

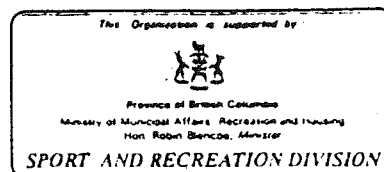
BRITISH COLUMBIA
SPEED SKATING ASSOCIATION

Coaching Beginner Skaters Under 6

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Games to Get Them Moving

Some of these games are to inspire reluctant young skaters to move on the ice. Others can be used and are fun for quite advanced skaters. In choosing a game, the skills of the group must always be considered and for 'tiny tots' our expectation can't be too high.

- **Beanbag Games:** Children love to play with these. They can use them from bending and reaching, for moving around the body, fetching and balancing.
- **Keep the Box Full:** as the coach throws out the beanbags the children bring them back and put them in the box. Who will tire out first?
- **Tommy Tuckers Land:** beanbags are spread out inside a circle with the instructor guarding them. The skaters try to get in and steal the bags without being caught.
- **Beanbag Scramble:** each group collects bags for their corner (one at a time) which group can get the most bags?
- **Dumping Ground:** teams take their beanbags (one at a time) and dump them on the opposing teams side – on "stop" the team with least bags wins.
- **Hungry Birds:** children are birds – at a signal they "fly" around getting beanbags to take back to their "nests"
- **Balloons:** Can be use to play "keep it up" or hitting them across the ice. At any rate it gets them to bend down because the balloons inevitably hit the ice.
- **Balloons (Filled with Water):** fill small balloons with about 1 cup of water. They can roll them on the ice. You can reuse them several times before they break, if not stepped on! (*Be careful if they break, pick up the balloon pieces immediately.*)

Additional Games

- **Follow the Leader:** for when they can move around reasonably well – can include a variety of movements such as hands out, up, behind, on knees, toes, duck walk, marching and later gliding skills.
- **Duck, Duck, Goose:** skaters form a circle, with one skater outside going around touching each one saying “duck, duck” as he touches them ‘ when he says “goose” that skater tries to beat him back to the spot.
- **Crossover** – skaters line up on t parallel lines facing each other – on a signal they change sides without touching – this can also be played on the circle.
- **One, Two Button My Shoe** - go through the motions of the verse and on 7,8 say “skate or you’ll be late” the skaters skate to a predetermined line.
- **Huntsman** – skaters go to hunt “bears” following the leader – when the leader calls ‘bang’ the skaters go to the goal line pursued by the hunter”
- **Baseball Slide** - Skate as fast as you can and slide as far as you can on your behind. Tiny tots may need the help of a little push when they fall down because they won't have enough speed to slide anywhere - this activity helps reinforce that falling can be fun, not a traumatic experience - even older skaters find this game fun.
- **Beat the Ball** - they love to beat the "racing ball" to the other side of the ice when you roll it across. Great for all ages!
- **Are you There, Mr Bear?** - a "bear" stands at one side of the ice as the skaters approach calling "Are you there, Mr. Bear? When he says "Yes" they skate to escape the "bear". A favourite up to 8 years old.
- **What Time is it Mr. Wolf?** - Like Mr. Bear only children approach saying "What time its it Mr. Wolf? He gives various times of the day. When he says "Lunchtime", he chases them. When they are caught they then become the wolves as well.
- **Giant Treasure** - "Giant" stands with back to approaching skaters who are tying to steal the treasure. If he turns around they stop. When the treasure is stolen the giant chases them back to the starting point.
- **Busy Bee** - stand with a partner, on the call "Busy Bee" everyone changes partners.
- **Frantic Ball** - each child has a ball and tries to keep it rolling. Don't let the ball stop.
- **ZZZZZZ** - Children pretend they are asleep inside a hoola hoop. When the alarm clock goes off they wake up and skate to another hoop and pretend to sleep again.

- **Streamers** - Get narrow plastic strips for the children to move in the air as they skate, marking ribbon works great for this. Tie several ribbons onto a chopstick. Hopefully, they will think so much about the streamers they forget about being afraid of falling.
- **Magic Colours** - Place coloured sheets on the boards. When a colour is called they skate to that colour. They need to know their colours.
- **Fire Fighters** - Pretend some skaters are caught of fire in the centre of the circles. The other skaters have to skate in and rescue them either by taking them by the hand or pushing them in their "sit" position if their gliding skills are good enough.
- **Star Wars** - use small nerf balls as "death stars" to try to hit skaters going around.
- **Torpedo** - Line up all the skaters, on the signal of "Torpedo" the skaters must cross the path of pucks being thrown along the ice surface. If their skates are hit then they get to throw the pucks. You play until you are down to one skater. Then they start off the new game throwing the pucks.
- **Musical Carpets** - place small pieces of carpet around the ice surface inside an area marked off with pylons. Skaters go around the pylons to some lively music. When the music stops they go to a carpet as fast as they can. There should be enough for each skater to find a carpet. No one should be left out.
- **Hugs** - This is a real favourite. The skaters start in varying positions each time e.g. on their tummies, knee down, hands and knees, etc. The coach stands across the ice from them and yells "go". The little skaters move as quickly as possible across the ice to get their hug. Brace yourself! This can be changed as the skaters get older to a simple reaction drill where skaters see how fast they can get to the blue line.
- **Ball Snatch** - Place a ball in front of someone in a circle. When a name is called the skater must get the ball from in front of the other person and get back to his place before the rest count to 6 (as slowly as necessary).
- **A Walk in the Jungle** - Another pretend game tiny tots love. The skaters are bears, lions, tigers' etc. Coach tells a story. One day I was walking in the woods, it was very quiet. I couldn't see anyone. I looked all around. No animals to be seen. Suddenly I felt something watching. What was it? (get dramatic) Oh, No, lions, tigers, bears (get excited) and they are after me (terrified) I have to hide. Oh, No, they are growling. They are going to catch me. (Skaters will undoubtedly chase and eventually catch you). Watch out for little teeth, some really get caught up in their role.

