



SLSSC BOOK OF SPEED SKATING GAMES

Table of Contents

Introduction	3
The Game Tracker	4
Mat Game	5
Pirates “Steal the Gold”	6
The Puck Game	8
Skate Guard Hockey	10
Handball	11
Musical Pylons	12
Donkey Tail	13
Tag	14
Freeze Tag	14
Chain Tag	14
Snowball Tag (Eyeball Tag – Halloween version)	14
Hot Dog Tag	14
Train Tag	14
Backwards Tag	14
New Brunswick Relay	15
Obstacle Course	17
Start Master	18
End to End Relays	19
Skill relay	19
Push relay	19
Add on Push Relay	19
Slalom Course	19
Speed Skating Survivor	20
Relay Races	21
Races	22
Types of races.....	22
Tow Race.....	22
Candy Races	22
Bucket Races	23
Partner Push.....	23
Team relay	23
Train of Pain	24
Drop off Train of Pain	24
Train Races	25
Add ON train	25
Drop OFF train	25
Mini Games	26
Simon Says	26
Follow the Leader.....	26
What time is it Mr. Wolf?.....	26
Coach May I ?	26
Red Light, Green Light.....	26
Red, Yellow, Green Light.....	26
Hockey Drill	26
Weave drill	26
Backwards partner push.....	26

Introduction

Welcome to the SLSSC Book of Games! While we can't take credit for inventing most of these games, we can take credit for making good use of them and making them our own.

Our coaching team had been compiling these for our own use, and thought that others might benefit from them as well... and a fundraising idea was born! Our goals though, are less selfish. It is our sincere desire that other clubs will read this book, and find some nugget of inspiration for the activities in their speed skating programs.

Some advice on the book and the games:

- All the games can be modified to suit the number of skaters that you have on the ice. Just be creative.
- Be sensitive to the ages of the skaters. We usually have a broad range of ages playing, so complicated instructions are fine, since there are lots of older skaters to explain. If you are working with young skaters only, some of the games may not be suitable or take longer to setup.
- We have left a spot for your club to rename the game, or put in the name you use for it already. (AKA)
- There are some symbols in use on the diagrams. X indicates skaters; letters a,b,c,d indicate skaters belonging to a team; C indicates the coach.
- Most of our races end with the requirement that the entire team assume basic position to win. This reinforces skating skills, and helps ensure the last skater is coming into the finish in a controlled manner.
- Almost any time you need equally sized teams, but don't quite have it, you can get a skater to go twice, to even out the imbalance.
- We don't use pinnies to designate teams for games like Pirates or Skate Guard Hockey. Figuring out who is on your team is part of the fun.
- Do your skaters argue over what game to play – See the Game Tracker on page 3.
- We have left some blank pages at the end of the book to add your club's games.

Thanks for supporting our club. If you want to share your favorite games, you can send them to Jennifer Roney (jdcavar@yahoo.com). We'll incorporate it into the book, with credit to your club for the submission. Have fun!

The Game Tracker	
Pirate Steal the Gold	✓✓✓
Mat Game	✓
Frozen Tag	✓
Chain Tag	✓
Bucket Races	✓
Skate Guard Hockey	✓
Relay Races	✓
Backwards Tag	✓
Donkey Game	✓
The Puck Game	✓
New Brunswick Relay	✓✓
End to End Relay	✓
Train of Pain	✓
Musical Pylons	✓
Hot Dog Tag	✓
Coach's Choice	✓✓

Especially near the end of the season, the skaters are anxious to play their favorite games. On a large bristol board, make a table with the club's favorite games. When it's game time, hold the board up, and the skaters can select from the list. When you play a game, make sure you check it off. You don't need to use this all year, but it's a tool if you need it.

Some simple rules ensure everyone gets to play their favorite game. These could include:

- rotating among the skaters so that each picks once.
- requiring that all games have at least one check before playing a game twice
- pulling rank and picking "Coach's choice" to ensure everyone's desires are met (not just the most vocal ones).

Mat Game

AKA:

Fun for ages: All ages

Time required: 5-10 min.

Safety concerns: Ensure skaters keep skates off mats.

Skills encouraged: Bravery, teamwork

Goal: Be the first team to propel their mat to the opposite end of the ice.

Setup:

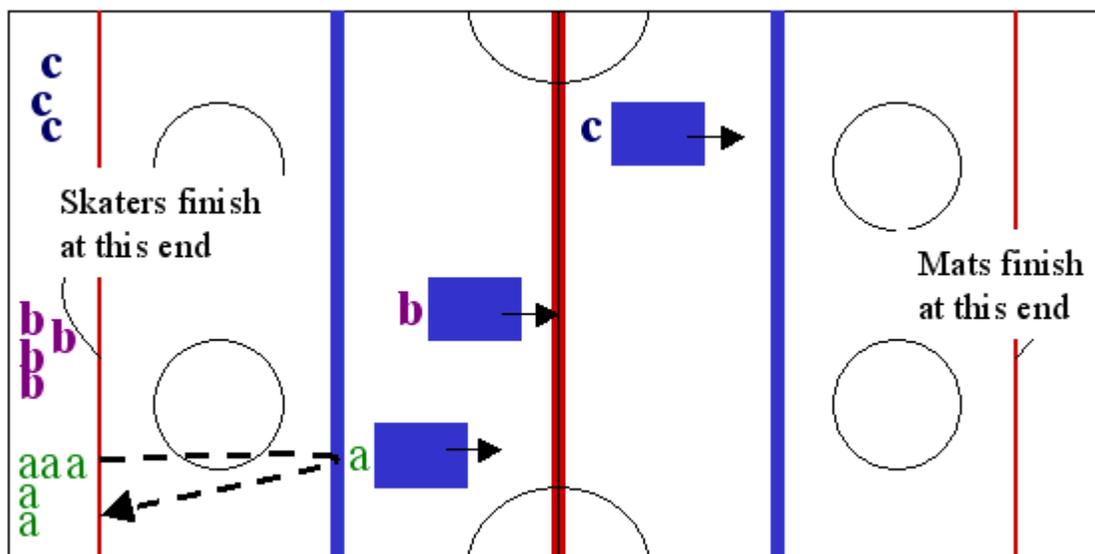
- **Props:** 3 or 4 blue crash mats
- Divide into 3 or 4 teams of equal speeds.
- Line up at end of rink, in teams.
- Place skating mats in front of each group (about 3m away).
- Race proceeds down the length of the ice.

Play:

- On the signal, one skater from each team skates up to the mat and dives on it, riding it until it stops.
- Skater gets off mat and returns to team, tagging the next skater whom then skates and rides the mat.
- Repeat until the mat touches the boards at the opposite end of the rink.
- Last skater races back to their team.
- Winning team is the first team to have everyone in basic position on the line.

Variations:

- **V1:** Multiple mats can be used. Each team would ride a first mat to the boards, then start another mat, and another.... Decide upon the number of mats to be used at the beginning of the game. This helps get all the mats to the exit end of a rink, for the end of the practice.
- **V2:** The last skater to ride the mat into the boards pushes it all the way back to the starting line.





Mat Game

Katerina Hatzis - Age 6

I like this game because you need to jump and I love jumping.



Pirates Steal the Gold

Emma Crouse - Age 6

I like this game because everyone can play. You don't have to be the best skater.

Pirates “Steal the Gold”

AKA:

Fun for ages: All ages

Time required: minimum 8 min.

Safety concerns: Skaters colliding. Best with 20 or less on the ice.

