

Hot Goals	58
Curly Shuffle	59
Track Inspectors	59
Pedal the Bike	60
Freightier	60
Show Your Bases	61
Mirrors	61
Lines and Smears	62
Skate Races	62
Pull the Pole	62
Fling the Goon	63
Little Toe Roll	63
Open the Clam	64
Swing-Roll	64
Pull the Clam	65
Dive into the Turn	65
Falling with Style	66
Target Sking	66
Linked Hockey Stops	67
Wing Man	67
	68

Index - Terrain Type

101

Don't Slouch	69
Hip Check	69
Synchronized Sking	70
Synchro Spin	70
Starfleet	71
Hug Turns	71
Tornado Turns	72
Field Goal Turns	72
Leap of Faith	73
Flamingo Turns	73
Save the Paint	74
Catamaran Turns	74
Strong Triangle Turns	75

Most Difficult

Fox & Hound	68
Powder Pals	75
Me & My Shadow	76

Index - Terrain Type

102

Notes

Medicine Ball turns: Imagine carrying a heavy ball, so heavily you use your belly to help hold the ball. At turn initiation extend outside leg, flex inside leg move medicine ball across skis to roll it down the hill.

Shave your face. Fill your nails: Using tip of new inside ski pretend to shave your skin off your nails, keep tip on snow, test it snow.

Index - Notes

103

Tip and Fill: Tip water out of both boots to start turn, Tip legs back off hill to finish your trip to reach the water + fill the boots

Anchor turns

Index - Notes

104

Index – Terrain Type

★ Flat Land / Walk-Around

Pinball (Boots only).....	22
Animal Names.....	23
Hot Potato.....	23
Simon (Boots only).....	24
Face to Face (Boots only).....	24
Crazy Mirrors.....	25
Duck Duck Goose.....	25
Mousetrap (Boots only).....	26
Group Juggle.....	26
Dodge Ball.....	27
Knots (Boots only).....	27
Put 'em on.....	28
Fire Drill.....	28
Honey-Pokey.....	29
Hello Relay.....	29
Follow the Leader.....	30
Obstacle Course.....	30
Un-demolition Derby.....	31

Index – Terrain Type

97

Giants & Dwarfs.....	40
Popcorn.....	40
Dribble & Shoot.....	41
Bouncy Turns.....	41
Airborne Forest Rangers.....	42
Snake Relay.....	42
Hula Hoop Slalom.....	43
Turning Contest.....	43
Heavy Boots.....	44
Hot Sand.....	44
Marching Band.....	45
Milk & Cookies.....	45
Formation Flying.....	46
Headlights.....	46
Cookie Plate.....	47
Bucket Brigade.....	47
Squashing Bugs.....	48
Strummin' the Banjo.....	48
Stork Turns.....	49
Fakey Turns.....	49

Index – Terrain Type

99

Scooter.....	31
Relay Races.....	32
Apple Picker (Boots only).....	34
Basketball – Dribble and Shoot (Boots only).....	35

● Easiest

Bubble Chase.....	32
Banana – Gorilla.....	33
Watch out for the Alligators!.....	33
Penguin Walk.....	34
Red Light – Green Light.....	35
Line Dancing.....	36
Catch.....	36
Traffic Cop.....	37
Blow Tag.....	37
Hug Tag.....	38
High Fives.....	38
Animal Crossing.....	39
Follow the Puppet.....	39

Index – Terrain Type

98

Magic Button Turns.....	50
Hold on to the \$\$\$.....	50
Pulling the Sleigh.....	51
Car Chase.....	51
Turn Signals.....	52
Tap Lines.....	52
Hand Out the Cookies.....	53
Vend-o-matic.....	53

■ More Difficult

Mother Duck (or Daddy Duck).....	54
Fun Course.....	54
Partner Pull.....	55
Choreography.....	55
Kick the Ball.....	56
Magic Magnets.....	56
Ski Painting.....	57
Remote Control.....	57
Rainbows.....	58

Index – Terrain Type

100

Pat McCowan
13 Richards Rd.
Princeton, MA 01541-1500

Stork Turns.....	49
Magic Button Turns.....	50
Hold on to the \$\$\$.....	50
Partner Pull.....	55
Pedal the Bike.....	60
Dive into the Turn.....	66
Falling with Style.....	66
"Don't Slouch".....	69
Hip Check.....	69



Skills Blend

Red Light - Green Light.....	35
Blob Tag.....	37
Hug Tag.....	38
Snake Relay.....	42
Hula Hoop Slalom.....	43
Fakey Turns.....	49
Mother Duck (or Daddy Duck).....	54
Fun Course.....	54

