

# Get off the ground

Surf Aware 1 LESSON #12



## LEARNING OUTCOMES

Attempt or perform beach flags starts



## PREPARATION

Marker Cones.

Flags: Hose/Flag/Pipe/Plastic Tube etc



## IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson.



## Coaching Points

### FLAG STARTS

On 'go' keep turning foot on start line

Keep head and shoulders low throughout turn

Push backwards and upwards towards the flag

Use vigorous arm and leg action



## Demonstrate

Organise the participants into a semi circle where they can see your demonstration

Demonstrate the correct technique for flag starts.



## Activity 1

Set up a start and finish line using marker cones and lines in the sand (no more than 10m apart)

Line the participants up on the start line facing away from the flags line (if you have a large group then create smaller lines behind each other)

Have a helper place a flag on the finish line for every participant lined up on the start line. The helper will need to stay there and help for the whole lesson.

Have them lay down with their feet on the start line.

Once they are lying on the ground face down, both hands need to be placed palm down, on top of each other, under their chin.

On your command of 'Heads down' the participant must place their chin down on their hands and push their heels together with straight legs.

On your command 'Go' participants get up and turn around as fast as they can and run towards the flags.

Repeat 10 times

## Activity Extension

Add variety to this activity by incorporating some or all of the following:

Set up the flags so that there is one less flag for the number of starters and create a competition. Ensure you keep those participants entertained that have been eliminated, e.g. get them to cheer for those left competing, help with placing flags or giving starting commands.

Make the start line parallel to the ocean and get the participants to run into the water and fetch a ball each that has been thrown in.

Use a flag start to get the group to move from one area of the beach to another.



## AGE MANAGER TIPS

Mix up the starting commands so that participants aren't always anticipating the start. Try 'Take your marks. Get set. Show!' and mix in 'Blow' 'No' 'Toe' etc.

# Diving for the precious

Surf Aware 2 LESSON #12



## LEARNING OUTCOMES

Attempt or perform diving for a beach flag



## PREPARATION

Flags: Hose/Flag/Pipe/Plastic Tube etc  
Marker Cones

Tennis balls  
Water bottles



## IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson.



## Coaching Points

### DIVING FINISHES

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



## Demonstrate

To start this lesson demonstrate the correct beach flags dive technique.



## Discuss

Discuss important safety tips:  
Always check the sand in a beach flags course for sharp objects  
Have water close by in case you get sand in your eye



## Activity 1

Line up the participants on the sand and give each of them a flag  
Ask them to walk 2m ahead and put the flag into the ground then return to their starting position  
On your command the participants can take a step and dive for the flag  
Repeat this exercise until they are confident in diving for the flag



## Activity 2

Set up a start and finish line using marker cones and lines in the sand  
Line the participants up on the start line facing away from the flags line (if you have a large group then create smaller lines behind each other)  
Have a helper place a flag on the finish line for every participant lined up on the start line. The helper will need to stay there and help for the whole lesson.  
Have participants get in the correct starting position.  
On your commands 'Heads Down' and then 'Go' participants get up and turn around as fast as they can and run towards the flags and practice diving for the baton.  
Repeat this until the participants get the hang of it.

## Activity Extension

Set up the flags so that there is one less flag for the number of starters and create a competition. Ensure you keep those participants entertained that have been eliminated, e.g. get them to cheer for those left competing, help with placing flags or giving starting commands.  
Make the start line parallel to the ocean and get the participants to run into the water and dive for a tennis ball each that has been thrown in.



## AGE MANAGER TIPS

Make sure the sand on the finish line is thoroughly checked for dangerous sticks etc  
Ensure participants have water bottles in case they get sand in their eyes



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: Beach flags starting technique (Surf Aware 1, Lesson 12)

Further References: SLSA Junior Coaching Manual

# hustle and bustle

Surf Smart 1 LESSON #16



## LEARNING OUTCOMES

Identify different beach flags race strategies



## PREPARATION

Flags for game: Either (1) 4 different coloured flags, or (2) 4 different safe objects  
Marker Cones



## IMPORTANT

If you are not confident coaching the skills in this lesson bring in a surf sports athlete or coach to help deliver the lesson.



