



Thirroul Surf Life Saving Club

Nipper Games

Flipchart

Version 1.0 August 2011

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Games adapted from *SLSA Junior Development Resource Kit v1.0 (2007)*

This resource is divided into two sections: beach games on yellow cards and water games on blue cards.

The page margins show the name of the game, & whether it's:

- a variation on beach flags or sprints, or surf swim or paddling
- best played by teams, groups, pairs and/ or individuals

Symbols:

	Tennis ball		Flag/ turning marker
	Nipper, red team		Turning marker, red team
	Nipper, blue team		Turning marker, blue team

Set up:

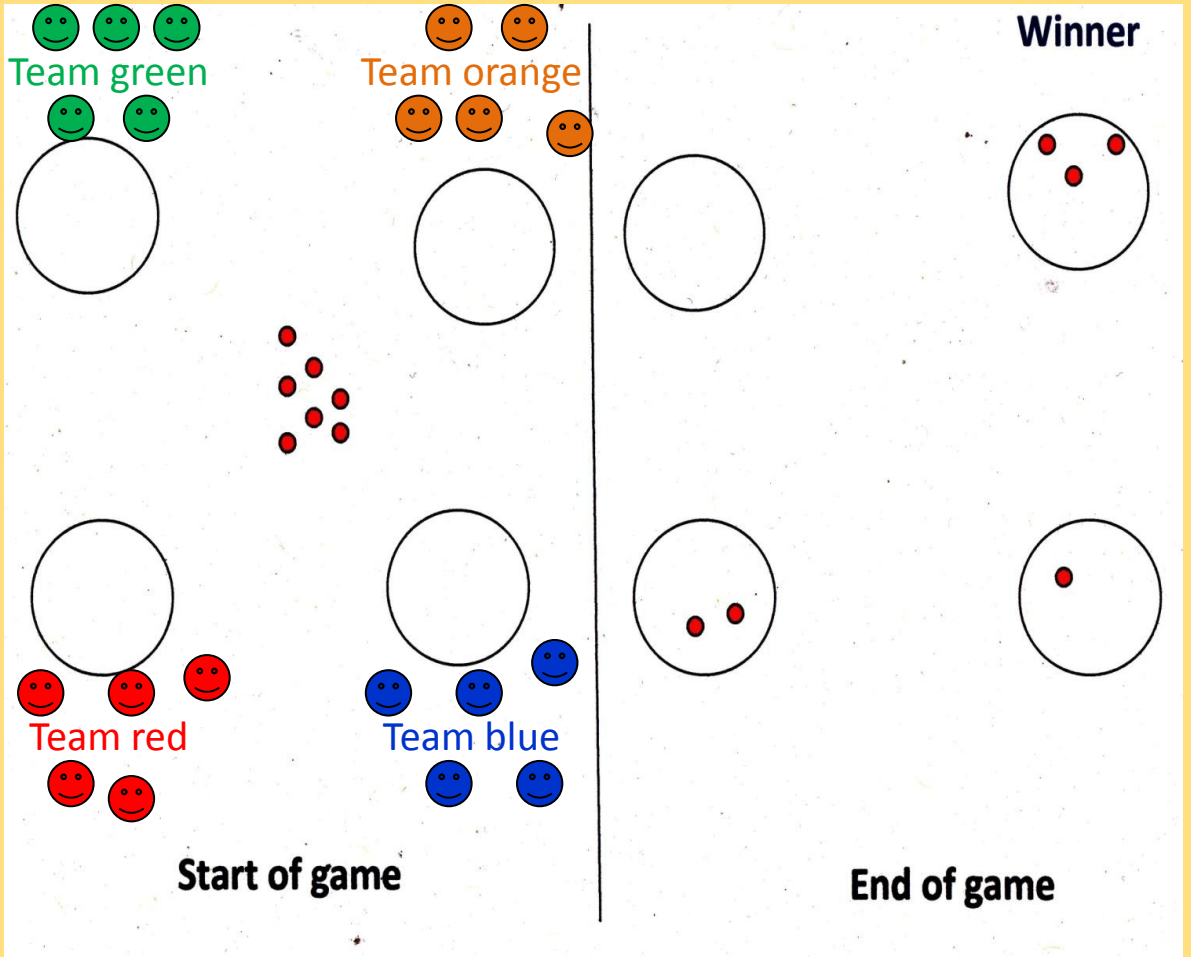
- Divide kids into 4 evenly numbered & talented teams.
- Set up square course with:
 - 15-20m sides
 - 6 tennis balls in centre
 - Hoop or ring on each corner
- Put each team on corner of square, behind a hoop.

