

Striding Everywhere

Balance

Diagonal stride on all types of terrain, especially on descends. This drill works on balance. Whether you do smaller, shorter strides which will work on the quick timing of the movement; or longer strides, emphasizing glide, giving you the time to hold, balance and set positions.

Wings Away

Balance, Weight Transfer

Striding without poles. Start striding swinging the arms, once up to speed, clasp the hands behind you, continuing to stride. The drill works on balance and weight transfer over each ski, as you focus on bringing the torso (hips and shoulders working as one) over the gliding ski.

Five and Glide

Balance

Starting with small steps and build glide on each stride. Glide on either one or both skis after fifth stride. Can modify this drill to be only three steps before gliding.

Lengthening Strides

Balance

Lengthen each stride along a slight downslope.

Glide Countdown

Balance

Use less strides over multiple attempts at a distance on slight upslope

Cutting the Snow

Visualizing the ski edges as a pair of scissors and getting a "bite" into the slope

Reaching Greater Heights

Descending

Straight Run to Snowplow stop, getting higher on the slope and with more momentum with each success attempt. Alternating Straight Run to Snowplow (adding gates) working on changing direction while descending

Acceleration Drill I

Skill Development

Over distance of 50 to 75 meters, skiers should continuously accelerate down the track performing diagonal stride, only reaching top speed at the end. Alternate repeats with double poling

Acceleration Drill II

Skill Development

As per above, however skiers should be encouraged to only perform diagonal stride while maintaining rhythm with increasing speed. Alternate repeats with double poling.

Pyramid Challenge

Fitness

2 sets of variation of: 15 secs, 30secs, 60 secs, 90 secs, 60 secs, 30 secs, 15 secs.

Rest between repetitions is time required to return to start.

3 to 5 mins rest between sets

Skiers are reminded to go at their own appropriate pace/effort. Framed as a personal challenge.

Skiers are encouraged to find the consistent effort/pace that they can maintain for all repetitions.

15 sec start is to encourage skiers to start (a bit too) fast and settle into appropriate pace identifying speed, sensation and breathing cues

Speed Zones Drill

Skill Development, Fitness

Skiers ski incrementally faster in each segment of a loop, no faster than fastest speed they can maintain synchrony and coordination.

Synchro-ski Drill

Skill Development, Timing

Ski behind another skier of similar ability and try to follow their tempo (key in on pole plant)

Pursuit Loop

Fitness

Multiple skiers chase each other around a loop in attempt to catch the person in front (one point for each person they pass).

🚩 Share technical cues as means to develop technique within the drill.

Cadence Ski Drill

Fitness

Skiers ski a 500m to 1000m loop three to four times at a cadence quicker than their normal/comfortable default tempo

Rest between reps according to feeling

🚩 To the range of motion relative to speed. Relationship between endurance and muscular force

Ski Ballet

Balance, Creative

Allowing the skiers to move in a natural, free, and creative manner. Exploring the limitations of movement & equipment.

Flow Slalom Drill

Control, Descending, Cornering

Focus on position, moving body through turn, maintaining speed. The course can be set up on flat terrain or descending terrain

Prison Break Drill

Control

Increasing drill difficulties in the following order:

Free run to hockey/skidded stop

Free run to side slipping

Free run to 180

Free run to 180 to hop 180

Increasing the difficulty of this drill should be matched the skill level of the group

Dual Cross Drill

Control, Cornering, Descending

Create parallel slalom courses. The course can be created on flat or descending terrain.

Pursuit Cross Drill

Fitness, Control, Cornering, Descending

Skiers start at intervals and try to catch skier in front on single slalom course. The course can be created on flat or descending terrain.

Double Cross Drill

Fitness, Control, Cornering, Descending

Multiple skiers depart at same time on single slalom course. The course can be created on flat or descending terrain.

Double Pole Till No More Drill

Strength, Momentum

Beginning on flat, skiers' double pole as far up the hill as possible. The drill could be done with any technique, just find terrain that is easy to start with but gradually gets harder for each technique.

 Attention to changes required to maintain momentum

Team Relays

Fitness

(Teams of 3 skiers)

Each skier must complete at least three loops.

