

U9

WOODSIDE
NIPPERS
PROGRAM



WOODSIDE NIPPERS



WESTERN
AUSTRALIA



GENERAL INFORMATION

U9

www.mybeach.com.au



WOODSIDE NIPPERS

Program

The U9 Woodside Nippers Education Program comprises of ten 90 minute lessons. Ideally five lessons should occur prior to Christmas and the other five post Christmas. The remaining weeks should involve surf sports related activities such as Point Score Days, Intra and Inter Club Events and Club Championships.



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 9's are required to demonstrate 25 metres of any stroke and a 1 minute survival float. 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 (NSP)

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 U9's the requirements are for every 5 Nippers there needs to be one Nipper Safety Personnel (NSP) in the water with a rescue tube.

Nipper Safety Personnel are members who hold the Nipper Rescue Certificate (NRC) or higher e.g. SRC or Bronze.

Competition skills Evaluation

Those Nippers who wish to compete in water events at SunSmart Little Nipper Carnivals and the Little Nipper Championships are required to pass the Competition Skills Evaluation.

Under 9's are required to complete a 100 metre open water swim in less than 8 minutes. Please record achievement of the Competition Skills Evaluation on the checklist in this resource.

To be eligible to compete in water events at a SunSmart Little Nipper Carnival Competition Skills Evaluations must be entered into SurfGuard one week prior to the Carnival.

Certificates and Individual outcomes

Your club will be provided with enough blank certificates to cover the Nippers in your U9 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.



WESTERN AUSTRALIA

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

U9 OUTCOMES

INDIVIDUAL SAFETY

The U9 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. IDENTIFY :

the surf club as a welcoming place

- 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.
- Point out where equipment is stored (Nipper Boards) and where to wash equipment down etc.

2. UNDERSTAND :

and demonstrate key SunSmart messages

Ask participants:

- 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 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)
- Q. Discuss the consequences of what happens when no sun protection is used at the beach?**
A. You get burnt, it hurts and can lead to cancer later in life

3. IDENTIFY :

different safety signs on the beach and their meaning

- 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

Q. What does a safety sign with a red circle and a cross through it mean?

A. You cannot do this

Q. What does a yellow diamond mean?

A. Beware of danger

Q. What does the blue square contain?

A. This provides extra information

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



SURF AWARENESS

The U9 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. IDENTIFY : lifesavers

Ask participants:

- 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, they wear a red and yellow cap, carry a rescue tube etc.
- Q. **Where might you find lifesavers?** A. Patrol shelters and flags at your local beach

2. IDENTIFY : red & yellow flags and what they mean

- Q. **Where is the safest location to swim whilst at the beach?**
A. Between the red and yellow flags

3. RECOGNISE : what an emergency situation is and use of 000

Discuss the following questions:

- Q. **Ask the participants what an emergency situation is and describe different types of emergencies?** A. A sudden crisis (usually involving danger) that requires fast action, i.e. a person is badly injured, stopped breathing, fire etc
- Q. **What is the difference between an emergency in the water vs on the beach?** A. **Water:** Swimmer may be calling for help or 'climbing the ladder' vs **Beach:** Injury where blood is visible or may be unconscious
- Explain the use of '000' number in an emergency – It will connect you straight to emergency services i.e. fire, police, ambulance
 - Explain use of this number at the beach – If you see something, tell an adult or a lifesaver who will then call 000

4. IDENTIFY :

dangers at the beach

Ask participants:

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

5. UNDERSTANDING :

of wave types and effects on tides

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 it is important you never go in the water without an adult?**
A. If you get into trouble the adult can help you

6. UNDERSTANDING :

of what a rip is, what they look like and what to do if caught in a rip

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



LIFESAVING

The U9 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. DEMONSTRATE : a knowledge 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. IDENTIFY : dangerous animals and basic first aid treatments

Ask participants:

- Name some dangerous animals they might find at the beach (blue ringed octopus, snakes, jellyfish, sharks, crabs)
- Q. **Does anyone know some basic first aid if you get in trouble with one of these?**
- **Blue Ringed Octopus** – Blue rings are not always visible, are often pale brown/yellow with rings appearing when threatened, don't touch as they are very poisonous
- **Jellyfish** – Tentacles will sting you, wash with warm water to stop pain, ice if blisters appear later
- **Crabs** – Not dangerous but if you try to pick them up they can grab you with their claw, if you get bitten apply ice
- **Snakes** – Found in the dunes, on tracks or near rocks behind the beach, poisonous, don't touch or go near them. Unless you are still near the snake, do not move the patient, apply a pressure bandage and call an ambulance 000

SURF SPORT SKILLS

1. Demonstrate confidence in open water
2. Complete a Run-Swim-Run
3. Demonstrate wading skills
4. Demonstrate porpoising technique
5. Demonstrate surf stroke technique
6. Demonstrate start and finish techniques
7. Demonstrate body surfing techniques
8. Demonstrate ability to negotiate the surf
9. Demonstrate a standing beach sprint start
10. Demonstrate running technique
11. Demonstrate positioning and paddling technique
12. Demonstrate board start and finish
13. Demonstrate wave catching technique
14. Demonstrate skills paddling through a broken wave
15. Demonstrate beach flag starts
16. Demonstrate jump turn technique
17. Demonstrate technique diving for a flag
18. Participate in team event and activities
19. Demonstrate changeover technique in beach relay
20. Demonstrate tagging technique in Board and Cameron Relay



WESTERN AUSTRALIA

GENERAL

SURF RACE

SPRINT

BOARD RACE

FLAGS

TEAM EVENTS

SURF SPORT SKILLS

Confidence in open water

Complete a Run-Swim-Run

Demonstrate wading skills

Demonstrate porpoising tech.

