



U8

WOODSIDE
NIPPERS

PROGRAM

WOODSIDE
NIPPERS

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WOODSIDE NIPPERS



WESTERN
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GENERAL INFORMATION

U8

www.mybeach.com.au



WOODSIDE NIPPERS

Program

The U8 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 8'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 U8'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 8's are required to complete a 100 metre open water swim in less than 9 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 U8 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 Carnival and Championship information please check mybeach.com.au

U8 OUTCOMES

INDIVIDUAL SAFETY

The U8 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. • Point out where equipment is stored (Nipper Boards) and where to wash equipment down etc.
<p>2. UNDERSTAND : and demonstrate key SunSmart messages 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. UNDERSTAND : the consequences of not being SunSmart</p>	<ul style="list-style-type: none"> • 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) <p>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</p>

<p>4. IDENTIFY : different safety signs on the beach and their meaning</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>
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U8 OUTCOMES

SURF AWARENESS

The U8 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 and understanding of red and yellow flags

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

Q. Where is the safest location to swim whilst at the beach?

A. Between the red and yellow flags

2. 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

3. 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

4. IDENTIFY :

the three different types 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

5. 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

U8 OUTCOMES

LIFESAVING

The U8 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 start and finish techniques
6. Demonstrate body surfing techniques
7. Demonstrate ability to negotiate the surf
8. Demonstrate a standing beach sprint start
9. Demonstrate running technique
10. Demonstrate positioning and paddling technique
11. Demonstrate board start and finish
12. Demonstrate wave catching technique
13. Demonstrate skills paddling through a broken wave
14. Demonstrate beach flag starts
15. Demonstrate jump turn technique
16. Demonstrate technique diving for a flag
17. Participate in team event and activities
18. Demonstrate changeover technique in beach relay
19. Demonstrate tagging technique in Board and Cameron Relay



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U8 OUTCOMES



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U8 OUTCOMES



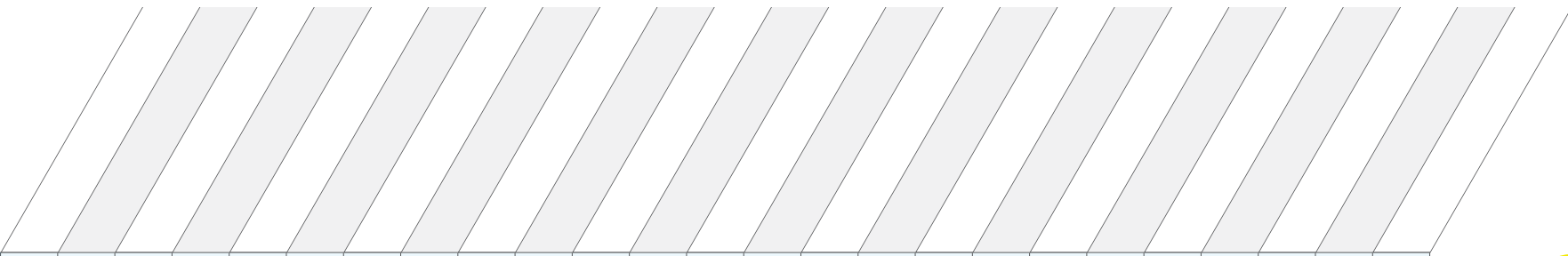
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U8 OUTCOMES



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U8 OUTCOMES



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U8 LESSON 01

EQUIPMENT

- 2 x poles
- 8 x batons
- 2 x buoys
- 4 x cones/flags
- 2 x 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 deliver the lesson
4. Set up a sprint track (40m) and buoys for the 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 (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

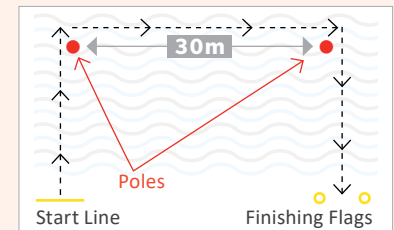
- Revise and demonstrate wading skills
- Have participants practice technique on sand
- Break participants into smaller groups
- Use parents to hold two poles in the water for participants to wade around (knee to waist depth for Nippers)
- Participants are to wade out around two poles in the water, finishing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

