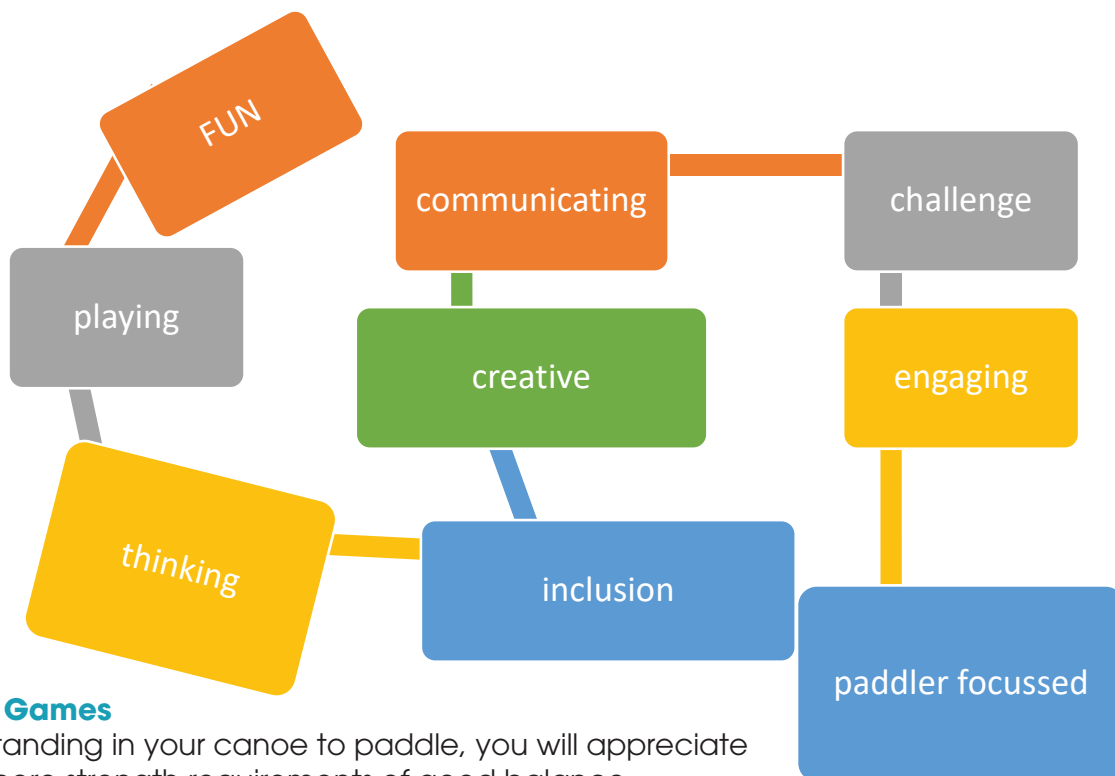


GAMES

Young Athletes Taking Control of their Bodies

Games provide opportunities to practice the basic motor skills such as agility, balance, co-ordination, speed etc that underpin all canoeing skills development in such a fun way we don't even recognise we are learning.



Raft Games

Try standing in your canoe to paddle, you will appreciate the core strength requirements of good balance.

Wet Games

Water awareness and water safety is such a basic underpinning skill and knowledge for our water sport.

Paddle Awareness Games

Develop practice of the essential tools of the trade without overcoaching.

Relays

Great all round skill developers, race practices and such great multi-age group management tools.

Throwing & Catching Games

Pay close attention to the form of a good paddler and good softballers and you will see transfer of power from toenails through to fingernails.

GAMES

A Simple And Effective Group Management Tool

- What to do with our junior outrigger paddlers?
- Do they all aspire to make successful representative teams?
- What type of outrigger training is appropriate for 12yrs?
- When is it appropriate to go forward for adult type loadings?
- What is the cost of going hard after U12yrs outcomes when we physically peak in our mid to late 20's?
- How do we strike a balance so young paddlers can continue enjoying their outriggering and transition into the senior age competition ranks?

Games and Learning Outcomes

Games: Relating to Mental Capacities
Develop a positive attitude to canoeing.
Encourage and acknowledge individual progress
Provide positive reinforcement
Develop water confidence.
Support participants in setting simple goals
Provide opportunities to use a variety of skills and tactics in a given situation to develop athletes confidence in their own ability.
Support players/athletes in dealing with winning and losing
Understand & promote the role of practice
Develop warm up and cool down routines.
Demonstrate and encourage players/athletes to use simple imagery.
Teach young athletes how to use self-talk and trigger words to maintain concentration and focus
Use fun games and activities to teach players/athletes relaxation skills and how to control anxiety
Incorporate Language, History and Cultural learnings and connections

Games: Relevant to Flexibility
Develop flexibility through boat and paddle based stretching exercises
Increase flexibility through basic stretching exercises within warmup/warm down
Paddle shapes or name with your paddle

Games and Learning Outcomes (cont.)