Encourage skiers to go as fast as they consistently can without compromising technique.

Select best expression of technique to environment.

(Teams of 2 skiers)

Each skier alternates between 90 sec and 45 sec loop.

Skiers are encouraged to carry and maintain speed into climbs and to accelerate over the top before descents.

Tractor Pull (Double Pole)

Strength, Skill Development

Emphasizing proper timing in muscle contractions and avoiding dead spots in technique

High Point Drill (Diagonal Stride)

Skill Development

Limited number of strides that are allowed to cover a distance. A set distance or how far can each skier go.

Both high and low numbers are effective, they prioritize different skills.

Shuffle Step

Skill Development

Small steps, concentrating on moving whole body forward

**Poles may be used to assist in balance, however skier should not propel themselves with poles*

Elf Ski

Skill Development

ex. I

Skiers must always remain in deep flexion

ex. II - **Lengthening Strides**

Lengthen each stride along a slight downslope, maintain longer balance time on each ski

ex. III - **Stride Countdown**

Use less strides over multiple attempts at a distance on slight upslope

ex. IV - **Long Push**

Skiers should try to push to the limit of their leg extension to the point of ski lift

ex. V - **Karate Push**

Skiers should maintain power throughout push with the intention of shooting snow from the ski at the end of phase

Elf to Giant

Skill Development

Begin movement in Giant (Double Pole's highest position) moving to Elf and back up to Giant onto the other ski

Stopping Zones

Control, Descending

Designate stop line, where skiers must start Snowplow braking.

Tilt Drill

Skill Development

Staggered stance, flex forward at ankle onto one ski. Like an airplane drill used in the gym. Working both balance and control.

Jump & Land Quietly

Skill Development

With skis on, jump into the air and land as quietly as possible, holding the landing.

Hyper Scooter

Skill Development

Scooting on one ski (no poles) as fast as possible (forces body position into forward stance)

Countdown

Strength

Reducing number of DPs to move from point A to point B

Max Distance

Strength

Furthest distance achieved for given number of DPs

Speed Zones (Technique Zones)

Skill Development

Changing from Diagonal Stride to Double Pole. Can be substituted with transitions between any techniques.

Glass Carry

Skill Development

Imagine you are holding a glass of your favorite evening drink, trying to not spill a drop. Maintaining Athletic position. Start on flat terrain, then introduce more challenging terrain. If available a terrain park, or ski playground with bumps, rollers or agility features.

Limbo

Skill Development

Absorption of bumps using ankle, knee, hip

Slalom Course

Control, Skill Development, Descending

Create a slalom course, so skiers can go around or indicate they need to come to a Snowplow stop.

Human Slalom

Control, Skill Development, Descending

Turns and stopping, emphasizing control in descent. Using other skiers from the group to act as pylons, and the highest on hill goes through the slalom of skiers before they reach the end and come to a stop becoming the next pylon.

Grounding Exercise

Balance, Skill Development

From stiff upright posture to athletic stance.

Clock Drill

Balance, Skill Development

Ex.1 Stationary stepping one ski to the next

Ex. 2 Hopping on single ski

No pole, Kick Double Pole (KDP)

Skill Development, Timing

The Kick Double Pole movement but without poles. Allows skiers to get comfortable with the movement and timing and creates better focus on the kicks rather than propelling forward from the double pole.

Circle Pursuit

Fitness, Cornering

Create a circle, depending on the size of the group, you can determine how big to make the circle. Designate those who will be chasing and those who will chase. The drill is over when those being chased are caught, or after a period of time. Make sure you perform the drill in both directions.

Lane Change Drill

Skill Development

Finding an area or trail where there are at least two tracks or more. In a follow the leader fashion. Have the group follow a leader who changes between track every so often. The group follows, snaking behind the leader.

Mini Zone Circuit

Imposed techniques (DP, DS, KDP, stopping, climbing, slalom)

Skill Development

How Far Can You Go

No poles, than with poles (emphasis on maintaining glide and momentum)

Strength, Skill Development

Bunnyrabbit Games

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 Hokey Pokey:

“You put your right ski in, you take your right ski out, and shake it all out. You do the HokeyPokey and turn yourself around...”