## Coaching Points

### BEACH FLAGS BROKEN DOWN

#### Start

Speed in turn  
Keep low throughout turn  
Strong leg and arm action

#### Middle

Quick decisions need to be made on which flag you will go for  
Quickly move in front of a competitor if possible  
Keep a low body position in relation to your opponent

#### End

Keep eyes on flag  
Dive with hands stretched right out  
Grasp firmly and bring to body



## Discuss

This lesson is designed to get participants thinking about who they compete in beach flags and why they do it. Discuss with the participants the simplicity of a beach flags race when it's broken down.

Question the participants on their beach flags strategy:

- Which flag do you usually go for?
- Why do you go for that flag?
- Which is the best flag to go for?



## Activity 1

Set up a start and finish line using marker cones and lines in the sand  
Explain the instructions for the game of 'Strategy Flags' to them.



## Info Box

### GAME INSTRUCTIONS: STRATEGY FLAGS

There will be eight participants in each group and eight flags every start  
The flags will be in 4 different groups of 2 (by either colour or shape or object)  
Each of the different flags has a different points value (i.e. 2 x white flags = 20 points, 2 x black = 15 points, 2 x blue = 10 points, 2 x green = 5 points)  
The aim of the game is to be the first to reach 100 points exactly  
You will need to think about what colour you want and then when you turn you will need to spot it and go for it quickly  
First to reach 100 points exactly wins.  
If you go over 100 points then the next round the value of your flag will be subtracted from your score (i.e. if you are on 105 you need to get a flag valued at 5 to win)  
If you go below 100 then the next round your points will go up again and so forth.  
Sort participants into groups of eight and have the first group line down on the start line  
Have the rounds start on your commands 'Heads Down' and then 'Go'  
Ensure the flags are moved into random positions every round.



## AGE MANAGER TIPS

Use paint to colour code the flags or use other equipment such as tennis balls, soft plastic ducks etc



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Beach flags starting technique (Surf Aware 1, Lesson 12), Beach flags diving technique (Surf Aware 2, Lesson 12)**

Further References: SLSA Junior Coaching Manual

# Beach Flags

Surf Smart 2 LESSON #15



## LEARNING OUTCOMES

Demonstrate beach flags skills in a beach flags event



## PREPARATION

Start/finish line marker poles

Beach flags

Starting whistle



## Discuss

Discuss the parts of a Rescue Tube and when it is used.



## IMPORTANT

This lesson is designed to give participants – some of whom may have never participated in an event before – an opportunity to experience beach flags in a supporting environment. The focus should be on participants putting all their skills together to complete the event – not on winning.

## Beach Flags

Have a beach relay race course set up as per the layout specifications, see Junior Events section in the back of this Age Guide.



## Discuss

Using the Junior Competition Events section in the back of this Age Guide, discuss with the participants the starting procedure, method, rules and judging of beach flags.



## Activity 1

Organise the participants into manageable heats

Conduct beach flags race heats as per the event specifications

Repeat event 3 or 4 times



## Activity 2

Finish beach flags with a fun 'Water Flags'

- Draw a start line in the sand parallel to the water line about 20m up the beach
- Line the participants up along the start line, in the flags position, facing up the beach
- Throw tennis balls into the water (make sure there is one less ball than there is athletes)
- Conduct the beach flags competition as per normal competition, except the athletes have to run into the water and obtain a ball rather than run across the sand and obtain a flag



## AGE MANAGER TIPS

Create an exciting event by getting the participants not competing to cheer for the other participants



## ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Beach flags starting technique (Surf Aware 1, Lesson 12), Beach flags diving technique (Surf Aware 2, lesson 12), Beach flags strategy (Surf Smart 1, Lesson 15).**