Index - Skill Development

Choreography.....	55
Ski Panting.....	57
Remote Control.....	57
Rainbows.....	58
Fox & Hound.....	68
Wing Man.....	68
Synchronized Skating.....	70
Synchro Spin.....	70
Starfleet.....	71
Tornado Turns.....	72
Strong Triangle Turns.....	75
Powder Pals.....	75
Me & My Shadow.....	76

Index - Skill Development

Index – Skill Development

Balancing Movements

Pinball (Boots only).....	22
Simon (Boots only).....	24
Face to Face (Boots only).....	24
Crazy Mirrors.....	25
Mousetrap (Boots only).....	26
Hello Relay.....	29
Follow the Leader.....	30
Obstacle Course.....	30
Un-demolition Derby.....	31
Scooter.....	31
Relay Races.....	32
Bubble Chase.....	32
Apple Picker (Boots only).....	34
Basketball – Dribble and shoot (Boots only).....	35
Catch.....	36
Traffic Cop.....	37
High Fives.....	38
Animal Crossing.....	39

91

Index – Skill Development

Follow the Puppet.....	39
Heavy Boots.....	44
Hot Sand.....	44
Cookie Plate.....	47
Bucket Brigade.....	47
Pass the Pole.....	63
Fling the Goo.....	63
Leap of Faith.....	73
Flamingo Turns.....	73
Catamaran Turns.....	74

Rotary Movements

Hockey Pokey.....	29
Line Dancing.....	36
Headlights.....	46
Pulling the Sleigh.....	51
Car Chase.....	51
Kick the Ball.....	56
Magic Magnets.....	56

92

Index – Skill Development

Target Sking.....	67
Linked Hockey Stops.....	67
Hug Turns.....	71
Field Goal Turns.....	72

Edge Control Movements

Banana – Gorilla.....	33
Watch out for the Alligator!.....	33
Penguin Walk.....	34
Turning Contest.....	43
Milk & Cookies.....	45
Formation Flying.....	46
Turn Signals.....	52
Tap Lines.....	52
Hot Goals.....	58
Curly Shuffle.....	59
Track Inspectors.....	59
Firefighter.....	60
Show Your Bases.....	61

93

Index – Skill Development

Mirrors.....	61
Lines and Sinears.....	62
Skate Races.....	62
Little Toe Roll.....	64
Open the Clam.....	64
Swing Roll.....	65
Put the Clam.....	65
Leap of Faith.....	73
Save the Paint.....	74

Pressure Control Movements

Giants & Dwarfs.....	40
Popcorn.....	40
Dribble & Shoot.....	41
Bouncy Turns.....	41
Airborne Forest Rangers.....	42
Marching Band.....	45
Squashing Bugs.....	48
Strummin' the Banjo.....	48

94

Index – Skill Development



Balance on the Outside Ski

Mousetrap (Boots only).....	26
Hello Relay.....	29
Follow-the-Leader.....	30
Ostrade Course.....	30
Un-demolition Derby.....	31
Scooter.....	31
Relay Races.....	32
Banana - Gorilla.....	33
Watch out for the Alligators!.....	33
Penguin Walk.....	34
Heavy Boots.....	44
Hot Sand.....	44
Marching Band.....	45
Squashing Bugs.....	48
Strummin' the Banjo.....	48
Stork Turns.....	49
Partner Pull.....	55
Pedal the Bike.....	60

Index - Movement Pool

87



Turn the Legs Under the Body

Hockey Poley.....	29
Line Dancing.....	36
Headlights.....	46
Pulling the Sleigh.....	51
Car Chase.....	51
Kick the Ball.....	56
Magic Magnets.....	56
Target Sking.....	67
Linked Hockey Sticks.....	67
Field Goal Turns.....	72
Leap of Faith.....	73

Index - Movement Pool

89



Release and Engage the Edges with the Legs

Turning Contest.....	43
Milk & Cookies.....	45
Formation Flying.....	46
Turn Signals.....	52
Tap Lines.....	52
Freighter.....	60
Show Your Bases.....	61
Mirrors.....	61
Lines and Smears.....	62
Little Toe Roll.....	64
Open the Clam.....	64
Leap of Faith.....	73
Save the Paint.....	74

Index - Movement Pool

88



Discipline the Upper Body

Catch.....	36
Traffic Cop.....	37
High Fives.....	38
Animal Crossing.....	39
Follow the Puppet.....	39
Cookie Plate.....	47
Bucket Brigade.....	47
Hand Out the Cookies.....	53
Verd-o-matic.....	53
Pass the Pole.....	63
Fling the Goo.....	63
Swing Roll.....	65
Pull the Clam.....	65
Hug Turns.....	71
Catamaran Turns.....	74
Me & My Shadow.....	76