U8 LESSON 01

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Relay

- Explain and demonstrate the baton holding technique and changeover
- Use a shorter sprint track (40m) to allow more races and to focus on changeover technique
- Break participants up into teams of four and spread them out across the start line
- Line participants up 5m behind the start line to ensure changeover of baton occurs behind 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 (both hands)
- > Changeover occurs, both runners should keep their eyes on the baton
- > Incoming runner to keep slightly to one side of the 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 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

CULMINATION GAME (10 minutes)

Water Flags

- Participants 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
- Starters commands 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips

- > Line up along the beach, facing away from water, in flags position with feet together on start line
- > Wrists together and elbows extended
- > Place chin on hands and on whistle, push up/turn

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

U8 LESSON 02

EQUIPMENT

- 1 x volleyball
- 4 x cones
- 1 x nipper board per person/pair
- 20 x beach flags
- 3 x buoys
- 2 x flags

Go right > Right arm raised horizontally
Remain stationary > Both arms raised horizontally
Assistance Required > One arm waved above the head, closed fist

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

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

NEWCOMB BALL (10 minutes)

- Two teams face off
- Mark out a 20 x 20m square with each team spread out over half the square
- Teams throw the volleyball to the opposite team, who have to attempt to catch it
- If volleyball is not caught whoever was attempting to catch it or is closest to where it lands, moves to the other team
- Play continues until instructor says or there is no one left on the other team

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 – 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 up flags
- Starters commands ‘competitors ready’, ‘heads down’, ‘go’ or whistle

Coaching Tips

- > Nippers 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

PREPARATION

1. Assess the beach conditions and change program as needed
2. Utilise water safety ratio of 1 : 5 NSP
3. Refresh your knowledge of signals
4. If you aren’t confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
5. Ensure buoys are set for board and run-swim-run and arena 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)

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



WESTERN AUSTRALIA

WOODSIDE NIPPERS

U8 LESSON 02

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Run-Swim-Run

- Revise wading and dolphining technique
- 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 then run back along the beach
- Break participants up into groups if needed so you have a more manageable group in the water

Questioning

- Q. Why wade and dolphin dive?
- A. **Helps you move faster through the water, more efficient than walking and dolphin diving is faster than swimming if its shallow**
- Q. When to wade?
- A. **Ankle to knee depth**
- Q. When to dolphin?
- A. **Knee to waist depth**

Coaching Tips

Wading

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

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

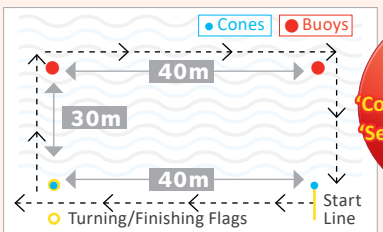
CULMINATION GAME (15 minutes)

Follow My Signal

- On your signals participants are to head further out to sea, return to shore or remain stationary as quick as they can
- They should use their wading and dolphin diving skills they have learnt
- Also have them practice diving under waves (on the way out) and body surfing waves (on the way in)

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



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



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WOODSIDE NIPPERS

U8 LESSON 03

EQUIPMENT

- 1 x rope
- 4 x cones
- 3 x buoys
- 2 x poles
- 4 x flags
- 1 x nipper board per person /pair

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 deliver the lesson
4. Set up a sprint track (70m) and buoys for the 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)

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)

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

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)

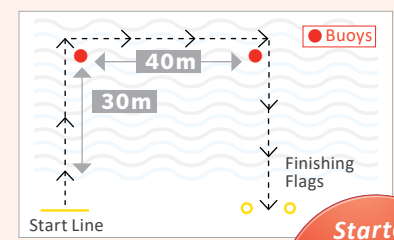
- Break participants up in to 2-4 teams
- Use markers to make the centre point and a point an even distance off each side as a mark for the team to reach
- Run a few rounds of tug-of-war alternating different teams against each other

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 some basic start and finish techniques
- 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
- Run the next group after the first one finishes



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

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



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WOODSIDE NIPPERS

U8 LESSON 03

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Sprints

- Take participants to start line and line them up in groups of eight
- Repeat and mix it up doing different things e.g. skipping, crawling, sidestepping etc.
- Run through 4-5 beach sprints
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

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

Questioning

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

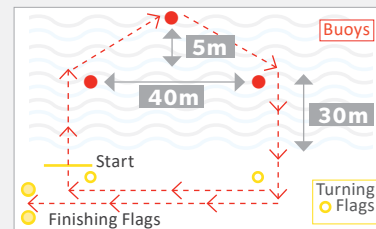
CULMINATION GAME (15 minutes)

