

Nipper Games

Fish Fish Shark!

Recommended ages U6-U7

Instructions:

- Nippers sit in a large circle facing inwards
- Pick one Nipper at random to act as the shark
- The shark will go around the circle tapping each person on the head calling them a fish
- When the Nipper calls someone shark, that person must get up and chase the other Nipper around the circle before they take their space in the circle
- If the Nipper tagged does not catch the current shark, they take their place as the new shark but if they catch them, then that person remains as the shark for another round



What time is it Mr Shark?

Recommended ages U6-U8

Equipment:

- Markers or cones

Instructions:

- Set up a 20 x 20m square
- Choose one Nipper to be Mr Shark
- The other Nippers must line up side by side at one end of the square
- Mr Shark stands at the opposite end of the square
- The Nippers ask 'What time is it Mr Shark?'
- Mr Shark will answer with a time (e.g. 4 o'clock)
- Nippers take that many steps forward (e.g. four)
- Mr Shark continues until the Nippers get close enough
- Once Nippers are close Mr Shark says 'feeding time'
- Nippers must get back to the other end before being tagged by the Mr Shark
- The Nipper tagged becomes the new Mr Shark

Nemo and Anemone

Recommended ages U6-U8

Instructions:

- Break the Nippers up into pairs and have them stand with their partner in a large circle
- One Nipper stands with their hands up over their heads and their feet apart, this is the anemone
- The other Nipper sits on the floor in front of the anemone, this is nemo
- You will call out either 'Nemo' or 'anemone'
- If the call is 'Nemo', then those Nippers need to crawl through the anemone and complete a full lap of the circle, then crawl back through their 'anemone'
- If the call is 'anemone', then the anemone have to run around the circle and stand back behind their partner
- The pair last back to their position are out
- After two rounds have them swap with their partner (i.e. anemone become Nemo's, Nemo's become anemone)
- If you have a large group you can break the Nippers in to two groups and run two separate games

Nipper Games

Tug-of-war

Recommended ages U6-U13

Equipment:

- 1 x tug-of-war rope
- Markers or cones

Instructions:

- Break Nippers up in to 2 - 4 teams
- Have each team line up on the either side of the tug-of-war rope
- Use markers to mark the centre point and a point an even distance off each side as a mark for the team to reach
- Explain that on the count to three Nippers are to commence tug-of-war competition
- Run a few rounds of tug-of-war alternating different teams against each other
- The winning team is the side that pulls the flag past the marker



How many balls?

Recommended ages U6-U8

Equipment:

- 30 x tennis balls
- 4 x hoops

Instructions:

- Form four teams, each with a hoop and place 30 balls in the centre
- Note: If you have a large group you may wish to split into two smaller groups (no more than 20 Nippers participating at one time, five per team)
- One at a time, a Nipper from each group runs to the centre, collects ONE ball and places it in their teams' hoop
- Each team have to collect as many balls as possible in an allocated time and put them in their hoop (60 seconds)
- Each team member will have to be tagged before they can collect a ball from the centre
- When all the balls have been removed from the centre, the Age Manager will call "STOP"

Octopus in the water

Recommended ages U6-U9

Equipment:

- 1 x Pole per parent

Instructions:

- Line up Nippers as per diagram
- Play in the shallow or on a sand bank using parents in the water holding poles to mark out the corners
- The octopus shouts 'HUNGRY', the Nippers (the fish) tries to get to the other side
- The octopus tries to tag you
- Fish cannot go outside the square to get past
- If a fish is tagged, they must stand still where they were tagged
- Tagged fish become tentacles and can tag other fish if they run by, THEY MUST NOT MOVE!
- Once all the fish are tagged, the game begins again
- The first fish to be tagged is the new octopus

Nipper Games



Relay switch-up

Recommended ages U6-U10

Equipment:

- Markers or cones

Instructions:

- Mark out a small relay course on the beach (approx. 20 - 30m long) and break Nippers into teams of 4 - 6
- Run the relay through a couple of times each time changing what they have to do (e.g. high knees, skipping, crawling, running backwards, running sideways etc.)
- As an alternative have the Nippers run through the relay continuously then have them change what they are doing on your call

Leader ball

Recommended ages U6-U11

Equipment:

- 8 x volleyballs

Instructions:

- Divide Nippers into groups of 6 - 8 people and nominate one leader for each group
- Have Nippers line up
- On 'go' leader throws ball to first person in line, who places ball on the ground and runs a full lap around their team
- When they get back to their position, they pass the ball back to the leader and sit down
- Leader will then throw the ball to the next Nipper in line and they will repeat
- Run through until all completed
- The quickest team to have all Nippers sitting down, wins



Nipper Games

Dynamic run-throughs

Recommended ages U9-U13

Equipment:

- Markers or cones

Instructions:

- Have Nippers conduct run throughs in an area 10 x 20m
- Exercises to include:
 - high knees
 - butt kicks
 - side to side
 - grapevine
 - backwards running
 - lunges etc.