Index - Movement Pool

90

Basketball - Dribble and Shoot (Boots only)	35
Line Dancing	35
Traffic Cop	37
Bob Tag	37
Hug Tag	38
Dribble & Shoot	41
Airborne Forest Rangers	42
Snake Relay	42
Turning Contest	43
Formation Flying	45
Bucket Brigade	46
Strummin' the Banjo	47
Stork Turns	48
Fakey Turns	49
Hold on to the \$\$\$	49
Car Chase	50
Tap Lines	51
Vend-o-matic	52
Partner Pull	53

Synchronized Sking	70
Synchro-Spin	70
Starfleet	71
Hug Turns	71
Tornado Turns	72
Field Goal Turns	72
Leap of Faith	73
Flamingo Turns	73
Save the Paint	74
Catamaran Turns	74
Strong Triangle Turns	75
Powder Pals	75
Me & My Shadow	76

Choreography	59
Magic Magnets	59
Ski Painting	57
Rainbows	58
Hot Coals	58
Curly Shuffle	59
Track Inspectors	59
Pedal the Bike	60
Show Your Bases	61
Mirrors	61
Lines and Sneals	62
Skate Races	62
Fling the Goo	63
Open the Clam	64
Pull the Clam	64
Falling with Style	65
Linked Hockey Stops	66
Fox & Hound	67
Wing Man	68
Hip Check	69

Balance on the Whole Foot

Pirball (Boots only)	22
Apple Picker (Boots only)	34
Basketball - Dribble and Shoot (Boots only)	35
Giants & Dwarfs	40
Popcorn	40
Dribble & Shoot	41
Bouncy Turns	41
Airborne Forest Rangers	42
Magic Button Turns	50
Hold on to the \$\$\$	50
Hot Coals	58
Curly Shuffle	59
Track Inspectors	59
Skate Races	62
Dive into the Turn	66
Falling with Style	66



Younger Children (6-8)

Pinball (Boots only)	22
Animal Names	23
Hot Potato	23
Simon (Boots only)	24
Face to Face (Boots only)	24
Crazy Mirrors	25
Duck Duck Goose	25
Mousetrap (Boots only)	26
Group Juggle	26
Dodge Ball	27
Knots (Boots only)	27
Put 'em on	28
Fire Drill	28
Hokey-Pokey	29
Hello Relay	29
Follow the Leader	30
Obstacle Course	30
Scouter	31

Index - Age Group

79

Bubble Chase	32
Banana - Gorilla	33
Watch out for the Alligator!	33
Penguin Walk	34
Apple Picker (Boots only)	34
Red Light - Green Light	35
Catch	36
Blob Tag	37
Hug Tag	38
High Fives	38
Animal Crossing	39
Follow the Puppet	39
Giant's & Dwarf's	40
Popcorn	40
Bouncy Turns	41
Snake Relay	42
Hula Hoop Stalom	43
Turning Contest	43
Heavy Boots	44
Hot Sand	44

Index - Age Group

80

Milk & Cookies	45
Headlights	45
Cookie Plate	47
Squashing Bugs	48
Stork Turns	49
Magic Button Turns	49
Pulling the Sleigh	50
Turn Signals	51
Hand Out the Cookies	52
Mother Duck (or Daddy Duck)	53
Fun Course	54
Kick the Ball	54
Ski Painting	56
Remote Control	57
Pedal the Bike	57
Firefighter	60
Mirrors	60
Skate Races	61
Pass the Pole	62
	63

Index - Age Group

81

Little Toe Ball	64
Swing Roll	65
Dive into the Turn	66
Target Sking	67
Fox & Hound	68
Don't Slouch	69
Hug Turns	71
Tornado Turns	72



Older Children (9-12)

Pinball (Boots only)	22
Group Juggle	26
Dodge Ball	27
Knots (Boots only)	27
Put 'em on	28
Fire Drill	28
Obstacle Course	30
Un-demolition Derby	31
Relay Races	32

Index - Age Group

82

Strong Triangle Turns	
Focus	Stable Upper Body
Description	Tie a loop on each end of a piece of surveyor's tape to make it about two feet long. Place one loop over each wrist. The surveyor's tape forms one line of a triangle between the center of your chest and your two hands while skiing. Have the group ski a variety of turn shapes keeping the surveyor's tape taut without breaking it.
Variations	Make the group aware of where the triangle points during different turn shapes.

Powder Pals	
Focus	Turn Shape in Powder
Description	Have the group pair up on a powder day. Have them practice making shapes with criss-crossing tracks. How creative can you be OTHER than those boring figure 8s?
Variations	What kind of picture can you paint in powder?