- **Yes, I do** - Place pylons at various locations on the ice. Ask questions of skaters' e.g. Do you have something blue on? If yes, the skaters skate to the pylon point out. As you ask different questions they skate to the pylon you point out. Are you 3? Are you 4? Are you 5? Do you have a sister? brother?, like speed skating? Etc.
- **Musical Hands** - Skaters skate randomly around the skating area to music. When the music stops they must hold hands with someone. (or 3 or 4 people)
- **Blast Off** - Count down from 5 as skaters start bending their knees ready for take off. On "0" they blast off to a predetermined finish line.
- **Howdy Partner** - One skater goes around the others in a circle. He pats one on the head (shoulder). That skater goes around in the opposite direction. When they meet, they stop and say "Howdy Partner". The 1st skater returns and the other one continues the game.
- **Body Parts** - Skaters skate randomly around. When the leader calls "Freeze" and a number they just stop and put that number of body parts touching the ice. Eg. Freeze 3- they put 2 feet and 1 hand; Freeze 5- 2 feet, 2 hands and 1 knee.
- **Catch Him** - Skaters line up next to one another facing forward. The leader skates behind and taps one skater. This skater then skates as fast as possible to a line while the others in the line try to beat them there.
- **None elimination Simon Says** - Have 2 games going on at the same time. When a player is eliminated from 1 game for making a mistake he/she goes to the other games.
- **Follow Me** - Place carpet pieces in a circle around the ice, with skaters sitting on each one. "It" skates around the outside and points to a player calling "Follow Me". It collects followers until he decides to "go home". They all scramble for their mat. The first person back becomes the leader. This game could be changed slightly to have the skaters start out following the leader doing what he does.
- **Snake on the Ice** - For the more advanced skaters one-foot pumping in this game might slow it down to a safer pace. One skater is "It" and skaters around hiss like a snake trying to touch the other skaters in the "snake pit". Players become snakes, as they are touched.
- **Octopus** - The game will only be good for very advanced tots, as it requires quite good skating skills. Skaters cross back and forth from one side to another when the leader calls cross trying not to be touched by the octopus in the "ocean". When a skater is tagged he/she becomes a tentacle standing frozen with arms outstretched. As the fish

cross back and forth the tentacles try to help the octopus catch them, but only by reaching out with their arms.

- **Adding-** Set up a short course with pylons. With a stopwatch time the skaters as they skate around the course. Add up the teams' total time and see if they can improve on it each time around.
- **Advanced Drill** - 2 groups 10 - 15 feet apart. They start to skate slowly forward and on a signal the back group tries to catch and pass the group ahead of them.

A more difficult variation is to have both groups facing the boards when they start. They start to skate backwards and on a signal they pivot a skate forward and the back group tries to catch the front group.

Most of the games can be adapted to include some of the different skating skills as they are developed, but mostly they are intended simply for them to have fun on the ice. They are just little tots and have plenty of time to learn skills, which now may seem tedious to them. Let them have fun!

Some of the games and activities came from Teaching Tots to Skate © 1986 Canadian Amateur Speed Skating Association.

Just remember:
If you are having fun so are they.
Good Luck!

1d) **"Take-away" Trains**

This train relay is similar to "add-on" trains except that each team starts out all together in a train with the back skater pushing the whole team. After one lap, the pushing skater drops off into the center (or his/her corner) and the skater who is now the rear skater assumes the pushing duties. This process continues until the front skater from each team completes on lap on their own and returns to his/her starting position.

2. **Obstacle Courses**

Obstacle courses are a nice change from simple skating. They promote the agility and overall skating skills of the skaters. Once again, there are an infinite number of obstacle course set ups. Some ideas that you may wish to include in your own courses are listed below. Try to use your imagination to utilize the entire ice surface. Be careful to minimize the chance of collision between teams and confusion as to whose course is whose.

Obstacle Ideas:

1. slalom between markers - varying distances between markers
2. jump over lines or physical obstacles
3. crawling under obstacles, i.e., under a stick laying across two chairs or under a table
4. part of the course could be to put on their guards, walk through the players' bench, take off their guards and continue the course
5. touch body parts to the ground, i.e., touch right knee to blue line, left hand to center line, etc.
6. somersaults, falls, etc.
7. do sit ups on mats
8. push mats for a certain distance

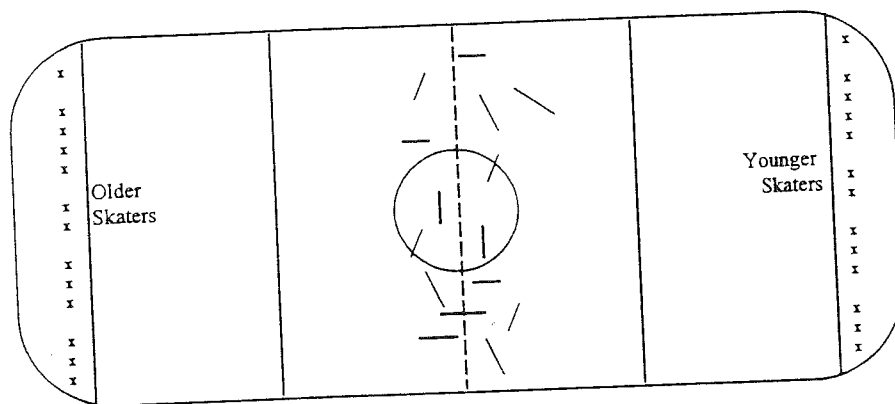
As you can see, there are many ideas to choose from. Keep in mind that the races should be simple and fun. Obstacle courses can be run as team or individual races.