Game:

- Aim: team to get 3 balls in own hoop at a time
- On START command, one kid from each team enters the square.
- Kids can get balls from middle of square & from other teams' hoops.
- Once a kid puts ball in team's hoop, they go to end of team line. Next team member gets a ball & so on.
- *Winners = 1st team with 3 balls in hoop at once*

Beach Sprint Game

Rob the Nest



Teams

Set up:

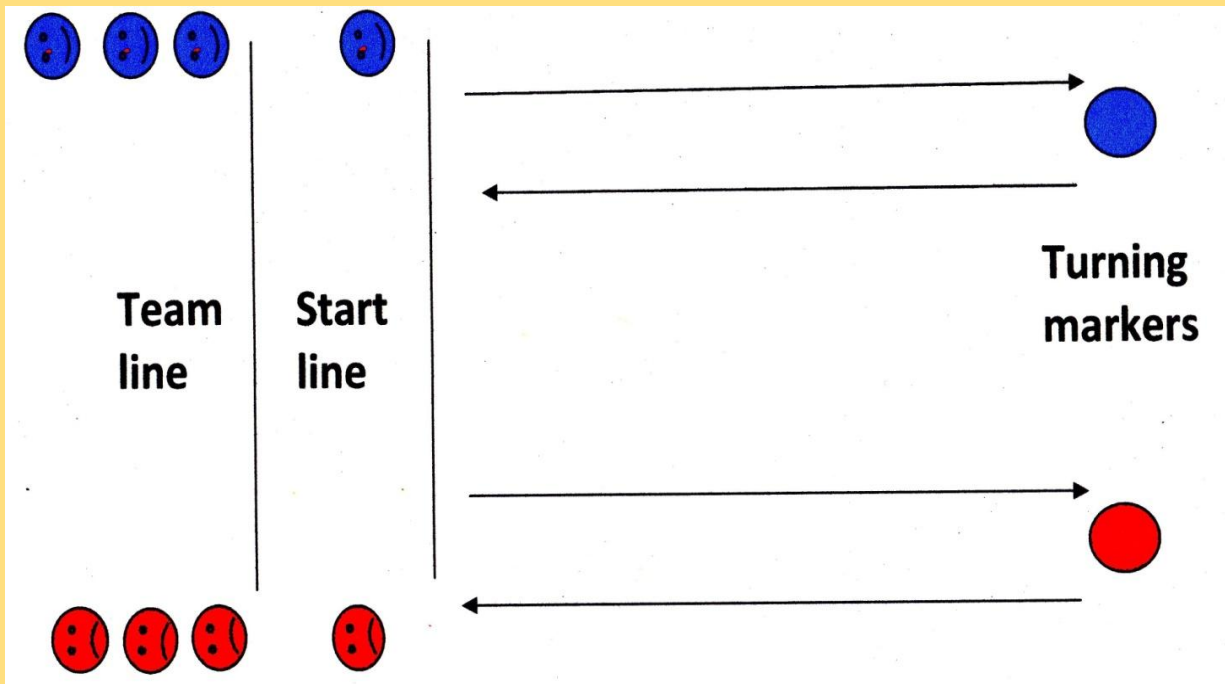
- Divide kids into 2 evenly numbered & talented teams.
- Draw start line in sand 5-10m long.
- Draw team line in sand for teams to line up behind, about 5m behind start line. 5-10m between teams.
- Put 2 turning markers in sand 20m forward of start line.
- 1st relay runner in starting position, eg like flags start.

Game:

- On START command, 1st runner runs around turning marker & back towards start line.
- 2nd runner gets into start position.
- 1st runner tags 2nd & sits down at end of team line etc.
- *Winners = 1st team with all runners sitting on team line*
- Change starting position for each run through of relay:
Options include:
 - Flags start/ Standing start/ Block start
 - Lying on back/ stomach
 - Head/feet on start line
 - Face to/away from turning marker

Beach Sprint Game

Acceleration Relays



Teams

Set up:

- Line kids up on two lines in sand 20-50m apart. (Divide into 2 or more groups for *team* event.)
- One or two kids are chosen as 'IT' & stand in middle of two lines.