Games Reference

75

Me & My Shadow	
Focus	Focus Ahead in Moguls
Description	Pair up and follow another skier through the bumps. This is particularly good if a skier needs to explore range of vision. Often people are held back by looking too close to the tips of their skis. If they follow someone else it can bring the visual field higher and further out, allowing for better reaction time.
Variations	Can you synchronize with a partner through the bumps?

Games Reference

76

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References

77

Index – Age Group



Pre-School (3-5)

Pinball (Boots only)	22
Animal Names	23
Hot Potato	23
Simon (Boots only)	24
Crazy Mirrors	24
Duck Duck Goose	25
Mousetrap (Boots only)	25
Put 'em on	26
Hockey-Pokey	28
Scooter	29
Bubble Chase	31
Banana – Gorilla	32
Penguin Walk	33
Red Light – Green Light	34
	35

Index – Age Group

78

Starfleet	
Focus	Exploring Rhythm and Timing
Description	On a wide, open slope, ski with the group in a pre-determined formation ("V" shape, line, diamond, etc.). At a signal from the Starfleet commander - "Break!" all free ski in a blob. No one passes the commander. On the command - "Form up!" from the commander, they all re-group to the previous formation.

Hug Turns	
Focus	Turning the Feet Under the Body
Description	Children hug themselves while doing short radius turns in the fall line. This necessitates turning the lower body and keeping the crossed arms facing down the hill.
Variations	Start on gentle terrain and work up to more advanced.

71

Games Reference

Tornado Turns	
Focus	Turn Shape
Description	Start with long radius turns and gradually work down to short turns - like the shape of a tornado. Make each turn a slightly smaller radius than the last.
Variations	Try an hour-glass shape. Long turns to short, back to long.

Field Goal Turns	
Focus	Turning the Feet Under the Body
Description	Have the children hold their ski poles vertically at mid-shaft out in front of them. Do short radius turns down the fall line looking through the "uprights."
Variations	This encourages turning to originate from the lower body, yet from a taller stance.

72

Games Reference

Leap of Faith	
Focus	Edge Release
Description	Have the children call out "Now!" when they feel the release of the old skis controlling edge to "leaping" down the slope.

Flamingo Turns	
Focus	One-legged Skiing
Description	Both left and right turns are made with one ski lifted high like a flamingo.
Variations	Don't forget the other foot!

73

Games Reference

Save the Paint	
Focus	Edge Change
Description	Have the children step through some imaginary snow paint that you put on the side of the trail earlier. Make sure they stay on their edges as they are walking out of the "paint" so they can keep as much on the bottom as possible. Have them try to ski to the bottom of the trail KEEPING as much paint on the bottom of their skis as possible.

Catamaran Turns	
Focus	Synchronized teamwork
Description	Have the group pair up, and give them a piece of surveyors tape about three feet long. Have each pair ski synchronized turns while each holding onto one end of the tape.
Variations	Can they do it with the surveyors tape tied to their waist? How about their knees?

74

Games Reference

Target Skiing

Focus	Turn the Legs More Than the Body
Description	Keep facing a target as your legs make turns under the upper body.
Variations	Hold your ski poles in your arm pits to aim them at the target.

Linked Hockey Stops

Focus	Turn the Legs More Than the Body
Description	Hockey stops with the upper body facing downhill. Begin to link them together (one side, then the other). Then don't stop, but slide and turn the other way to make "silly-slopy" turns.
Variations	Hold your ski poles in your arm pits to aim them at the target.

Games Reference

67

"Don't Slouch"

Focus	Strong Inside Half
Description	Don't let the inside shoulder slouch during the turn.
Variations	Exaggerate the movement by either feeling the stretch in the lower back/inside or the pinch in the lower back/outside.

Hip Check

Focus	Strong Inside Half
Description	Use your inside hip to check a taller opponent during the turn (like playing hockey).
Variations	Exaggerate the movement by either feeling the stretch in the lower back/inside or the pinch in the lower back/outside.

Games Reference

69

Fox & Hound

Focus	Managing Changing Terrain
Description	The instructor is the Fox, the class are the Hounds. The Hounds chase the Fox, barking and growling as they catch the scent. The Hounds must go exactly where the Fox leads, through bumps, over ice patches, etc.
Variations	Be creative while keeping the group together. Continue turning throughout the run.

Wing Man

Focus	Exploring Rhythm and Timing
Description	Children pair up and follow each other side by side or one behind the other. Remember the movie "Top Gun"? - "you never, ever leave your wing man." The children will have to vary rhythms and timing to keep with their buddy.
Variations	Make sure you change leaders so each gets a chance to follow.