Board Relay

- Divide Nippers up into teams of three and explain how the race works
- 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

- > Each paddler starts on the line and paddles out around three buoys
- > When they reach the shoreline, the paddler will drop the board, run around two flags and then tag the next paddler (make sure you tag each other on the back so it's easy to see, not hands)
- > Each person in the team must help out by collecting their team mates boards, e.g. last paddler grabs first paddlers board
- > Last paddler runs between the finishing flags



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

U8 LESSON 04

EQUIPMENT

- 6 - 8 x volleyballs
- 3 x buoys
- 8 x batons
- 1 x nipper board per person/pair

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 deliver the lesson
4. Set up a sprint track (70m) and 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.**

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'**

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

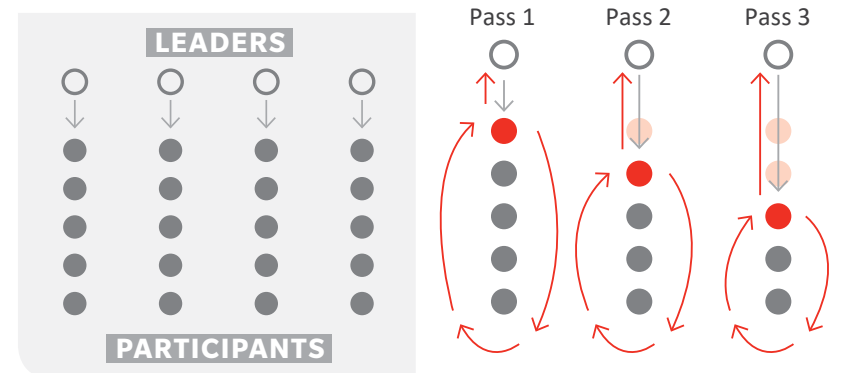
ACTIVITY 1 - Beach Relay

- Revise 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
- Line participants up 5m behind the start line to ensure changeover of baton occurs behind the start line
- 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 to keep slightly to one side of the track on changeover

LEADER BALL - WARM-UP





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WOODSIDE NIPPERS

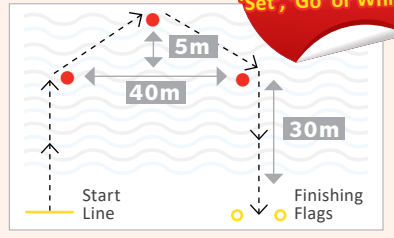
U8 LESSON 04

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Board Race

- Break participants into pairs
- Discuss and demonstrate rolling the board and paddling through waves
- Give students 5 mins to practice with their partner (or individually) taking turns to paddle and catch whitewash in the shallows and get used to the board
- Provide advice and assistance
- If no waves, have participants paddle along parallel to shore and at your call of 'roll' have them roll over and then get back on the board
- Once competent, break Nippers up into groups
- Have them paddle out around three buoys and return to shore
- Repeat

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



Coaching Tips

Paddling through a Broken Wave

- > Approach wave head on at 90 degrees
- > Increase paddling speed
- > Arch 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

Rolling a Broken Wave

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

Questioning

Q. When should you roll?
A. Good when the waves are bigger, less likely to get pushed back far or lose the board

CULMINATION GAME (15 minutes)

Body Surfing 'King of the Wave'

- Have participants wait out in the water just inside the break
- On your call, all participants are to try and catch the wave in to shore and hold it as far as they can
- Start with broken waves (whitewash) and if waves are suitable let participants have a practice catching small unbroken waves if competent

Coaching Tips

- > Push off the sandbank with the whitewash
- > Keep body stiff with hands out in front, head down
- > Strong fast high kick

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

U8 LESSON 05

EQUIPMENT

- 30 x tennis balls
- 4 x hula hoops
- 1 x nipper board per person/pair
- 4 x flags
- 20 x beach flags
- 2 x poles
- 3 x buoys

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 deliver the lesson
4. Ensure buoys are set in the water and an arena is set up 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)

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 ask:
 - Q. Can you point out any dangers? Why is it a danger?
 - A. **Point out those they miss**
 - Q. Can you point out any signage that warns us of danger?
 - A. **(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 day's 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 (300m), then form a circle and run through stretches as a group

HOW MANY BALLS? (10 minutes)

