

Insect-exercise Movements

Fundamentals

Primary component: co-ordination
Additional component(s): strength, speed

Description

Involves a set/circuits of 4 activities (detailed below) lasting 15 seconds each. The circuit can be repeated between 2-4 times. The first circuit of activities should be performed particularly slow and controlled. Activities in circuits 2,3 and 4 should be performed as 5 seconds slow and controlled, 5 seconds fast, 5 seconds slow and controlled. before rotating to the next activity with 30secs - 2 mins between activities. Repeat the circuit 2-4 times.

Environment & Equipment

Beach location, gym balls and cones.

Diagram 3. Surf life saving specific co-ordination exercises.



a) Butterfly buddies – Sit opposite a partner, feet touching each other toe to toe, knees bent and arms crossed so that hands rest on opposite shoulders. Extend one knee and rotate the same shoulder backwards, while the other knee flexes and the shoulder on the same side rotates forward, repeat and mirror the partner.



b) Daddy long leg march – Step over the objects with wading technique, covering 20m of obstacles. Same coaching points as in wading.



c) Caterpillar walk– arms held with hands to elbows and rested in the sand. Knees are then dragged towards the hands. Gradually progress along the sand.



d) Snail crawl – a push up position is held with the legs resting on the ball. Knees are then brought towards the chest while controlling the ball.

Coaching points

Refer to the points in the boxes next to each picture.

Variations:

Add other movements that replicate co-ordination patterns in life saving sport.