3. **Guard Games**

Skating guards can be used for more than protecting skate blades. They can be used as batons or objects to capture from an opposing team. One good game using guards is described below. This game is a good one to use at the end of practices.

- 10-20 skaters at each end of rink
- coach collects 7-15 guards and scatters guards around center ice area
- skaters start from one end only to try and pick up any one guard and return to the starting position
- those that do not get a guard must pick up a mat and leave the ice
- can also be played with an equal number of guards and skater, i.e., first skater to pick up their own guard and return to the start wins.

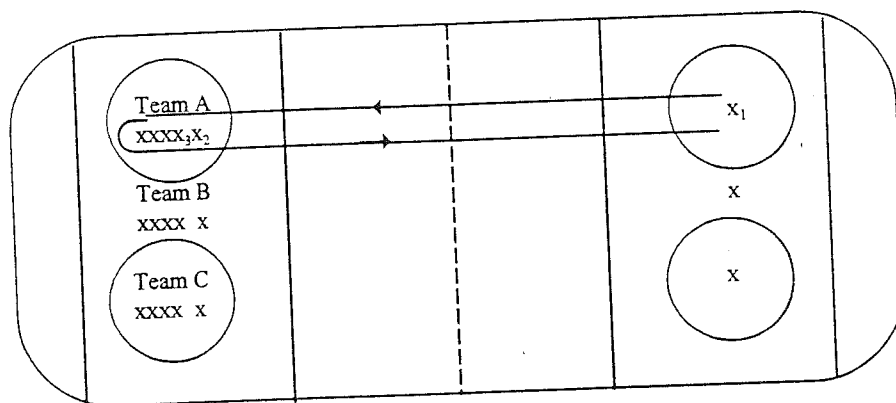
- Disadvantages!! - guards may get mixed up and taken home by the wrong people in the scramble. Make sure that everyone ends up with his/her own guards.



4. Rescue Relay

Rescue relays are described in the SSC Coaching Manuals but are usually so successful that they will also be mentioned here.

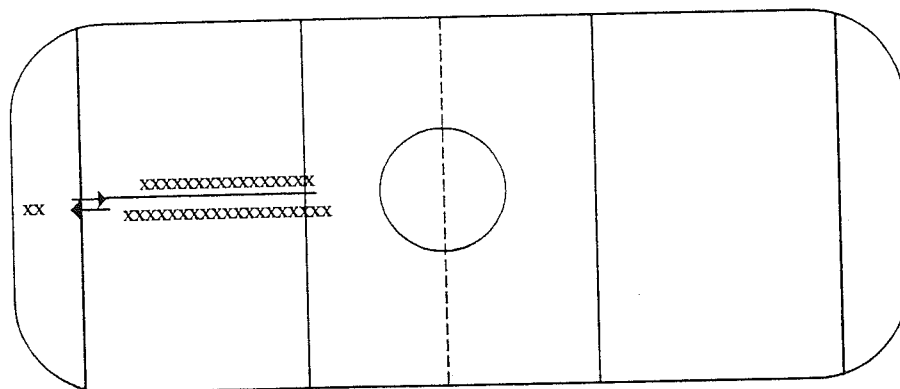
1. skater X_1 skates around his/her own group at the other end who need to be rescued from an imaginary disaster (i.e., sinking ship, burning house, etc.)
2. skater X_1 pulls skater X_2 by the hand and they return to the "safe area"
3. skater X_2 return to "rescue" skater X_3 , etc..



5. **Tunnel Game**

Tunnel game suggest here is an excellent one for kids of all ages and is an appropriate way to end an early season or recreational oriented practice. It is diagramed and described below:

1. a long tunnel is formed by pairs of skaters standing face-to-face joining hands above their heads
2. one skater at a time steps back, takes 1-2 strides and glides all the way through the tunnel in a low position
3. once through the tunnel, that skater waits for another and then forms another arch of the tunnel
4. this is not a race; coaches must be careful to regulate the speed of the skaters entering the tunnel.
5. keep the skaters moving slowly but continuously
6. allow at least 10 minutes at the end of practice to play this game (for 20-60 skaters) the longer the tunnel, the better



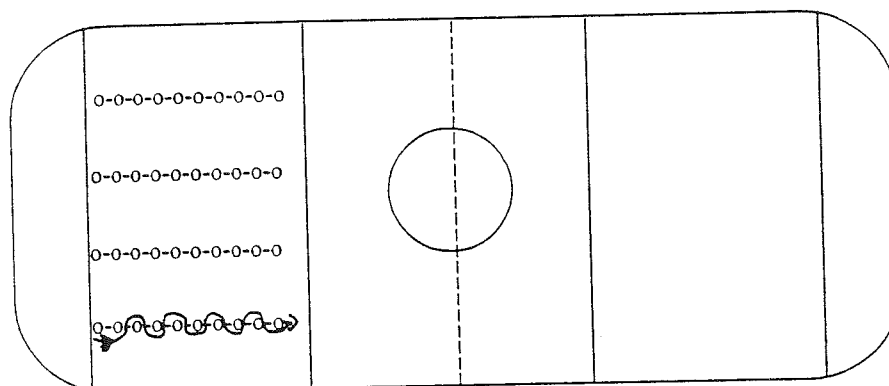
6. **Chain Slalom**

This game can become quite competitive. It is best used at the end of practices for variety.

