parents) on a guided tour through the club pointing out the: first aid room, patrol tower, gear shed and any other equipment of interest (jet skis, boats etc.)

SAFEGUARDING

- During the first lesson all groups are to have a discussion on safeguarding with Nippers and parents.
- Parents need to be made aware of SLSWA Commitment to Safeguarding, SLSA Codes of Conduct and introduced to members they can discuss issues with eg. Club President, Junior Director, MPIO or Safeguarding Officers.
- Discuss with the children being SMART is being safe - Safety Means Always Recognise Trouble.
- Introduce Safeguarding Officers to children and display how they can be identified – these are people you can go to should someone make you feel uncomfortable.
- Discuss with Nippers and parents signing in and out procedures and procedures for leaving the group eg ask permission and take a buddy. Discuss what to do if approached by a stranger eg Yell and Tell -locate Safeguarding Officer.
- Each Nipper to be given a SLSWA Safeguarding Brochure

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Wade Race

- Revise and demonstrate wading skills
- Have participants practice technique on sand
- Break participants into teams/smaller groups
- Use two parents to hold poles in the water for participants to wade around
- Participants are to run down to the water, wade around two poles 10-15m apart and out of the water not going beyond knee depth
- Participants to run back to start line and tag team member

Coaching Tips

- > Swing arms wide for balance
- > Lift knees high
- > Swing legs out and away from body

Questioning

- Q. Why lift our knees high?
- A. **To help us move faster through the water**



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WOODSIDE NIPPERS

U7 LESSON 01

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Beach Sprints

- Set up a sprint track approximately 40m long
- Take participants to start line and line them up in groups
- Run through 4-5 beach sprints
- Mix up beach sprint by including hopping, crab crawling, running backwards and skipping

Coaching Tips

- > Line up on start line with one foot on the line and the other behind
- > On 'go' run to the finish line

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



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WOODSIDE NIPPERS

U7 LESSON 02

EQUIPMENT

- 2 x buoys
- 4 x cones
- 20 x beach flags
- 1 x bodyboard per person/pair

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

SunSmart

- Revise and discuss the SunSmart principles
- Q. Why do we need to take care out in the sun?
- A. **So we don't get burnt and get skin cancer**
- Q. What is a good way to remember what to do before going out in the sun?
- A. **SLIP (on clothing), SLOP (on sunscreen), SLAP (on a hat), SEEK (Shade), SLIDE (on sunglasses)**

WARM-UP DRILL (10 minutes)

CATERPILLAR IN THE WATER

- Break participants into teams of 6-10 people
- Line them up in ankle to knee deep water in their teams with about 1m between each person
- On 'go', participants at the back have to zigzag in and out of their team members and take the position at the front of the line
- Once that person reaches the front of the line, the next person at the back goes
- When the participant who started has returned to the back the team has completed the caterpillar
- Repeat in the opposite direction i.e. front to back

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group. Alternatively, eliminating more than 1 at a time may enable more run throughs

ACTIVITY 1 – Beach Flags

- Set up a flags arena (15m long) and place flags on the finish line (1 less than number of competitors)
- Explain and demonstrate the basic starting technique
- Break into two groups if needed (e.g. males and females)
- Use correct starters commands:
'competitors ready'
'heads down'
'go' or whistle
- On 'go' participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and placing flags

Coaching Tips

- > Participants lay down facing away from the arena
- > Feet together on the start line
- > Wrists together and elbows extended
- > Participants place chin on hands and on whistle, push up and turn.



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WOODSIDE NIPPERS

U7 LESSON 02

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Bodyboard Race

- Break participants into pairs
- Explain and demonstrate where to position on the bodyboard
- Have students practice this on the sand
- Remind participants to NEVER let go of the bodyboard
- Give students 5-10 mins to practice with their partner (or individually) taking turns to paddle and catch whitewash in the shallows and get used to the bodyboard
- Provide advice and assistance as required
- Once competent, break the participants up into groups
- Have them paddle out around two parents in waist deep water and return to shore
- Repeat

Coaching Tips

- > Position yourself in the centre of the board
- > Paddle with freestyle arms

Questioning

- Q. Why should you never let go of the bodyboard?
- A. **Helps keep you afloat if you get into trouble, if you let it go it may hit other swimmers**