Demonstrate surf stroke tech.

Demonstrate start & finish tech.

Demonstrate body surfing tech.

Demonstrate ability to negotiate the surf

Demonstrate a standing sprint start

Demonstrate running technique

Demonstrate positioning and paddling technique

Demonstrate board start & finish

Demonstrate wave catching tech.

Demonstrate skills paddling through a broken wave

Demonstrate beach flag starts

Demonstrate jump turn technique

Demonstrate tech. diving for a flag

Participate in team event/activities

Demonstrate changeover technique in beach relay

Demonstrate tagging technique in Board and Cameron Relay

U9 OUTCOMES



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 01

EQUIPMENT

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

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Set up a sprint track (70m), an area for beach flags (15m) and buoys in the water

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 (25 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
- Discuss with the participants the role of the red and yellow flags

- If a patrol is operating at the beach, find a spot where you can see the flagged area and start a discussion on what you can see

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 e.g. 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 e.g. ask permission and take a buddy. Discuss what to do if approached by a stranger e.g. Yell and Tell -locate Safeguarding Officer
- Each Nipper to be given a SLSWA Safeguarding Brochure

WARM-UP DRILL (5 minutes)

Warm Up Run & Stretches

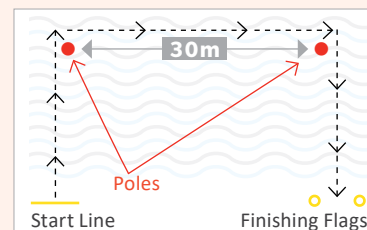
- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

ACTIVITY 1 – Wade Race

- Revise and demonstrate wading skills
- Have participants demonstrate technique on the sand
- Break participants into smaller groups
- Use parents to hold two poles in the water for participants to wade around (knee to waist depth for Nippers)
- Participants are to wade out around two poles in the water, finishing on the beach between the flags/cones



Coaching Tips

- > Swing arms wide for balance
- > Lift knees high
- > Swing legs out and away from body
- > Stand upright, not leaning forward

Questioning

Q. Why do we need to lift our knees high, swing our legs high and keep arms wide for balance?

A. To move quickly and efficiently through the water





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WOODSIDE NIPPERS

U9 LESSON 01

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Flags

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

Coaching Tips

- > Participants lay down facing away from the arena
- > Feet together on the start line
- > Wrists together and elbows extended
- > On 'competitors ready' maintain starting position (heads up)
- > On 'heads down' place chin on hands
- > On the whistle push up and turn

CULMINATION GAME (10 minutes)

Beach Relay

- Explain and demonstrate the 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 each end
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover
- > Changeover occurs, receiving runner should keep their eyes on the baton
- > Both runners keep slightly to one side of track on changeover

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 thumbs and fingers? **A. Easier to receive baton**
- Q. Why is it important that the receiving runner keeps 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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 02

EQUIPMENT

- 6 x volleyballs
- 1 x nipper board per person/pair
- 3 x buoys
- 4 x turning /finishing flags
- 4 x cones

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Ensure buoys are set in the water and a sprint track is set up (70m)

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
 - Assistance Required** >
 - One arm waved above head, fist closed**

- Have participants stand in a circle facing outwards and have them demonstrate signals on your command, run through each 2 - 3 times until familiar

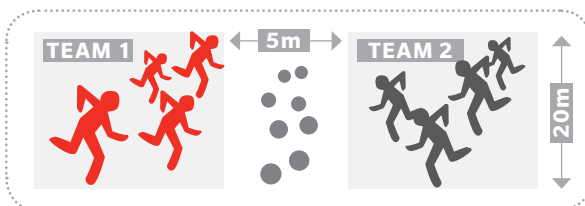
WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

DODGEBALL (10 minutes)

- Draw four lines, 20m apart and divide the players into two teams, players must remain in their team zones
- Dodgeballs start between each team zone
- Players must lie down in flag position, at the end of their zone, facing away from the middle of the game
- On the whistle, players can jump up and collect balls
- They must be back inside their team zone before throwing the dodgeball
- Players are out if they are hit below the waist inside their team zone and can only return to the game if their team mate catches a dodgeball on the full
- The team wins when all opposing players are out

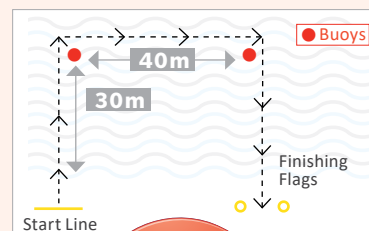


SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

ACTIVITY 1 – Surf Race

- Revise some basic start and finish skills
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- 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 into 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 finish line