Games Reference

68

Synchronized Skiing

Focus	Exploring Rhythm and Timing
Description	Have children pair up to start, then work up to more people and shapes ("V" shape, diamond, lines, etc.). Focus on the pole touch to help time the turn. A great way to introduce synchronized skiing to kids is to set a dual slalom course where the goal is not to beat your partner, but to stay together throughout the course.
Variations	There are sooooo many! Beyond various formations, try half the children doing longer radius turns in rhythm to the other half doing shorter turns, etc.

Synchro-Spin

Focus	Exploring Rhythm and Timing
Description	On a wide, open slope, have two skiers synchronize turns. As they progress down the slope they constantly change leader positions by revolving around in a circle.
Variations	Can they change the rotation the other direction while still in sync?

Games Reference

70

Pass the Pole	
Focus	"The Swing's the Thing"
Description	Imagine passing your inside pole to someone down the hill. This is a good exercise when doing a "human slalom."



Fling the Goo	
Focus	"The Swing's the Thing" (Pole Swing & Touch Timing)
Description	Your ski pole is a goo dispenser. Fling it at the snow snakes down the hill. Then touch the goo to keep it from messing up your skis as you ski around it.
Variations	All you need to do is lightly touch the goo, you don't need to stab it hard.



63

Games Reference

Little Toe Roll	
Focus	Simultaneous Edge Release
Description	Roll the downhill foot towards the little toe to start the turn.



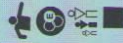
Open the Clam	
Focus	Simultaneous Edge Release
Description	Your downhill foot is a clam. Its' mouth is your arch. Open the clam's mouth to start the turn.
Variations	Try lifting your big toe to open the clam's mouth.



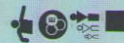
64

Games Reference

Swing-Roll	
Focus	Edge Release Timing
Description	Connecting the pole swing to the edge release -- swing the pole and roll to the little toe at the same time.



Pull the Clam	
Focus	Edge Release Timing
Description	Connecting the pole swing to the edge release -- the pole swing pulls open the clam's mouth.
Variations	Imagine the pole basket is connected to the big toe. When it starts to swing it pulls the big toe up to open the clam's mouth.



65

Games Reference

Dive into the Turn	
Focus	Active Extension
Description	Imagine diving into the swimming pool that's downhill as you start your new turn.



Falling with Style	
Focus	Active Extension
Description	Imagine launching yourself down the hill and into the next turn like a parachutist or a spaceman.
Variations	Get the same feeling by imitating a ski jumper taking off from the 90 meter jump.



66

Games Reference

Curly Shuffle

Focus	Parallel Turns
Description	Practice shuffling in a traverse first. Smaller shuffles work best – not more than one boot length. When this is comfortable, practice shuffling all the way through the turn.
Variations	Really work on the movement of the body into the direction of the new turn so the kids can continue to shuffle all the way through the turn.

Track Inspectors

Focus	Variety of Turns
Description	Pair up the children and have them inspect each others tracks. Talk about the differences between sliding, slipping and skidding and what it looks like on the snow. Let the kids give each other feedback where they see skidding, sliding and carving.
Variations	Emphasize that all of these are very valid forms of turning, depending on the conditions and situation. Being able to do them when YOU want to is the key.

Games Reference

59

Show Your Bases

Focus	Progressive Edging
Description	Show the bottom of your skis to people on the sides of the run.
Variations	Try varying the timing of the edge change by showing your bases to people at different locations on the hill.

Mirrors

Focus	Edge Control
Description	Pair children up. Have them face each other while side-slipping. One is the mirror image of the other. Try to match the movements of your partner while you practice releasing and engaging your edges.
Variations	After trying it cooperatively, try it where one partner tries to fool the other.

Games Reference

61

Pedal the Bike

Focus	Long (outside) Leg / Short (inside) Leg
Description	Pedaling a bicycle makes one leg extended (long) and one leg flexed (short). Pretend to pedal a bike while turning making the outside leg long and the inside leg short.
Variations	Match the pedals (edge angle) like you would do while taking a bike through a corner.

Firefighter

Focus	Progressive Edging
Description	There's a fire along the sides of the run. Spray the snow to the sides to help put it out.
Variations	Try varying the timing of the edge change by spraying snow at different angles.

Games Reference

60

Lines and Smears

Focus	Edge Control
Description	On a wide, protected slope with minimal traffic have the children ski across the hill in a traverse. Have them alternate releasing and engaging their edges to create lines and smears on the hill.
Variations	

Skate Races

Focus	Engage the Ski Tip
Description	On gentle terrain, skate down the fall-line. You may (older kids) or may not (younger kids) make it a competition.
Variations	Try moving in slow motion to really let the kids feel the roll from one edge of their ski to the other.