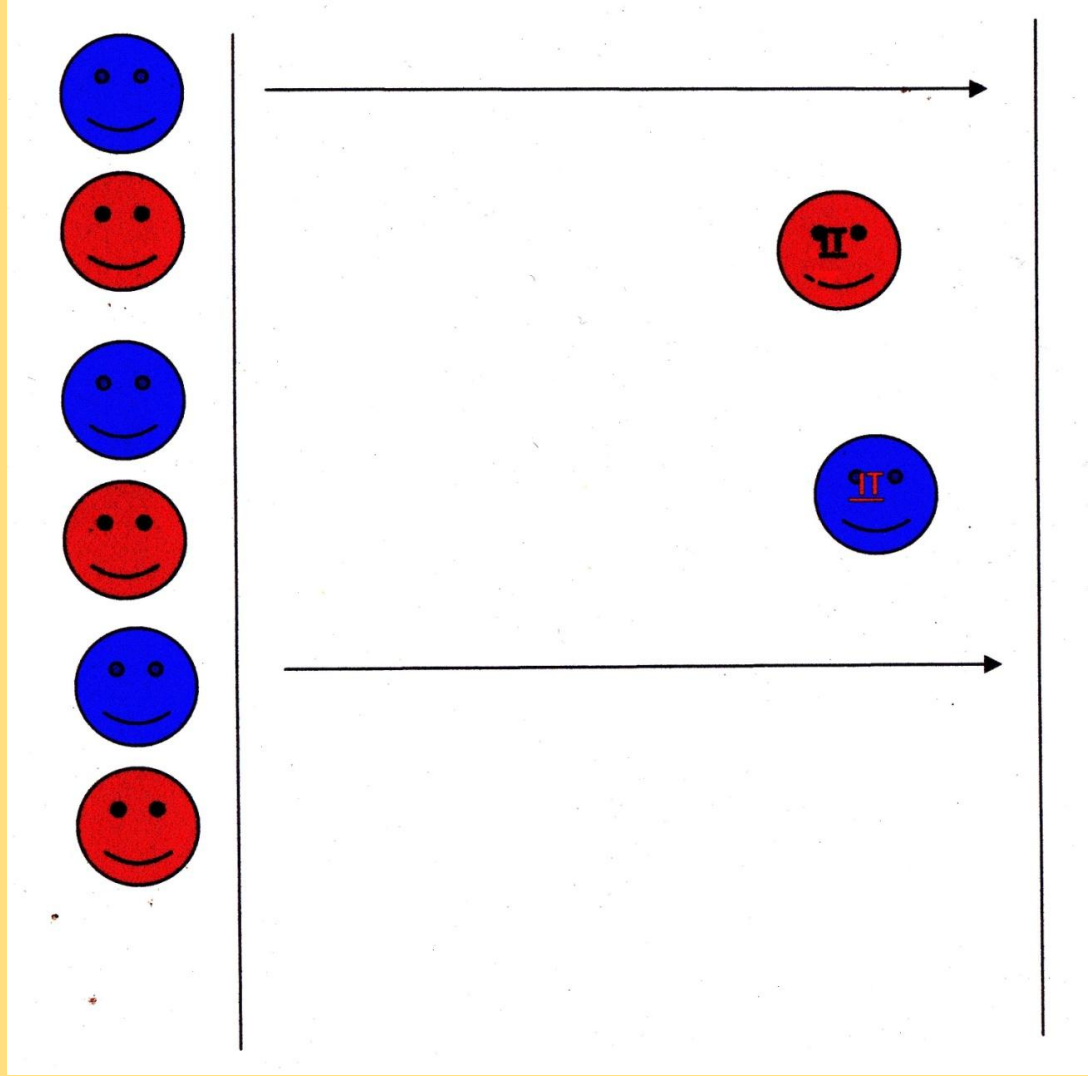
Game:

- 'IT' calls out name of one kid or group of kids.
- Kid/s called have to run to opposite line - 'IT' tries to tag them before they reach line.
- Tagged kids become 'IT' too.
- If 'IT' calls "BULL RUSH" then everyone must run.
- *Winner = last kid (or group with last kid) tagged.*

Beach Sprint Game

Bull Rush

Individual/ Teams



Set up:

- Make a pack of enough blank cards for each kid. Draw a happy face on one card, sad face on rest. (Alternative: eg bunch of sticks, with one extra short)
- Hand out cards (or sticks) to the kids but don't let them see each other's card. Collect cards.
- Set a designated sprint zone with two markers eg 50-200m long. Start of sprint zone should be 'a jog' away.

