

# Surf Sport Statues

## Fundamentals

Primary component: kinaesthetics  
Additional component/s: agility

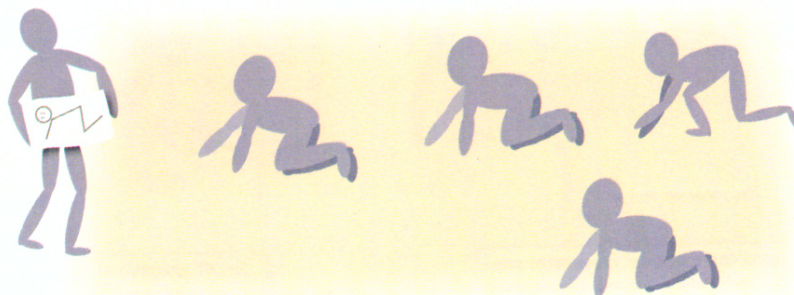
## Description

Individuals are split into 2 teams. All individuals must run in the designated area while music is playing (if available) keeping as much space between themselves as possible. All individuals must stop when the music stops (or when a whistle blast is given, if no music was available). A posture displayed on the card should be copied. The first team to have all individuals copying the posture in the image, achieve a point. The first team to achieve 10 points wins.

## Equipment/location required

Ocean or beach location, large images of stages of the stroke for board, ski, swim, surf boat or stages of running in beach sprint/flags, music and/or whistle.

Diagram 9. Surf sport statues example



## Coaching points

Have very clear images of good technicians displaying each stage of the given technique. Clarify appropriate posture for each image to be achieved prior to beginning the activity.

## Variations

Perform the game in the ocean whilst on craft or when swimming/wading.  
Use stages of a certain skill that must be practiced as well, e.g. sitting and popping a board.  
Throw a ball to an individual in the circle who must decide on the posture.