- Set up a 20 x 20m square with a hoop in each corner and place 30 balls in the centre
- Form four teams and allocate each a corner and hoop (Note: if you have a large group you may wish to split the group into two smaller groups)
- Teams have to collect as many balls as possible in an allocated time and put them in their hoop (e.g. 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'

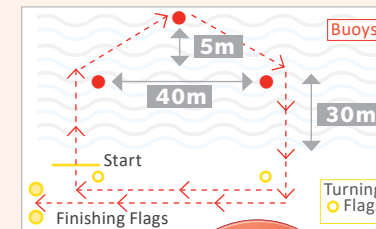
- Once all teams are at their cone, instructor will call 'GO' and all participants will be able to steal balls from other teams, again with a time allocation

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 Relay

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



Coaching Tips Race

- > Each paddler starts on the line and paddles out around three buoys
- > At the shoreline, paddler will drop the board, run around two flags and tag the next paddler
- > Each person in the team must help out by collecting their team mates 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 so it's easy to see



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WOODSIDE NIPPERS

U8 LESSON 05

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 running 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 placing flags
- Starters commands are 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips

- > Run in a straight line on toes rather than flat footed
- > Maintain high knee lift
- > Bend elbows at 90 degrees
- > Hold hands lightly clenched or open
- > Swing hands to eye level on forward swing
- > Lean body slightly forward and relax arms, body, shoulders and head
- > Keep body low

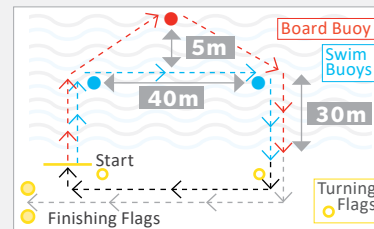
CULMINATION GAME (15 minutes)

Cameron Relay (swim-run-board-run)

- Break Nippers into teams of four (2 runners, 1 swimmer, 1 paddler), race is around the 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 positions e.g. runners switch to swimming/paddling and vice versa

Coaching Tips – Race

- > Swimmer races from left to right around two swim buoys and tags the first runner on the waters edge
- > First runner runs up the beach, around two turning flags and tags paddler at the start/changeover line
- > Board paddler proceeds around the three buoys then returning to the beach tagging the second runner at the waters edge
- > Last runner proceeds up the beach around the turning flag and through the finish 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



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WOODSIDE NIPPERS

U8 LESSON 06

EQUIPMENT

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

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 deliver the lesson
4. Set up a sprint track (70m) and 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)

Waves

- Q. What are the three different types of waves?
1. **PLUNGING WAVE (curling face)** – Very strong waves, break in shallow water and push you to the bottom, they 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. What should you do when you get down to the beach?
- A. Watch the water, observe the waves, make sure the conditions suit your ability**

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

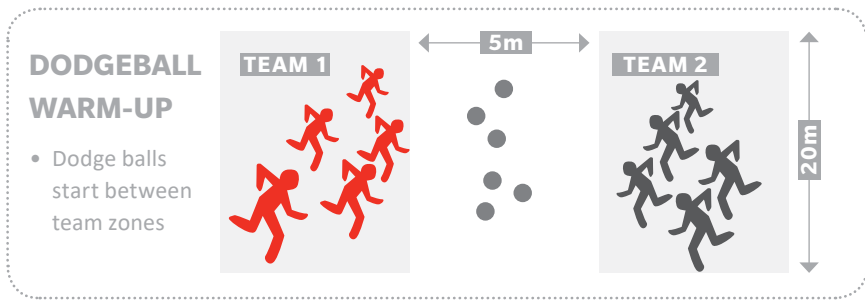
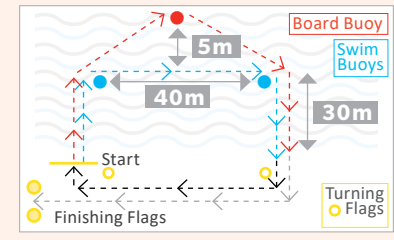
SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 1 – Cameron Relay

- Make teams of four (2 runners, 1 swimmer, 1 paddler, swim-run-board-run)
- Race is around the buoys in the water and cones/flags on the beach
- Revise how the race works and the proper tagging technique
- Repeat if time permits and have participants switch their role e.g. runners switch to swim/paddle and vice versa