Games: Relevant to Speed Development

- Develop linear, lateral and multi-directional speed
- Develop endurance, power and speed through FUN games
- Short sprint races such as chain of elephants
- Short parallel paddling races
- Obstacle course races
- Short straight line relay races
- Draw stroke races
- Chase a wash

Games: Relevant to Endurance Development

- Develop endurance, power and speed through increased active time spent playing FUN games
- Canoe in a straight line
- Races: short & long, forwards, reverse & sideways, silly strokes
- Relays

Games: Relevant to Strength Development

- Develop endurance, power and speed through FUN games
- Perform boat based fun resistance exercises to develop strength
- Sweep Stroke and Draw stroke games
- Rafting games
- Splashing games
- Towing races / relays
- Upstream/wind paddling and races
- Tug of War

Games: Develop Core and Joint Stability

- Edging games and Low Brace games (eg Fly the ama)
- Sweep Stroke and Draw Stroke games
- Slalom races
- Obstacle courses
- Stand Up / Raft Up

Games: Develop Power

- Plyometric sprint starts & short upstream / into current sprints
- Get Ups



Love to Paddle
RESPECT
THE Ocean • People • Rules

AOCRA
AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION

Games, Drills, Skills and Thrills

**ALL GAMES TO BE PLAYED DURING
CANOEING ACTIVITIES MUST BE CLOSELY
SUPERVISED AT ALL TIMES.**

They should only be played after careful consideration as to whether the game or activity is suitable for the intended group and whether any environmental and/ or equipment dangers are associated with the game.

Listed following are some games that are generally safe and may improve canoeing skills and foster enjoyment of your session .

**BE CREATIVE, ADAPT A FAMILIAR GAME, ADD TO
YOUR TOOLKIT AND IMPORTANTLY**

ENJOY!

ACTIVITY GAME	DESCRIPTION / HOW TO	LEARNING OUTCOMES
Land Based / Out Of Boat Experiences / Can't Get Canoes Onto Water What Can We Do?		
Circuits / "Bootcamp"	<ul style="list-style-type: none"> - Push ups / sit ups / abs / bridges / with or without equipment. - "Get -Ups" – lie on ground on tummy , on call to Get Up fastest to feet. - Try different positions eg on back /side/seated - Try as individuals / buddy ups or as team 	<ul style="list-style-type: none"> - Physical Conditioning - Warm Ups - Activators - Fill In
Relays	<ul style="list-style-type: none"> - "Fill the Bucket" Team 1 fill the canoe & Team 2 empty the canoe or most number of buckets before times up - "Silly relays" eg piggybacks / bottom walking; 3 legged; etc - Use a paddle or bailer as the baton 	<ul style="list-style-type: none"> - Physical Conditioning - Teambuilding - Activators - Warm ups - Fill In
Paddle Circle	<ul style="list-style-type: none"> - Form a circle, holding T-grip of paddles in front of participant. Caller says eg left 1 : let go of all t-grip, move to the left 1 side step and grab that new paddle. Left2 / Right 1 etc - Miss the paddle, out of the circle. Last ones left winners. 	<ul style="list-style-type: none"> - Team work - Activators - Fill In
Scooter board	<ul style="list-style-type: none"> - Sit on Skateboard with / without sticks or short pool noodles - Can really teach feel for anchoring blade and pulling self past point to release - Introduce a ball for a canoe polo feel 	<ul style="list-style-type: none"> - Balance - Co-ordination - Teambuilding - Technique development - Throwing skills
Sitting Volley ball	<ul style="list-style-type: none"> - Sit on basketball in 2 teams. - Bottoms remain in contact with basketball at all times. - Volleyball rules 	<ul style="list-style-type: none"> - Balance - Teambuilding - Co-ordination - Throwing skills
Swiss ball	<ul style="list-style-type: none"> - Air Paddling sitting on swiss ball. - Add feet onto a medicine ball to make it tougher. - Keep posture 	<ul style="list-style-type: none"> - Stroke correction and technique - Balance - Co-ordination
Coach "Simon" Says	<ul style="list-style-type: none"> - Simon /coach names the part of the paddle & grab or point to that part - try balancing paddle in one hand /one finger / twirls/ etc - try canoe names / parts eg ama; waka; manau; noho; gunwhale 	<ul style="list-style-type: none"> - Identifying paddle/canoe parts - Fill In - Co-ordination - Cultural awareness - Activator
Air / Water Paddling"	<ul style="list-style-type: none"> - Sit / stand as single or as a crew - Like air guitar with or without paddles / sticks - Standing in thigh deep water, trace name in water - Coach calls Stroke eg Draw / Poke Left / backwards/forwards / stop 	<ul style="list-style-type: none"> - Stroke correction and technique
Mirror and sticks	<ul style="list-style-type: none"> - Set up mirror front and sided view - Add reference marks eg top hand max/min / head centre mark or a grid on mirror - Coach correction 14yrs + 	<ul style="list-style-type: none"> - Stroke correction and technique - Working towards self correction
Paddling Ergo (land paddler)	<ul style="list-style-type: none"> - Use for technical correction with coach - challenge "highest watts" output 20secs or furthest distance in 2 mins - 14yrs + 	<ul style="list-style-type: none"> - Stroke correction and technique - Physical conditioning

