

Group

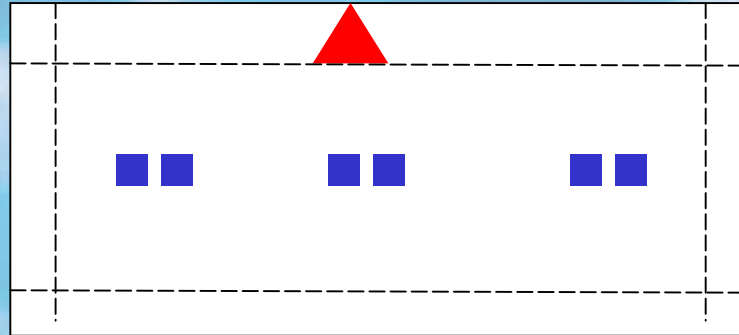
Individual

Pairs



BALANCE

**Underwater
Handstands**







Outcome:

- *Participants start in pairs. Taking turns to support their partner's legs (watch for overbalances).*
- *On the coach's command, one partner attempts a handstand, the coach times and records them. The longest unaided handstand wins.*
- *This activity focuses mainly on the FUNDamental aspect of BALANCE whilst participant's hold their breath under the water.*

Equipment Needed:

▶None

Diagram Key:

-  = Coach
-  = Participants
-  = Equipment
-  = Direction

© ASA 2006



Underwater Handstands

COACHING POINTS

- ▶ *Keep hands shoulder width apart to create a stable base.*
- ▶ *Bring legs, ankles and feet up together.*
- ▶ *Arch back slightly, allow chin to point at ground and look at the point just in front of your hands.*
- ▶ *Try to keep centre of gravity directly in line with the mid-point between the hands.*
- ▶ *Partners support legs lightly by the ankles and look to release when participant wants to come up for breath.*

DIFFERENTIATIONS

EASY: *Participants start in chest deep water and use a partner to aid balance and support.*

HARDER: *Participants can progress into more shallow water (less support), no partner support.*

Try to stay underwater longer, bring hands closer together when in handstand.

Try one handed handstands!

HEALTH & SAFETY

- ▶ *Check that participants take turns to ensure that partners are aware of where others are and do not have any physical contact. i.e. – avoid overbalancing into others and any obstacles.*
- ▶ *Coach to check participants are capable of holding their breath underwater before commencing activity.*