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



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WOODSIDE NIPPERS

U7 LESSON 03

EQUIPMENT

- 20 x pool noodles
- 8-10 x hula hoops
- 8-10 x poles
- 8 x batons

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1:5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist
4. Set up an obstacle course for the warm up

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Identifying Lifesavers

- Q. What is a lifesaver?
- A. A volunteer who patrols the beach and provides community service**
- Q. What does a lifesaver look like?
- A. They are dressed in red and yellow, wear a red and yellow cap, carry a rescue tube**

- SAFETY ACTIVITY – Dress one Nipper up in patrol gear
- Q. Where is the safest place to swim at the beach?
- A. Between the red and yellow flags**
- Q. Where are the lifesavers, patrol shelters and flags at your particular beach?
- A. Take participants for a walk having them identify each**

WARM-UP DRILL (10 minutes)

OBSTACLE COURSE

- Construct an obstacle course
- Repeat 2-3 times
- Explain and demonstrate each obstacle before you start
- Line up participants behind first obstacle and have them run through each obstacle one after the other
- Parents to help direct participants through course
- Some obstacle ideas:

TUNNEL – Use pool noodles to construct arches for Nippers to crawl through, line up 6-8 in a row

HOOPS – Lay 6-8 hula hoops out in a row and have Nippers jump between them (doesn't have to be two feet at a time)

POLES – Stand 6-8 poles/flags up in the sand in a line and have Nippers weave between them

JUMP – Line up 6-8 pool noodles around 30cm apart, Nippers have to jump over each of these with two feet together

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Beach Relay

- Set up a sprint track approximately 40m long
- Explain and demonstrate baton holding technique and changeover
- Break participants up into teams of four and spread them out across the start line
- Send half of each team down the opposite end
- Use correct starters commands:
'competitors ready'
'set'
'go' or whistle
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover
- > Changeover occurs, both runners should keep their eyes on the baton

Questioning

- Q. Why do we need to ensure we hold the baton at the base?
- A. To ensure smooth transition**
- Q. Why should the receiver form a V with their thumbs and fingers?
- A. Easier to receive baton**
- Q. Why is it important that both runners keep their eye on the baton?
- A. So they don't drop or fumble the transition**



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WOODSIDE NIPPERS

U7 LESSON 03

SKILL DEVELOPMENT ACTIVITIES (15 minutes)

ACTIVITY 2 – Porpoising Race

- Break participants into teams or small groups and line them up on the sand
- Use two parents in the water for participants to wade and dolphin around (waist deep for Nippers)
- Water safety – have parents stand along the back of where participants are dolphining to provide assistance as needed, especially if there are waves or strong currents.
- From the start line, have participants run down to the water, out around two parents spaced 25m apart wading and dolphining as required.
- Participants to run back to start line and tag team member

Coaching Tips

- > Dive forward and into the water with arms together and outstretched
- > Angle your dive 45 degrees towards the bottom and dig hands into the sand
- > Bring feet forward to where hands are and spring off at 45 degrees towards the surface with hands/arms outstretched ready to repeat dolphin dive again

Questioning

Q. Why should you dive deep and grab hold of the sand?

A. Prevents you from being dragged back by waves

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



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WOODSIDE NIPPERS

U7 LESSON 04

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist
4. Set up a sprint track and buoys for a swim race

EQUIPMENT

- 4-6 x small buckets
- 4-6 x large buckets
- 4 x cones
- 1 x bodyboard per person/pair

Q. Where do you go if you get lost/need help?

A. Age manager or lifeguards

Q. How do you signal for help in the water?

A. One arm raised waving above your head, closed fist

WARM-UP DRILL (10 minutes)

FILL THE BUCKET

- Break participants into teams
- Each team is to have one large bucket and one smaller bucket
- On 'go' one team member will run down to the water, fill the bucket and run back to the team, adding their water to the larger team bucket
- The next member of the team will then take the bucket and repeat
- Continue this until teams have filled large buckets, first to fill wins

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Safety at the Beach

- Q. Why is it important to stay with the group at all times?
- A. So that you don't get lost
- Q. What is the nipper group's designated coloured cap and meeting place?
- A. Have participants call out their cap colour

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Beach Sprints

- Set up a sprint track approximately 40m long
- Revise and demonstrate standing start technique
- Take participants to start line and line them up in groups
- Give nippers time to get into correct starting position and assist as required
- Run through 4-5 beach sprints
- Mix up beach sprint by including hopping, crab crawling, running backwards and skipping