Skills encouraged: Left and right turns, edges, stopping, agility

Goal: Have the most gold (pucks) when the game ends.

Setup:

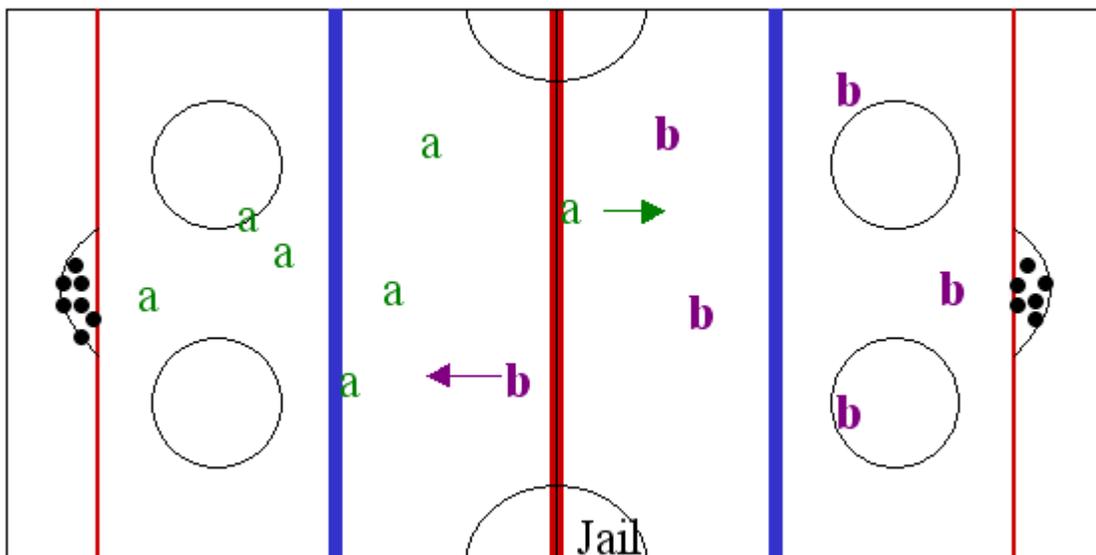
- **Props: 14 pucks**
- Divide into 2 equal teams.
- Each team places 7 pucks in the blue goalie area.
- Designate a jail (usually the 1/2 circle at center ice).
- Each team starts on their safe side of the rink (the side with their gold).

Play:

- Skaters venture onto the other side of the rink to try to steal the pucks (gold).
- If they are tagged they must go to jail (can't be tagged on your own side of the rink)
- If they are tagged while holding some gold, the gold must be returned.
- To exit jail, a team member must tag you.
- One team member can act as goalie; Watch! More than 1 goalie increases collisions.

Variations:

- Make up rules that change the game, or make it safer.
- **V1:** Play with partners holding hands – play would slow down.
- **V2:** Allow passing of the pucks from one teammate to another (reduces chances of being tagged upon exit from behind enemy lines).
- **V3:** Place strategic all-stars on each team (one coach per side, or one advanced skater per side) so that each team has a hope of getting the pucks.
- **V4:** Pull the goalie – create a “no defense” zone around the pucks.



The Puck Game

AKA:

Fun for ages: All ages

Time required: minimum 5 min.

Safety concerns: Hitting the skaters with pucks above the skates. Stepping on pucks.

Skills encouraged: Agility

Goal: To avoid being hit with a puck.

Setup:

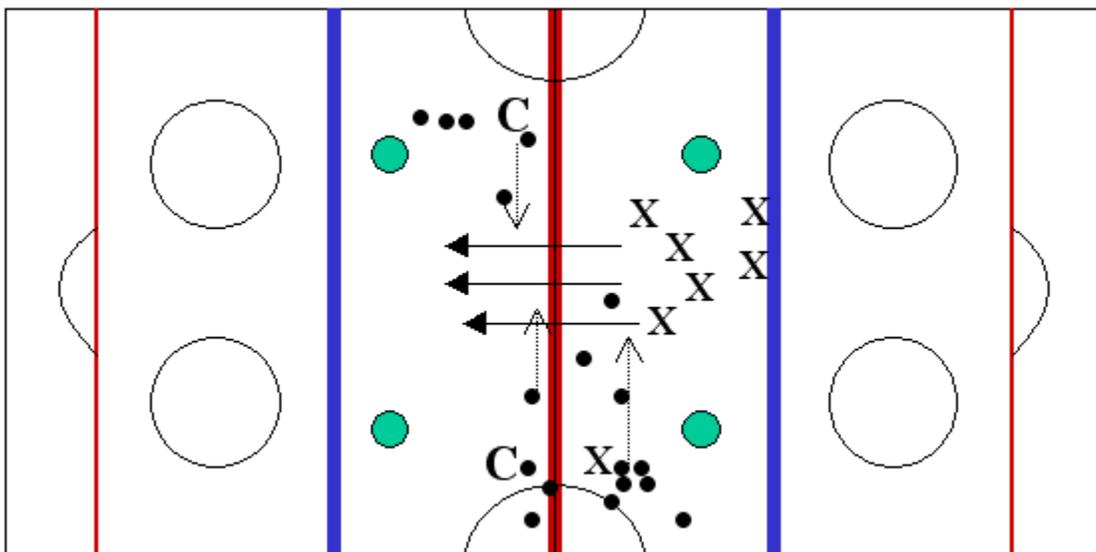
- **Props: As many pucks as you have! We often play with 30 or 40 pucks.**
- All of the skaters line up at one end of the rink.
- “Shooters” setup on both sides of the rink, between the blue lines, with the pucks at their disposal. Often the coaches are the shooters to start the game.

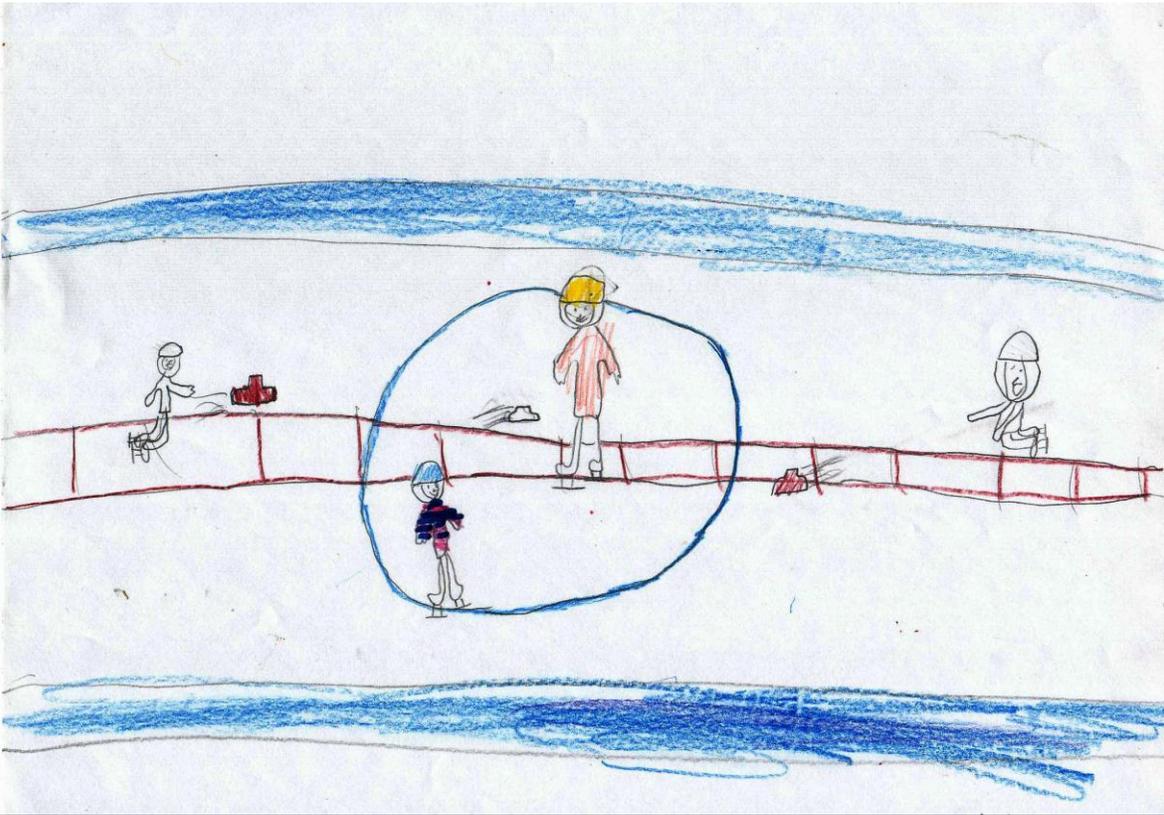
Play:

- On whistle, skaters skate from one end of the rink to the other.
- Shooters try to hit the skaters on the skates, by sliding the pucks across the ice, when the skaters are between the blue lines. If a skater is hit, they are eliminated and become a puck shooter.
- Last person to make it through without getting hit is the winner.
- Note: It is important that the shooters don’t crawl too close to the skating lanes. Stay behind the line created by the small dots on the hockey surface.

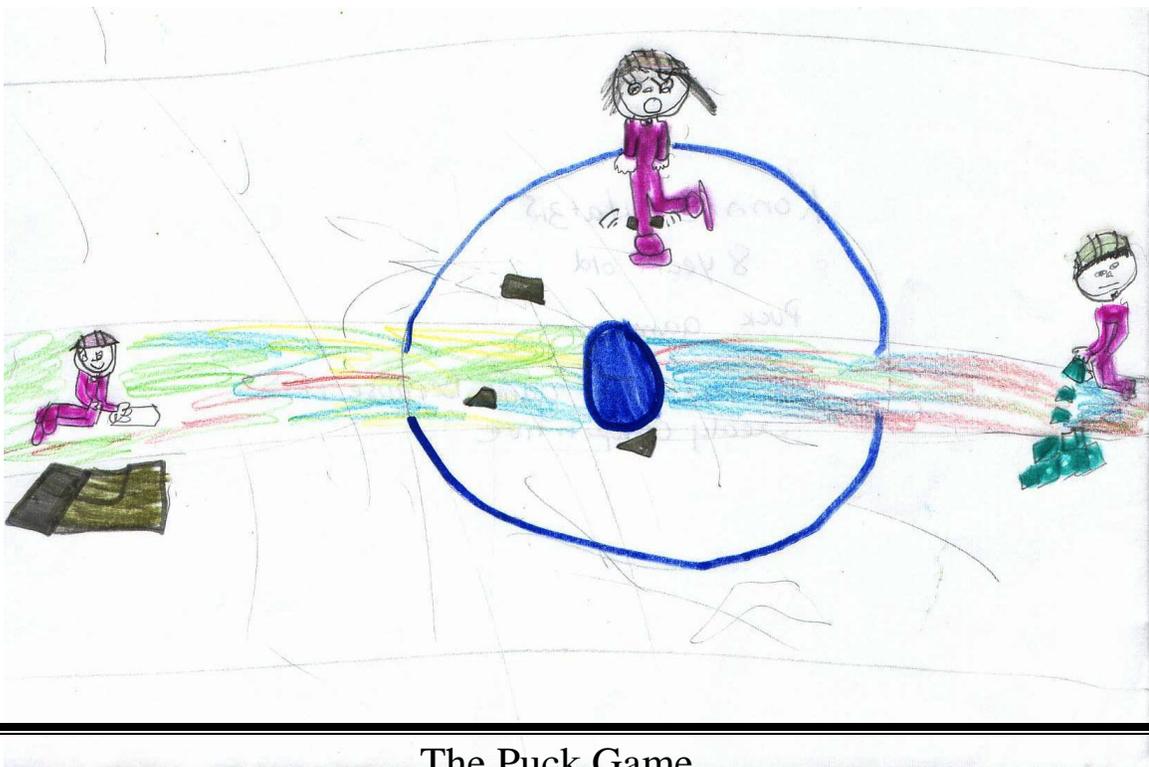
Variations:

- **V1:** To ensure fair play, designate a time limit for crossing the second blue line. At 10 seconds, the skaters should have made it to the 2nd blue line.
- **V2:** Designate a drill that must be performed by the skaters while avoiding the pucks. (i.e. Basic position, gliding on one foot, backwards skating...).
- **V3:** Parents against the kids. Let your parents step on the ice with some helmets. Or let a few of your more advanced skaters come on the ice early to be sharp shooters.
- **V4: Inverse Puck:** All of the pucks are at center ice, and the shooters stay in the center circle. The skaters must make it through the lanes on both sides.
- **V5: Eyeball Launch (Halloween):** Replace pucks with soft balls, and call them eyeballs. Play any version of the game that you desire. If balls are soft enough, you can open up the strike zone to include any part of the body.



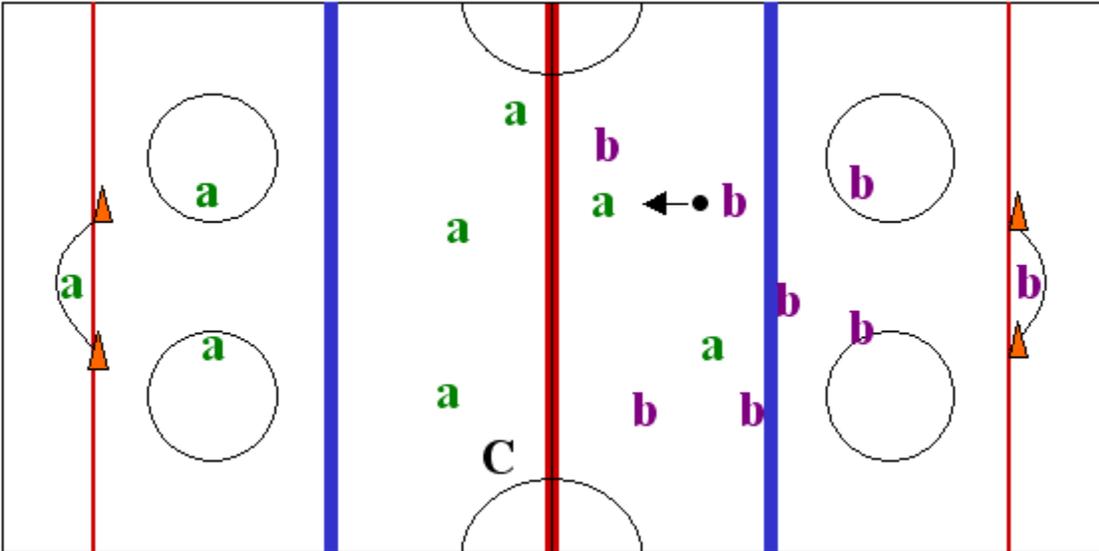


The Puck Game
Nolan Roney - Age 7



The Puck Game
Konnie Hatzis - Age 8
I like this game because it is really competitive.

