

Games for all ages

Bubble Run

Bring a big container of Bubble Soap mix and wands for the coaches. Then let clouds of bubbles fly and have the kids chase them on their skis.

Hokey Pokey

The skiers stand in a circle and sing to the tune of the Hokey Pokey: "You put your right ski in, you take your right ski out, and shake it all about. You do the Hokey Pokey and you turn yourself around..." Then repeat with different parts of the body. Then, finish with everyone sliding into the center of the circle for one last rousing round.

Thousand Steps

Skiers try many little steps rather than big ones. Ask them to use a certain number of steps to get from one point to another. Bring the number down as they improve. Change directions. Count with them.

Moving Bridges

Partners line up facing each other. Pair at the head of the line create a bridge with their arms which all other pairs must duck under. As soon as the second pair of skiers duck under the bridge, they create another bridge with their arms. Every pair builds a bridge when they finish coming through the tunnel of arms. Ask the group to travel around trees or other areas with their moving bridges. If advanced enough, progress to gentle slope.

Step-Overs

The Leader places bamboo poles or other objects that the skiers must step-over. Have the skiers initiate the step-over with the right leg, then the left leg.

Name Game

Have the group stand in a circle and while tossing a soft ball, call out the name of the person to whom they are throwing the ball to. After expanding to have the skier glide to where the ball was thrown.

Follow the Leader

Have the group follow the Leader doing the movements that reflect the skills (i.e., crouching, standing up, turning around in a circle – both directions.)

Scooters

Skiers take off one ski and glide on the other one, pushing off with the free foot.

Pole Jungles

Set up cones around. The goal is to encourage several direction changes. Have 3 or 4 sets of cones on the course at the same time. Increase the level of difficulty by placing the cones closer together or try a course on a gentle slope. Vary the instruction, (i.e., completely circle around a cone going left, then right,

try it backwards...). Although you should be changing activities quite often, skiers normally enjoy playing in these quite a bit. Demonstrate the skill and break it down into four steps.

Red Light-Green Light

Have the kids stand in a line, and one person across from the line being the “it” person. The “it” person gets to call out Red Light to get everyone to stop moving or green light to let everyone know they can move. If you are still moving when Red Light is called, you are out. The goal is to make it the “it” person.

Biathlon

The Leader establishes a course with several stations where skiers must perform certain tasks before they proceed to the next station (i.e., throw a ball in a garbage can, tennis balls into a hoop). Challenge them to diagonal stride the course the first time, and then free skate the second time around.

Wolf Ring

A hunter, the “wolf” chases the rabbits round the wolf ring. Skiing is permitted in one direction only around the ring across each of the diameters. When the wolf tags a rabbit that person becomes a wolf as well. Game continues until the last rabbit is tagged. Circle size can vary according to the age of the participants.

Simon Says

The old game where the one that gets caught becomes Simon and continues to try and trick the rest. The group follows your movements as long as Simon says “Simon says” no one should move if Simon forgets to say “Simon says” first e.g., Simon says reach high in the sky, Simon says touch your toes, Simon says twist at the waist, clap your hands. No one should have clapped their hands.

Hand Ball

Use a Soccer Ball or a softer bigger ball. Two goal lines are created at a distance that is far enough for the participants to be able to ski without getting too tired. A touchdown (6 points) is scored by carrying the ball across the opposition’s goal line; a field goal (1 point) is scored by throwing the ball into the circle. The idea is to pass the ball. If tagged while holding the ball, the tagging team gets a free throw. Each team should have a goalie to protect the goal. If the ball is being carried too long by the skiers, enforce a three stride and then pass rule.

Numbers

Played within a 6m cone circle, the skiers ski about until a number is called by the leader. At this point, skiers must form groups of this number, hold hands and crouch down.

Frostbite Tag

Played within a cone circle, one person is “IT” and another is “HOT SPOT”. When IT tags a person that person must remain frozen with their hand touching the tagged part of the body. They remain frozen until HOT SPOT touches them on the frozen spot. Change IT and HOT SPOT frequently and you can have more than one IT.

Laugh Line

Two lines are formed in a gauntlet fashion. One person has the opportunity to ski down the line slowly as the others do anything they can do or say to make this person laugh or at least smile. Touching is not permitted. A great opportunity to let your juvenile foolishness run rampant!

Hounds and Hares

Hares have a small flag (pinny) tucked into their pants and are given two minutes to ski off anywhere within the game area (vary according to age). Hounds are then sent out to catch the hare's flags. After ten minutes a whistle is blown and everyone returns. No taking flags after the whistle. Count the number of flags that the hounds have captured and switch roles to see which team does better. Those who lose their flag continue to play by acting as decoys.

Treasure Hunt

These can be as simple as sending the group hiding stuffed animals under cones around a trail, the team with the largest pile being the winner, or as complicated as ones which have clues or poems at each station directing the participants to the next station. For older participants you might introduce them to orienteering with the next station's location and approximate distance leading them through the course.

Another version consists of putting letters A to Z (or less) on trees around the course with the simple picture on the other side of the tree. The participants are given a preprinted page on which they have to join the matching letters and picture.

