

Body Surf Ball Chase

Fundamentals

Primary component: gliding
Additional component/s: speed, throwing

Description

All participants stand at approximately belly button depth water. Each participant is allocated a ball with their corresponding number written on it. All participants swap their ball with another participant and throw it towards shore. On the command of the starter all participants should aim to bodysurf towards their own ball, pick it up and continue towards a shoreline marker.

Equipment/location required

Ocean location, a numbered ball for each participant.

Diagram 10. Body surf ball chase

The ball is thrown - body surfing, dolphin dives and wading are used to collect the ball and return it to shore.



Coaching points

Body stiff as a board, keep head down to hold wave, wade and dolphin dive when no waves present

Variations

All participants stand at knee depth and throw the balls out to sea. On the command of the coach everyone must then collect the balls and bring them back to shore.

In flat water, individuals perform a running start and glide on boards to their ball. The 4-man team that manages to collect all their designated balls with a total of 4 strokes between them, in the shortest time, wins. Every additional stroke used adds 5 seconds to the teams time.