

Speedsters

Fundamentals

Primary component: speed
Additional component/s: agility

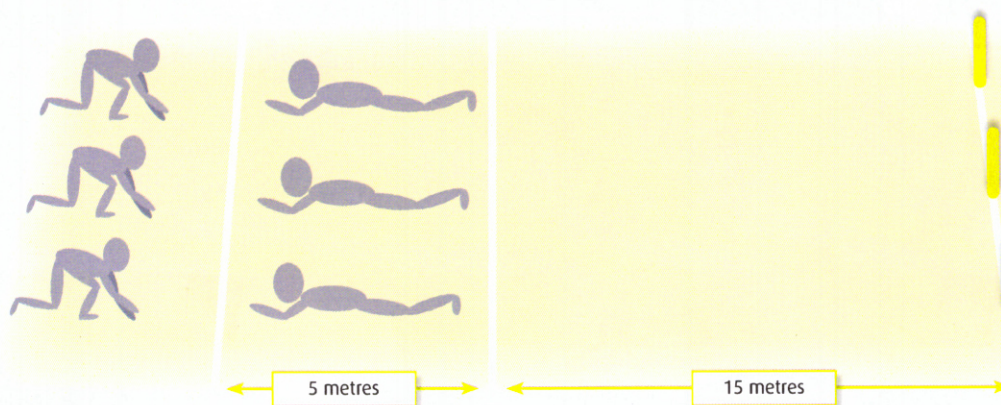
Description

Individuals are split into two teams. Team one participants lie down in beach flag start position, while team 2 start in beach sprint start position, approximately 5 meters behind. On the starters command, both the lying and standing individual have to run to collect the beach flag in the sand. The individual that gets the beach flag gains a point for their team. All individuals re-enter the game, swapping lying and standing positions as well as the partner to run off against.

Equipment/location required

Ocean or soft sand beach, beach flags, whistle

Diagram 4. Speedsters course layout



Coaching points

Encourage an electric shock type reaction to the whistle and encourage diving for the flags.

Variations

Vary the distance that individuals have to start behind so there is more of a challenge for faster participants.

Try the game in the water on boards. The individuals in front have to try and cross the line whilst the ones behind have to try and tag the board in front before they do so.