Questioning

- Q. Why should you check the water before you run in?
- A. To look for any potholes, troughs or dangers



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SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

CULMINATION GAME (15 minutes)

LESSON WRAP UP (5 minutes)

ACTIVITY 2 – Beach Sprints

- Revise and demonstrate the correct starting position for sprints
- Take participants to start line and line them up in groups of eight
- Repeat sprints 4 to 5 times and the last 2 sprints mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

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

Questioning

- Q. Why should you crouch down to sprint?
A. So you are ready to drive forward on 'go'

Board Relay

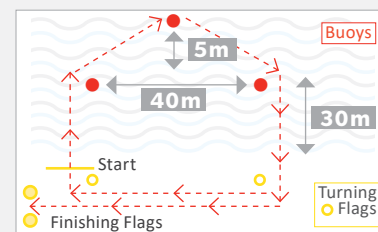
- Divide participants up into teams of three
- Explain how the race works emphasising tagging technique (on the back) and collection of boards
- Set up course using buoys in the water, cones and flags on the beach (can repeat relay if time permits)

Coaching Tips

- > Each paddler starts on the line and paddles around three buoys, then they will drop the board, run around two flags and tag the next paddler waiting
- > Each person in the team must help by collecting their teammates boards, e.g. last paddler grabs first paddlers board
- > Last paddler runs between the finishing flags

Questioning

- Q. Why is it important to tag each other on the back?
A. Less chance of missing (than tagging with hands), also officials can easily see and you



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



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 03

EQUIPMENT

- 1 x rope
- 5 x cones
- 2 x buoys
- 2 x turning /finishing flags
- 1 x board per person/pair
- 20 x beach flags
- 2 x poles

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Ensure buoys are set in the water and an area is set up for beach flags (15m)

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 and what they mean, with emphasis on the beach environment

Slip (on clothing), Slop (on sunscreen), Slap (on a hat), Seek (shade), Slide (on sunglasses)

- Discuss the consequences of what happens when no sun protection is used at the beach
You get burnt, it hurts and can lead to cancer later in life

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and run through a series of stretches as a group

TUG-OF-WAR (10 minutes)

- 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 (20 minutes each)

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

ACTIVITY 1 – Run-Swim-Run

- Revise and demonstrate dolphining technique
- Give participants 5 minutes to practice this technique along the shoreline/sandbank
- Start participants at one end of the beach; have them run around a cone and into the water
- They must then swim around two buoys in the water and run back along the beach
- Break Nippers up into groups if needed so you have a manageable group in the water

Coaching Tips

Dolphin Diving

- > Dive into water with arms together and outstretched
- > Angle 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 surface with arms outstretched ready to repeat dolphin dive

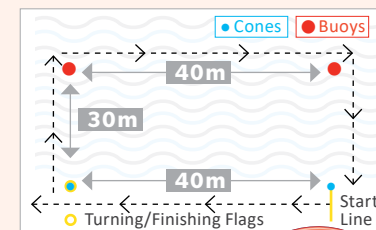
Questioning

Q. Why is it important to always keep your arms above your head when diving?

A. To help protect your neck, stop you hitting the sandbank

Q. When should you dolphin dive?

A. When its too deep to wade but still less than waist deep





WESTERN AUSTRALIA

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Flags

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

Coaching Tips

Turning

- > On 'go' keep turning foot on straight line
- > Keep head/shoulders low
- > Push backwards and upwards towards the flag
- > Use vigorous arm and leg action

Questioning

Q. Why should you stay low on the turn?

A. **Much quicker than standing upright then turning, stay in a low position when running**

CULMINATION GAME (15 minutes)

Wade Relay

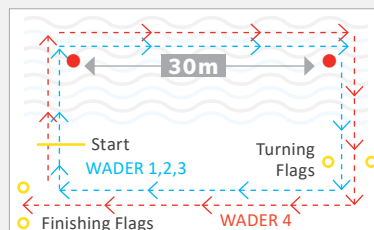
- Revise wading and tagging technique
- Break participants into teams or smaller groups
- Two parents to hold poles in water for Nippers to wade around
- Participants are to wade out around two poles in the water (held by parents) and out of the water finishing between the flags/cones
- Participants to run back to start line and tag team member

Coaching Tips – Wading and Tagging

- > Swing arms wide for balance
- > Lift knees high
- > Swing legs out and away from body
- > Stand upright, not leaning forward

Tagging

- > Make sure you tag each other on the back



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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 04

EQUIPMENT

- 30 x tennis balls
- 4 x hoops
- 3 x turning/finishing flags
- 3 x buoys
- 1 x nipper board per person/pair
- 20 x beach flags
- 8 x batons
- 4 x cones

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Set up a sprint track (40m), an area for flags (15m) and ensure buoys are in the water

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)

It's An Emergency

- Discuss the following questions:
 - Q. Ask the participants what an emergency situation is and describe different types of emergencies?
 - A. **A sudden crisis (usually involving danger) that requires fast action, i.e. a person is badly injured, stopped breathing, fire etc.**

