

Group



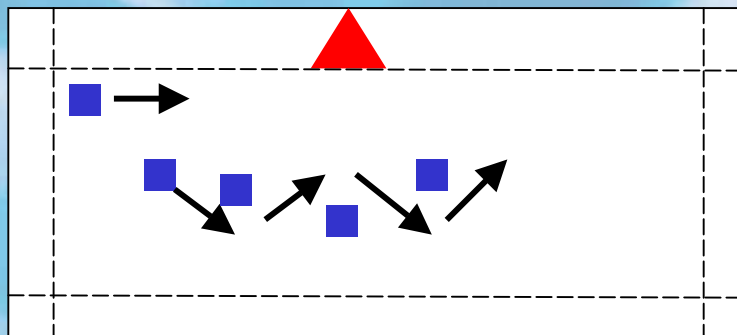
Individual



Pairs

KINAESTHETICS

Sculling Slalom



Outcome: . .

- *Using hands and wrists ONLY the participants move in the direction indicated by the coach e.g. - across the pool feet first, down the pool head first or diagonally across the pool.*
- *The coach develops a slalom course around 3 or more obstacles or participants, and times each attempt.*
- *This activity focuses mainly on the FUNdamental aspect of KINAESTHETICS by feeling movement through the water whilst using basic sculling techniques.*

Equipment Needed:

► *Floation device
e.g. – pull-buoys or
kickboards*

Diagram Key:

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



Sculling Slalom

COACHING POINTS

- ▶ *Keep arms by sides use hands and wrist only for movement*
- ▶ *Maintain rigid body position close to surface with best possible streamline*
- ▶ *Cup hands and push water away from the direction you want to travel in*
- ▶ *Be as controlled in your sculling as you can be*
- ▶ *Focus on technique before speed*

DIFFERENTIATIONS

EASY: *Participants may use a float between legs to aid buoyancy. Participants start by moving feet first in straight line down the pool .*

Then move on to slalom course between other participants.

HARDER: *Participants can progress onto trying with eyes closed. Move head first. Move body diagonally or sideways by using sculling action.*

HEALTH & SAFETY

- ▶ *Ensure that participants are aware of where others are and do not have any physical contact. i.e. – avoid bumping into others and any obstacles.*
- ▶ *When participants have eyes closed make sure someone is watching where they are going and communicating with them.*