Game:

- Send kids for jog as a group, towards sprint zone - they must travel at same pace as slowest kid.
- When in sprint zone, the kid with smiley card can break away from group at any stage.
- This is the stimulus for rest of group to sprint, in race to finish line (end of sprint zone).
- *When they cross finish line they can either have a rest, or continue to jog around as a group & repeat it all.*

Beach Flags Game

Set up:

- Divide kids into 2 evenly numbered & talented teams.
- Distinguish the two teams (eg hats vs no hats).
- Set up a normal flags course.
- Decide how to run & score each run-through , eg:
 - elimination event – 1 point to team which survives with most members
 - point score event & noone eliminated – 1 point to team which gets a flag for all members
 - elimination point score event - each person eliminated is allocated points, depending on their position (eg 6th = 1pt, 5th=2pts, 4th=3pts etc)

Game:

- Normal flags race rules. Two aims:
 1. get a beach flag for yourself
 2. legally (within rules) help mates get a flag
- *All kids participate in each run through. Points accumulate over successive run-throughs.*

Set up:

- Divide kids into 2 evenly numbered & talented teams.
- Give numbers to each member of both teams, trying to match kids (eg #3 in blue & red teams evenly talented).
- Set up a course with:
 1. teams on two separate & parallel lines 10m apart, facing away from each other
 2. 2 turning markers at end of course (1 per team)
 3. 1 flag in sand at opposite end

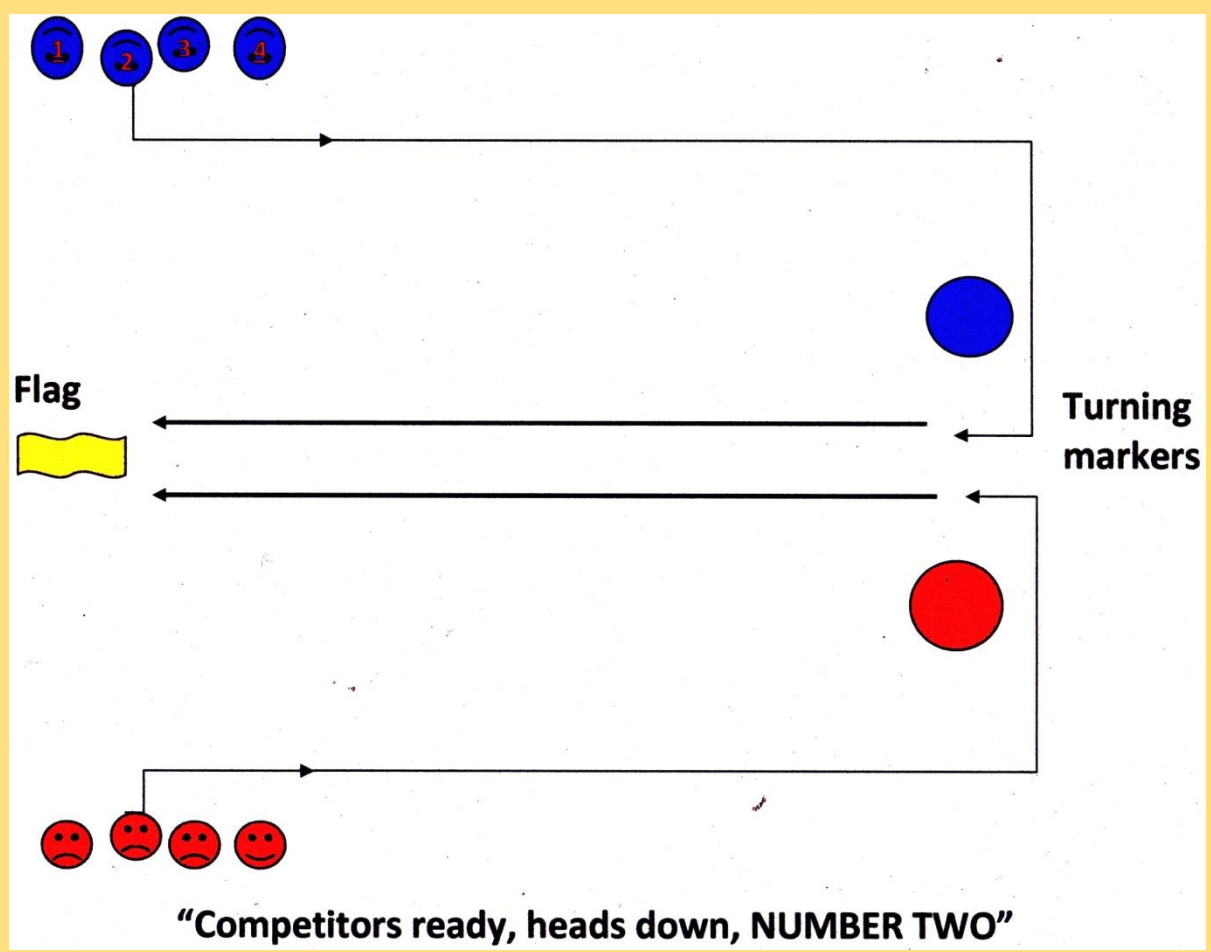
Game:

- Start in usual flags starting position.
- Start command COMPETITORS READY, HEADS DOWN, & then call out a number, eg NUMBER TWO.
- The two “NUMBER TWO” kids from opposing teams do a flags start, then run round their team’s turning marker, then race for the one flag at other end of course.

- *The winning kid’s team gets one point. Point score tally is accumulated over successive runs.*
- *When a team has accumulated nominated amount of points eg 5pts, swap teams over, so red team is now on blue team’s starting line & vice versa.*

Beach Flags Game

Dog & Bone



Teams

Set up:

- Divide kids into 2 evenly numbered & talented teams.
- Draw a start line in sand 5-10m long.
- Draw team line in sand for teams to line up behind, about 5m behind start line. 5-10m between teams.
- Put 2 turning markers in sand 20m forward of start line.
- 1st relay runner in starting position, eg like flags start.

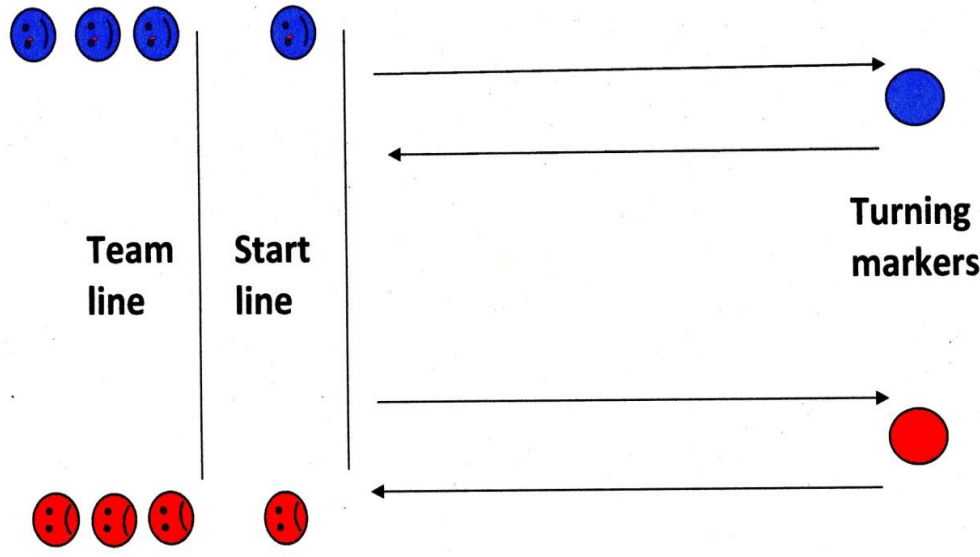
Game:

- On START command, 1st runner runs around turning marker & back towards start line.
- 2nd runner gets into start position.
- 1st runner tags 2nd & sits down at end of team line etc.
- *Winning team = all runners sitting on team line 1st*
- Alternatives are:
 - Line up teams facing each other.
 - Put turning marker 20m behind each team line.
 - Start relay at opposite ends of team line.