Skate Guard Hockey	
AKA:	
Fun for ages: All ages	Time required: minimum 8 min.
Safety concerns: Skaters colliding. Skates blades in the air, due to falls. 2 Easy Rules that seem to keep it on track: <ul style="list-style-type: none"> - You can not kick the ball. - You may not make a play on the ball, if you are not standing on your skates. If you have fallen, get up carefully, then re-engage in the play. 	
Skills encouraged: Left and right turns, edges, stopping, agility, basic position.	
Goal: Score the most goals in the opposition's net.	
Setup: <ul style="list-style-type: none"> • Props: 1 skate guard per skater. 1 ball (floor hockey ball). • Divide into 2 equal teams. • Team can pick goalies, and rotate them throughout play. • Setup nets at each end of the rink. 	
Play: <ul style="list-style-type: none"> • Skaters play hockey using a skate guard for a stick, and a ball for the hockey puck. • Coach referees and keeps scores. 	
Variations: <ul style="list-style-type: none"> • V1: If there are too many skaters, break into 2 games, across the ice. Generally, it is best to make one game for the younger skaters, and the other game for the older skaters. • V2: Play with more than one ball. • V3: Play without goalies. 	



Handball

AKA:

Fun for ages: >10 years

Time required: 10 min.

Safety concerns: Skaters colliding. Best with 10 or less on the ice.

Skills encouraged: Left and right turns, edges, stopping, agility

Goal: Score the most goals.

Setup:

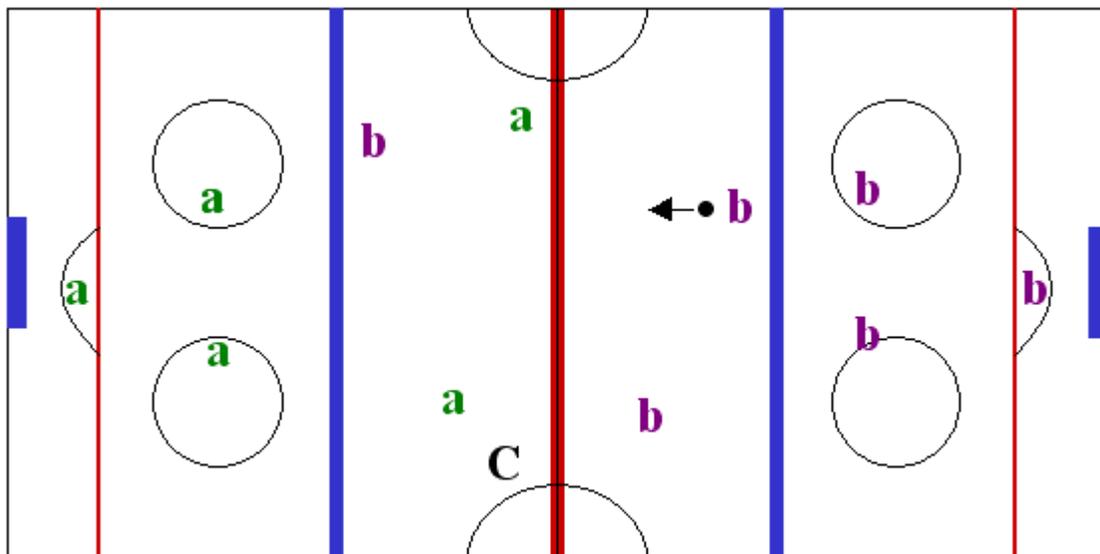
- **Props: 1 ball (like a volleyball)**
- Divide into 2 equal teams
- Designate 1 mat at each end of the rink to be the net.

Play:

- Skaters score by throwing the ball and striking the mat designated as the opposing goal.
- Skaters may only carry the ball for 3 seconds, at which time they must pass the ball, or it is turned over to other team. Standing in one spot does not stop the 3s clock.
- When the ball is dropped, it is turned over to the other team.
- Opposite team takes possession when a goal is scored.

Variations:

- Variations on the 3 second holding and stopping rules can be made, to suit your group.



Musical Pylons

AKA:

Fun for ages: All ages

Time required: 5-10 min.

Safety concerns:

Skills encouraged: Left and right turns, edges, stopping, agility

Goal: When whistle blows, you must be holding onto a pylon

Setup:

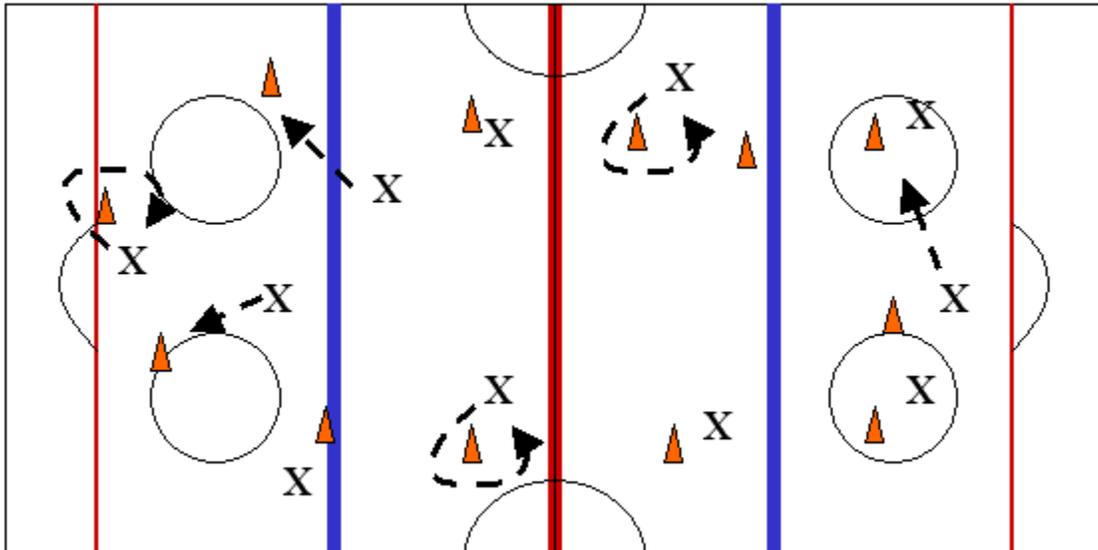
- **Props:** Same number of pylons as skaters
- Distribute pylons throughout ice surface

Play:

- On coach's signal, skaters randomly skate from one pylon to another pylon.
- At each pylon, they must do 1 complete circle, then move onto another pylon.
- If the whistle blows, the skaters must touch the nearest pylon.
- Any skater that is not touching a pylon is out.
- Remove one pylon each cycle.

Variations:

- If you have the ability to play music on the ice, then use the music for the signals, as in musical chairs.



Donkey Tail

AKA:

Fun for ages: All ages

Time required: 10 min.