Coaching Tips Race

- > Swimmer races from left to right around the two swim buoys and tags the first runner on the waters edge
- > First runner runs up the beach, around two turning flags and tags the paddler at the start/changeover line
- > Board paddler goes around the three buoys then back to the beach to tag the 2nd runner at the waters edge
- > Last runner proceeds up the beach, around the turning flags and through to the finish flags
- > Make sure you tag each other on the back



DODGEBALL WARM-UP

- Dodge balls start between team zones



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WOODSIDE NIPPERS

U8 LESSON 06

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Beach Sprints

- Revise a standing start
- 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
- Starters commands are 'on your marks', 'set', 'go' or whistle

Coaching Tips

Standing Start

- > Toes on line
- > 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
- > On 'go' drive forward off front foot

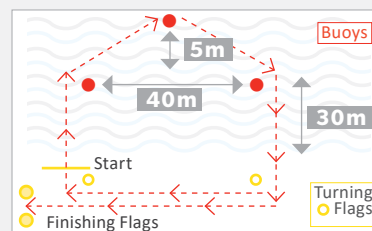
CULMINATION GAME (15 minutes)

Board Relay

- Divide participants up into teams of three
- Explain how the race works and emphasise tagging technique and collection of boards
- Repeat if time permits and switch up the order

Coaching Tips – Race and Tagging

- > Each paddler starts on the line and paddles out around three buoys
- > At the shoreline, paddler will drop the board, run around two flags/cones and tag the next paddler
- > 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 so it's easy to see, not hands



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

U8 LESSON 07

EQUIPMENT

- 1 x rope
- 4 x cones
- 20 x beach flags
- 1 x nipper board per person/pair
- 3 x buoys
- 2 x 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 deliver the lesson
4. Ensure buoys are set in the water and a flags arena 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)

Revision

- Identifying lifesavers
- Signals
- SunSmart
- Emergency procedures
- Beach dangers

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 – Beach Flags

- Place flags on the finish line (1 less than number of competitors each time)
- Explain and demonstrate technique diving for a flag
- If possible, run two pits and break nippers 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 placing flags
- Starters commands are 'competitors ready', 'heads down', 'go' or whistle

Coaching Tips *Diving for flag*

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

Questioning

- Q. Why should you dive with both arms?
- A. To make sure you don't miss the flag and to protect your shoulders**
- Q. Why should you lean to one side when you dive?
- A. To make sure you don't wind yourself**



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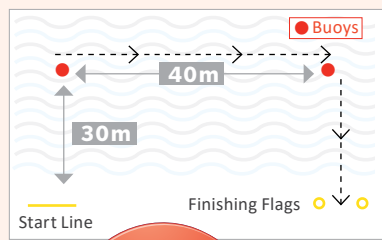
WOODSIDE NIPPERS

U8 LESSON 07

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Surf Race

- Revise surf skills
- Have a swim course set up
- Break into groups (males/females)
- On 'go' Nippers race out around the buoys and back into the beach to finish between the finishing flags
- Run the next group after the first one finishes



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

Coaching Tips

Negotiating the Surf

- > Dive deep under large waves (hands above head)
- > If you can reach the bottom grab hold with hands

Body Surfing

- > Push off the sandbank with the whitewash
- > Keep body stiff with hands out in front
- > Strong fast high kick

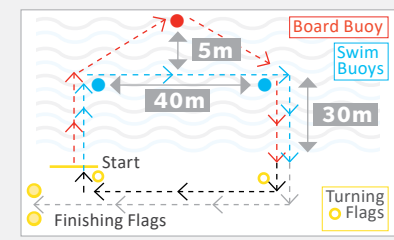
CULMINATION GAME (15 minutes)

Cameron Relay (board-run-swim-run)

- Break into teams of four (2 runners, 1 swimmer, 1 paddler), race is around the 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 positions e.g. runners switch to swimming/paddling and vice versa

Coaching Tips – Race

- > Board paddler proceeds around the three buoys then returns to the beach tagging the first runner at the waters edge, who runs up the beach, around two turning flags and tags the swimmer at the start
- > Swimmer races from left to right around the two swim buoys and tags the second runner on the waters edge
- > Last runner proceeds up the beach around the turning flags and through the finish 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



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WOODSIDE NIPPERS

U8 LESSON 08

EQUIPMENT

- 6-8 x volleyballs
- 1 x nipper board per person/pair
- 4 x cones
- 8 x batons
- 3 x buoys