Then repeat with different parts of the body. Then finish with everyone sliding into the center of the circle for the one last rousing round.

Superheroes

Have the skiers lean forward like Superman or Superwoman and test how far they're willing to lean from the ankles before they move the other foot.

Baby Steps

Skiers try many little steps forward and feel the balls of their feet pushing off.

Thousand Steps

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

Duck, Duck, Goose

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.

Sizzling Snow

Skiers while remaining in one place, step from ski to ski, keeping only one ski on the “burning” snow at a time.

The Runner

Skiers run in place on the skis, changing the tempo from slow to fast.

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 expand 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 acquired in the L1 & L2 (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 or poles to ski around. The goal is to encourage several direction changes. Have 3 or 4 sets of cones or poles on the course at the same time. Increase the level of difficulty by installing poles 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.

Pie Tag

Skiers choose their favourite pie. To avoid being tagged, they make a pie shape with their skis and shout out their favourite kind of pie. Pie positions can only last 5 seconds, so players must keep moving.

Red Light-Green Light

If strong enough, have skiers play on gentle slope.

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). Challenge them to diagonal stride the course the first time, and then free skate the second time around.

Jackrabbit Games

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 Jackrabbits.

Follow the Leader

A gentle ski incorporating their stretches. Keep the group small so that even the Last in Line still does the activity. A variation is to Lead the group out, do a stretch, then have the first Jackrabbit Lead on while you wait and encourage the others in their stretch. When the last Jackrabbit has finished, reverse the line and lead on to start the next stretch.

Simon Says

The old game where the one who 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.

Steal the Pole

Two concentric rings of ski poles (inner ring=6m; outer ring = 9m) are formed where the outer ring has one less pole than the number of skiers. The Jackrabbits ski around within the inner circle until a signal is given by the Leader, at which point they try to claim a pole from the outer circle as theirs. Another pole is now removed. Those who won go back to the inner circle and the one who lost skis around the outside of the outer circle. At a signal from the leader, everyone tries to get to a pole. Assuming that the skier on the outside can reach a pole before those in the circle, there should be two losers from the group that were inside. These two ski around the outside and those who got a pole ski within the inner circle. Continue removing a pole each time.

Schmeritz Rugger

A Schmeritz is a tube sock with a tennis ball dropped in the toe and a knot tied in the sock. Two goal lines are created and field goal ring (field = rectangle 30m by 15m; field goal ring=1.5m). A touchdown (6 points) is scored by carrying the ball across the oppositions goal line; a field goal (1 point) is scored by throwing the Schmeritz into the circle. The idea is to pass the Schmeritz. If tagged while holding it, the tagging team gets a free throw. Each team should have a goalie to protect the circle. If the Schmeritz is being carried too long by the skiers, enforce a three stride and then pass rule.

Scissors, Paper, Rock

Each team has a safe Line and an attack Line (two safe Lines parallel to each other 20m apart; two attack Lines inside the safe Lines and only 4m apart). The idea is to have one team chase the other team and catch them before they reach their safe Line. Make sure that the skiers are spread out along the attack Line as one team will have to turn around to escape. As to how to decide which team becomes the attackers and which team runs, this can vary according to the age group. For young Jackrabbits, the Schmeritz can be whirled and thrown in the direction the skiers are to go according to the Leader's whim. For older

Jackrabbits, you can use rock, scissors, paper game. Each side huddles and decides on a call (rock, scissors, or paper). On a signal from the Leader, each group shouts their call and the winning side becomes the attacker. The leader should assist by deciding the winner appointing in the direction of attack as the Jackrabbits don't often hear what the other group call.

Stand Off

A game for improving balance with or without skis. Skiers face each other in pairs. Make sure there is lots of room between pairs. Pairs face each other and hold hands in a boxing position with open palms. At a signal from you they attempt to push each other off balance. Faking, dodging, etc are allowed, but falling down or even a shift in feet to retain balance means you lose.

Numbers

Played within a 6m ski pole 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.

Colours

Played within a 6m ski pole circle, the skiers ski about until a colour is called by the leader. Players must then stop and touch that colour on another skier's clothing. More than one person can touch the same skier.