Safety concerns: Collisions

Skills encouraged: Left and right turns, edges, stopping, agility

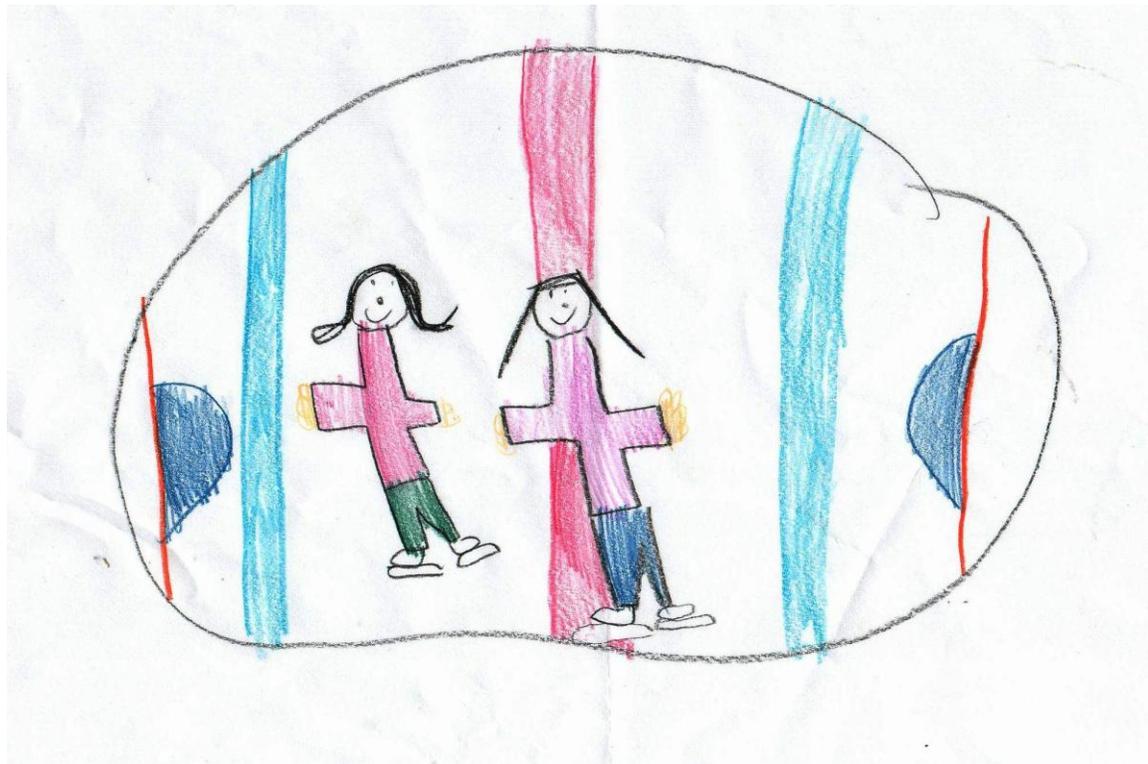
Goal: Collect the most donkey tails

Setup:

- **Props: One donkey tail for each skater. (Length of fabric about 2 feet)**
- Each skater gets a donkey tail and affixes it to the back of their pants. (If they are wearing a skin suit, they can tuck it in a glove and wear it from the wrist)
- **The fabric must come free if tugged.**

Play:

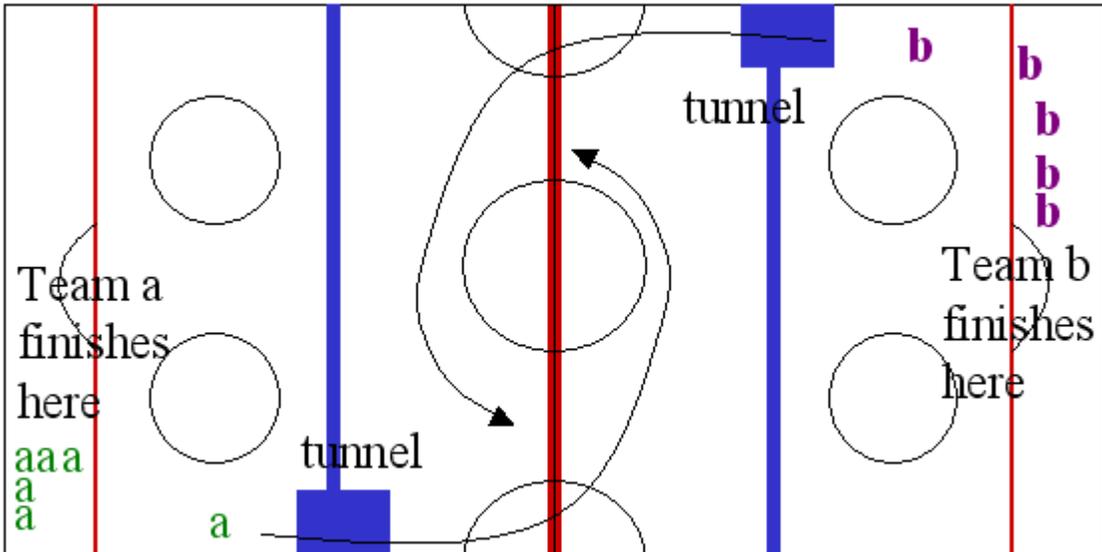
- All skaters spread out – when the coach says go, the skaters chase each other, trying to collect the most donkey tails.
- If you get a donkey tail from someone else, you must stop and wear it too.
- If you lose your donkey tail, chase someone until you have one again.
- Skater with the most tails at the end of the game wins.



Tag
Meiling Segal - Age 7

Tag	
AKA:	
Fun for ages: All ages	Time required: 5-10 min.
Safety concerns: Collisions	
Skills encouraged: Left and right turns, edges, stopping, agility	
Goal: To avoid being tagged by IT.	
Setup:	
<ul style="list-style-type: none"> Identify skaters who will be IT (you can have more than one) 	
Play:	
<ul style="list-style-type: none"> IT chases skaters, trying to tag them by touching a part of their body. If IT tags a skater, that skater becomes IT. 	
Variations:	
Freeze Tag	
<p>If a skater is tagged, he stops and freezes in a standing position with his arms stretched out to the side like a T. Other skaters can free the tagged skater by skating in basic position under his arms. The IT skater(s) stays the same throughout the game.</p>	
Chain Tag	
<p>If a skater is tagged, he must join hands with IT and they both become IT. They chase other skaters, adding onto their chain as they go. When they get a chain of 4, 2 pairs can split off and chase the free skaters. Play continues until everyone is part of a chain.</p>	
Snowball Tag (Eyeball Tag – Halloween version)	
<p>Using soft balls, IT tags others by throwing soft balls at the skaters. IT collects the balls from the ice and continues to chase. If IT hits a skater with a ball, that skater also becomes IT. Play continues until all skaters are tagged.</p>	
Hot Dog Tag	
<p>If a skater is tagged, they stop and get into basic position. They yell “Help” to get attention. 2 Skaters must come and assume basic position on either side of the skater in basic in order to free him/her. This is the hot dog bun rescuing the hot dog. IT skater(s) stays the same throughout the game.</p>	
Train Tag	
<p>Skaters must move around the ice in pairs – one person is skating (the engine), while the second person is hanging onto the engine’s hips and being pulled (passenger car). IT skates up to a pair and attaches onto the back on the train as the caboose. The engine must separate and becomes IT. Now the passenger car becomes the engine, the caboose is now a passenger car, and they are avoiding the IT skaters.</p>	
Backwards Tag	
<p>Normal tag, except everyone skates backwards.</p>	

New Brunswick Relay	
AKA:	
Fun for ages: All ages	Time required: 5-10 min.
Safety concerns: Falls at center ice without mats on boards.	
Skills encouraged: Corners	
Goal: Relay race – beat the other team.	
<p>Setup:</p> <ul style="list-style-type: none"> • Setup a tunnel (2 mats parallel with a mat on top) at the exit of each corner lined up with the straightaway. • Divide into two equal teams. • Teams start deep in the corner behind the goal line, in line with the tunnel. <p>*If you are going to play with older skaters that can build up some significant speed, then consider moving the mats to the boards along center ice.</p>	
<p>Play:</p> <ul style="list-style-type: none"> • On the whistle, first skater from each team does a racing start, skates through the tunnel, and completes a full revolution of the center circle. • Skater then returns to his/her own end of the rink with their team to tag the next skater. • First team to have all their members complete the tunnel/circle and have everyone in basic position WINS! • Rematches common. 	
<p>Variations:</p> <ul style="list-style-type: none"> • You can always build on this setup to create an Obstacle course. 	