Coaching Tips

Standing Start Technique

- > Toes on line
- > Dig small starting blocks in the sand for both feet, 1 slightly back from the other
- > Body position leaning forward, weight on front foot
- > Knees slightly bent and crouch down on set
- > On go drive off front foot



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U7 LESSON 04

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Wave Catching

- Break participants into pairs with bodyboards
- Revise where to position on the bodyboard
- Revise and demonstrate wave catching skills
- Line up participants in the surf zone (inside the break) and on your call all have them catch the same wave
- Aim is to catch the wave as far as they can to the shore

Coaching Tips

- > As you go to catch the wave, kick hard with your legs or push off the sandbank
- > Stay towards the middle of the board to avoid nose diving, too far back and you will miss the wave

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



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WOODSIDE NIPPERS

U7 LESSON 05

EQUIPMENT

- 2 x poles
- 20 x beach flags
- 4 x cones

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach within the club to assist
4. Set up a sprint track

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Danger – Danger

- Q. What kind of dangers can we find at the beach?
- A. Rocks, reef, rips, waves, snakes etc.**
- Q. What do lifesavers do to warn us of dangers and make the beach safer?
- A. Put up signs and patrol flags**
- Take students for a walk along the beach and have them point out any visible dangers:

- Q. Why is it a danger? Point out those they miss
- A. Any visible safety signage (e.g. red and yellow flags, rip sign, exposed rock sign, no swimming sign)**
- Introduce participants to a lifesaver on patrol and ask the lifesaver to discuss some of the days dangers they have identified
 - Even if you always go to the same beach, there may be different dangers present each day

WARM-UP DRILL (10 minutes)

TEEPEES AND INDIANS

- Break participants up into pairs and have them stand with their partner in a large circle
- One person stands with their hands together over their heads and their feet apart, this is the teepee
- The other person sits on the floor in front of the teepee, this is the Indian
- You will call out either 'Indians' or 'teepees'
- If the call is 'Indians', then those participants need to crawl through the teepee and complete a full lap of the circle, then crawl back through their 'teepees'
- If the call is 'teepees', then the teepees have to run around the circle and stand back behind their partner
- The pair last back to their position are out
- After two rounds have them swap with their partner (i.e. teepees become Indians, Indians become teepees)
- If you have a large group you can break the participants in to two groups and run two separate games

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group. Alternatively, eliminating more than 1 at a time may enable more run throughs

Coaching Tips Jump Turns

- > Push off with arms like a fast push-up
- > Jump up fast in the air and start turning the body around to the finish line
- > Try and keep front foot as close to the line as possible on hands and on whistle, push up and turn

ACTIVITY 1 – Beach Flags

- Set up a flags area (15m long) and place flags on the finish line (1 less than number of competitors each time)
- Revise and demonstrate jump turns
- If possible, run two pits and break participants into two groups (e.g. male/female)
- Use correct starters commands: 'competitors ready' 'heads down' 'go' or whistle
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and placing flags



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U7 LESSON 05

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Wade Race

- Revise wading technique
- Break participants into teams or smaller groups
- Participants race out around two poles in the water 10 - 15m apart (held by parents) and out of the water not going beyond knee depth
- Participants to run back to start line and tag team member

Coaching Tips

- > Lift knees high
- > Swing legs out and away from body
- > Swing arms wide for balance

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



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WOODSIDE NIPPERS

U7 LESSON 06

EQUIPMENT

- 20 x beach flags
- 2 x poles
- 10 x pool noodles

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach within the club to assist

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Waves

- Q. What are the three different types of waves?
1. **PLUNGING WAVE (curling face)** – Very strong waves that break in shallow water and can push you to the bottom, can be dangerous and can cause spinal injuries
 2. **SPILLING WAVE (sloping face)** – These are the best waves to play in, waves tumble down the front, more of a gentle wave, better for learning

3. **SURGING WAVE (sloping face)** – Found on rock ledges and steep beaches, often don't break, but can knock you off your feet on the shoreline
- Q. Why it is important you never go into the water without an adult?
- A. **If you get into trouble the adult can help you**

WARM-UP DRILL (10 minutes)

