

# U14 Activity Card



## Surf negotiation - dolphin diving

### Equipment

In- water supervision.  
Hula hoops.  
Markers or cones to boundary on land.

### Matrix link



### 3. Surf negotiation

### Diagram



### Instructions

Dolphin diving is used after wading and before full swimming when heading out to sea. This is usually in water between knee and waist depth as wading becomes difficult. The aim is to keep the momentum built up during the run into the water and wading stage.

The parts of the dolphin dive.

1. Dive forward from waist-depth water with arms outstretched to the sea floor.
2. Grab the sea floor as you bring your feet and hands together in a crouch.
3. Push off the sea floor with your feet, maintaining your forward momentum to repeat another diving movement.
4. Take another breath as you exit the water and complete another dive.
5. Repeat the process until you reach a depth where your progress is slowed.
6. Look ahead to time your approach to the next wave and then start swimming.



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## Activities

### Relays.

- Set the turn around point at a depth where most of the group would begin to swim.

### Reverse world wave.

- Participants all line up on sand and race out to sea with the aim of getting the furthest without stopping only using wading and dolphin diving techniques.
- When an individual stops, they stay still at that point and once all participants have stopped the 'surf negotiator' of the day can be declared.

### Hula hoop dives.

- In-water helpers hold hula hoops approximately two meters apart partially submerged.
- Participants dive through hoops one at a time, with distance between hoops and depth of submergence altered to create more challenge.

### Tag games.

- Regular tag games but played in water depth that requires the use of dolphin diving.
- Stuck in the mud in the water where participants must dive under the legs in the water to free people.

### Over, under, through.

- One person is the caller. This role can move along the line after each wave.
- Group lines up in the water – the aim is only to move to negotiate the wave and then stand back up in a line.
- As a wave approaches the caller loudly yells – one of; over, under, through.
- The group uses the technique called out to negotiate the wave.
- Over= dolphin dive over. Under = dolphin dive under. Through = stand in a strong position and let the wave wash past.

### Out and around.

- Set a square shape or M shape course with in-water helpers.
- Define which technique of wading, dolphin diving, swimming and body surfing is to be used in which section.
- Individuals complete course as many times as possible in a set time frame or it can be done as a relay.
- You can add the challenge of sending people back to start a section again if the wrong skill is used.

## Top tips

- Sometimes you will be able to dolphin dive over a white-water wave.
- The extension of this skill is to dive under a wave while swimming in water depths where participants cannot push off the bottom first.
- Go deep, go early and pull along the bottom out of the turbulence formed by the breaking wave.