



LEARNING OUTCOMES

Attempt or perform a standing beach sprint start



PREPARATION

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

STANDING BEACH SPRINT START

Place one foot on the line and the other foot behind them.
Dig the toes of the front foot into the sand for a better grip.
Place the opposite arm forward to the leg that is in the front position.
Knees slightly bent
On 'go' drive forward off front foot



Demonstrate

Demonstrate the correct standing start technique.



Activity 1

Set up an area for the lesson to be conducted.
Set up a start line using marker cones
Line the participants up behind the start line (if you have a large group then create smaller lines behind each other)
On the command 'take your marks' participants take their position on the line
Place one foot on the line and the other foot behind them.
Dig the toes of the front foot into the sand for a better grip.
Place the opposite arm forward to the leg that is in the front position.
On the command 'get set' participants lean forward with arms ready and look towards the finish line.
On the command 'Go' participants push off from their back foot and start to swing their arms hard and fast to help accelerate.
Repeat the starts 10 times
Have participants try using a different foot forward to feel the difference and choose which leg forward is faster for them.



Activity 2

Incorporate skills into games and relays to practice.



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.

Have races and relays in different styles, e.g. Skipping, Jumping, Crawling.



LEARNING OUTCOMES

Attempt or perform basic running technique on sand



PREPARATION

Markers 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

RUNNING TECHNIQUE

Point feet straight ahead and place them in a straight line

Maintain high knee lift

Bend elbows at 90 degrees

Hold hands slightly clenched

Swing hands to eye level on forward swing

Lean body slightly forward and relax arms, body, shoulders and head

Hold head steady in normal position looking 20–40m down the track



Demonstrate

Find an area that has a hard surface (i.e. grass outside the surf club)

Demonstrate the correct running technique (as per coaching points)



Activity 1

Line participants up on the grass/hard surface

Position yourself 20m in front of the them

Ask participants to walk towards you lifting legs high and swinging arms high

Point out any incorrect technique and have them repeat going back the other way

Repeat the exercise but this time a bit faster.

Repeat again but this time running fast with a focus on leaning slightly forward and looking forward in a relaxed fashion (you may need to be 30m back this time)



Activity 2

Move to the beach and do the same skills on the sand



Activity 3

Skills can be practiced by playing games and setting up relays. Games and relays can be done walking and then done running.



AGE MANAGER TIPS

Mix up the running technique with skipping, jumping, crawling etc or with funny games like 'run like an animal' where participants make up animals and have to run/walk like them.



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: Standing beach sprint starts (Surf Aware 1, Lesson 11)

Your turn

Surf Safe 1 LESSON #13



LEARNING OUTCOMES

Attempt or perform a beach relay baton change



PREPARATION

Batons: Flag/Hose/Pipe etc
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 RELAY BATON CHANGE

Incoming runner holds baton up early
Outgoing runner forms a 'V' with hands and looks through 'V' at the baton
Focus only the baton, not on other teams or runners
Take baton as close to the changeover line as possible



Demonstrate

Use a participant to help you with this demonstration
Tell them you will talk them through the demonstration as it happens
Demonstrate the baton change with the participant while you talk the participants through the technique



Activity 1

Set up a beach sprint area approximately 30-40m long with cones on the start and finish line to mark the lanes for teams to stand behind.
Divide the participants into an even number of teams so there is a minimum of 4 participants per team and allocate them to cones on the start and finish line.
Ask the teams on the start line to pick a starter to remain on the start line while the others stand back 5m.
Conduct a relay having all participants in the team run through once.
Discuss any issues that you may have seen in the first exercise
Repeat the relay 4 or 5 times
Mix up the relays by making them skip, hop or jump etc
Handicap teams that keep winning by making the distance of their track longer.



AGE MANAGER TIPS

Keep mixing up the teams so that each participant gets a sense of winning



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Standing beach sprint starts (Surf Aware 1, Lesson 11), Basic beach sprint running technique (Surf Aware 2, Lesson 11)**

Further References: SLSA Junior Coaching Manual

Up and at em'

Surf Safe 2 LESSON #13



LEARNING OUTCOMES

Attempt or perform a crouching beach sprint start
Attempt or perform a beach sprint finish



PREPARATION

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

CROUCHING STARTS

Take the 'on your mark' position
Hand positions slightly more than shoulder width apart
Front foot approx 30cm back from start line
On 'set' lift hips, rotate shoulder forward and ensure weight is on the hands
Eyes looking 20-30cm down track for 'ready' position
On 'Go' push off front foot
Keep low with head down for up to 10m
Come to upright sprinting position



Demonstrate

Demonstrate the crouching beach sprint start technique while discussing each of the steps.