- the skaters line up in teams, standing side-by-side and holding outstretched hands
- the first skater slaloms between skaters, underneath their joined outstretched arms
- the second skater can only begin the slalom when the first skater has joined the far end of the chain
- the first team to reach the other end of the rink is the winner

Diagram: on next page:

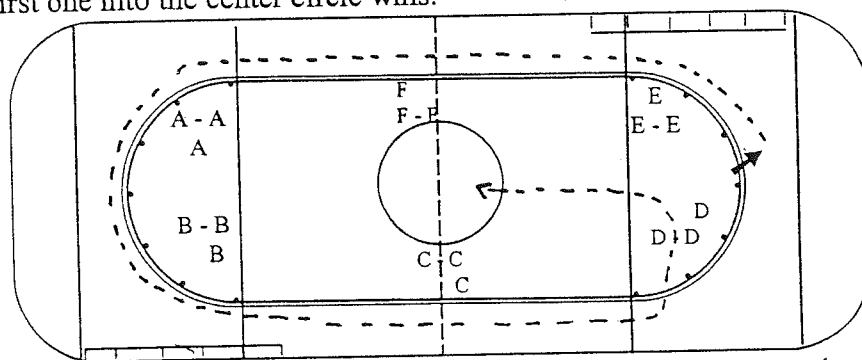
6. Chain Slalom diagram



7. Snap, Crackle, Pop!!!

This method can be used to start any number of races or games. The whole group is divided into three groups according to skating ability. The best group is designated as "snap", the middle group "crackles" and the youngest group "pops". You then describe the game or race that you want them to do and use either "snap", "crackle" or "pop" as a starting command. Having "snaps", "crackles" and "pops" makes the skater uncertain as to who will be going. This means more fun for the skaters and they will listen very carefully to the coaches starting commands. An example of a particularly successful "snap", crackle and pop" variation is given below.

- Divide the entire group of skaters into thirds according to ability
- designate the better skaters "snaps" the middle "crackles" and the last group "pops"
- form several teams of 3 skaters (1 from each of the three groups)
- have each team stand just inside the track, at various positions along the track
- coach calls "snap", "crackle" or "pop"
- whomever is called skates one or two laps around the track, while his/her teammates form an arch with their arms
- after he/she finishes their laps, they pass under the arch formed by the other two skaters and stop in the center circle
- first one into the center circle wins.



8. "Bally-Ball Relay"

Skill Group: Advanced Beginners
Number: Unlimited
Equipment: 1 beach ball (or large rubber ball) per couple

Description:

Each person is to find a partner approximately the same height. Assuming that there is an even number of people the couples would form teams. (i.e., 8 people - 2 teams of 2 couples)

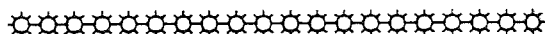
It, however, there is an odd number of people or there are too few people to make teams, the relay can be a simple race between each couple, rather than in teams. Each couple receives a beach ball. They must place the beach ball between them while standing face to face. One person will skate backwards down the ice while the other person skates forward. If the ball falls they must stop and replace it where it fell. At the end line they reverse positions such that the person who skated backwards now skates forward and the one who skated forwards first now skates backward. Their hands may not be used to hold the ball in place. However, partners may clasp hands in order to maintain good balance. The first team back to the beginning is the winning team..

Note:

If the game is played outdoors, it would be wise to use a thicker rubber type ball. Plastic beach balls tend to become very brittle in cold weather and may crack or break. For an indoor rink plastic balls may be used. Children seem to like them as they are very colorful and fun to play with.

Variation:

If balls are not available the same game could be played using a hockey stick. The players would hold the stick between them with their hands. This is advisable for more skilled skaters as it involves a resistance factor and their arm muscles must be stronger.



9. Catch the Caboose

Number of Players: Number depends on playing area, can be easily adapted for as many as 40-50.
Player's age: 8 - 11 years of age
Equipment: none

Description:

- Train consists of caboose, passenger car and an engine. Lock arms around waist of

- person in front. Group should be a "tight" threesome
- Passenger car is there for the ride and therefore does not skate
- "ITS" approximately 1 for 2 trains attempt to hook onto the caboose. If he does the engine becomes "IT", everyone moves up one.

Variation:

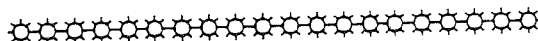
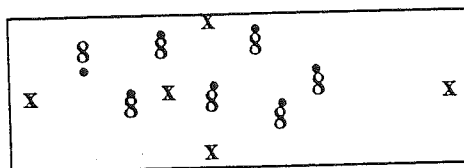
Means of movement and attachment may be altered. Passenger car could act as a continual brake with more skilled while "IT" can skate and attach backwards only.

Note:

Care should be taken to set up adequate safety measures especially if 40 - 50 children are involved. This type of game naturally excites children and safety should be included in the teaching process.

Formation:

- caboose
- 8 engine & passenger car
- x "IT"



10. Cat -Tail

Number of Players: Unlimited
Equipment: None

Description:

The skaters form a line with a middle man from each team as the pivot man. Skaters on one side of pivot men, about face, and all players grasp hands. At a signal, both sides skate in a circle around the pivot men, chasing one another. The end men, in each line, try to tag each other. Winner is the side who tags first. If one side breaks the line, that constitutes a point for the other side.

Note:

So everyone gets a chance to be the "cat", move up one person after each tag.

Winner:

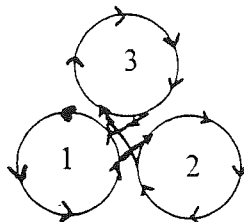
Is the team with most points at the end of the given time.

