

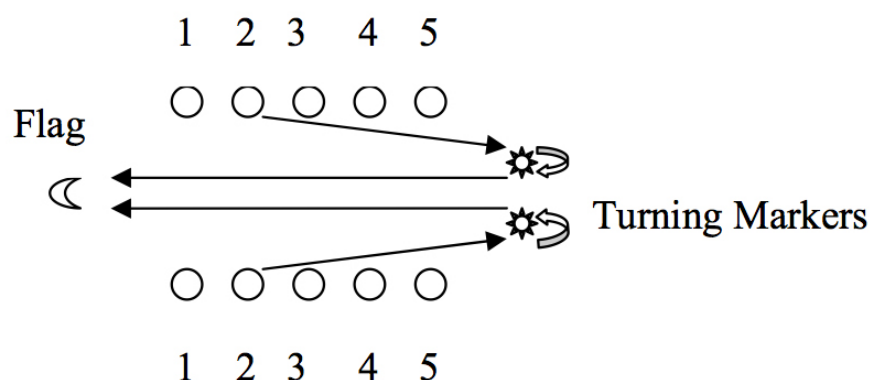
# Games to make Beach Flags Training Fun

## ***Team Flags***

- This activity works best with 6-8 athletes
- Divide the athletes into 2 evenly numbered and evenly talented teams
- Distinguish the two teams (e.g. red vs. blue vests, shirts vs. no shirts, hats vs. no hats etc.)
- Set up a normal beach flags course
- Start the flags run through in the normal manner
- Competition rules are the same as any normal beach flags competition except the object of the game is to –
  - A- obtain a beach flag for yourself
  - B- legally (within competition rules) assist your team mates to obtain a beach flag
- Team flags can be conducted in a number of methods
  - an elimination event to see which team survives with the most members
  - an elimination point score event where each person eliminated is allocated points depending on what position they came (e.g. 6th = 1pt, 5th=2pts, 4th=3pts, etc.)
  - a point score event where no one is eliminated. The team who successfully obtains a flag for all members receives one point and the points accumulate over successive run-throughs. All athletes participate in each run through (e.g. 10 run-throughs with all athletes participating. Red team accumulates 6 points, blue team accumulates 4 points. Red team is the winner)

### ***Dog and Bone***

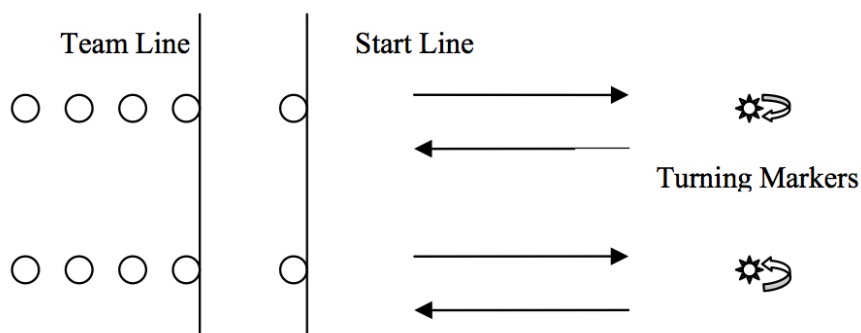
- This activity works best with 8-20 athletes
- Divide the athletes into 2 evenly numbered and evenly talented teams
- Give each member of both teams a number. Make sure that the athletes in opposing teams who receive the same number are evenly talented (e.g. Number 1 in the blue team should be evenly talented with number 1 in red team and so on)
- Set a course up that has the two teams in two separate and parallel lines about 10m apart and facing away from each other. At one end of the course put two turning markers (one for each team). At the opposite end of the course, put one flag in the sand
- The athletes start the game set in the usual flags starting position, facing away from each other
- The starting command is “competitors ready, heads down” and then call out a number
- The two athletes from opposing teams that were allocated the number that is called out, perform a flag start, then run around their teams turning marker, and then race for the one flag at the opposite end of the course
- The successful athlete’s team receives one point and it is an accumulated point score tally over successive runs.
- When a team has accumulate the nominated amount of points e.g. 5pts, swap the teams over, so red team is now on the blue teams starting line and vice versa. This will make the athletes turn and run the opposite direction that they were doing in the first run through



**“Competitors Ready, Heads Down, TWO”**

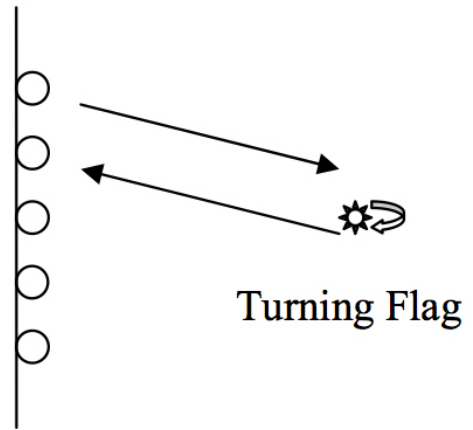
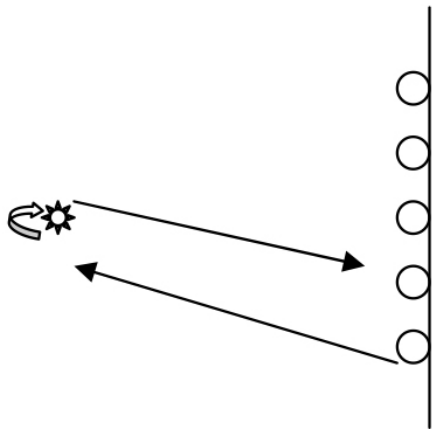
### **Beach Flag Relays**

- 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 gets into the flags start position on the starting line and faces away from 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 flags 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



- Alternatively, you can line the teams up parallel to each other about 10m apart and each team facing each other
- Place a turning marker about 20m behind each team in the centre of the team line
- The start command is the same as per normal competition
- The first runner (at the start of the line) completes a flags start and runs around the turning marker and back to the start line
- The first runner tags the second runner on the head or shoulder and then sits down in their original starting position

- 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
- An alternative option can be starting the relay at opposite ends of the team line



### ***Water Flags***

- Draw a start line in the sand parallel to the water line and about 20m up the beach from the waterline
- Line the athletes up along the start line, in the flags position, facing up the beach
- Throw tennis balls into the water (make sure there is one less ball than there is athletes)
- Conduct the beach flags competition as per normal competition, except the athletes have to run into the water and obtain a ball rather than run across the sand and obtain a baton
- For alternative options, you could play team flags and coloured flags in this method as well