Games Reference

62

Partner Pull	
Focus	Managing Pressure
Description	Pair up the children (similar size kids works best). Have them hold a large, sturdy hula hoop or short piece of bamboo (with the ends protected) between them. On a wide, protected slope with minimal traffic, have the children swing each other around in circles.

Choreography	
Focus	Turn Shape
Description	Ask each child to choreograph a run on an open slope. The plan should include some slow turns, some fast turns, some short turns, some long turns, etc. Ask them how they will accomplish it?
	Discuss at the end how it turned out. How did the terrain help or hinder?

55

Games Reference

Kick the Ball	
Focus	Active Inside Leg Steering
Description	Use your inside foot to kick or dribble an imaginary ball or block to the inside of the turn.
Variations	Don't just pretend ... kick a real ball!

Magic Magnets	
Focus	Active Inside Leg Steering
Description	Imagine your ski tips are magnetic poles. When you start the turn the tips want to repel each other so the downhill tip moves ahead of the uphill ski.
	Show how magnets can either attract each other or repel through turns, i.e. The tips repel at the beginning of the turn, attract (come back together) in the fall line, then repel again at the end.

56

Games Reference

Color Game: Favorite color a bdd + a lde
 Little toe side has lde color Big toe side has bdd color
 c rays are at the front tips of skis ahead of binding

Tip to little toe side to start the
 c color
 Then both + watch + trade

Ski Painting	
Focus	Turn Shape
Description	Have the children step through some imaginary snow paint that you put on the side of the trail earlier. Make sure they stay on their edges as they are walking out of the "paint" so they can keep as much on the bottom as possible! The skis are the brush, the slope is the canvas - have them paint a picture on the trail.
	Ask them to tell you about their painting when they are done. What did they do to make it happen?

Remote Control	
Focus	Speed Control
Description	The children pair up; the child in the rear is the "remote control" and shouts out commands of "play, slo-mo, fast forward," while the child in the front responds by speeding up, slowing down, etc. Then have the kids switch positions.
	Make sure everyone keeps turning the entire time.

57

Games Reference

Rainbows	
Focus	Turn Shape
Description	Have the children form a line that resembles a rainbow - the next person's tips just behind and next to the tails of the person in front of them. As the group skis down the slope they stay in position by some sking longer turns, some sking shorter turns. All will have to adjust their turn shape. The first person in line needs to alternate between making a short radius turn and a long radius turn.
Variations	Use a different color piece of surveyors tape to each child's wrist, knee or hip to really look like a rainbow!

Hot Goals	
Focus	Edge to Edge Movement
Description	As children move across the slope they pretend they are barefoot on hot coals and yell "ouch, ouch, ..." each time they touch the snow. The object is to move the feet quickly from edge to edge throughout the turn.
	Really work on the movement of the body into the direction of the new turn so the kids can continue to step all the way through the turn.

58

Games Reference

Pulling the Sleigh

Focus	Inside Foot Steering
Description	Imagine the tip of your inside ski is a horse and your other ski is a sleigh. The horse must pull the sleigh through the turn.
Variations	

Car Chase

Focus	Inside Foot Steering
Description	Imagine your ski tips are cars and they are chasing each other through the turns. The inside car is always ahead.
Variations	Get the feel of one "car" passing the other, then vice versa in the next turn.

Games Reference

51

Turn Signals

Focus	Tips Skis to Turn
Description	The outside of each knee is a turn signal. Start your turn by using the turn signal on your knee first. (Move your knee downhill to signal your turn(s))
Variations	

Tap Lines

Focus	Tips Skis to Turn
Description	Tap the inside ski on the snow to make lines in the snow with the outside edge. Try tapping late in the turn at first, then earlier and earlier until the tipping of the inside ski helps initiate the turn.
Variations	Try to tap a rhythm with one foot then the other to connect turns smoothly.

Games Reference

52

Hand Out the Cookies

Focus	Inside Hand Leading
Description	Hold both hands on an imaginary plate carrying cookies. Hand out cookies from your plate with your downhill hand.
Variations	You can use this game as an introduction to pole touch.

Vend-o-matic

Focus	Inside Hand Leading
Description	Choose your favorite soda pop from the vending machine (which is down the fall line) with your downhill hand.
Variations	You can use this game as an introduction to pole touch.

Games Reference

53

Mother Duck (or Daddy Duck)

Focus	Speed Control
Description	This is a variation of Follow the Leader in which the leader is Mother Duck and all the babies follow. When the mother quacks, the first baby goes to the end of the line and subsequently each baby duck gets a chance to follow the mother. The goal is for the children to practice speeding up and slowing down.
Variations	Make sure everyone keeps turning the entire time.