UNDER AND OVER RELAY

- Revise and demonstrate dolphin diving technique
- Have Nippers practice, diving down, touching the bottom and pushing off with feet, providing advice as needed
- Once competent divide participants into groups and spread them out across the start line, have 2 parents per group lined up in front of their group holding a pool noodle
- On 'go' the first participant will run down to the water, dive under the first noodle, resurface then dive over the second noodle, turn around and repeat then run back up to tag the next person in their team
- Repeat twice

Coaching Tips

- > Dive forward and into the water with arms together and outstretched
- > Angle your dive 45 degrees towards the bottom and dig hands into the sand
- > Bring feet forward to where hands are and spring off at 45 degrees towards the surface with hands and arms outstretched ready to repeat dive

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Beach Flags

- Set up a flags area (15m long) and place flags on the finish line (1 less than number of competitors each time)
- Revise and demonstrate technique to dive for a flag
- If possible, run two pits and break participants into two groups (e.g. male/female)
- Use correct starters commands: 'competitors ready' 'heads down' 'go' or whistle
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and placing flags

Coaching Tips

Diving For The Flag

- > Don't dive too far out from the flag
- > Dive for a flag with both arms outstretched and hands in a V-shape
- > If a flag is missed, immediately look around to see if there is another one free

Questioning

- Q. Why should we form a V with our hands when diving?
- A. **So that we have a better chance of getting a flag**



**WESTERN
AUSTRALIA**

WOODSIDE NIPPERS

U7 LESSON 06

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Run-Wade-Run

- Set up a small run (30m)-wade (30m)-run (30m) course using markers and parents in the water holding poles
- Start participants at one end of the beach; have them run around a cone and then into the water
- They must then wade around two poles in the water and then run back along the beach
- Break participants up into groups if needed so you have a manageable group in the water

Coaching Tips

- > Lift knees high
- > Swing legs out and away from body
- > Swing arms wide for balance

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U7 LESSON 07

EQUIPMENT

- 4 x hula hoops
- 30 x tennis balls
- 2 x finishing flags
- 4 x cones
- 2 x buoys

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1:5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist
4. Set up warm up (tennis balls and hoops), a sprint track and two buoys for swim race

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Revision

- Ways of being SunSmart
- How to identify lifesavers and safe places to swim
- Dangers at the beach
- Three types of waves

Q. Does it belong at the beach?

A. **Natural items – YES / Man-made (rubbish) – NO (rubbish belongs in the bin)**

- Have participants put any rubbish they find along the beach into a rubbish bag
- Note how much rubbish is on the beach, encourage kids to take away with them all the stuff they bring, don't leave anything behind and throw all rubbish in the bin

WARM-UP DRILL (10 minutes)

HOW MANY BALLS?

- Form four teams, each with a hoop and place 30 balls in the centre
- NOTE: If you have a large group you may wish to split the group into two smaller groups (no more than 20 people participating at one time, five per team)
- Teams have to collect as many balls as possible in an allocated time and put them in their hoop (e.g. 60 sec)
 - Each team member will have to be tagged before they can collect a ball from the centre
 - When all the balls have been removed from the centre, the instructor will call "STOP"
 - Once all teams are at their cone, the instructor will call "GO" and all participants will be able to steal balls from other teams, once again there will be a time allocation

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Beach Sprints

- Set up a sprint track approximately 40m long
- Revise standing start technique
- Take participants to start line and line them up in groups
- Run through 4-5 beach sprints
- Mix up the activity by having the participants run the races doing different things e.g. skipping, crawling, sidestepping

Coaching Tips

Standing Start Technique

- > Toes on line
- > Dig small starting blocks in the sand for both feet, 1 slightly back from the other
- > Body position leaning forward, weight on front foot
- > Knees slightly bent and crouch down on set
- > On go drive off front foot



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WOODSIDE NIPPERS

U7 LESSON 07

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Surf Race

- Set up a swim course with two buoys 10m offshore and 15m wide
- Revise some basic surf skill technique including start and finish technique and surf stroke
- Break the participants up into groups (e.g. males and females)
- Use correct starters commands: 'competitors ready' 'set' 'go' or whistle
- On 'go' participants race around the two buoys and back into the beach to finish between the flags
- Run the next group after the first one finishes

Coaching Tips

Start

- > Take note of water depth and any potholes etc.
- > Place preferred leg forward with toes on the start line and dig toes into sand
- > Place other leg back to enable stability
- > Run hard in to the water on 'go'