Activity 1

Start by setting up a beach sprint start line by drawing a line in the sand and marking it with cones.
In manageable groups have participants line up on the start line
Use 'Takes your marks' – 'Get set' – 'Go!' to have participants practice their skills.
Repeat for up to 10 times until the skills become second nature



Coaching Points

FINISHES

Keep head back looking past the finish line
Lean forward from hip so chest crosses the line first
Do not dive across line



Demonstrate

Demonstrate the beach sprint finish technique while discussing each of the steps.



Activity 2

In manageable groups have participants line up 20m from the finish line (which was the start line for the first activity)
Have participants practice their skills by finishing over the line
Repeat for up to 10 times until the skills become second nature



Activity 3

Set up another line 40m away from the practice line already in place.
Split the participants up into groups of 8 for some beach sprint races
Line them up on the start line one group at a time
Start each group using 'Takes your marks' – 'Get set' – 'Go!'
Repeat 3 or 4 times.



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Standing beach sprint starts (Surf Aware 1, Lesson 11), Basic beach sprint running technique (Surf Aware 2, Lesson 12)**

Further References: SLSA Junior Coaching Manual

Hard and fast

Surf Smart 1 LESSON #15



LEARNING OUTCOMES

Develop a beach sprint arm and leg drive technique



PREPARATION

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 SPRINT ARM AND LEG DRIVE

Point feet straight ahead and place them in a straight line

Maintain high knee lift

Bend elbows at 90 degrees

Hold hands slightly clenched

Swing hands to eye level on forward swing

Lean body slightly forward and relax arms, body, shoulders and head

Hold head steady in normal position looking 20–40m down the track



Demonstrate

Move to an area that has a hard surface (i.e. grass) and demonstrate a strong arm and leg drive technique while talking the participants through what you are demonstrating.



Activity 1

While on a hard surface ask participants to walk using the technique just learnt. Keep repeating the exercise increasing the speed each time.



Activity 2

Move to the beach and ask participants to repeat the exercises on the sand



Activity 3

As this lesson is on arm and leg DRIVE this is a good time to set up some beach sprints that require the participants to sprint as fast as they can over short distances.

Set up five lines 10m apart marked lines in the sand and by marker cones

The idea of this activity is to start the participants on one of the end lines and have them jog to the first line, when they get to the line they sprint as hard as they can to the next line, then jog to the next line and finish by sprinting to the last line.

This exercise will help participants focus on using arm and leg drive while sprinting between lines

In manageable groups have participants line up on the start line

Use 'Takes your marks' – 'Get set' – 'Go!' to have participants practice their skills and really drive themselves off the mark each time.

Repeat for up to 10 times until the skills become second nature



AGE MANAGER TIPS

Repeat technique points during the exercise so they can remember them and adjust as necessary.



ASSUMED SKILLS

This lesson assumes participants have acquired previous skills from earlier awards: **Standing beach sprint starts (Surf Aware 1, Lesson 11), Basic beach sprint running technique (Surf Aware 2, Lesson 11), Crouching beach sprint starts and finishes (Surf Safe 2, Lesson 13)**

Further References: SLSA Junior Coaching Manual

Beach Sprint / Beach Relay

Surf Smart 2 LESSON #14



LEARNING OUTCOMES

Demonstrate beach sprinting skills in a beach sprint event
Demonstrate beach sprinting skills in a beach relay event



PREPARATION

Start/finish line marker poles
Lane ropes (optional)
Starting whistle



IMPORTANT

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

Beach Sprint Race



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 the beach sprint race.



Activity 1

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

Organise the participants into manageable heats
Conduct beach sprint race heats as per the event specifications
Repeat 3 or 4 times

Beach Relay Race



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 Events section in the back of this Age Guide, discuss with the participants the starting procedure, method, rules and judging of the beach relay race.



Activity 2

Organise the participants into teams of four
Conduct beach relay race heats as per the event specifications
Repeat 3 or 4 times

Activity 3

Finish beach relay racing with fun 'Acceleration' relay races.

Similar to beach relay, except change the starting position for each relay. Alternative options for starting are:

- Beach flags start
- Start on back, feet on start line
- Start on back, head on start line



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. The assumed skills for this lesson are: **Standing beach sprint starts (Surf Aware 1, Lesson 11)**, **Basic beach sprint running technique (Surf Aware 2, Lesson 11)**, **Crouching beach sprint starts and finishes (Surf Safe 2, Lesson 13)**, **Arm and leg drive (Surf Smart 1, Lesson 14)**

Further References: SLSA Junior Coaching Manual