

# Shark pool

## Fundamentals

Primary component: jumping  
Additional component/s: running, agility

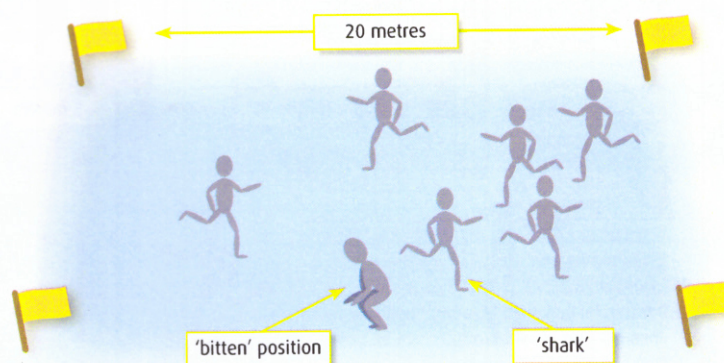
## Description

In the shallows (approx ankle to knee depth) an individual who is selected to be the 'shark' must try and tag all others (flying fish) in the area. To be healed and allowed to swim again a 'bitten' (tagged) flying fish must be leap frogged by a fellow flying fish. This game can be very tiring work wading in the shallow water, so ensure the person 'tagging' (shark) is changed frequently and the area for play kept small. Individuals who waded outside of the designated area automatically become 'bitten' and must assume the bitten position (see the diagram) at the point where they exited.

## Equipment/location required

Ocean or beach location, whistle and 4 marker flags.

Diagram 6. Shark pool running course.



## Coaching points

Encourage individuals to use appropriate wading/ dolphin dives/body surfing

## Variations

A progressively decreasing area size can be used to prevent the game becoming too long. This is achieved by the corner markers moving one pace closer to the centre of the area every 30seconds.

Use dolphin dives to free participants. Individuals who get stuck have to stand legs apart and arms out to the side. Fellow team mates perform a dolphin dive under the legs to free the individual.

Use hoops in 2 of the corners. Individuals must dive through the hoops gain points for their team.