Stroke

- > Keep body flat in the water
- > Strong freestyle arms, reaching forward, pulling down along your body
- > Kick hard with legs
- > Look forward every few strokes to look for the turning can/finishing flags

Finish

- > Keep landmark in focus
- > Swim until your hand touches the sand, don't try to stand up too early
- > Run hard across the finish line

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U7 LESSON 08

EQUIPMENT

- 4 x cones
- 1 x bodyboard per person/pair
- 2 x buoys
- 8 x batons

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1:5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist
4. Investigate where the beach signage is located at your beach

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Safety Signage

- Walk participants up to the top of the path where the beach signage is located
- Point out the useful information that is on the sign and see if the kids know what the pictures mean

- Three types of signs:
 1. **Red circle with a line crossed through it**
 - > Shows you what can't be done
 2. **Yellow diamond**
 - > Warning of a danger
 3. **Blue Square**
 - > Extra information on patrol locations, disabled access etc.

WARM-UP DRILL (10 minutes)

CATERPILLAR IN THE WATER

- Break participants into teams of 6 - 10 people
- Line them up in their teams in the water with about 1m between each person
- On the command, participants at the back have to zigzag in and out of their team members and take the position at the front of the line
- Once that person reaches the front of the line, the next person at the back goes
- When the participant who started has returned to the back the team has completed the caterpillar

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Run-Swim-Run

- Set up a small run (20m) - swim (20m) - run (20m) course using markers and buoys in the water
- Use wading, dolphin diving and swimming techniques
- Explain and demonstrate start and finish tips
- Break participants up into groups if needed so you have a manageable group in the water
- Start participants at one end of the beach; have them run around a cone and into water
- They must then swim around 2 buoys in the water and then run back along the beach
- Once 1st group finishes, start the 2nd group
- Repeat

Coaching Tips

Start

- > Take note of water depth and any potholes etc.
- > Place preferred leg forward with toes on the start line and dig toes into sand
- > Place other leg back to enable stability
- > Run hard in to the water on 'go'

Finish

- > Keep landmark in focus
- > Swim until your hand touches the sand, don't try to stand up too early
- > Run hard across the finish line

Questioning

- Q. Why should you look up every few strokes?
- A. **To check that you are on course and to see where the cans and/or finishing flags are.**



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WOODSIDE NIPPERS

U7 LESSON 08

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Beach Relay

- Set up a running track approximately 40m long
- Break participants up into teams of four and spread them out across the start line
- Send half of each team down each end of the track
- Batons are to be passed between team members as they change over
- Use correct starters commands:
‘competitors ready’
‘set’
‘go’ or whistle
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover
- > Changeover occurs, both runners should keep their eyes on the baton

Questioning

Q. Why do we need to ensure we hold the baton at the base?

A. To ensure smooth transition

Q. Why should the receiver form a V with their thumbs and fingers?

A. Easier to receive baton

Q. Why is it important that both runners keep their eye on the baton?

A. So they don't drop or fumble the transition

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U7 LESSON 09

EQUIPMENT

- 20 x tennis balls
- 2 x poles
- 20 x beach flags
- 2 x buoys
- 4 x cones

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist

- Q. What should you do if your are in a rip?
A. Stay calm, float and raise your arm for help, swimming against a rip will make you more tired
- Explain the best way to stay safe and avoid a rip is to swim between the flags and where there are lifesavers
 - If there are any rips visible at your beach on the day, or during following lessons, points these out

WARM-UP DRILL (10 minutes)

BODY SURFING FLAGS

- Water safety is positioned at each end of the group and two in the middle (if needed)
- Participants are to line up across the sandbank just inside the wave zone, staying between the two outside water safety people
- If you have large numbers you may need to break them into two groups
- Age manager will call 'go' as a wave breaks and all participants are to body surf the whitewash into the beach
- At the same time the other participants (or parents) throw the tennis balls into the shoreline
- Participants need to navigate their way through the surf zone and collect a ball
- Return the balls to throwers and repeat

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Beach Flags

- Set up a flags area (15m long) and place flags on the finish line (1 less than the number of competitors each time)
- Explain and demonstrate basic starting technique
- If possible, run two pits and break participants into two groups (e.g. male/female)
- Use correct starters commands: 'competitors ready' 'heads down' 'go' or whistle
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and placing flags

Coaching Tips

- > Participants lay down facing away from the arena
- > Feet together on the start line
- > Hands on top of each other and elbows extended outwards
- > Participants place chin on hands and on whistle, push up and turn.