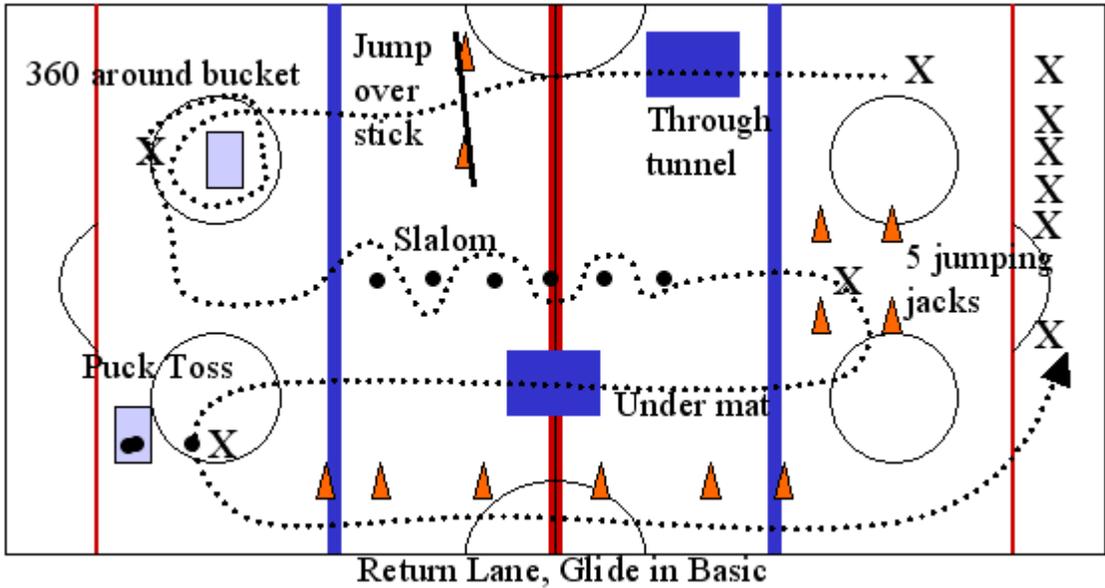




New Brunswick Relay
Corinne Schonewille – Age 10

I like this game because it makes you go fast and low. Fast is what speed skating is about.

Obstacle Course	
AKA:	
Fun for ages: < 12 years	Time required: 15 min.
Safety concerns: Falls	
Skills encouraged: Balance, agility... it all depends on the obstacles.	
Goal: Complete all the obstacles in the course.	
Setup: <ul style="list-style-type: none"> • Props: pylons, pucks, mats, hockey sticks, balls, buckets... sky's the limit. Here are some typical obstacles: <ul style="list-style-type: none"> • Tunnel • Jump over or slide under a hockey stick propped on pylons or buckets • Jump over stack of pucks (build layers like stacking a brick wall – 3 pucks high is a challenge) • Do a 360 while putting left hand on a bucket • Do 5 jumping jacks or sit-ups or pirouettes in designated area • Crawl, commando style, under a mat propped on buckets • Slalom (tight, staggered, backwards) • Backwards skating or other skills • Toss a puck into a bucket at designated station 	
Play: <ul style="list-style-type: none"> • Skaters proceed through the course, allowing adequate distance between skaters. • Coaches re-setup any crashed obstacles. • If obstacle course circles back to the beginning, the skaters can move continuously through it, trying the course again and again! 	
Variations: <ul style="list-style-type: none"> • V1: Setup 2 identical obstacle courses and allow teams to compete against each other. Can start from same side, or opposite side of the rink. 	



Start Master

(Push'o'war)

AKA:

Fun for ages: All ages

Time required: 10 min.

Safety concerns: Skaters getting knocked off their feet with a mat

Skills encouraged: Herringbone run

Goal: First team to push their mat across the appropriate blue line wins.

Setup:

- **Props: Safety Mats**
- Divide teams into two equal teams, such that evenly skilled/sized skaters will be pitted against each other.
- Send teams to opposite ends of the rink
- Station a mat, flat on its side, at center ice.
- A Coach needs to be stationed beside the mat, to mitigate its movement

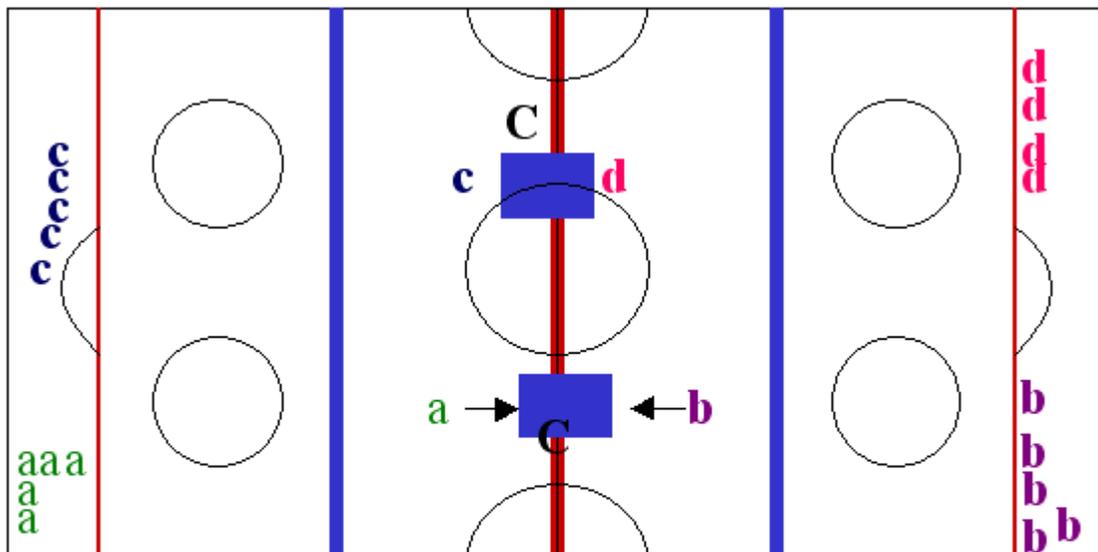
Note: You can setup multiple teams across the ice, with multiple mats.

Play:

- On Coach's whistle, one skater from each team skates from the end of the rink towards the mat at center ice
- The skaters bend over and grab the side of the mat, and use herringbone run to push the mat forward. The skaters will be pushing in opposite directions.

*** The coach stationed by the mat must watch to ensure that the skaters get a chance to grab onto the mat safely. If one skater arrives ahead of the other, the coach can kneel on the mat to prevent it from moving too quickly forward & knocking the other skater down. When both skaters are safely in position, the coach can let the pushing occur freely.*

- After 10 s of pushing, another whistle blows and the skaters return to their team, tagging the next skaters.
- Repeats until one team pushes the mat past the blue line (or until time is up).
- It is important to ensure that the skaters are matched fairly well physically.