ACTIVITY GAME	DESCRIPTION / HOW TO	LEARNING OUTCOMES
ADAPT A FAMILIAR GAME		
Follow the leader / Slalom	<ul style="list-style-type: none"> - Can become a slalom between the jetty pontoons or buoys with backwards paddling etc 	<ul style="list-style-type: none"> - Balance - Basic strokes to manoeuvre
Tug of War	<ul style="list-style-type: none"> - Using short lengths of rope or strap connecting the stern of two canoes. . The object of the game is to out-pull the other craft. This can be done in both forward and back paddling - Single canoe version: Front 3 seats Vs back 3 seats 	<ul style="list-style-type: none"> - Physical conditioning (Strength)
Chicken Dance	<ul style="list-style-type: none"> - Or the “macarena” or square dancing etc with or without the music the singing alone can be hilarious 	<ul style="list-style-type: none"> - Basic strokes to manoeuvre - Teambuilding - Timing
Treasure Hunt	<ul style="list-style-type: none"> - “Rainbow Game” find a piece of rubbish every colour of the rainbow- environmental warriors - Pool Toys pre-hidden about a designated area - Teams / Individuals - Try Pirate / Raiders themes - Rally or trail of clues with performance tasks to complete 	<ul style="list-style-type: none"> - Basic strokes to manoeuvre - Teambuilding - Environmental awareness
Freeze	<ul style="list-style-type: none"> - Caller “Freeze” – hold that position - Variations Caller “On Fire”- doubly fast - Can be land or on water activity 	<ul style="list-style-type: none"> - Fill In - Activator
Sponge Tag / Sponge Brandy / Dodgeball sponge	<ul style="list-style-type: none"> - Wetted sponges or brightly coloured pool toys (even water bombs, but environmental concerns with balloons must be clear) loaded with water and thrown at the opposing craft are much friendlier than throwing wet tennis balls that’s for sure. - Craft manoeuvre to prevent being struck by the sponge / avoid other craft using many stroke combinations. - All out “warfare” is often declared so be prepared to set safe limits - Try canoe sprint past other teams eg Run the gauntlet 	<ul style="list-style-type: none"> - Balance - Basic strokes to manoeuvre - Throwing
Hot Potato	<ul style="list-style-type: none"> - Caught with the bailer when the music stops.... - Try in the canoe or as a circle game - Variation to excluding paddlers Eg on land when music stops and you have to stand on 1 leg or when in canoe have to sit down 	<ul style="list-style-type: none"> - Balance - Fill In
Balloon Tag / Noodle Tag	<ul style="list-style-type: none"> - Each canoe has a balloon / Pool noodle tied to the ends. - Mark out an area to play in. - Players chase each other trying to capture the balloon/noodle - Extra points for a capture and for not getting their balloon / noodle captured - Watch ramming. Great in single / double more manoeuvrable craft 	<ul style="list-style-type: none"> - Basic strokes to manoeuvre - Teambuilding - Environmental awareness