11. Circle Relay

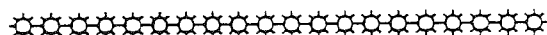
Equipment: None

Description:

Divide students into teams of 2 or 3. (Each team will compete against two others). These three teams will form a triangle. Decide within each team who will start and then follow around the circle. At sound of "whistle" each # 1 person on team starts. Teams follow the following pattern:



Each person goes once around each circle and back to their original place and then the next member starts. The first team finished in the winner.



12. Crows and Cranes

Age Level: A line game for children 7 - 12

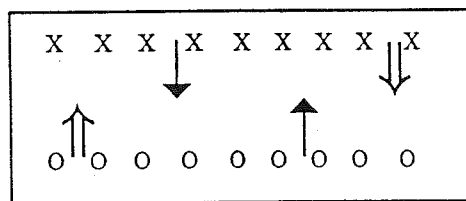
Skills:

- a) skating fast (forward and backward)
- b) turning
- c) stopping

Description:

Two teams line up across from each other on each blue line. One team is called "CROWS", the other "CRANES".

- a) The leader calls advance and the 2 teams skate towards each other - if the call is "CROWS", the "CROWS" chase and try to tag the "CRANES", before they reach "home". If the call is CRANES, the "CRANES" chase the "CROWS". When a player is tagged he then becomes a member of the other team and stays there until a player tags him back. Game continues until there is no player left on one team.
- b) Teams advance skating backwards. They must look over one shoulder to be sure they do not collide with the other team.

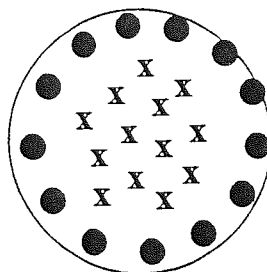


→ the advance

⇒ Pass through opposition and start back again (when no teams' name is called)

13. Dodge Ball

Age: Anyone from the age of six upward
Equipment: ball(s)
Formation: One team forms a large circle, the other team is in the center of that circle.



Safety:

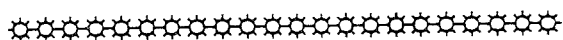
1. Can only hit below the waist
2. No kicking the ball, only throwing
3. No pushing or shoving of other team-mates

Rules:

1. Everyone is divided into two teams
2. One team forms a large circle and tries to hit players in the center with the ball
3. If circle is too big (i.e., after elimination), take a step(s) in
4. Last person in the circle must be hit before the 10th throw
If she (he) avoids ten throws his team comes back into circle.
If she (he) is hit, teams switch places.

Variations:

1. Use different sizes and weights of balls
2. Those hit go between two people in the larger circle and them back about 3 feet. From there they retrieve balls only until the last person is hit or succeeds in missing ten throws
3. For beginners the team in the center may be 1/3 of the total players - divide players into three teams and have two teams forming the circle.



14. Fish, Fly Relay

Equipment: 20 blue and 20 red bean bags placed in 2 baskets
Skill Group: advanced
Method of Organization: Relay teams of 4 players each (if a team has 5 players. #5 will follow #4 and do what she does.) Also lists of duties must be drawn up for each student.

15. Drop the Hankie

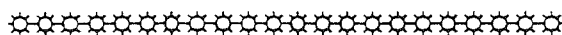
Number of players: 10 per circle
Age: 10 -12 years
Equipment: several handkerchiefs

Description:

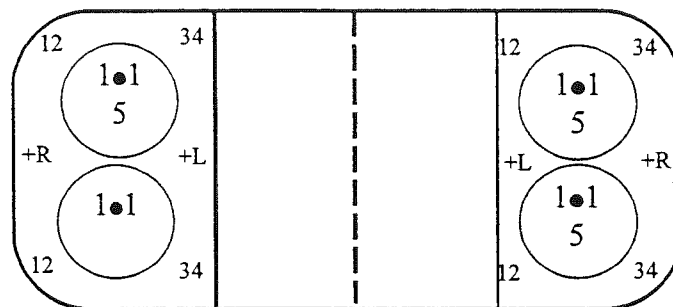
The group makes a large circle. Two people are assigned as "it". "It" carries a handkerchief. Each person puts their hands behind their back. The group in the circle all faces the middle. The "its" skate around the outside of the circle, and gives the handkerchief to one of the group. "It" immediately skates counter-clockwise around the circle, with the new hankie bearer skating clockwise. The both try to get back to the vacant space in the circle. The first person back stays in the circle group. The last one around becomes the new "it".

Note:

The "its" must pass the handkerchief quickly.



16. 4 Way Alert



Object: The object is to get the rag past the opponent's back line of the circle. The players not active must say if a goal is scored and stand 6 feet apart to delineate goal area.

Rules: Players must replace sticks and put back puck, after time limit ends. Cannot stop puck with your foot and stick must be kept on ice.

Description: Skaters divided into 4 teams, making approximately 4 players/team. Two teams at each end of rink. Each team has a face-off for a goal. A rag (knotted) is used as a puck (to slow down the game, and safer and easier to use with cut-off sticks), i.e. no blade, just shaft (end are adhesive-taped to prevent injury).

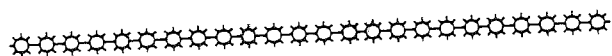
Players line up around the back of their circle. The rag is laid on the line between the 2 circles (R). The sticks are laid in the center of each circle (5). Players numbered 1 - 4. Leaders (L) call out 2 numbers. Two players from each team (with requested numbers) race forward, pick up their stickers and try to gain control of the rag.