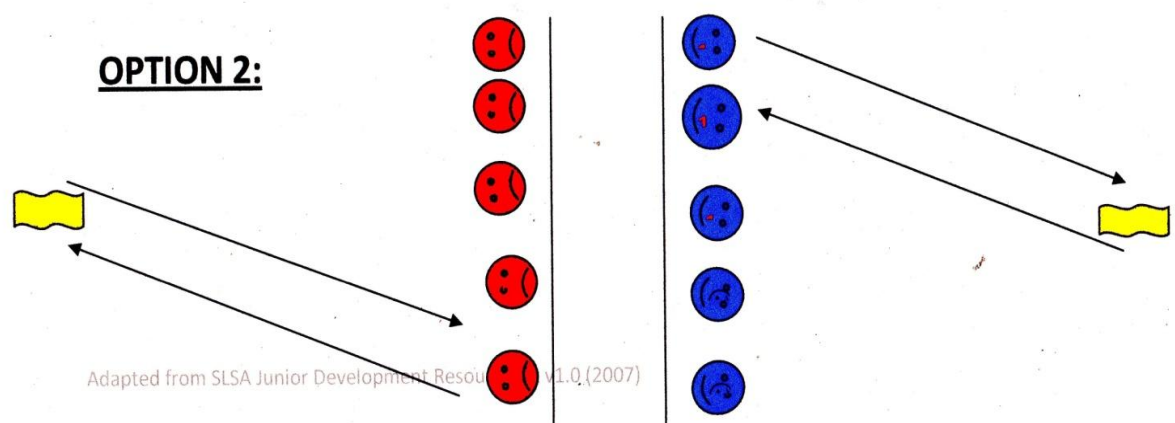
Beach Flags Game

Beach Flags Relay

OPTION 1:



OPTION 2:



Adapted from SLSA Junior Development Resources v1.0, (2007)

Teams

Set up:

- One kid chooses a number between 1 & 6.

Game:

- This chosen number is how many kids swim together as a group.
- They have to stay within 2 metres of all group members & work as a team, ie stronger swimmers encourage others.

Surf Swim Game

Beach Whales

Group or Individual

Set up:

- Set up swimming groups.

Game:

- In groups, participants go behind the shore break.
- One at a time they call a wave to catch.
- Each group is challenged to catch the wave the furthest.

Key Points: keep body stiff, head down, breathe to the side not straight up.

Participants then compare each other (some will be washed up the beach) to find winner of each group. Points can be awarded.

Surf Swim or Paddling Game

Set up:

- Introduce imaginary World Title Belt (or whatever) for the winner or winning team!
- Work out how many to eliminate each round – a quarter of group (eg 20 kids = eliminate 5).
- All kids start at designated distance from shore eg at can, person or behind shore break.

Game:

- When flag drops, kids race back to shore to finish between finish flags. The last quarter (eg 5 finishers) are eliminated, & now become judges.
- Qualifiers go out again until 5 are left in final.
- Winner or winning team gets presented imaginary World Title Belt – they hold belt until next time, when they present it to next winner.

Paddling Game

Continuous Waves

Group, Individual or Team

Set up:

- Place a marker at waters edge (ankle depth) or just on high tide mark.

Game:

- Kids paddle behind wave area, & catch 1st available wave back to beach.
- Then they run around pole & back out behind break to catch 1st available wave etc.

Set up:

- Select paddling pairs so that teams are evenly talented. Alternatively, game can be handicapped.

Game:

- Each pair (board rescue style) starts as per Manual.
- Both jump on board together & paddle in sync out & around standard board course to finish between flags.
- Once through, they can do it again but positions reversed (front & back).

Paddling Game

Board Starts & Finishes

Group/ Individual

Set up:

- Select groups of 5-10 paddlers.

Game:

- Groups perform a start to a designated area, eg behind shore break or to can 15 metres off beach.
- Paddlers then line up &, at drop of Age Manager's hand, race in to perform a proper finish between two flags.

Paddling Game

Set up:

- Select board rescue pairs (paddler & swimmer) so that teams are evenly talented. Alternatively, game can be handicapped.

Game:

Similar to standard Board Rescue, but instead:

- Paddler goes out 1st.
- Swimmer waits for hand raise at the can from the board paddler, to swim out.
- Once swimmer reaches can, they both paddle back to beach to cross line together.



**Please send suggestions
for changes and/ or
addition of new games to
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