ACTIVITY GAME	DESCRIPTION / HOW TO	LEARNING OUTCOMES
ADAPT A FAMILIAR GAME cont'd		
Indian File / Chain of Elephants	<ul style="list-style-type: none"> - Canoes Nose to Tail. Low steady pace. Last in line sprints to head of the line. Reshuffle from tail position 	<ul style="list-style-type: none"> - Stroke correction and technique - Steering - Physical conditioning (Speed)
Go Fetch	<ul style="list-style-type: none"> - Numbered tennis balls / sponge. Each paddler has a number. On go, paddlers have to find their tennis ball / sponge. Throw it away if it's not yours. First one back to start position with their ball / sponge wins. - Try as a swimming from canoe / land 	<ul style="list-style-type: none"> - Balance - Basic strokes to manoeuvre - Water safety and awareness
"Simon Says" / "Captain Says"	<ul style="list-style-type: none"> - Nautical theme works well eg point to bow / turn to starboard 180o etc - Try "Silly Paddles" eg paddle like a robot / jellyfish / 1 hand only 	<ul style="list-style-type: none"> - Balance - Basic strokes to manoeuvre
Biathlon / Triathlon / Ironman	<ul style="list-style-type: none"> - Run / paddle / swim as individuals or as teams. Great to get all ages involved. - Ironman: Run around the tree, paddle across the creek, collect a blade of grass, tow another boat ; swap seat positions -you set the multi task challenges 	<ul style="list-style-type: none"> - Physical conditioning (endurance) - Teambuilding
Possum Relay races	<ul style="list-style-type: none"> - Carry 1, 2, 3 etc people seated / on deck / ama / iakus of canoe or as "koalas" rescues with legs and arms wrapped around bow / stern 	<ul style="list-style-type: none"> - Physical conditioning (strength) - Teambuilding
Different Strokes for Different Folks: Relays	<ul style="list-style-type: none"> - Try different paddle grips eg wide grip / close grip / cross grip / behind the back / over the side "crab style" / paddle under the canoe and in the canoe - upside down paddling; even just using the paddle float on your back, -no craft. - Don't overlook the simple forward / backwards & sideways of course 	<ul style="list-style-type: none"> - Stroke correction and technique - Teambuilding - Physical Conditioning (endurance)

ACTIVITY / GAME	DESCRIPTION / HOW TO	LEARNING OUTCOMES
SKILLS/DRILLS		
Paddle twirls and throws	<ul style="list-style-type: none"> - Changes with Paddle over head , spin like helicopter: pass it under the boat ; move it around the boat eg pass the paddle - Great in singles /doubles 	<ul style="list-style-type: none"> - Balance - Water Safety
Surfing	<ul style="list-style-type: none"> - Chase the wash behind the coach's tinnie. - Catching small runners 	<ul style="list-style-type: none"> - Balance - Racing technical skill of washriding - Kinaesthetic awareness - Ocean conditions - Overspeed - steering
Tennis balls	<ul style="list-style-type: none"> - Bounce on end of paddle, flick to other blade, scoop up from water; dribble along a-la canoe polo 	<ul style="list-style-type: none"> - Balance - Co-ordination
Blindfolded	<ul style="list-style-type: none"> - Close your eyes and paddle, paddle fast/ slow 	<ul style="list-style-type: none"> - Kinaesthetic awareness - Rhythm and Timing - Balance
Way to Go	<ul style="list-style-type: none"> - To encourage long powerful strokes. Cover the distance eg 100m in the shortest number of strokes or how far can you go(boat travel) taking only 5 strokes etc 	<ul style="list-style-type: none"> - Balance - Kinaesthetic awareness - Boat Run / glide
Sandwiches	<ul style="list-style-type: none"> - 15 strokes easy 15 strokes firm 15 easy change - (effort is sandwiched between easy segments) 	<ul style="list-style-type: none"> - Kinaesthetic awareness - Boat Run / glide - Timing
Timing '1 in All in'	<ul style="list-style-type: none"> - All paddlers on same side a-la Dragonboat - Seat Pairs 1&2 3&4 5&6 or odds 1&4 3&5 2&6 - In/Out segments eg All paddle next 2huks 1 or 2 paddlers only, then all in etc (Nb Loading not suitable for <12yrs) 	<ul style="list-style-type: none"> - Physical conditioning (strength) (endurance) - Timing - Stroke technique
Paddle shapes	<ul style="list-style-type: none"> - Using your Paddle trace a square or a circle or write your initials - Try standing thigh deep in water 	<ul style="list-style-type: none"> - Balance - Basic strokes to manoeuvre - Body awareness - Kinaesthetic awareness - Flexibility
Electricity or Poison	<ul style="list-style-type: none"> - The hull of the canoe is magically "electrified" as it passes eg the moored yacht - Quickly raise 1 foot For Slightly electric- Instant zapped -keep both feet up from the bottom.. but must keep paddling - Try other versions eg both feet draped over the gunnels - Over version seat is electrified- have to stand and paddle 	<ul style="list-style-type: none"> - Balance - Kinaesthetic awareness - Physical conditioning (strength)