Team b,d wants to push the mats past this line

Team a,c wants to push the mats past this line

End to End Relays

AKA:

Fun for ages: < 12 years

Time required: 10 min.

Safety concerns:

Skills encouraged: Various skills

Goal: Beat the other teams.

Setup:

- Divide skaters into teams of equal speeds, and equal numbers. 3 teams work well.
- Line up all teams at the end of the rink, behind the goal line.

Play:

- One skater from each team races to the other end and back to tag the next skater.
- Each skater races to the end and back, until the entire team has gone.
- First team into basic position wins.
- If teams are uneven, certain skaters can skate twice to correct the imbalance.

Variations:

Skill relay

- Skaters must perform a speed skating skill on the way down the ice

Push relay

- Team lines up as per normal, but first skater starts at opposite end.
- The first skater races back to “pick up” the next team member who is ready in the basic position. The first skater pushes the second skater all the way to the other end of the rink.
- The second skater that was just pushed now returns to pickup the third skater. (First skater is now complete) and this continues.
- When the last skater is pushed to the end of the rink, the team gets into basic position to finish the race.

Add on Push Relay

- Entire team starts on same side of rink.
- To start, one skater pushes another to end of rink.
- They both race back, assume basic position in a train format, and the 3rd skater pushes them to the end of the rink.
- All 3 race back, and the 4th person pushes the train to the end of the rink....
- Play continues until the whole team is at the opposite end of the rink and a winner is declared.

Slalom Course

- Setup 3 identical slalom or obstacle courses in a straight line down the ice.
- One team member from each team races the course, then skates back to tag the next person.
- First team to complete the course wins.

Speed Skating Survivor

AKA:

Fun for ages: All ages

Time required: 10 min.

Safety concerns:

Skills encouraged: Skating

Goal: First across the line.

Setup:

- **Props: Skill Cards with Puzzle**
- Divide into a few equal team, with team sizes about 5-7 skaters.
- Number of skaters per team will be dictated by the puzzle you prepared.

Play:

- A collection of speed skating drills of varying difficulty is provided to the team.
 - Team must decide who is going to do which drill.
 - One at a time, the team performs their respective drill down the ice surface to the other end. Coaches make the skater redo the drill if it is not performed properly (just to guard against severe cheating, perfection is not the goal).
- * Teams can help each other perform the drill on the second try, if necessary. (i.e. if a skater can't glide all the way between blue lines – teammate may provide support to help balance on the second try)*
- Once all skills are completed successfully, the team must decode the puzzle on the back of the skill cards. (i.e. Word jumble)
 - First team to decode puzzle WINS!

Example:

Print the skill on one side, and the letter in brackets on the other side.

Team 1

Glide in basic between blue lines (D)

Glide on one foot standing up (I)

Skate backwards (S)

Glide with leg extended (R)

Glide in recovery on left skate (P)

Slalom on one foot to other end (E)

Solution to Halloween theme word jumble = SPIDER

Team 2

Hop over lines (O)

Ski on both edges to other end (U)

Backwards sculling (H)

Repeat push and recovery with left leg only (L)

Shoot the duck (G)

Glide in recovery backwards (S)

Solution to Halloween theme word jumble = GHOULS

Relay Races

AKA:

Fun for ages: All ages

Time required: minimum 5 min.

Safety concerns:

Skills encouraged: Skating

Goal: First across the line.

Setup:

- **Props: Any thing can be used to substitute for a baton.**
- Standard Track
- Divide into a few equal teams.

Play:

- One team member at a time races, subsequently tagging the next team member by using a standard relay push.
- The total length of the race, laps skated per turn, number of turns per skater are all up to you!

Variations:

V1: Skate Guard Relay – Exchange by passing a skate guard instead of a pushing

V2: Snow Gear Relay – At exchange, skaters exchange snow gear worn for the race (i.e. scarf/large mitts/ winter jackets).

V3: Santa hat Relay – Exchange a Santa hat that fits over the helmets.

V4: Halloween Relay – Exchange a creepy Halloween-theme item.

Races	
AKA:	
Fun for ages: All ages	Time required: 10 min.
Safety concerns:	
Skills encouraged: Skating	
Goal: First across the line.	
Setup: <ul style="list-style-type: none"> • Standard short track • If changing direction of travel around the rink, consider moving mats as appropriate. 	
Play: <p>Types of races</p> <ul style="list-style-type: none"> • Forwards – Clockwise or Counterclockwise • Backwards – Clockwise or Counterclockwise • Pushing with only one leg • Using only your arms • As low as you can go • Race but perform a skill on the straights (i.e. jump over red line) • Race while throwing a ball up in the air in front of you. <p>Tow Race</p> <ul style="list-style-type: none"> • Divide groups into partners. Start 3 or 4 sets of partners on the line at once. • In the partners, each person holds onto a skipping rope (shortened to about 3 feet). • One person is towed (in basic position) by the other person for the duration of the race. • It's fun to watch the slingshot action on the straights. • <i>Don't tie anything to each other – just hold on.</i> <p>Candy Races</p> <ul style="list-style-type: none"> • Everyone starts at center ice. • Coach picks 3 candies (Chocolate, Jelly Beans, Lollipop) and tells the skaters their choices. • Coach calls one out randomly. • Any skater with that candy as their favorite enters the track and races for one lap. • No real winner is declared. • Continue calling when the skaters have returned to the center of the ice. • The fun is in the reaction! Game is usually short. 	

Bucket Races

AKA:

Fun for ages: All ages

Time required: 5 - 10 min.

Safety concerns: Falling off a bucket

Skills encouraged: Team work

Goal: First across the finish line

Setup:

- **Props:** 6-8 buckets

Play:

Partner Push

- In partners, the skaters compete for a set number of laps.
- One partner sits on an upside down bucket and rides, the other partner pushes.
- Race length of 2 laps is appropriate, since the partners can switch after the first lap.

Self-Propel

- Sitting on an upside down bucket, skaters try to propel themselves forward
- Race lengths of 1 lap are appropriate

Team relay

- Typical relay setup – the bucket acts as the “baton”. It is transferred from one relay member to the next.
- Buckets are pushed around the track using the left hand.
- Any number of laps is possible.

Variations:

There must be more! The skaters seem to love to have some free time to play and share the buckets as well.

Train of Pain

AKA:

Fun for ages: All

Time required: 5-10 min.

Safety concerns: Falls

Skills encouraged: Balance

Goal: To compete against the other teams in a race, while most of the team is gliding in the “burning” basic position for most of the race.

Setup:

- Divide skaters into 2 or 3 groups (5-8 skaters per train) of equal size. Smaller groups for younger skaters to reduce chance of falls, and to reduce total laps skated.
- Line up smallest to tallest.
- If you have an especially weak skater, insert a tall strong skater behind them, so that they can be supported/lifted/steered if needed to avoid a fall. Ensure that the small skater is comfortable with this activity.

Play:

- Teams race against each other.
- All team members glide in basic, holding each other by the hips.
- Last skater in the train uses herringbone run to push the train for one lap.
- At the red line, the front skater drops off and reconnects at the back of the train and pushes for a lap.
- Continue until all skaters have had a turn pushing for one lap.

Size the teams such that the skaters are capable of skating the # of laps required. It should be painful but in a FUN way!