- Variations:
1. Can be played lengthwise on rink
 2. Can call out more than 2 numbers to have greater number play
 3. Can play with feet only and no sticks

- Scoring:
- 2 points for a goal
 - point for a tie
 - be sure all numbers are called

- Timing:
- play for a time limit or until a goal is scored
 - due to 4 minutes time limit, we will be playing for 15 seconds only and then whistle down to indicate finish.

- Boundaries: Must stay within lines of the circle.



17. Hannah Hockey Says

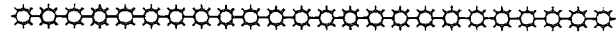
- Formation:
- scattered around leader
 - leader in middle of rink
 - motion is counter-clockwise around the rink

Equipment: none

Players: any number

- Directions:
- students stand around leader
 - leader calls out directions
 - students may only respond when the leader says "Hannah says" in front of directions
 - If students obey when leader calls out an order without first using "Hannah says" they gain 1 point against them
 - students keep track of their points
 - the one with the least number wins

- Things to do: - skate forwards and backwards
- stop - snowplow and T stop and hockey stop
- bunny hop
- speed skating start
- progressive step
- Figure 8 (small)
- edging of different feet - Right inside (RI), Right outside (RO), Left inside (LI), Left outside (LO).



18. Highway Robbery

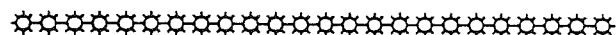
Object: This is a game of tag in which the "its" chase the robbers.

Description:

Within the group there will be people who are "it" and people who are robbers. To start, the "its" must chase the robbers, both skating forward, until a robber is tagged or until a line on the ice is reached; then both must turn and skate backwards before continuing the chase. When another line is reached the skaters must again turn and return to skating forwards. If a person fails to turn after crossing the line, then she becomes an "it" or if the robber is caught he becomes an "it".

In cases where a class is large in number or if the caliber of skating and endurance is insufficient to use the whole rink, you can either split the ice in half (longitudinally) or increase the number of "its".

So as to be able to recognize the "its", have them place either arm on their hips.



19. Hockey De Feet

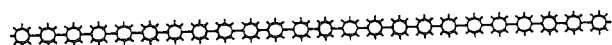
Equipment: plastic hockey puck

Purpose: to learn to use your feet in playing the puck
To practice balance and agility - it will force the players to shift their body weight to correct foot or they will fall.

Level: students with an average skating ability and some knowledge of the rules of hockey

Description: -played according to regular hockey rules with the following exceptions:
-play is entirely with feet, no one carries a stick
-cannot check a player while puck is in contact with his foot
-usually five players per team
-length of game regulated to suit needs.

Note: Keep the teams small



20. Hockey Dress Up & Down

Type: Relay
Equipment: for each team, 1 pair gloves, 1 helmet, 1 pair of hockey pants, 1 hockey puck
Number: any number with even teams
Age: for all ages

Description:
Start with the team stationed half at one end of rink, half at other. At regular intervals along the ice place the equipment in a straight line in front of each skater. The order in which the equipment is placed down does not matter, as long as the (?) is at the opposite end of the rink to the starting player. Relay starts on the command "go". When first person hears this he puts on article of clothing at first station, skates to second station, stops, puts on that piece of equipment, and so on down the ice.

When he reaches the puck he must skate once around the puck then pick it up. All equipment should be on by now. He then skates back down the ice (carrying the puck) and takes off one piece of equipment at each station. It does not matter in what order you take the equipment off.

At the last station he places the puck down, goes to the end of his line and squats down. The first person on the team at other end of the ice, starts when the player is disrobing the second article. He repeats the process of the first player. First team to have all players squatting down is the winner.

Rules:

- you must not leave a station until you have the equipment securely fasten
- must stop at each station and then put on the equipment

Note: Since the Hockey pants offer too great a challenge they may be hung on the skater by the suspenders or another article of clothing may be substituted. Keep teams to 2 or 3 if possible.

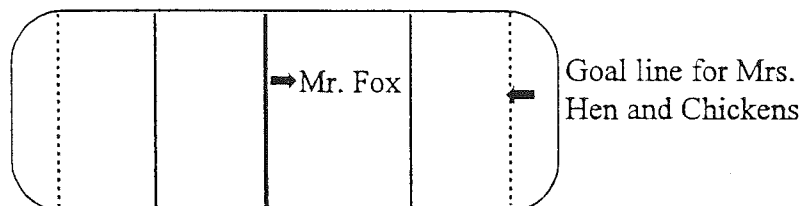
21. Midnight

Class Organization: scatter, any number
Level: elementary or beginner

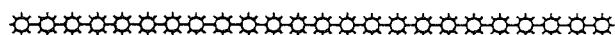
Description:

- mass participation
- two people are selected to be "Mr. Fox" and "Mother Hen". All the other players are "Chickens". The "Hen" and the "Chickens" have a goal line 30 yards approximately away from the fox. "Mother Hen" leads the chickens to "Mr. Fox" and asks, "WHAT TIME IS IT?" "Mr. Fox" replies with any time he chooses, but when he answers "midnight" the hen and the chickens run towards their goal with the fox chasing them. Those tagged become "Mr. Fox's Helpers". The last one caught is the winner. The first one caught is "Mr. Fox" for the next game.

Diagram:



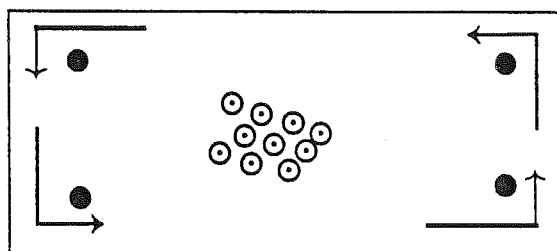
Note: Do not have the goal line too near the boards. If there is a large number of players, two games can be played at once using the other end of the ice.