Beach soccer

Recommended ages U8-U13

Equipment:

- 4 x markers or cones
- 4 x poles
- 1 soccer ball or soft ball
- Team fluoro singlets (optional)

Instructions:

- Mark out the four corners of the soccer field, using poles at each end marking out the goals
- Divide the group into two teams
- Have one team wear their fluoro singlets (or an alternative) and one team not, to differentiate
- Game can conclude after a certain time or goals scored



Nipper Games



Sharks and Savers

Recommended ages U6-U10

Equipment:

- Marker or cones

Instructions:

- Mark out an area with cones (depending on how many Nippers)
- Depending on the size of the group, designate one or more Nippers as 'IT' (SHARKS)
- All other Nippers are to find a partner (SAVERS)
- Each SAVER must link their arms with their partner. SAVERS must remain linked at all times
- If Nippers are tagged by a SHARK or their link is broken – they must face each other and place both hands together to make a bridge
- To become 'free' another linked pair can run under their bridge
- The game is concluded by time limit – the number of captured pairs are counted
- Encourage pairs to work together to free each other (ie. Beware of sharks)

Dodgeball

Recommended ages U8-U13

Equipment:

- 5 x Dodgeballs (soft balls)
- Markers or cones

Instructions:

- Draw four lines or use cones to mark out an area, about 20m apart
- Divide the Nippers into two teams, Nippers must remain in their team zones
- Dodgeballs start between each team zone (see layout)
- Nippers must lie down in flag position, at the end of their zone, facing away from the middle of the game
- On the whistle, Nippers can jump up and collect balls
- They must be back inside their team zone before they can throw the dodgeball
- Nippers are out if they are hit below the waist inside their team zone and can only return to the game if their team mate catches a dodgeball on the full
- The team wins when all opposing players are out

Nipper Games



Lifesaver Tiggy

Recommended ages U6-U9

Equipment:

- Markers or cones

Instructions:

- Mark out an area with cones (depending on how many Nippers)
- Depending on the size of the group – designate one or more Nipper as 'IT'
- When a Nipper is tagged they must stand with one hand shading their eyes, the other hand on their hip and their legs shoulder width apart
- To be freed and allowed back in the game, another Nipper must tag the person's foot
- To conclude the game, all Nippers are to be tagged or a time limit is put in place

Fittest Lifesaver

Recommended ages U10-U13

Equipment:

- Cones, lifejacket, rope, rescue tubes, beach flags

Instructions:

- Set out cones for each station/activity, and place an item at each station as per below.
- Station 1: Participants complete 20 sit ups, 10 push ups and 5 burpees in any order
- Station 2: Participants place the lifejacket correctly on and run to station 3
- Station 3: Participants remove PFD, coil the rescue rope and aim to hit target (continue until successful)
- Station 4: Participants lie on stomach and run 10m, turn and lay back on stomach and repeat 10 times
- Station 5: Participants put on rescue tube and run to station 6
- Station 6: Participants remove rescue tube and wade to station 7
- Station 7: Participants complete 10 lunges and squats and then sprint to the finish line
- Modification: Include other items such as nipper/body boards, ropes etc.



Nipper Games



Newcomb ball

Recommended ages U10-U13

Equipment:

- 1 x Volleyball or round ball
- Markers or cones

Instructions:

- Divide nippers into two teams
- Two teams face each other
- Mark out a 20 x 20m area with each team spread out over their half
- Teams throw the volleyball to the opposite team, who have to attempt to catch it
- If volleyball is not caught whoever was attempting to catch it or is closest to where it lands, is out
- Play continues until the Age Manager concludes the game or there is no one left on a team

Rips and rocks

Recommended ages U6-U10

Equipment:

- Markers or cones

Instructions:

- Mark out a rectangle with cones, including a half-way point
- Have Nippers get into pairs and stand opposite each other at the half way line (arm distance apart)
- Nominate one side to be RIPS and the other side to be ROCKS
- Instructor calls out either RIPS or ROCKS
- If 'RIPS' is called out, those Nippers turn and try to make it to their safe line without the ROCKS tagging them.
- If ROCKS is called out, they try to make it to their safe point without the RIPS tagging them
- The Nippers come back to the centre and the games continues. They can keep their own tally to find a winner in their pairs

Nipper Games



Round the circle

Recommended ages U6-U8

Instructions:

- Have Nippers pair up
- One Nipper from the pair will sit in a big circle
- The other Nipper will walk around the outside of the circle
- When the instructor calls 'home', the Nipper walking around the circle must get back to their partner and sit in front of them
- The last pair to get back are out
- Repeat and utilise different movement i.e. skipping, crab walking etc.
- The circle will get smaller when pairs are eliminated
- Game ends when there is only one pair remaining

Obstacle course

Recommended ages U6-U10

Equipment:

- Selection of the following:
- Hula hoops
- Cones
- Poles
- Pool noodles
- Flags

Instructions:

- Construct an obstacle course
- Repeat course twice
- Break Nippers up into two groups
- Explain and demonstrate each obstacle before you start
- Line up Nippers behind first obstacle and have them run through each one
- When a Nipper completes course, they run back to the start and tag the next team member
- Parents are to help direct Nippers through course
- If conditions permit have a few obstacles in the water or sand bank (e.g. have two poles in the water for them to wade around)

Obstacle course cont.

Obstacle ideas:

HOOPS - Lay 6-8 hula hoops out in a row and have Nippers jump between them (doesn't have to be two feet at a time)

POLES - Stand 6-8 poles/flags up in the sand in a line and have Nippers weave between these

JUMP - Line up 6-8 pool noodles around 30cm apart, Nippers have to jump over these with two feet together

CRAWL - Set up an area using cones which they have to crawl across

Nipper Games

Follow my signal

Recommended ages U8-U13

Instructions:

- On your signals participants are to head further out to sea, return to shore or remain stationary as quick as they can
- They should use their wading and dolphin diving skills they have learnt
- Also have them practice diving under waves (on the way out) and body surfing waves (on the way in)

Signals:

- Return to shore > Arm straight up
- Proceed further out to sea > Two arms straight up
- Go left > Left arm raised horizontally
- Go right > Right arm raised horizontally



In water relays

Recommended ages U9-U13

Equipment:

- 2 x Poles

Instructions:

- Get parents to hold poles approximately 20m apart to mark each end of the course
- Break Nippers up into teams of four and send half of each team down either end
- Moving parallel to shore on 'go' the first member of each team will make their way across to tag the next team mate
- Run this through a couple of times each time changing what they do e.g. swimming, dolphin diving, wading, jumping, walking sideways

Coaching Tips:

- Run in shallow water or on a sandbank
- Shuffle the Nippers shallower or deeper to suit activity
- If there are suitable waves run near the wave zone to give Nippers the chance to adjust to the conditions, dive under waves / stand sideways as needed
- Aim is to use the skills they have learnt and gain further confidence in the water

Water flags

Recommended ages U9-U13

Equipment:

- 1 x tennis ball per 2 Nippers

Instructions:

- Draw a line in the sand approx. 5m from the waters edge
- Nippers start by laying stomach down on the beach facing away from the ocean
- Parents will stand behind the Nippers ready to throw tennis balls into the water
- On 'go' or a whistle
- Nippers will get up, turn around and make their way to the water to acquire a tennis ball
- Repeat until you have a winner

Coaching Tips:

- Line up along the beach, facing away from water, in flags position with feet together on start line
- Wrists together and elbows extended
- Place chin on hands and on whistle, push up/turn

Nipper Games

Fill the bucket

Recommended ages U6-U8

Equipment:

- 1 x Large bucket per team
- 1 x Small bucket per team

Instructions:

- Break Nippers into teams and line them up
- Give each team one large bucket and one small bucket
- On 'go', one team member from each team must run down to the water, fill up the small bucket, return and pour the water into the big bucket
- The next member of the team will then take the bucket and repeat
- Continue this until teams have filled large buckets



Caterpillar in the water

Recommended ages U6-U8

Instructions:

- Break Nippers into teams of 6 - 10 Nippers
- Line them up in ankle to knee deep water in their teams with about 1m between each person
- On 'go', Nippers at the back have to zigzag in and out of their team members and take the position at the front of the line
- Once that Nipper reaches the front of the line, the next Nipper at the back goes
- When the Nipper who started has returned to the back the team has completed the caterpillar
- Repeat in the opposite direction ie. Front to back

Water unders and overs

Recommended ages U8-U11

Equipment:

- Markers or cones
- Volleyballs

Instructions:

- Divide the group into groups of 6 - 8 Nippers
- Line the teams up in waist deep water out from the beach and give each team a ball (volleyball/soccer ball)
- On 'go', the Nipper at the start of the line passes the ball under their legs; the second Nipper takes the ball and passes it over their head
- Continue this under and over action until the ball reaches the last person who will wade to the front of the line and start the action again
- The game ends once everyone is back in the original position