Variations:

Drop off Train of Pain

- At each lap, the last skater drops off to the center of the ice. The train gets smaller each lap, until it is a final sprint between the last skaters from each team.

Switch up the order

- Line up tallest to smallest or all mixed up!

Train Races

AKA:

Fun for ages: >10 years

Time required: 5 min.

Safety concerns: none

Skills encouraged: Skating

Goal: To beat the other team

Setup:

- Divide into teams of even speeds and even numbers.

Play:

Add ON train

- One skater from each team starts the race.
- At every lap, another skater from each team enters the track and takes the lead for their team. Now each team has a pack of two racing for their team.
- Add on a skater each lap, until the whole team is skating pack style.
- Once the team is complete, skate one more lap and the first team to get all their members across the finish line wins.
- Strategy includes figuring out how to help the first skater last the whole set of laps.

Drop OFF train

- Start each team in a different location of the track.
- The teams start the race, skating in a pack with their team.
- At each lap completed, one member of each team drops off.
- When there is only one team member left, the skater completes one more lap.
- The first team to finish (at their respective finish line) first, is the winner.

Variations:

V1: Vary the size of the teams (3, 5, 8) and number of laps. This will change the race strategy.

Mini Games

Simon Says

Coach acts as Simon. Simon provides instructions to skaters (examples: stand on one foot, hop up and down, skate backwards...). If the instructions are prefaced by "Simon says" then the skaters should follow it. If not, the skaters should not perform the action.

Follow the Leader

One person leads the skaters through a variety of activities.

What time is it Mr. Wolf?

One person is the wolf and stands midway down the ice facing away from the skaters. Skaters ask "What time is it Mr. Wolf?" and the wolf responds with " __ o'clock". The skaters take as many strides as the time. They try to sneak up on the wolf, and race past him to the other end. However, the wolf could call "Lunchtime" and then chase the skaters back to the original end of the ice.

Coach May I?

Skaters (lined up at one end) ask the coach permission to perform various speed skating drills with the goal of reaching the coach, who is staged ahead of them along the rink. The coach may say yes or no or propose something else. All skaters move whenever anyone is granted permission to do something. The first skater to reach the Coach wins.

Red Light, Green Light

Skaters try to be the first to get from one end of the rink to the other, moving only when green light is called, stopping when red light is called.

Red, Yellow, Green Light

While all skaters are skating around the track, call out red (stop) yellow (skate slow) or green (fast). The skaters react to the instructions for a certain length of time.

Hockey Drill

Skaters spread out in the area between the blue lines, facing one end of the rink. The coach calls out quick instructions. Still facing forward, the skaters move in those directions. "Backwards, forwards, left, right, jump up, fall down". Moving left and right involves cross over walk, or side steps.

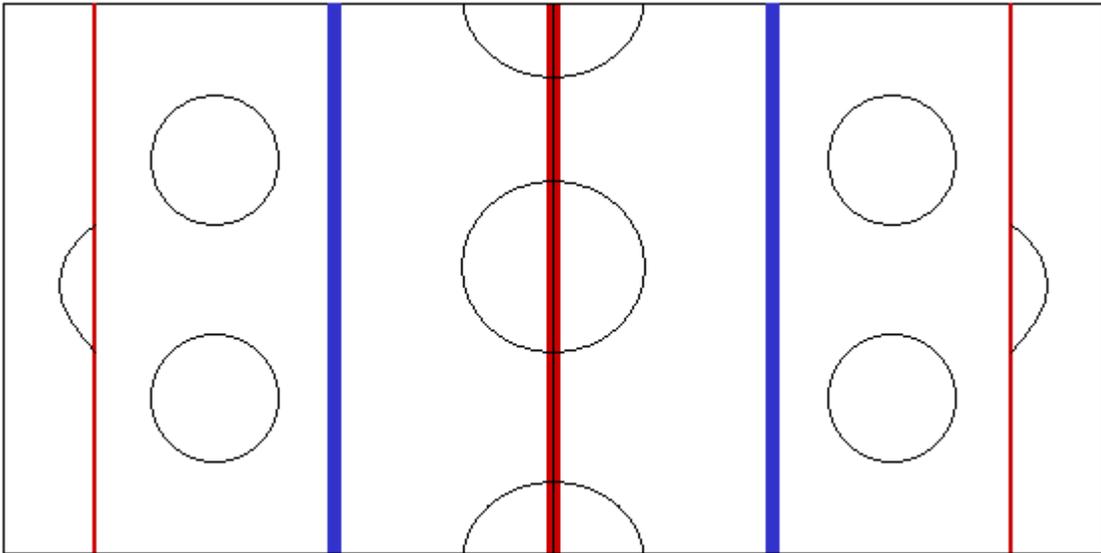
Weave drill

Line up a team of skaters on the track. While skating, the last skater must weave his way through the team. The team members must spread out a little, acting like a human slalom course. Each skater weaves his/her way to the front when it's their turn, then drill ends.

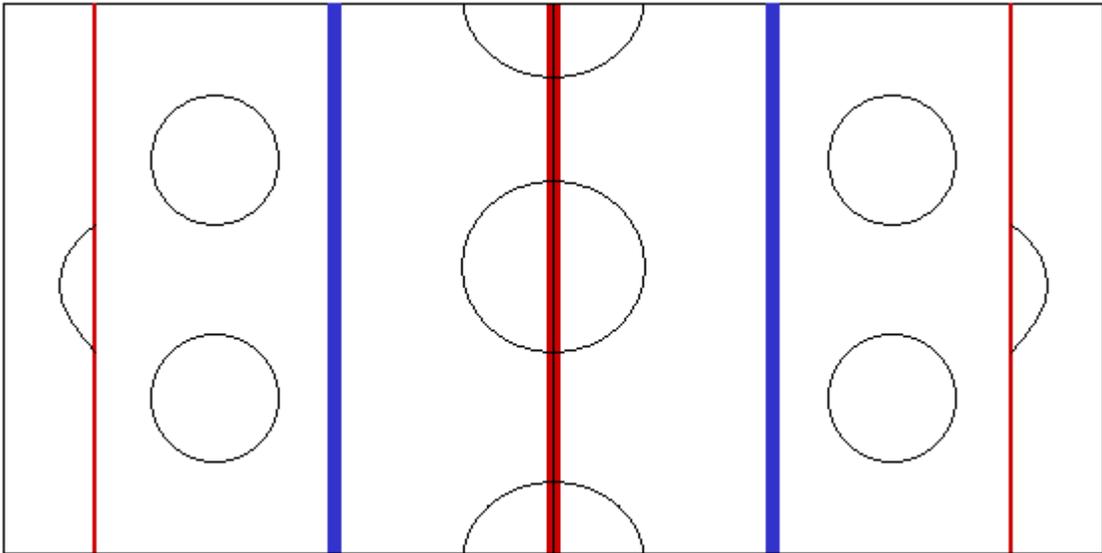
Backwards partner push

On the track, in partners, both skaters face each other in basic position, with their hands up and palms touching. The skater facing forward on the track skates and the skater facing backwards glides. The trick is to maintain a good basic position while being pushed.

AKA:	
Fun for ages:	Time required:
Safety concerns:	
Skills encouraged:	
Goal:	
Setup:	
Play:	
Variations:	



AKA:	
Fun for ages:	Time required:
Safety concerns:	
Skills encouraged:	
Goal:	
Setup:	
Play:	
Variations:	





Speed skating games - collage by Chloe Segal