- Discuss the difference between what an emergency may look like in the water vs on the beach?
Water: Swimmer may be calling for help or 'climbing the ladder' V's Beach: Injury where blood is visible or may be unconscious
- Explain the use of '000' number in an emergency
It will connect you straight to emergency services fire, police, ambulance
- Explain use of this number at the beach
If you see something, tell an adult or a lifesaver who will then call '000'

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

HOW MANY BALLS? (10 minutes)

- 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 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 (60 seconds)
- 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 teams are at their cone, the instructor calls "GO" and all participants will be able to steal balls from other teams, again there will be a time allocation (60 seconds)

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

ACTIVITY 1 – Board Race

- Revise and demonstrate wave catching technique
- Have the participants practice this in pairs on the beach
- Give students 5-10 minutes to practice with their partner (or individually) taking turns to paddle and catch whitewash
- Provide advice and assistance as required
- Once competent, break the participants up into groups
- Have them paddle out around three buoys and return to shore
- Repeat

Coaching Tips

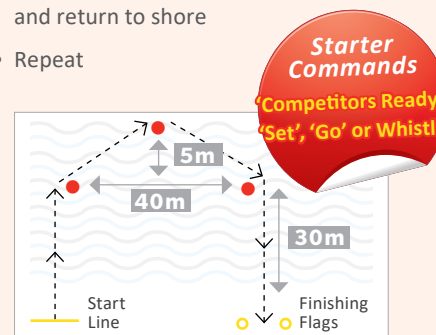
Wave Catching

- > Look behind to note where the waves are
- > Increase board speed as swell/wave approaches
- > When on the wave paddle for at least two more strokes
- > Once on the wave slide back on the board
- > Keep feet apart for balance and steering
- > If the wave starts to die off slide forward on the board again

Questioning

Q. Why is it important to slide back on the board?

A. **Stops you from nose diving**



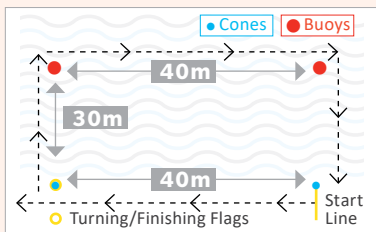


WESTERN AUSTRALIA

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Run-Swim-Run

- Encourage participants to use wading and porpoising skills and correct surf stroke
- Start Nippers at one end of the beach; have them run around a cone and into the water
- They must then swim around two buoys in the water then run back along the beach
- Break participants up into groups if needed so you have a manageable group in the water



Coaching Tips

- > Wade for as long as you can until waist depth
- > At waist depth dolphin until it is deep enough to swim

Questioning

Q. Why is wading and dolphining good in a surf race?

A. It helps you move faster and easier through the water



CULMINATION GAME (15 minutes)

Beach Relay

- Revise the baton changeover/transition technique
- Break participants up into teams of four and spread them out across the start line
- Send half of each team down each end
- Use a shorter sprint track today to focus on changeovers and allow for more races
- Starters commands are 'on your marks', 'set', 'go' or whistle
- Switch team order and repeat

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover (both hands)
- > Changeover occurs, both runners should keep their eyes on the baton
- > Both runners keep slightly to one side of the track on changeover

Questioning

Q. Why should you move over to the side coming into transition?

A. To allow room for your team mate to start running

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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 05

EQUIPMENT

- 6 x volley balls
- 8 x cones
- 2 x poles
- 3 x buoys
- 1 x nipper board per team
- 4 x turning /finishing flags

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Ensure the buoys are set in the water and a sprint track is set up (70m)

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

- Take students for a walk along the beach and ask:
 - 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**

- Q. Can you point out any dangers? Why it is a danger? Point out those they miss
- Q. Can you point out signage that is warning of danger?
 - A. **Red and yellow flags, rip sign, exposed rock sign, no swimming sign etc.**
- Introduce participants to a lifesaver on patrol and ask the lifesaver to discuss some of the days dangers they have identified
- Note that even if you always go to the same beach, there may be different dangers present each day

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

DODGEBALL (10 minutes)

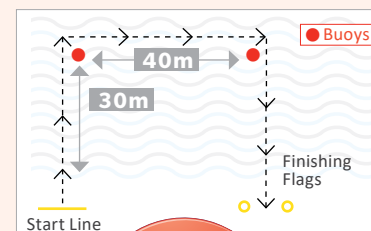
- Draw four lines, 20m apart and divide the players into two teams, players must remain in their team zones
- Dodgeballs start between each team zone
- Players must lie down in flag position, at the end of their zone, facing away from the middle of the game
- On the whistle, players can jump up and collect balls
- They must be back inside their team zone before throwing the dodgeball
- Players are out if they are hit below the waist inside their team zone and can only return to the game if their team mate catches a dodgeball on the full
- The team wins when all opposing players are out

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

ACTIVITY 1 – Surf Race

- Revise some basic start and finish skills
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- 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 into 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 finish line

Questioning

- Q. Why should you check the water before you run in?
 - A. **To look for any potholes, troughs or dangers**



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SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Sprints