Fun Course

Focus	Turn Shape
Description	Set a small course with straws, tennis balls or cones. Vary the turn shapes so children will have to speed up and slow down and change turn shape naturally.
Variations	Ask them what they did to make the turns, and see if they can do it without the course.

Games Reference

54

Cookie Plate	
Focus	Hands
Description	Hold both hands on an imaginary plate carrying cookies. Don't spill them!
Variations	Don't just pretend! Give the kids something to hold like a flying disk, etc.

Bucket Brigade	
Focus	Hands
Description	Imagine holding a HUGE bucket with both hands while you ski. Don't spill any of the water out of the bucket.
Variations	To make sure the water doesn't spill, keep your shoulders level with the horizon.

Games Reference 47

Squashing Bugs	
Focus	One-legged Skiing
Description	Using the tip of the inside ski, pretend to squash bugs on the snow. Keeping the tail of the ski off the snow and squashing bugs with the tip will keep the student in the best position.
Variations	Vary big thumps with light taps, whole ski off the snow, etc.

Strummin' the Banjo	
Focus	One-legged Skiing
Description	Using the tip of the inside ski, pretend to strum a banjo. Keeping the tail of the ski off the snow and "strummin' the strings" with the tip will keep the student in the best position.
Variations	Change the tunes from easy listening to rock 'n roll

Games Reference 48

Stork Turns	
Focus	One-legged Skiing
Description	Turns are made with the inside ski lifted high like a stork.
Variations	

Fakey Turns	
Focus	Turn Initiation
Description	As children cross the slope, they begin initiating a turn, then turn out of it - "faked you out!" The process is repeated to form a garland. (A garland is a series of linked turn initiations and finishes, without the shaping phase, that takes the skier across the slope without crossing the fall line)
Variations	This can be used for turn completion in the same manner emphasizing the turn finish. Make sure you are on a wide, open slope with little traffic.

Games Reference 49

Magic Button Turns	
Focus	Boot Tongue Contact
Description	There's a magic button on the inside of the tongue of each boot. You must push the magic button to turn.
Variations	Do you push one button harder than the other? Can you push both buttons (each boot) at the same time?

Hold on to the \$\$\$	
Focus	Boot Tongue Contact
Description	Don't let anyone take the dollar bill (or a concert ticket) from between your shin and boot tongue.
Variations	Who can keep the dollar bills all the way to the bottom while turning?

Games Reference 50

Hula Hoop Sialom	
Focus	Round Turns
Description	Set a course using hoops for "gates." Make sure you leave enough room between the hoops for the kids to make their turns. The hoops make for very round turns.
Variations	As kids get more advanced you can use the spacing of the hoops to promote matched skis.

Turning Contest	
Focus	Connecting Turns
Description	Have the children see how many turns they can make between two designated points.
Variations	Have the children predict the number of turns they can make, or have them make a certain number.

Games Reference

43

Heavy Boots	
Focus	Narrower Stance
Description	Shuffle my feet 'cuz my boots are too heavy.
Variations	Remember your boots are REALLY heavy so small shuffles are way better. (Not more than one boot length)

Hot Sand	
Focus	Foot to Foot Movement
Description	As children move across the slope they pretend they are barefoot on hot sand and yell "ouch, ouch, ouch, ..." each time they touch the snow.
Variations	Hot coals, thumbtacks, etc.

Games Reference

44

Marching Band	
Focus	Narrower Stance
Description	March in place while playing a tune on your instrument. March while sliding and turning.
Variations	Vary high stepping, shuffles, fast, slow, etc.

Milk & Cookies	
Focus	Tip Skis to Turn
Description	One ski has glass of milk on top, the other has a plate of cookies. On turns to the right, you pour milk onto the cookies. On turns to the left, you dip cookies into the milk.
Variations	Although I think milk & cookies work for ALL ages, for older children, you could dip bread sticks into marinara sauce, etc.

Games Reference

45

Formation Flying	
Focus	Tip Skis to Turn
Description	Each ski is an imaginary airplane flying in formation. When the inside "plane" banks to turn, the outside "plane" banks, too, to stay in formation.
Variations	Keep your "planes" at the same angles so the formation matches.

Headlights	
Focus	Pointing Toes
Description	Imagine it's dark and each knee has an imaginary headlight. Point the headlights in the direction you want to turn to light your way.
Variations	For older children, you can try putting the headlights on their toes.

Games Reference

46

Animal Crossing

Focus	Looks at Target
Description	Stuffed animals are placed at the bottom or near the bottom of the slope. Children glide toward the animals and avoid hitting them by a slight turn to a stop.
Variations	Use cones for older children.

Follow the Puppet

Focus	Looks at Target
Description	The instructor uses a puppet to guide the child while he or she slides down the slope.