Crows and Cranes

Divide the group into two teams – Crows and Cranes. Use a pinnie or have one team all wear toques. On a signal, the whole group scatters over the playing area and on a whistle freeze where they are. The leader now calls either Crows or Cranes. The team called is chased by the other team e.g., if Crows is called, the cranes chase the crows. If caught a new crow becomes a crane and viceversa. Freeze, chase, freeze chase and so on until one team is all caught.

Beat the field

Two teams are formed, hitters and fielders. The hitting team lines up in a row facing the field. The fielding team is scattered. The first person on the hitting team hits a tennis ball, volleyball, etc., with his hand and then proceeds to ski around his team. As soon as one person on the fielding team has fielded the ball, the rest of his team lines up behind him and the ball is passed, from hand to hand, between their legs until it gets to the last person who yells, "STOP!". One point is scored for each complete circuit. That hitter goes to the end of his line and the second person hits. When one side is done, hitters and fielders switch sides. Keep the teams fairly small (6 or less).

Tattle-Tale Pursuit

Use a loop which takes 20-30 minutes (modify according to age, 10-15 minutes for younger participants) to complete. All skiers except for one (the fastest or the leader) start racing around the loop. The pursuer waits five minutes or so and then chases the others. Each skier the leader catches is tagged and must turn around and return to the start. The first skier to return wins. If it appears some are dogging it in order to sprint back to the start, the chase skier can wait longer.

Duck, Duck, Goose

Form a 10m circle with the participants facing in. One participant is on the outside of the circle and skis around saying “duck, duck, duck” as he touches each participant on the back. When they touches one participant and says “Goose”, the participant touched must leave their place and they both race around the circle. First one into the vacant space wins. You could also have the two-toucher going in opposite directions.

Loose Caboose

Form a cone circle. Each train consists of an engine, one to three cars and a caboose. You also need one person who is the switcher. You can have as many trains as the area permits. The engines try to steer their train away from the switcher. The switcher tries to tag a caboose. The caboose, when tagged, becomes a switcher also and the last participant is the new caboose. (You can't tag your own train). The winner is the last train or engine left.

Jump the Clock

The group spreads out (lots of space is required between each skier). All face twelve o'clock. When the leader shouts “three”, they try and turn 90 degrees so that their skis face three o'clock. The jump back to twelve and on it goes. With some practice, some may make it to 6 o'clock.

Streets and Alleys

This is a fun way to form a teaching grid. In pairs, the skiers line up facing the same direction about 2-3m apart. When the leader shouts “Street!”, the back person has to try and catch the front person. When the leader shouts “Alleys”, they turn around and the chaser becomes the chased.

Swedish Bulldog

Players line up on one side of the field and a signal from the leader attempt to cross to the other side of the field without getting tagged by “IT”. Anyone tagged also becomes IT. Game continues until all are caught.

Fish Gobbler

A square area is marked out, with one side designated as ship and the other as shore. All the ship swim around in the ocean and when “Ship” is called, they have to get to the ship and to shore when “Shore” is called. When “Fish Gobbler” is called, they all link arms within a count of twenty or the “Fish Gobbler” (leader) will get them. When “Sardines” is called, they all have to cram into a small square in one corner before the count of twenty. This is a good game for the young skiers as there is no penalty for being gobbled other than you get caught.

Place Changing

Two groups stand at opposite ends of parallel tracks, facing one another; at a signal, both sides start off and each tries to reach the starting place of the opposition before that group reaches theirs. Run races and relays over short stretches of a track.

Who Can?

Each of the following questions can easily be the theme of a race or relay activity:

1. Who can glide the farthest on skis?
2. Who can glide from one point to another on one ski and how far?
3. Who can take the fewest strides between two points?
4. Skiing in pairs develops and challenges stability skills: make two teams, skiers in pairs must ski to a pole, catch, bring, and tag next pair of team members.

For 1, 2 and 3 record the results and compare with those from later in the season.

Double Pole Race

You need two teams. Skiers stand one behind the other holding the waist of the skier in front. Lead skier double poles pulling the other skier or skiers to a point.

Variations:

- Lead skier pulls one or more depending on terrain.
- Relays with other skiers waiting at a point ahead.
- Skiers behind do snowplow.

Quick Thinking

This game tests the ability to move quickly and maintain balance. The leader stands in front of the group and points different directions (forward, backward, sideways) to which the group moves to. Directions can be called out as well. If two players collide, they are eliminated. Variations: Arrange the class into a large circle. The teacher calls out "Hop Left", "Slide right", "Jump left", etc.

Spud

With everyone standing close to you, throw the ball straight into the air while shouting out one of the participants numbers. The participants whose number has been called quickly gets the ball and shouts "SPUD" as soon as they touch it. All other students ski until they hear "SPUD."

Cheetah Chase

The object of the game is to catch the person in front of you by tagging them. Each person must ski completely around the circle once, before tagging the next person waiting in their line, who then skis around the circle after the person right in front of them.

Snow Hockey

Snow Soccer