

In a Spin

Fundamentals

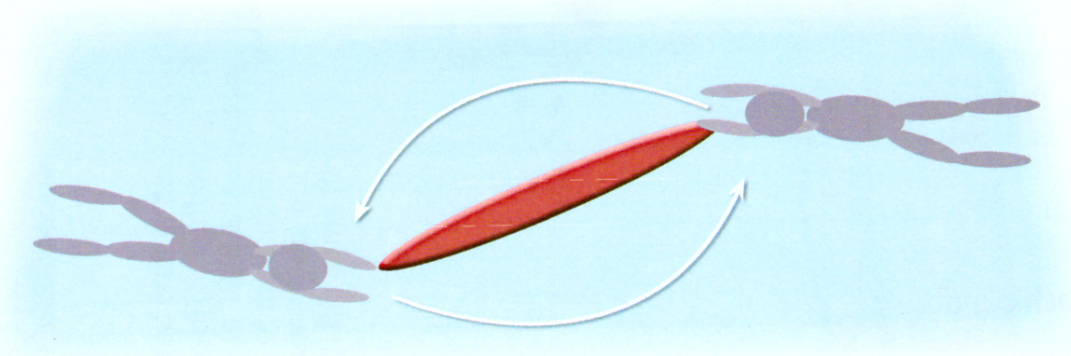
Primary component: kicking
Additional component/s: buoyancy

Description

Teams of two individuals must try and spin the board on the spot by kicking as hard as they can positioned as seen in the diagram. The board must be spun as many times as possible in a minute.

Equipment/location required

Diagram 14. In a spin activity



Coaching points

Encourage the feet to be kept in the water when kicking.

Variations

In teams of three the same approach is used, but the extra team member has to attempt to balance on their knees whilst the board is spinning.