PREPARATION

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

Safety Signage

- Ask the participants what kind of signs they may see at the beach: **No swimming, rocks, beach signage, lifeguard signs etc.**

- 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 if 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 stretches as a group

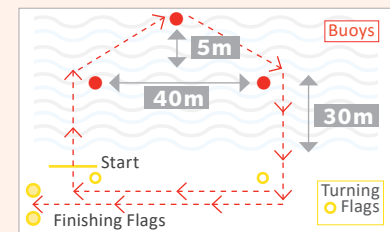
LEADER BALL (10 minutes)

- Divide the participants into groups of 6-8 people
- Have participants line up
- On 'go' leader throws ball to first person in line, that person places the 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)

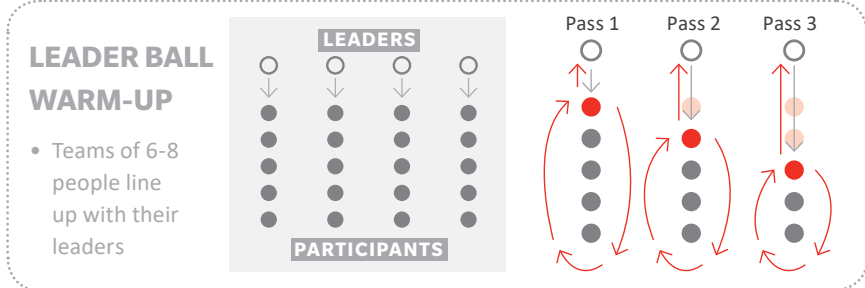
ACTIVITY 1 – Board Relay

- 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 of paddlers



Coaching Tips

- Race*
- > Each paddler starts on the line and paddles out around three buoys
 - > When they reach the shoreline, they will drop the board, run around two flags and tag the next paddler
 - > 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
- Tagging*
- > Tag each other on the back so it's easy to see





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WOODSIDE NIPPERS

U8 LESSON 08

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 1 – Beach Relay

- Revise 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
- Line participants up 5m behind the start line to ensure changeover of baton occurs behind the start line
- 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 to keep slightly to one side of the track on changeover

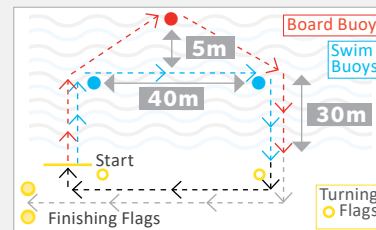
CULMINATION GAME (15 minutes)

Cameron Relay (swim-run-board-run)

- Break participants in to teams of four (2 runners, 1 swimmer, 1 paddler), race is around the buoys in the water and cones/flags on the beach
- Explain how the race works and tagging technique
- Repeat if time permits and have participants switch positions 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 on the waters edge
- > First runner runs up the beach, around two turning flags and tags the paddler at the start/changeover line
- > Board paddler proceeds around the three buoys then returning to the beach tagging the second runner at the waters edge who runs up the beach around the turning flag and through the finish 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

U8 LESSON 09

EQUIPMENT

- 4 x cones
- 1 x volleyball
- 2 x poles
- 3 x buoys
- 4 x turning flags / finishing flags
- 1 x nipper board per person/pair

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 deliver the lesson
4. Set up a sprint track (70m) and ensure buoys are set 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)

Rips

- Sit participants down and ask the following questions:
 - 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**

- Q. What should you do if you are caught 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 any lessons, points these out to participants

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

NEWCOMB BALL (10 minutes)

- Two teams face off
- Mark out a 20 x 20m square with each team spread out over half the square
- Teams throw the volleyball to the opposite team who have to attempt to catch it
- If volleyball is not caught whoever was attempting to catch it or is closest to where it lands, moves to the other team
- Play continues until instructor says or there is no one left on the other team

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

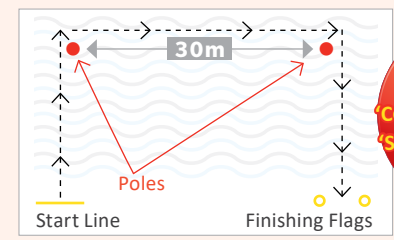
NOTE: If you have large numbers you can break the group up and do these activities on rotation or simply run one after the other as a whole group

ACTIVITY 1 – Wade Race

- Revise wading skills and start
- Break nippers into smaller groups
- Participants to race around two poles held by parents in the water (knee to waist depth for nippers) and finish on the beach between the flags / cones