ACTIVITY / GAME	DESCRIPTION / HOW TO	LEARNING OUTCOMES
SKILLS/DRILLS cont'd		
Silent Running/ Stealth Mode	<ul style="list-style-type: none"> - Paddle as quietly as possible – no splash no talking / scraping - Try the popular opposite Loud as 	<ul style="list-style-type: none"> - Kinaesthetic awareness
War Canoe	<ul style="list-style-type: none"> - Take a stroke next tap down across the gunnels - Try incorporating a War Chant or Song 	<ul style="list-style-type: none"> - Timing - Rhythm
Random Calls	<ul style="list-style-type: none"> - Random number of strokes at whim of caller - Try different caller eg in seat order your call next - Try calling Huks as a ladder / or pyramid eg 2 sides 5 next 2 10's next as 15's 20,s - Try a different word for the switch eg banana - Try a silent huk eg every second call is silent one/ load one - Try another language to count strokes or count the beat or count the sides : 1,2,3,4 / eins, zwei, drei, vier/ un, deux, trois, quatre /ichi, ni, san, shi etc 	<ul style="list-style-type: none"> - Timing - Technical skill switching sides - Kinaesthetic awareness - Rhythm

ACTIVITY / GAME	DESCRIPTION / HOW TO	LEARNING OUTCOMES
WET GAMES		
Paddle Swim	<ul style="list-style-type: none"> - Swim with your paddle: side stroke carry:, chuck and chase: tucked up between legs; paddle action swim; kickboard style; use the paddle to tow a swimmer 	<ul style="list-style-type: none"> - Water safety and confidence - Swimming - Self Rescues - Assisted rescues
Swim Little Fishy	<ul style="list-style-type: none"> - Partner swim- hold hands - Try a group swim / pack float - Try with / without lifejackets - Swim like a seal / otter / shark etc around the canoe 	<ul style="list-style-type: none"> - Water safety and confidence - Swimming - Self Rescues - Assisted rescues
Overs and Unders	<ul style="list-style-type: none"> - Swim Slide over the ama then duck under the canoe (with hands guiding on hull to protect heads) 	<ul style="list-style-type: none"> - Water safety and confidence - Swimming
Fly the Ama	<ul style="list-style-type: none"> - Progress from “popping” or bouncing (with helpers keeping ama within range ; brace stroke and hip flick) to small raise whilst canoe is moving to higher height / longest run before capsizing 	<ul style="list-style-type: none"> - Water safety - Self Rescues /Assisted rescues / Huli practice - Balance - Brace/ Support strokes - Teamwork - Confidence
Surf the Ama	<ul style="list-style-type: none"> - Stand on the ama like a surf board - Variation: walk the plank to get there or swim out degree of difficulty flat water to little waves - Caution for falls and capsizes 	<ul style="list-style-type: none"> - Water safety - Confidence - Self Rescues /Assisted - Balance - Teamwork

ACTIVITY / GAME	DESCRIPTION / HOW TO	LEARNING OUTCOMES
RAFTS		
Swap Seats	<ul style="list-style-type: none"> - Change seat places within the boat/ other boat. - Try over and under: squeeze past; jump out/in - Coach calls the swaps and how to 	<ul style="list-style-type: none"> - Water Safety - Balance
Rafting Up	<ul style="list-style-type: none"> - Coming alongside another canoe on water to swap paddlers - Nb cautions in event of capsize and injury such as fingers between canoes - Higher level is to make a raft with 3,4,5, canoes - Flat water only for youngsters 	<ul style="list-style-type: none"> - Balance - Basic strokes to manoeuvre - Teamwork
Fruit Salad	<ul style="list-style-type: none"> - Decide on fruit apples / pears/ bananas etc. Caller calls that fruit they stand. Fruit salad everyone stands. - Numbering off & calling numbers works too 	<ul style="list-style-type: none"> - Water Safety - Balance
Raft stand / walking the plank	<ul style="list-style-type: none"> - Nominated seat stands on seat / deck/ gunwhale. Can have the whole craft standing . - Nb. Watch the falls need to land in the water not over people or over the hard edge of the canoe / iakus / ama - Plank walk .Make way out along iakus to ama for Ama surfing- not so easy with metal iakus! 	<ul style="list-style-type: none"> - Water Safety - Confidence - Balance
Abandon Ship	<ul style="list-style-type: none"> - In deep water jump out , swim around the canoe and get back in unaided / with assistance from another paddler / assistance from device - Variation is “sinking island” – remain paddling a flooded canoe- great after huli drill 	<ul style="list-style-type: none"> - Water Safety - Confidence - Changeovers skill