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Rips

- Sit participants down and ask if any of them have an idea what a rip is?
 - Q. What is a rip?
 - A. Water flowing out to sea forming a strong current which can drag swimmers out**
 - Q. Ask if they know how to identify a rip?
 - A. Deeper, dark water, less waves, sandy/foamy water in a mushroom shape behind the waves**



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WOODSIDE NIPPERS

U7 LESSON 09

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Surf Race

- Set up a swim course with two buoys 10m offshore and 15m wide
- Revise some basic surf skill technique including stroke, starting and finishing
- Break the participants up into groups (e.g. males and females)
- Use correct starters commands: 'competitors ready' 'set' 'go' or whistle
- On 'go' participants to run in to the water, race around the buoys and back into the beach to finish between the flags
- Run the next heat / group after the first one finishes

Coaching Tips

Start

- > Take note of water depth and any potholes etc.
- > Place preferred leg forward with toes on the start line and dig toes into sand
- > Place other leg back to enable stability
- > Run hard in to the water on 'go'

Stroke

- > Keep body flat in the water
- > Strong freestyle arms, reaching forward, pulling down along your body
- > Kick hard with legs
- > Look forward every few strokes to look for the turning can/finishing flags

Finish

- > Keep landmark in focus
- > Swim until your hand touches the sand, don't try to stand up too early
- > Run hard across the finish line

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U7 LESSON 10

EQUIPMENT

- 4 x cones
- 20 x tennis balls
- 2 x finishing flags
- 2 x poles
- 8 x batons

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Beach Safety Tips

- Revise the important things to remember when at the beach and ask participants if they remember following the six beach safety tips:
 1. Swim between the red and yellow flags
 2. Look at the safety signs
 3. Always swim with a parent / family member / Nipper group and don't wander off

4. If you need help in the water stay calm, float on your back and attract attention
5. On the beach if you need help go to lifesavers, police, parent or surf club age manager
6. Be Sun Smart (SLIP, SLOP, SLAP, SEEK, SLIDE)

WARM-UP DRILL (10 minutes)

WATER FLAGS

- Nippers will start on the beach
- Parents to act as water safety
- On 'go' remaining parents throw tennis balls (enough per person) into the water
- Participants run in at the same time and collect a tennis ball before returning to shore
- Repeat this a few times progressively throwing the tennis balls out further if participants are confident
- Break the group into two, if numbers are large

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Beach Relay

- Set up a sprint track approximately 40m long
- Break participants up into teams of four and spread them out across the start line
- Batons are to be passed between team members as they change over
- Send half of each team down each end of the track
- Use correct starters commands:
 - 'competitors ready'
 - 'set'
 - 'go' or whistle
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover
- > Changeover occurs, both runners should keep their eyes on the baton

Questioning

- Q. Why do you form a V with both hands?
- A. **This reduces the chance of dropping the baton**



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WOODSIDE NIPPERS

U7 LESSON 10

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Porpoising Relay

- Break participants into teams or small groups
- Line participants up on the sand
- Use two parents in the water for participants to wade and dolphin around
- Water safety – have parents stand along the back of where participants are dolphining to provide assistance as needed, especially if there are waves or strong currents
- From the start line, have participants race out around two parents wading and dolphining as required
- Then run back to start line to tag team member

Coaching Tips

- > Dive forward and into the water with arms together and outstretched
- > Angle your dive 45 degrees towards the bottom and dig hands into the sand to prevent being dragged backwards by wave
- > Bring feet forward to where hands are and spring off at 45 degrees towards the surface with hands /arms outstretched ready to repeat

Questioning

- Q. Why do you keep your arms above your head at all times?
- A. **To protect your neck, make sure you don't hit the sand bank**

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



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WOODSIDE NIPPERS

U7 LESSON 11

EQUIPMENT

- 1 x bodyboard per person/pair
- 2 x buoys
- 4 x cones
- 8 x batons

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1:5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist
4. Set up a sprint track for the beach relay