Coaching Tips

- > Swing arms wide for balance & lift knees high
- > Swing legs out and away from body
- > Check your entry point for any troughs, potholes and sandbanks





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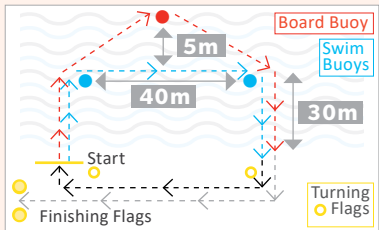
WOODSIDE NIPPERS

U8 LESSON 09

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

ACTIVITY 2 – Cameron Relay

- Order is swim-run-board-run
- Break participants 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 participants switch what they did e.g. runners switch to swimming/paddling and vice versa



Coaching Tips

Race

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

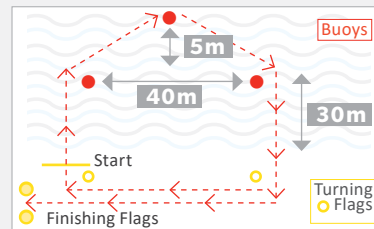
CULMINATION GAME (15 minutes)

Board Relay

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

Coaching Tips – Race and Tagging

- > Each paddler starts on the line and paddles out around three buoys
- > When they reach the shoreline, the paddler will drop the board, run around two flags and tag the next paddler
- > 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 so it's easy to see



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

U8 LESSON 10

EQUIPMENT

- 5 x volleyballs
- 8 x cones
- 1 x nipper board per person/pair
- 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 NPS
3. Have all equipment ready
4. If you aren't confident coaching the technique aspects of this lesson bring in a coach or athlete to help deliver the lesson
5. Set up a sprint track (70m) and ensure buoys are set 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 the 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 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 – In dunes, on tracks or near rocks, poisonous, don't go near them. Unless you are still near the snake, do not move patient, apply pressure bandage – 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

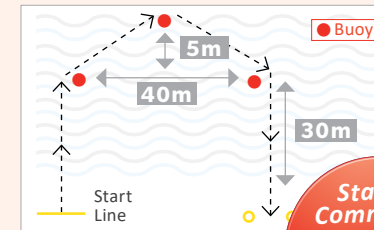
DODGEBALL (10 minutes)

- Draw four lines, 20m apart and divide the players into two teams, players must remain in their team zones
- 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)

ACTIVITY 1 – Board Race

- Revise technique to get out through surf
- Break participants into pairs
- Race around three buoys and return to shore finishing between flags on the beach
- Repeat



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

Coaching Tips

Padding a Broken Wave

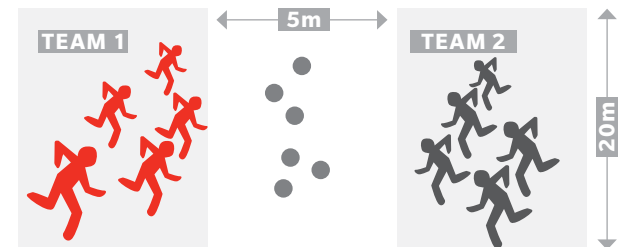
- > Approach wave head on at 90 degrees and increase paddling speed
- > Arch back before the wave reaches the nose of board
- > Reach out and take a stroke over the wave with one arm
- > Resume normal paddling

Rolling a Broken Wave

- > Reach forward and grab front handles while lying down
- > Roll board over – hold tight
- > After the wave has passed, turn the board back over, get back on and paddle

DODGEBALL WARM-UP

- Dodge balls start between team zones





WESTERN AUSTRALIA

WOODSIDE NIPPERS

U8 LESSON 10

SKILL DEVELOPMENT ACTIVITIES (20 minutes each)

CULMINATION GAME (15 minutes)

LESSON WRAP UP (5 minutes)

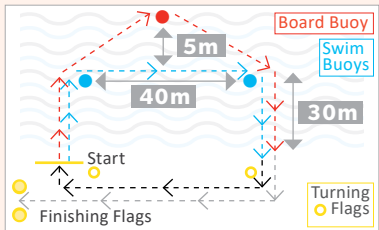
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Beach Relay

- 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
- Switch team order and repeat
- Mix up the activity by having the participants run the races doing different things e.g. skipping, crawling, sidestepping etc.
- Starters commands are 'on your marks', 'set', 'go' or whistle

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