*More fun is had by picking a colour which is only on the socks or gloves of a couple of skiers.

Skin the Snake

Take off skies for this game. Jackrabbits stand in a straight line and reach forward with their right hand to grasp the hand of the skier in front of them. They put their left hand between their legs for the person to grasp. The last person now lies down and the line backs up until the second last person can lie down and so on until everyone is lying down. Then reverse the process until all are standing. This could be a relay race as well.

Frostbite Tag

Played within a 6m ski pole 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.

Hug Tag

Played within a 6m ski pole circle, skiers either put an arm around each others waist or hold hands. One pair is IT until they touch another pair. No touch backs.

Forwards/Backwards Tag

Same as Hug Tag except the pairs hold hands so that they are facing each other forcing one of the pair to move backwards as the other moves forwards.

Chain Tag

Played within a ski pole circle. When IT tags another person, he holds hands with IT as does each person who is tagged by the chain. Game continues until everyone is part of the chain. You can have two IT and form two chains and the chain with the most people wins.

Penny, Penny, Who's Got the Penny?

Divide Jackrabbits into two groups. One person on one team is given a penny. The other team does not know which opposing member has the penny. The penny carrier has to try and get the penny to his team's castle, which is the opponent's zone. The person who has the penny must show it if they are tagged. The rest of the team act as decoys.

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!

Catch the Dragon's Tail

Best without skis! Eight to ten people form a line by putting their arms around the person in front of them. The last person tucks a scarf in their back pocket or pants. At a signal, the lead person tries to catch the tail. When he is successful he becomes the tail and the second person becomes the lead. As a variation you might have two dragons and each trying to catch the other's tail.

Hounds and Hares

Hares have a small flag (crepe paper) 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.

Snowball Baseball

Two versions are given below, but I am sure you can adapt them to suit your situation as necessary

Version 1

The version uses snowballs. If the snow is the type that packs very hard, you might be better to use a beach ball or volleyball. A 1m diameter circle serves as home plate. Each team consists of five players: one for each base, a catcher and a pitcher. The pitcher makes a snowball and pitches it underhand to home plate. If it does not land in the circle, it is a ball. If it does land in the circle, it is a strike unless hit by the batter.

If it is hit by the batter, they try to ski to first or second base before getting out. The runner can be put out either by being hit with a snowball thrown by the pitcher or by being tagged with a snowball which the pitcher has tossed to the base person. Follow the usual rules of baseball, but improvise the game work for your group.

Version 2

Three batters, a catcher, a pitcher and three base people play work-your-way-up baseball. Use a big plastic bat and schmeritz for a ball. Balls and strikes as above. Otherwise regular baseball rules apply. As an out occurs, the person who is out becomes the third base, third base becomes second, etc, with the catcher becoming the batter. If the third batter is up with the other two on base, they have to hit someone home or they are out.

Treasure Hunt

These can be as simple as sending the group out to pick up the garbage with the largest pile being the winner, or as complicated as ones which have clues or poems at each station directing the Jackrabbits to the next station. For older Jackrabbits you might introduce them to orienteering with the next stations 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 Jackrabbits are given a pre-printed page on which they have to join the matching letters and picture (good for a Jackrabbit Fun Day).

Crows and Cranes

Divide the group into two teams - Crows and Cranes. Use a crepe paper flag 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 vice-versa. Freeze, chase, freeze chase and so on until one team is all caught.

Dodge Ball

A soft, air-filled ball (volleyball is required. Divide the group into two teams, the "in" and the "outs". The outs form a large circle (12m) within which the "ins" can move freely. One of the "outs" is given the ball and the game begins. The object is for the "outs" to knock the "ins" out of the circle. No hits allowed the shoulder. If the ball does not make it to the edge of the circle, an "out" may enter the circle but cannot throw until he returns to his place on the edge. Each "in" that is hit leaves the circle.

Exchange places when the "ins" are all out. If you like time each group to see who can eliminate the other team more quickly.

The size of the circle depends on the throwing ability of the Jackrabbits.