- Revise and demonstrate the correct starting position for sprints
- Take participants to start line and line them up in groups of eight
- Repeat sprints 4 to 5 times and the last 2 sprints mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

- > Drive through to the finish line, don't stop on the line
- > Hold form until you reach the finish line
- > Lean forward (not too far) and thrust chest in a lunge over the last 2-3 metres propelling the body forward for finish
- > Keep eyes on the finish line and swing arms off front foot

Questioning

Q. Why should you stay upright and hold your form through the finish?

A. **Dropping your head will cause you to lose your technique and slow down**

CULMINATION GAME (15 minutes)

Board Relay

- Divide participants up into teams of three
- Explain how the race works emphasising tagging technique (on the back) and collection of boards
- Set up course using buoys in the water, cones and flags on the beach (can repeat relay if time permits)

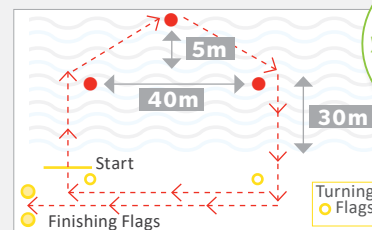
Coaching Tips

- > Each paddler starts on the line and paddles around three buoys, then they will drop the board, run around two flags and tag the next paddler waiting
- > Each person in the team must help by collecting their teammates boards, e.g. last paddler grabs first paddlers board (last paddler will finish at the flags)

Questioning

Q. Why is it important to grab each others boards?

A. **To make sure they don't hit anyone or get in other people's way. Your teammate can also get off the board quicker and start running**



"Make sure you tag each other on the back"

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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 06

EQUIPMENT

- 6-8 x hula hoops
- 6-8 x cones
- 6-8 x poles
- 2 x poles
- 2 x buoys
- 1 x board per person/pair
- 4 x turning/finishing flags

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Ensure the buoys are set in the water and an area for flags is set up (15m)

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, break in shallow water and can push you to the bottom, can be dangerous & cause spinal injuries
 2. **SPILLING WAVE (sloping face)** – The best waves to play in, waves tumble down the front, 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. What should you always do when you get down to the beach? **A. Watch the water, observe the waves, make sure the conditions suit your ability**
- Q. How can tides and wind effect waves? **A. Tides can create dangers, expose sand banks and rocks, with low tide, waves may break on a shallow sandbank**

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

OBSTACLE COURSE (10 minutes)

- Construct, then explain and demonstrate each obstacle
- Have them run through each obstacle one after the other and repeat 2-3 times

HOOPS – Lay 6-8 hula hoops out in a row and have Nippers jump between them

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

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

CRAWL – Set up an area using cones for crawling across

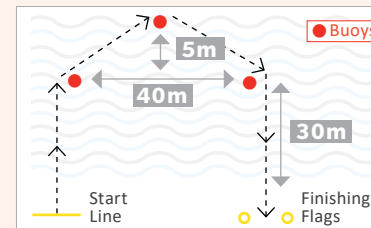
- If you can have a few obstacles in the water or sand bank e.g. two poles in the water for them to wade around

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

ACTIVITY 1 – Board Race

- Revise and demonstrate technique to get through the surf with a board
- Have the participants practice this in pairs giving them 5-10 minutes to practice with their partner (or individually) taking turns to paddle and catch whitewash
- Provide advice and assistance as required
- Once competent, break into groups and have participants paddle out around three buoys and return to shore (then repeat)



Questioning

- Q. When should you roll a wave versus paddling through a wave
- A. You should be able to paddle over a small broken wave, for bigger waves rolling is the better option**

Coaching Tips

Paddling Through a Broken Wave

- > Approach wave head and increase paddling speed
- > Arch your back before the broken wave reaches the nose of board
- > Reach out and take a stroke over the broken wave with one arm
- > Resume normal paddling technique

Rolling a Broken Wave

- > Reach forward and grab front handles while lying on the board, then roll the board over and hold tight
- > After the wave has passed, turn the board back over, get back on and start paddling again



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SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Flags

- Revise jump turn
- Place flags on the finish line (1 less than number of competitors each time)
- Explain and demonstrate the basic starting technique for beach flags
- If possible, run two pits and break participants into groups (e.g. male/female)
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and setting flags
- Starters commands ‘competitors ready’, ‘heads down’, ‘go’ or whistle

Coaching Tips

Turning

- > On ‘go’ keep turning foot on straight line
- > Keep head/shoulders low
- > Push backwards and upwards towards the flag
- > Use vigorous arm and leg action

Questioning

- Q. Why should you stay low on the turn?
- A. **Much quicker than standing upright then turning, stay in a low position when running**

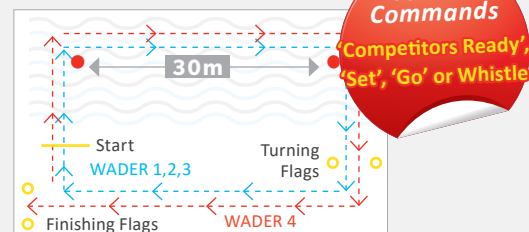
CULMINATION GAME (15 minutes)

