

Charge the Surf

Fundamentals

Primary component: striking with the body
Additional component/s: speed

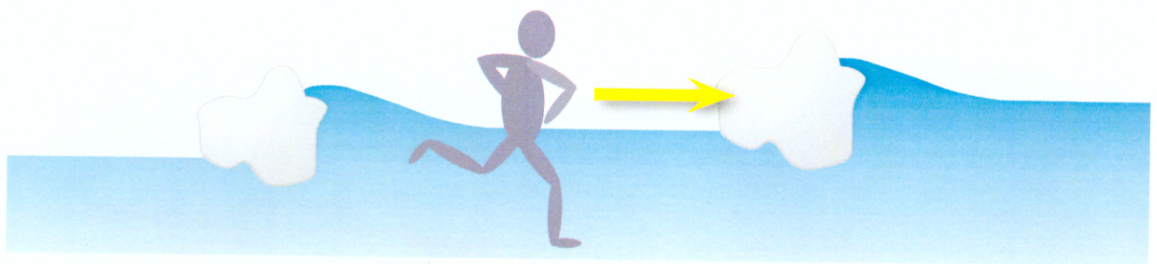
Description

Shoulder charging the waves.

Equipment/location required

Surf environment.

Diagram 15. Shoulder charging waves



Coaching points

Encourage good wading technique and getting to more powerful waves before striking.

Variations

Charge the waves while carrying a rescue tube like a rugby ball.