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 their hand and then proceeds to ski around their team. As soon as one person on the fielding team has fielded the ball, the rest of their team lines up behind them 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 their 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 Jackrabbits) to complete. All skiers except for one (the fastest or the leader) start racing around the loop. The pursuer waits five minute or so and then chases the others. Each skier they catch 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.

Clothes Pin Tag

Played in a ski pole circle, choose three rabbits and give the rest of the group three clothes pins each. The winner is the person who can pin a clothes pin on the collar or hood of each of the rabbits. Note after one person catches a rabbit and is pinned, they have 10 seconds to move away.

Fox and Rabbit

Mark out a square for boundaries as large as the skills of the Jackrabbits allow. The rabbits hide between a pair of poles (trees). One skier is an extra rabbit and is one is the fox. If the fox catches the rabbit, they exchange so that the tagged rabbit is now the fox. The rabbit may at any time tag one of the other rabbits hiding in the trees. This rabbit now becomes the one being pursued. If you have enough Jackrabbits, you can have two foxes and two rabbits to chase.

Duck, Duck, Goose

Form a 10m circle with the Jackrabbits facing in. One Jackrabbit is on the outside of the circle and skies around saying "duck, duck, duck" as they touch each jackrabbit on the back. When they touch one Jackrabbit and say "Goose", the Jackrabbit 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 ski pole 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 care is the new caboose. (You can't tag your own train). The winner is the Last train or engine Left.

Pablo Jackrabbit

In pairs, Jackrabbits draw a giant rabbit in the snow using their skis. Then the group skis from rabbit to rabbit to decide which pair is the Picasso of the future.

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.

Numbers

Form a ski pole circle. The skiers freely ski within the circle until a number is called. If five is called, the Jackrabbits must link arms in groups of five. Anyone who is left out receives a positive penalty, e.g., tell a joke, sing a song, etc.

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.

Dwarf-Giant Game

Children switch back and forth between strides made in a deep crouch to strides with the body and arms stretched upward. Once children have mastered this imitation, a real race can be set up.

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.

Steal the Poles

A version of the Musical Chairs. The players stand about 2 m apart in a single line. Some poles are stuck in the snow in a row 20-30m away. The number of poles being less than the number of players. At a signal, each player races to get a pole. The loser, the one who finds themselves empty handed, has the chore of setting up the poles for the next round.

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 on in the season.

Hug Tag

This can be played with any number of people, with or without skis. The simple rules are: Any group of two players hugging (or holding hands) are a "free zone", and cannot be tagged. Players may start and stop hugging each other whenever they want. The person who's "IT" can hug people too. But you're still IT until you find somebody who's unhugged and tag them.

Holding Hands Tag

You need a relatively large flat area. With skis and no poles, two "IT" skiers hold hands and chase others. Tagged skiers join the chain holding hands. Game ends when everyone is on the chain.

Variation:

Large groups require more chains.

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.

Crows and Owls

Purpose: Work on turning (stationary) and forward movement without poles.

Set Up: Form two equal teams. One team is "Crows" and the other team is "Owls", they form lines one team facing the other separated by 20-30m. The line they start on is their "home".

The instructor makes a statement that is easily identified as true or false. If it is true the Owls (who are wise and honest) chase the Crows; if it is false the Crows (who are sly, devious and don't always know the truth) chase the Owls. The team being chased must turn around and ski past the poles identifying their home. If they are touched by someone from the other team before they get home they join that team.

Laugh Line

To adapt according to the number of people. Form two lines facing each other about 1.5m apart.

One skier skis down the line. The others try to make them laugh as they ski down the line. They can do whatever they want to make them laugh except touching.

Catch the Dragon's Tail

About eight to ten people line up, one behind the other. Everyone puts their arms around the waist of the person in front of them. The last person in line tucks a handkerchief in the back of this pocket or in the back of his toque. To work up steam, the dragon might let out a few cries.

At the signal, the dragon begins chasing its own tail, the object being for the person at the head of the line to snatch the handkerchief. When the head finally captures the tail, it dons the handkerchief and becomes the new tail, while second from the front becomes the new head.

Variation: Two dragons trying to catch each other's tails is formidable and also a great time

Resources:

Nakkertok Ski Club, Coaches resources

Nordic Ski Lab