22. Musical Pucks

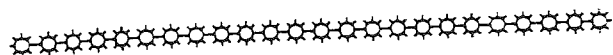
Equipment: Hockey pucks (1 less than the number of people in a group),
Cassette player or CD reader
Audio cassettes or CD's
4 pile-ons

Diagram:



Description:

The students are divided into fairly small groups and each group directed to one of the areas marked off by the pile-ons. When the music starts, the students skate in a counter-clockwise direction around the outside of the rocks. When the music stops, the players rush in and grab one puck each. Because there is one less puck for the number of participants, one person is left over. He now has one point against him. All the pucks are returned to the center and the music is started again. A whistle may replace the music.

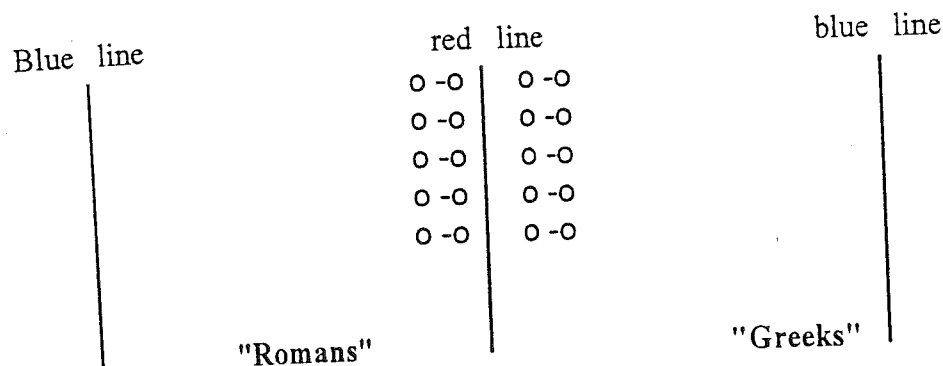


23. The Romans V.S. the Greeks

Group: Any even number from 12 upward
Equipment: Hockey sticks, brooms, or towels, 1 to each pair
Skill Level: Advance, beginners

Formation:

Use a regulation size hockey rink and line up the groups into 2 files of pairs. One file is on either side of the red line (at least 1 yard apart). One file is the Romans and the other the Greeks. Have each pair stand in these files with the hockey stick between them. One person is the horse and the other the driver. The safety areas are beyond the blue lines.



Rules:

Movement - one person of each pair is the horse, the other the driver. The driver squats down on the stick end and lets the "horse" pull. The 2 teams line up in formation at the red line. When the leader calls "Romans", the "Romans" must squat down and let the horse pull him to their safe zone. The "Greek" must try and catch them before they reach safety. Only the drivers (sitting players) can tag or be tagged. The "Greeks" move in this case to catch the "Romans". Captured "Romans" join the "Greek" team.

Note: The "safe areas" could be moved further away.

24. Snow Balls

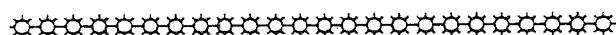
Number of Participants: no more than 5 per group

Equipment: 1 ball - eg. volleyball

Description:

Everyone is numbered from 1 - 10. The number 1 begins the game by tossing the ball into the air, straight up, and calling a number. The rest of the group scatters and tries to get as far away from the ball as possible. The number which number 1 called must try to catch the ball. If he succeeds he must toss the ball, straight up in the air again. However if he fails he must catch the ball or retrieve it. Once have done that he calls freeze and the rest of the group who were running away must stop immediately. The group must not move once freeze is called. (this same sort of thing happens when the person catches the ball on the first throw, i.e. freeze and wait for next throw and number.)

The person who called freeze must then try to roll the ball and hit another player and is allowed one step in any direction. If he hits the person or they move, that person receives one snowball; if he misses then he gets the snowball. The individual getting the snowball is the next person to throw the ball up in the air and call a number.



25. Snowmen

Equipment: 1 hockey puck or some other suitable object

Number: 12 to 13 children

Safety Precautions:

- Clearly explain the procedure of the game so that all the children are skating in the same direction.
- If many children are involved divide the game into 2 circles
- Emphasize the use of the hockey stop before picking up the puck.

Description:

The class forms a large circle. From the circle the instructor divides the class into groups of three. One member of each group is the "Papa Snowman", another member is the "Mama Snowman" and the final members are the "Baby Snowmen". The instructor calls out "Papa Snowman" and at this signal all the "Papa Snowmen" skat around the circle in a counter-clockwise direction. As the "Papa Snowman" is skating around the circle the other two members of the group join hands to form an arc. As the "Papa Snowman" completes the circle he must skate under the arc of his group and to the center of the circle where he does a hockey stop and picks up the puck. The first one to pick up the puck is the winner and thus scores one point for his group. The game continues with the leader

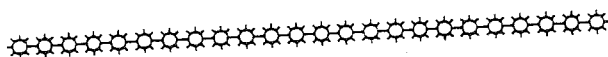
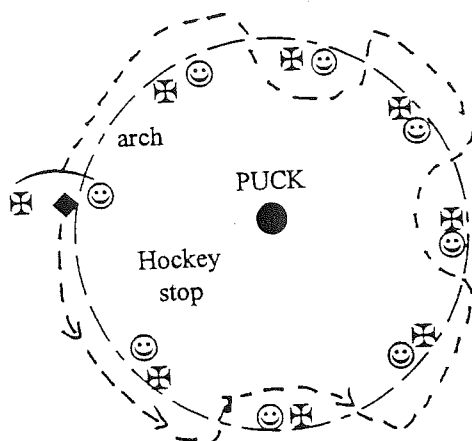
calling out different names of the group members. The winner at the end of the game is the group with the most points.