Wade Relay

- Revise and demonstrate wading skills and starting technique, before breaking participants into teams of four for the relay
- Participants wade around two poles held in the water by parents (knee to waist deep for Nippers)
- Participants then run around two cones (or flags) and back to start line to tag next team member
- Last person finishes between the finishing flags/cones

Coaching Tips

- > Clear the knee from the water at the side so the thigh is horizontal to the water, then swing the leg around to the front keeping the thigh horizontal
- > When the leg comes around the front throw the foot out and place onto the sand ready to repeat other leg
- > Arms should be bent at 90 degrees at the elbow and swing around horizontal to the water in a circular motion with legs



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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 07

EQUIPMENT

- 1 x rope
- 5 x cones
- 8 x batons
- 20 x beach flags
- 3 x buoys
- 2 x poles

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Ensure buoys are set in the water, a sprint track is set (70m) and an area is set for flags (15m)

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

- Ask the participants what kind of signs they may see at the beach:
No swimming, rocks, beach signage, lifeguard signs
- Walk around and point out a few signs and explain what they mean
- Point out the useful information that is on the sign and see they know what the pictures mean

- Three types of symbols on signs:

Red circle with a line crossed through it

- Shows you what can't be done

Yellow diamond – Warning of a danger

- Blue Square** – Extra information on patrol locations, disabled access etc.

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and run through a series of stretches as a group

TUG-OF-WAR (10 minutes)

- 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 (20 minutes each)

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

ACTIVITY 1 – Surf Race

- Revise with participants some basic surf stroke and finish technique
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

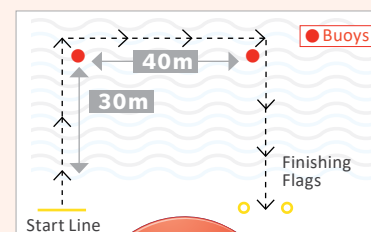
Coaching Tips

Stroke

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

Finish

- > Keep your landmark in focus
- > Swim until your hand touches the sand then dolphin dive/wade until you can run
- > Run across the finish line





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SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Flags

- Revise technique diving for a wave, for them to focus on this lesson
- Place flags on the finish line (1 less than number of competitors each time)
- If possible, run two pits and break participants into groups (e.g. male/female)
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and setting flags
- Starters commands 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips

Diving for a flag

- > Dive low for the flag
- > Keep eyes on flag
- > Have both hands extended
- > Grasp firmly and bring to body

CULMINATION GAME (15 minutes)

Beach Relay

- Break participants up into teams of four and spread them out across the start line
- Send half of each team down each end
- Switch team order and repeat
- Repeat 4 - 5 times and last 1 - 2 times mix it up doing different things e.g. skipping, crawling, sidestepping
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

- > Runner holds the base of baton out in front
- > Receiver forms a V with thumbs and fingers to changeover (both hands)
- > Changeover occurs, both runners should keep their eyes on the baton
- > Both runners keep slightly to one side of the track on changeover

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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 08

EQUIPMENT

- 6 x volleyballs
- 1 x nipper board per person/pair
- 3 x buoys
- 4 x cones
- 4 x turning/finishing flags

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Ensure buoys are set in the water and a sprint track is set up (70m)

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?
Water flowing out to sea forming a strong current which can drag swimmers out
- Ask if they know how to identify a rip?
Deeper, dark water, less waves, sandy/foamy water in a mushroom shape behind the waves

- Ask if they know what they should do if they are in a rip?
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 point these out to the Nippers

WARM-UP DRILL (15 minutes)

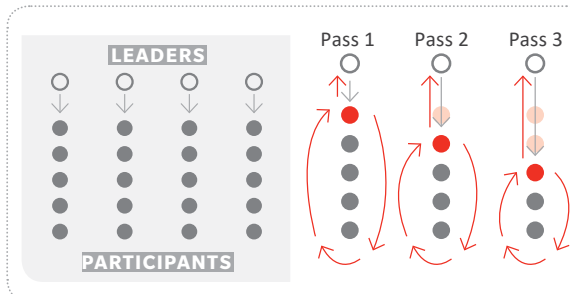
Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

LEADER BALL (10 minutes)

- Divide Nippers into groups of 6-8 and line them up
- On 'go' leader throws ball to first person in line, who places ball on the ground and runs a full lap around their team, in their start position, they pass the ball back to the leader and sit down
- Leader will then throw the ball to the next person in line – run through until all completed

LEADER BALL - WARM-UP



SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

ACTIVITY 1 – Board Race

- Explain and demonstrate the bunny hopping technique
- Have the participants practice this in pairs on the beach
- Give Nippers 5 - 10 minutes to practice with their partner (or individually) taking turns to paddle and catch whitewash
- Provide advice and assistance as required
- Once competent, break the participants up into groups
- Have them paddle out around 3 buoys and return to shore
- Repeat

