

## **Games List:**

1. Scooter Drill with High 5 (one ski)
2. Tag [Description: Tag]
3. 2 & 5 pole relays [Description: Set two poles in the snow in a flat expanse about 15 yards apart. Line one skier up at each pole with their right (or left) shoulder to the pole. Say "go" and have the skiers ski laps around the poles trying to catch one another. Similar to a bicycle pursuit race on a track). For the 5 pole relay, set up a square of poles about 15 yards to a side, then put one in the center of the square. Each skier or relay team starts with a shoulder to their pole. Upon "go" the skiers ski into the middle and around the center pole, then out to the next corner pole clockwise from their own. Once they have done that 4 times, they'll sprint past their own pole (or tag off) to finish.]
4. Bumper Cars
5. Slalom on a hill (poles for gates) [Description: Set up an easy slalom course with ski poles on a downhill section. Start by getting everyone to ski the slalom course. To add excitement, time them and race.]
6. Swan push relay
7. Sled push relays [Description: Have skiers partner with someone on this one. One skier has skis on and one off. The "off" pushes the "on ski" person like a bobsled start on a flat or slightly downhill section, then lightly hops on the backs of the "on ski" persons skis to ride across the finish line. Take care to hop on lightly and right behind the "on ski" partner's heels.]
8. Chariot races [One skier lines up ahead of the other team mate holding pole tips/baskets and trailing the pole handles. The team mate behind grabs the handles and gets pulled by the first skier. Races and relays add excitement.]
9. Team Rock, Paper, Scissors [Description: At the center line of the field, teams line up like football teams across from each other. On the count of three, each team throws the pre determined sign (all on the same team throw the same sign). Whichever team has the sign that is under the other team's turns and races on skis to the end zone, where they are safe. If they are tagged before they get to the end zone, they are now on the other team. This is done on skis, but without poles. The game ends when everyone is on the winning team.]
10. Snow soccer [Description: set up a soccer field in the snow with goals marked by upright ski poles. Play as normal. Note: It sometimes works

best to throw and catch the ball instead of kicking it with skis on for less experienced kids. Watch for broken equipment! Great game!]

11. Balloon tail chase [Older skiers or adults tie 10 foot sections of string onto their waists with a blown up balloon tied to the end. Upon "go" the younger kids try and catch and stomp on the balloon. Wonderful mayhem ensues!]
12. Cat Walk
13. Red light, Green Light [Like the game you know, only on skis]
14. 1 leg glide down hills {Description: pick up one ski on a gently downhill and see who can glide the farthest on one ski without setting their other ski down]
15. 1 leg glide surf style (boot foot behind binding foot)
16. 360s [Description: Standing 360\* jump on skis on a flat expanse of snow]
17. 180\*s while skiing down a hill, then 180\* more to land in your original position while moving
18. Sideways relay or race