Variations:

- Have them skate backwards around the circle
- Do a different stop in the centre of the circle (eg. snowplow stop etc.)
- Have the members weave through the circle rather than just skating around the circle

Diagram:

- ◆ - Papa Snowman
- ⊠ - Mama Snowman
- ☺ - Baby Snowman



26. Submarine

Number of players: any number
Equipment: none
Purpose: fast starts, change of directions, stops

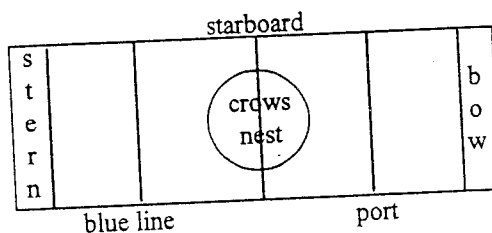
Description:

The leader calls out names of positions on submarine (each area of the rink is designated a specific area) The first one to reach each area is given one point.

Suggestions:

- "Man the life boats" - in groups of two or more, sit on ice and pretend to row.
- "Man overboard" - go to nearest boards and hang over with feet off the ice.

Diagram:



27. Wheel Relay

Number of Players: unlimited, but keep teams fairly small

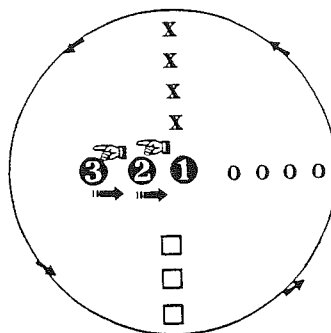
Set up of players: divide the class into equal teams and form these teams into lines forming the spokes of the wheel.

Equipment: none

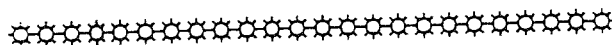
Description:

- the first player (the center of the wheels) weaves through the players of his team on the word "go" and races around the entire circle of the wheel. (counter-clockwise)
- when they again arrive at their team they race up on side of their line and tag the first player in line
- the second player then weaves through his team with the first player chasing him
- when the first player arrives at the end of his line he no longer chases the other player but remains at the end of the line
- the third player of the team then becomes the center of the wheel and next to be tagged by the racing team mate
- the winning teams is the team who again has the original first player back in first place at the center of the wheel.

Diagram:



- First player weaves then circles counter-clockwise.
- as (1) is skating, each of his players move up in position (2) is now first.
- (1) weaves up his team and tags first player and chases him to end of the line where he stays and all players move up. (3) is now at centre of wheel



28. Snatch the Hat (*outdoor game*)

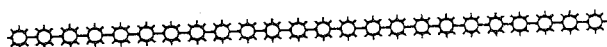
Equipment: one hat per group
Each group is given a certain area to stay within - eg. 1/4 of a rink

Description:

In each group, one person wears a hat. The other two players who are standing about 10 feet away from the one with the hat at the beginning of the game just on the word "go" try to take the hat off that person's head. The person who succeeds in snatching the hat off the person gets to wear the hat. There is no stoppage in game until the instructor blows the whistle.

- Rules:
1. The person with the hat can not use his hands to protect himself from the attackers. He may only dodge, skate, or duck away.
 2. The person who is "it" can not cross centre line or he must give up possession of the hat.

Note: The player in each group should be approximately the same skill level



RACES:

As in the Games section of this handbook, there are an infinite number of fun races that you as a coach can organize. Let your imagination wander. Do not be afraid to try new races and ideas. If they do not work, so what! Your skaters will appreciate your trying new ideas. A few ideas for fun races are given below.

1. Clockwise Racing

Why not? As long as safety precautions are taken, these can be great fun. A change from the ordinary is usually welcomed by skaters.

2. Pairs Racing

There are a number of different ways of racing in pairs. Usually one partner pushes the other around the track. Both skaters could skate while holding hands. One could push the other gliding on one skate (or backwards). You could set up an obstacle course for pairs. With some imagination, a coach can design many types of pairs races.

3. Handicap Races

Many clubs have "handicap" racing nights where the slower skaters are given a time handicap. This handicap gives them an equal chance of winning prizes against older or better skaters in subsequent races. Usually the most improved skater will end up winning the handicap events.

Other handicap races involve better skaters having to skate a greater distance than younger, lesser skilled skaters. For instance, 15 skaters are all started at once. One group of 5 skaters must skate 10 laps, another group of 5 must skate 9 and yet another 5 must skate only 8 laps.

Such races provide competition and excitement even when your skaters are of varying levels of ability.

4. Relay Races

Relay races as described in the SSC Coaching Manuals or as used by coaches or club officials serve as a healthy change from the ordinary and can be a good conditioning method as well.

5. Pushing and Pulling Races

Many combinations are possible. Refer to the SSC Coaching Manuals, the games section of this handbook and your own fertile imagination.

6. One Legged Races

One legged races are an excellent method of teaching the proper skating push as well as great fun! Races can be held back and forth on the ice surface or around the track. Relays can be devised using the one legged "method". The leg to be used should be defined by the coach before the race and a demonstration of the required skill should be performed.

Games, races and relays should be included in every lesson. Enough has been said about their benefits, but a few cautionary words are also in order. Be sure that you observe the basic safety precautions during these activities. Try to minimize the chances for accidents to happen by choosing teams carefully and where necessary, separating bigger, faster skaters from young beginners.