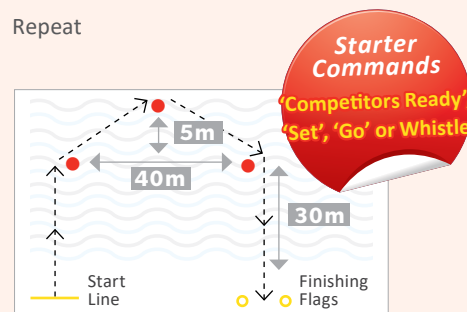
Coaching Tips

Bunny Hopping

- > Hands are positioned on the sides of the board with the thumbs on the deck and fingers on the rails
- > Paddlers legs are staggered with the outside leg forward and moved in a synchronised manner driving off the bottom with a bounding motion
- > After driving with legs, all weight should be on the arms and shoulders to allow both legs to fully clear the water

Questioning

- Q. When is bunny hopping used?
- A. Along a sand bank that is too deep to run at top speed and too shallow to paddle





WESTERN AUSTRALIA

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Sprints

- Revise some race techniques
- Take participants to start line and line them up in groups of eight
- Repeat sprints 4 to 5 times and the last 2 sprints mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

- > Accelerate from a low to high striding position
- > Keep head down the first 10 - 20m before focussing on the finish line
- > Drive arms fast at the start to get legs moving
- > Sprint past the finish line do not stop too early

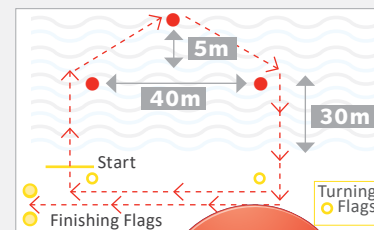
CULMINATION GAME (15 minutes)

Board Relay

- Divide participants up into teams of three
- Explain how the race works emphasising tagging technique (on the back) and collection of boards
- Set up course using buoys in the water, cones and flags on the beach (can repeat relay if time permits)

Coaching Tips – Race

- > Each paddler starts on the line and paddles around three buoys, then they will drop the board, run around two flags and tag the next paddler waiting
- > Each person in the team must help by collecting their teammates boards, e.g. last paddler grabs first paddlers board (last paddler will finish at the flags)
- > Make sure you tag each other on the back



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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 09

EQUIPMENT

- 6-8 x pool noodles
- 6-8 x hula hoops
- 6-8 x cones
- 6-8 x poles
- 2 x poles
- 3 x buoys
- 1 x nipper board per person/pair
- 4 x turning/finishing flags

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Set up a sprint track (70m) and ensure buoys are set up in the water

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)

Dangerous Animals And First Aid

- Ask participants to name some dangerous animals they might find at the beach:
Blue-ringed octopus, snakes, jellyfish, sharks, crabs
- Q. Does anyone know some basic first aid if you get in to trouble with one of these?

BLUE RINGED OCTOPUS – Blue rings not always visible, often pale brown/yellow with rings appearing when threatened, do not touch they are extremely poisonous - do not touch, if you do seek help immediately from an adult or lifeguard or call 000

JELLYFISH – Avoid touching them, they can sting you, will be painful for a bit but not deadly, wash stings off with warm water to stop the pain

CRABS – Not dangerous, but if you pick them up they can grab you with their claws, if you get bitten apply ice

SNAKES – Found in the dunes, on tracks or near rocks, poisonous, do not touch or go near them. Unless you are still near the snake, do not move the patient, apply a pressure bandage and call an ambulance '000'

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and do a series of stretches as a group

OBSTACLE COURSE (10 minutes)

- Construct an obstacle course and repeat 2 - 3 times
- Explain and demonstrate each obstacle before starting
- Line up Nippers behind the first obstacle and have them run through each obstacle one after the other

HOOPS – Lay 6-8 hula hoops out in a row and have participants jump between them (doesn't have to be 2 feet at a time)

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

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

CRAWL – Set up an area using cones which they have to crawl across

- If conditions permit have a few obstacles in the water or sand bank (e.g. two poles in the water for them to wade around)

"Parents to help direct participants through the course"

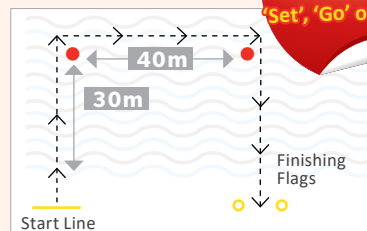
SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

ACTIVITY 1 – Surf Race

- Revise porpoising technique and encourage Nippers to use this skill during surf races
- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

Starter Commands
'Competitors Ready', 'Set', 'Go' or Whistle



Coaching Tips

Dolphin Diving

- > Dive into the water with arms together and outstretched
- > Angle 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 surface with arms outstretched ready to repeat dolphin dive



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WOODSIDE NIPPERS

U9 LESSON 09

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Sprints

- Revise some race techniques
- Take participants to start line and line them up in groups of eight
- Repeat sprints 4 to 5 times and the last 2 sprints mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

- > Accelerate from a low to high striding position
- > Keep head down the first 10 - 20m before focussing on the finish line
- > Drive arms fast at the start to get legs moving
- > Sprint past the finish line do not stop too early

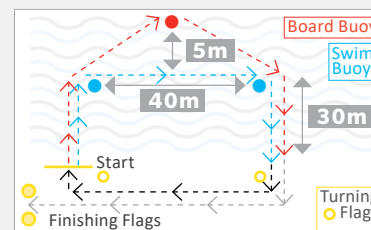
CULMINATION GAME (15 minutes)

