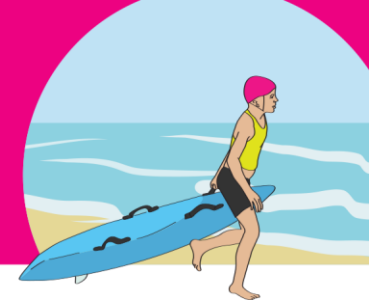


U10 Activity Card



Bodyboard

Equipment

In-water supervision.
Bodyboards with leashes.
Cones or markers to show land boundaries.

Matrix link



Diagram



Instructions

The bodyboard is a super fun craft to use in any size wave for Junior Surf participants big and small. For the under 10 age group some of the participants will be ready with their swimming skills to move onto paddle boards. However, there is no harm in using bodyboards even for those who have their 200m swim badge especially when the surf conditions are rougher.

There aren't too many parts to figure out and the paddling stroke is like swimming freestyle. Reaching out in front as far up the board as a participant can and then pulling back down the side of the board until the hand reaches the participant's hip. At this point the hand comes straight up out of the water and reaches forward again.

Advanced bodyboarding skills should have the participants focusing on catching waves and learning to manoeuvre by shifting their weight to one side or the other. As they shift their weight, they should also look in the direction they want to go in. Changing direction and developing strong paddling and kicking skills will enable participants to catch green waves and start to get better at reading waves as they transition to paddle boards.

Additionally, participants can also work on sinking the nose of the bodyboard under the white water to affect a 'duck dive' to go out through waves.

U10 Activity Card



Catching a wave

- Stand up holding the board on the sides near the top in two hands.
- Look behind you for an oncoming wave.
- Just before the wave hits you launch yourself forward and kick hard.
- Keep the front of the board out of the water to prevent nose-diving.
- Can also be attempted in a paddling start which needs a big initial kick to catch wave.

Activities

Slide and glide.

- This works best when there is a bank or slope into the water but can be done on a flat beach too.
- The aim is to run from the start point across the sand as fast as possible and then 'dive' onto the water with the board slowing down as little as possible.
- Participants minimise their drag by holding body and bodyboard straight, standing up when they stop moving.
- Make it a challenge to see who can glide the furthest without paddling or kicking.

Bodyboard world wave.

- Like a body surfing world wave everyone lines up on the group leader or in-water helper facing in towards shore.
- The person calling or signalling go, tells everyone else when to start moving towards shore.
- The first person back to the mark on the land wins or the person who travels the furthest on a single wave.

Surfing relay/ tag team.

- Create equal teams with a range of skills and abilities in paddling in and catching waves.
- One person at a time paddles out in the competition area and catches a wave. The appointed judges give them a score. Once they have caught their wave they paddle in and tag the next person.
- Set a time limit - so if people take a long time to catch a wave there is less time for others in the team.

U10 Activity Card



Relays.

- Create teams that allow for equal racing. Set an achievable course that allows skills to develop in paddling a board. Participants complete course and tag next team member.

Flat water options

Splash zone.

- Participants form two lines about 3 meters apart and parallel with each other in the water.
- Everyone has a body board. They place their bodyboards on the water in front of them and push vigorously up and down to make waves.
- One participant at a time the group members paddle down through the waves between their group mates.

In and out of the parents.

- In-water parents line up either heading out from shore or parallel from shore roughly two meters apart.
- Participants paddle their boards through the parent's zig zagging from side to side.

Roll over.

- Participants are in a line parallel to shore.
- They begin paddling towards the other side of their water area.
- The group leader blows a whistle to signal to roll over.
- Participants roll off their board and then recover to start paddling again.