



Games & Activities

Active Start

Falling /- getting up

- o fall L / R/ turtle
- o Coach touches to get back up
- o On the whistle / clap / shout

one ski – relays

- soccer
- baseball

only do this if it is easy to get ski back on !!
maybe at the end of the session

throwing

- Fetch bean bags, ball in sock (also called hot potato)
- Hot potato golf
- Spud
- Ball juggling- self, pairs, while moving
- pick up sticks /beanbags (while on the move)
- target practice – balls, bean bags @ bucket, hoops, coach!!
- mines –spray(use windshield washer) dots on tracks
 - o – lift ski to avoid or use socks in tracks

other ideas, games ,activities

- ** choo-choo trains – with a pusher
- ** tunnels / arches – poles, trees,
- ** dog sled pulls (use thick rope)
- ** circle “high 5” exchange of 2 skiers
- ** musical hoops /poles (chairs)
- ** slalom – poles, pylons
- ** figure 8
- ** track ! Track ! – groups 4-5 ski along, call track and pass
- ** scream and glide (far as you can go on 1 scream

Tag games

- freeze tag, toilet tag
- clothespin tag – put or take
- chain tag – more than 3 hard to do
- turtle tag (fall down)
- scooter tag
- pizza tag (use large pizza shape in snow)

FUNDamentals

- Luge – lie back on skis
- Bob sled – several skiers **caution!!**

Tips –

- Avoid elimination games
- Have a younger group be the only one that can “score “ for short time period
- Use pails, small goals or end lines so no goal or goalie required
- Use pylons or poles to indicate starting point, turning, stopping etc – not “when I say”
- Use arm movements AND voice to ‘start’

Easy, cheap, equipment

- Bean bags (parent to make- denim, vinyl)
- Balls –all sorts & pylons
- Squirt colour (windshield fluid)
- Hot potatoes (tennis balls in socks)
- Clothespins, bell, hula hoops, pool noodles
- Parachute!
- ‘climbing” rope – long pieces

Adventure trail –

- Dinosaurs, animals, pirates
- Obstacles – eg logs – alligators
- Snakes – step over rope

Relays

- Waiter (carrying something)
- technique at end Eg star turn
- herringbone
- double pole
- pick up poles
- blind
- hoola hoop –drop over head
- 3 legged race
- pairs – holding hands
- Norwegian –one pole
- One person (no skis) pushes one or two others (crouched)
- Fire engine (put fire out)

Grade 1 games

- What time is it Mr Wolf ?
- Follow the leader
- Boom Over
- Soccer – (may use hand as foot)
- Maze /follow leader in deep snow
- red light /green light (use star tuns etc.)
- colours –all skiers touch person with ‘green” (pg 94 –CC)

Older games /wide games

- soccer, no goalies, more than 1 ball
- bucket ball
- baseball – fielder over /under
- capture the flag
- steal the eggs
- team handball
- cop and robbers
- british bulldog
- hockey
- crows and owls (pg 167 CC binder)
- obstacle course
- reverse pursuit

Hill

- Pick up bags on the way down
- Stand Up / couch down passing pylons
- Under a rope and pole
- Catch an item while skiing down
- Fast and then slow- alternate between poles, pylons

Balance – rhythm -agility

- arm swings , leg swings
- jumping jacks
- marching soldiers
- clock – tick tock
- hokey pokey
- reach for the sky
- tippy toes
- attention – at ease
- sizzling snow
- flea jumps
- tail lifts – tip lifts
- teeter totter
- stork stands, bobbing stork
- karate kid stand / -one leg pops
- pendulum – 1 leg swing F & B
- freeze and glide
- jump clock (eg 2, 3, 8,pm)