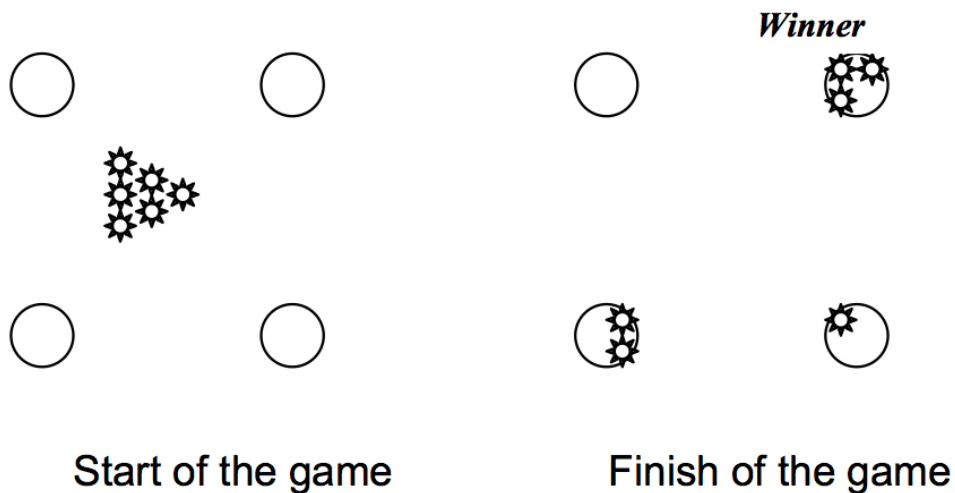


# Games to make Beach Sprints Fun

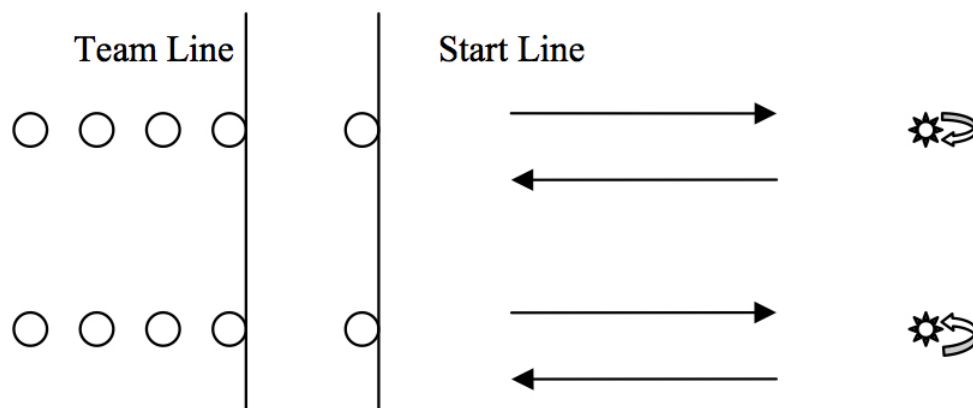
## *Rob the Nest*

- Set up a square course with 15-20m sides
- On each corner of the square place a hoop or ring
- Place six tennis balls in the centre of the square
- Divide the athletes into 4 evenly numbered and evenly talented teams and position 1 team on each of the corners of the square
- The aim of the game is to get 3 tennis balls into your hoop
- Athletes can obtain balls from the middle of the square and from the other teams hoops
- Once an athlete has obtained a ball, they go to the end of the team line and the next team member obtains a ball and so on.
- The winning team is the team who obtains 3 balls in their hoop at the one time.



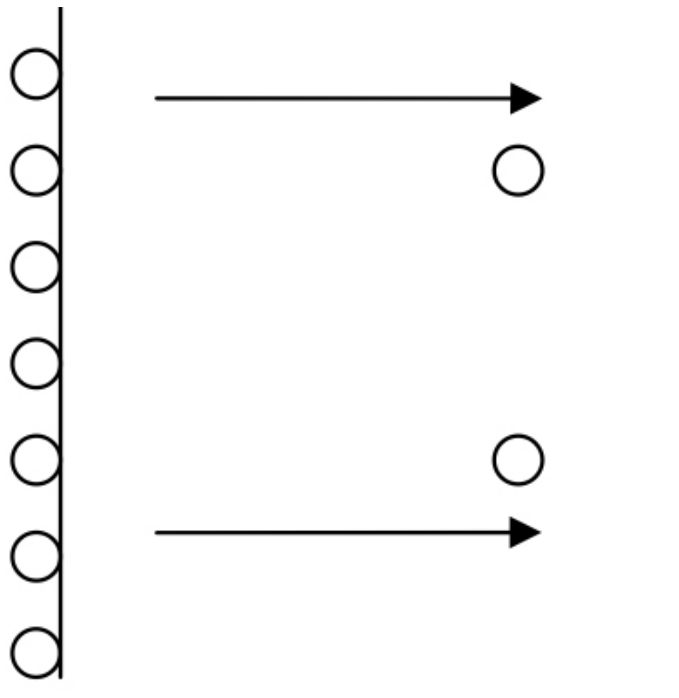
## **Acceleration Relays**

- Divide the athletes into evenly numbered and evenly talented teams
- Set a course up that has the teams in separate and parallel lines beside each other about 5-10m apart, all athletes facing forward. Draw a line in the sand for the team to line up behind. Draw a starting line about 5m forward of the team line. Place a turning marker in the sand approx 20m forward of the starting line
- The first relay runner lies on their stomach with their head on the start line, facing the turning marker.
- The start command is the same as per normal competition.
- The first runner completes a flags start and runs around the turning marker and back to the start line. While the first runner is running, the second runner gets into the same start position on the start line
- The first runner tags the second runner on the head or shoulder and then sits down at the end of the team line.
- The second runner then completes the course and tags the third runner and so on. The winning team is the first team to have all runners sitting down on the team line
- Change the starting position for each run through of the relay.  
Alternative starting options are –
  - Flags start
  - Athlete on their back, head on start line towards the turning marker
  - Athlete on their back, feet on start line towards the turning marker
  - Standing start
  - Block start



### **Red Rover**

- Set up two lines in the sand or markers 20-50m apart
- All athletes line up along one of the lines
- One or two people are chosen as 'IT' and stand in the middle of the two lines
- 'IT' calls out a name of one of the other athletes or a group of athletes
- The athlete/s has to run to the opposite line whilst 'IT' tries to tag them. If someone is tagged before reaching the opposite line then they become 'IT' as well
- 'IT' then calls out a name of one of the other athletes or a group of athletes and the athlete/s has to run back to the original line whilst 'IT' tries to tag them. If someone is tagged before reaching the opposite line then they become 'IT' as well and so on
- If 'IT' calls "BULL RUSH" then everyone must run to the opposite line
- 'IT' accumulates in size as more people are tagged. The winner of the game is the last athletes to be tagged



### ***Smiley/Sad Cards***

- Create a pack of blank cards so each athlete gets a card
- Draw a sad face on each card except one. On that one card draw a happy face
- Hand out the cards to the athletes but don't let them see each other's card
- Collect the cards
- Send the athletes for a jog around the oval as a group. The athletes must jog in a group travelling at the same pace as the slowest athlete
- Set a designated sprinting zone with two markers. This zone can be as long or as short as you want (50-200m)
- When the group of athletes are in this sprinting zone, the athlete with the smiley card, can break away from the group at any stage in this zone
- When the athlete with the smiley card breaks away from the group, this is the stimulus for the rest of the group to sprint and it is a race to the finish line (the end of the sprinting zone)
- When the athletes cross the finish line they can either have a rest period or continue to jog around as a group and repeat the exercise