Cameron Relay (Swim-Run-Board-Run)

- Break into teams of four (2 runners, 1 swimmer, 1 paddler)
- Race is around buoys in the water and cones/flags on the beach
- Explain how the race works and tagging technique
- Repeat if time permits and have Nippers switch what they did e.g. runners switch to swimming/paddling and vice versa

Coaching Tips – Race

- > Swimmer races from left to right around the two swim buoys and tags the first runner at the water
- > First runner runs up the beach, around two turning flags and tags the paddler at the start/changeover
- > Board paddler proceeds around the three buoys then returns to the beach to tag the second runner at the waters edge, who then runs up the beach around the turning flags and through the finishing flags
- > Make sure you tag each other on the back



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 collect children



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U9 LESSON 10

EQUIPMENT

- 6 x volleyballs
- 3 x buoys
- 2 x poles
- 4 x finishing/turning flags

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help
4. Set up a sprint track (70m) and ensure buoys are set up in the water

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)

F.L.A.G.S Safety Tips

- Discuss the following beach safety tips with participants:
 - (F) Find the red and yellow flag and swim between them (safest place to swim, patrolled by lifesavers)
 - (L) Look out for safety signs (alert you to important information)
 - (A) Ask a lifesaver for some good advice (if you are unsure of dangers or conditions ask a lifesaver)

- (G) Get a parent to swim with you (ensure someone will be there to look out for you)
- (S) Stick your hand up for help (this is the best way to attract attention)

WARM-UP DRILL (15 minutes)

Warm Up Run & Stretches (5 minutes)

- Take participants for a run on the beach (approx. 300m)
- Form a circle and run through stretches as a group

LEADER BALL (10 minutes)

- Divide the participants into groups of 6-8 people and line them up
- On 'go' leader throws ball to first person in line, who places ball on the ground and runs a full lap around their team
- When they get back to their position, they pass ball back to leader and sit down
- Leader will then throw the ball to the next person in line
- Run through until all completed

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

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

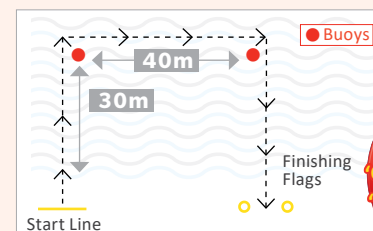
ACTIVITY 1 – Surf Race

- Break the participants up into groups (e.g. male and female)
- On 'go' participants race around the buoys and back into the beach to finish between the flags/cones
- Run the next group after the first one finishes

Coaching Tips

Finish

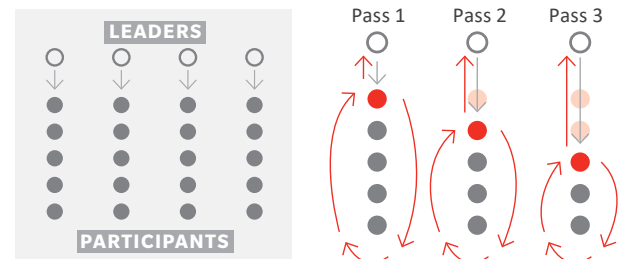
- > Keep your landmark in focus
- > Swim until your hand touches the sand then dolphin dive/wade until you can run
- > Run across the finish line



Starter Commands
 'Competitors Ready',
 'Set', 'Go' or Whistle

LEADER BALL WARM-UP

- Teams of 6-8 people line up with their leaders





WESTERN AUSTRALIA

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

CULMINATION GAME (15 minutes)

LESSON WRAP UP (5 minutes)

ACTIVITY 2 – Beach Flags

- Place flags on the finish line (1 less than number of competitors each time)
- If possible, run two pits and break participants into groups (e.g. male/female)
- Participants will get up, turn around and run to collect a flag
- Those people knocked out can help by calling the start and setting flags
- Starters commands 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips

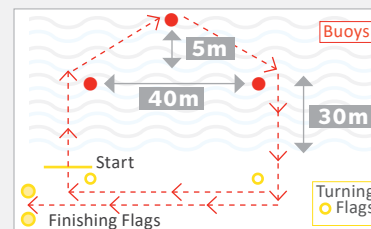
- > Participants lay down in the sand facing away from the arena
- > Feet together on the start line
- > Wrists together and elbows extended
- > On 'competitors ready' maintain starting position (heads up)
- > On 'heads down' place chin on hands
- > On the whistle push up and turn

Board Relay

- Divide participants up into teams of three
- Explain how the race works and emphasise tagging technique and collection of boards
- Set up a course using three buoys in the water and cones/flags on the beach
- Repeat if time permits and switch up the order

Coaching Tips – Race

- > Each paddler starts on the line and paddles out around the three buoys
- > When they reach the shoreline, the paddler will drop the board, run around two flags and tag the next paddler waiting on the start line
- > Each person in the team must help out by collecting their teammates boards, e.g. last paddler grabs first paddlers board
- > Last paddler runs between the finishing flags
- > Make sure you tag each other on the back



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