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Signals

- Demonstrate a few signals to participants:
 - Return to shore** > Arm straight up
 - Proceed further out to sea** > Two arms straight up
 - Go left** > Left arm raised horizontally
 - Go right** > Right arm raised horizontally
 - Remain stationary** > Both arms raised horizontally

- Have participants stand in a circle facing outwards and have them demonstrate signals on your command, run through each 2-3 times
- SAFETY ACTIVITY – With participants standing on the water side of you, have them move in the direction you indicate e.g. proceed further out, have them move further away from you towards the water and so on

WARM-UP DRILL (10 minutes)

PORPOISING RELAY

- Revise and demonstrate dolphin diving from previous lessons
- Break participants into teams of four and have a parent for each group stand in waist deep water in front of their respective group
- On 'go' participants will run into the water dolphin dive, complete a lap around the adult, dolphin dive again then return back to their group to tag their next team member
- All participants will complete four times

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Bodyboard Race

- Set up a board course with two buoys 10m offshore and 15m apart
- Revise where to position on the bodyboard and paddling technique
- Break the participants up into groups
- Have them paddle out around two buoys and return to shore
- Repeat

Coaching Tips

- > Position yourself in the centre of the board
- > Paddle with freestyle arms
- > Kick legs in time with paddle strokes
- > Tag each other on the back



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WOODSIDE NIPPERS

U7 LESSON 11

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Beach Relay

- Set up a sprint track approximately 40m long
- Break participants up into teams of four and spread them out across the start line
- Send half of each team down each end
- Batons to be passed between team members as they change over
- Use correct starters commands:
'competitors ready'
'set'
'go' or whistle
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping etc.

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover
- > Changeover occurs, both runners should keep their eyes on the baton

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U7 LESSON 12

EQUIPMENT

- 1 x rope
- 4 x cones
- 1 x bodyboard per person/pair
- 2 x finishing flags
- 20 x beach flags
- 2 x buoys
- 8 x batons

PREPARATION

1. Assess beach conditions and change program as needed
2. Utilise water safety ratio of 1:5 NAA
3. If you are not confident demonstrating a particular aspect of the lesson, ask an athlete or coach to assist
4. Set up a sprint track and set buoys in the water for swim and bodyboard races

INTRODUCTION (5 minutes)

- Introduce yourself and take attendance
- Brief intro of activities you will be doing for the day
- Encourage parent involvement and assistance

DISCUSSION (10 minutes)

Revision

- Ways of being SunSmart
- How to identify lifesavers and safe places to swim
- Dangers at the beach
- Three types of waves

WARM-UP DRILL (10 minutes)

TUG-OF-WAR

- Break participants up in to 2-4 teams
- Use markers to make the centre point and a point an even distance off each side as a mark for the team to reach
- Run a few rounds of tug-of-war alternating different teams against each other

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

NOTE: If you have large numbers you can break the group up and do these activities on a rotation or simply run one after the other as a whole group

ACTIVITY 1 – Cameron Relay

- Set up a course using two buoys in the water (20m apart) and cones / flags on the beach (20m apart)
- Format for relay is swim-run-bodyboard-run
- Break participants in to teams of four (2 runners, 1 swimmer, 1 bodyboarder)
- Explain how the race works and tagging technique
- Repeat if time permits and have participants switch what they did e.g. runners switch to swimming/ bodyboarding and vice versa

Coaching Tips

Race

- > Swimmer starts on the start line, swims around the two buoys and back into shore where they tag their first runner on the waters edge
- > Runner runs around two cones and tags the bodyboarder who proceeds around the two buoys and back to shore
- > Bodyboarder tags last runner on the shoreline who then runs along the beach and finishes between two finishing flags/cones

Tagging

- > Make sure you tag each other on the back so it's easy to see, not hands



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WOODSIDE NIPPERS

U7 LESSON 12

SKILL DEVELOPMENT ACTIVITIES (15 minutes each)

ACTIVITY 2 – Bodyboard Race

- Set up a board course with two buoys 10m offshore and 15m apart
- Revise where to position on the body board and paddling technique
- Break the participants up into groups
- Have them paddle out around two buoys and return to shore
- Repeat

Coaching Tips

- > Position yourself in the centre of the board
- > Paddle with freestyle arms
- > Kick legs in time with paddle strokes

LESSON WRAP UP (5 minutes)

- Head count of participants
- Summarise and question participants on skills learnt
- Have participants carry up and wash off equipment
- Parents pick up children