Games Reference

39

Dribble & Shoot

Focus	Ankle Flexion
Description	Dribble an imaginary (or not) basketball and shoot. Try a set shot first, then a jump shot.
Variations	Try volleyball - dig ... spike.

Bouncy Turns

Focus	Ankle Flexion
Description	Children pretend they are bouncy balls as they "bounce" across the slope.
Variations	Try big bounces and little bounces, fast bounces and slow bounces.

Games Reference

41

Giants & Dwarfs

Focus	Ankle Flexion
Description	Extend to start the turn (Giant) and flex to finish the turn (Dwarf).
Variations	Come on ... there must be millions!!!

Popcorn

Focus	Ankle Flexion
Description	The first child in line is the "head popper" and when that child "pops" (jumps up off the snow and yells appropriately) the next child must then imitate it. The result is a chain reaction that is quite exciting.
Variations	Can the group get the rhythm to all pop up at the same time instead of the chain reaction?

Games Reference

40

Airborne Forest Rangers

Focus	Flexion and Extension
Description	To play this game, you fly high in your plane to spot the forest fire (downhill in the fall line) and then swoop down dropping water on the fire (to finish the turn).
Variations	Make sure the children keep their eyes on the fire so they are moving toward the next turn.

Snake Relay

Focus	Speed Control
Description	The whole class skis in a snake formation line making turns the entire time. An object (flying disk, ball, etc.) is passed back along the line to the end skier who then skis to the front and begins the passing again.
Variations	Can you get multiple balls going?

Games Reference

42

Basketball – Dribble and Shoot (Boots only)

Focus	Ankle Flexion
Description	Dribble an imaginary (or not) basketball and shoot. Try a set shot first, then a jump shot.
Variations	Do this game while moving. See Apple Picker above.

Red Light – Green Light

Focus	Speed Control
Description	The children line up a distance from the instructor. When the instructor says "Green Light" the children may move toward the instructor. On "Red Light" the children turn to a stop.
Variations	Try this game with boots only, one ski only, and both skis. Have them turn in both directions.

Games Reference

35

Traffic Cop

Focus	Looks at Target
Description	While they are sliding downhill, have them look at you and raise the same arm that you are raising.
Variations	Try this while they are in a shallow traverse – you need to be downhill from them. Try this while they are turning to keep them looking forward.

Blob Tag

Focus	Walking / Sliding / Sliding
Description	Set up boundaries for the game with cones, etc. Begin like traditional tag, however, when "IT" tags someone, that person must link arms with "IT" and become part of the "Blob." Continue until everyone becomes part of the "Blob."
Variations	This can be played with boots only, one ski only, and with both skis.

Games Reference

37

Line Dancing

Focus	Pointing Toes in Direction of Turn
Description	Use your line dancing skills to lead the group in toe pointing!!
Variations	Do this while sliding in a wide stance to point your toes in and create a gliding wedge.

Catch

Focus	Looks at Target
Description	While sliding in a straight run or gliding wedge, have them catch a soft ball that you throw to them (from a short distance).
Variations	Have them hold a soft ball in both hands while they ski. Keep the ball pointed where they want to go.

Games Reference

36

Hug Tag

Focus	Dynamic Balance
Description	On gentle terrain, all except "it" begins by hugging themselves with arms across their chests. When "it" tags them, they "un-hug" (arms free) and begin tagging people along with the original "it" until all are tagged.
Variations	Make sure you have well defined boundaries that are appropriate for the size of the group. Too large an area and it will be difficult to get everyone tagged.

High Fives

Focus	Looks at Target
Description	Children descend with hands up in front. At the bottom they give the instructor a high-five.
Variations	How about a low-five?

Games Reference

38

Un-demolition Derby

Focus	Walking / Skating
Description	Create a figure 8 course that the students walk and skate through as a group. No collisions at the crossing point!!
Variations	Try being a traffic cop at the "figure 8 track" and direct the kids where you want them to go. Red light - Stop, green light - Go, turn here, turn there, etc.

Scout

Focus	Walking / Skating / Sliding
Description	This game is played with one ski only. Children pretend they are on scooters, place their hands up on the handbars, and push with the foot that does not have a ski on it. After some mileage, be sure to switch feet.
	This is great for balance, body position, confidence, sliding, edging and turning afforded while children have one foot free for comfort.

Games Reference

31

Relay Races

Focus	Walking / Skating
Description	Relay races there and back again. As they get better have them carry an item (flying disk) to exchange.
Variations	There are many! Try with one ski only then both skis.

Bubble Chase

Focus	Walking / Skating / Sliding
Description	Blow bubbles and allow children to chase them to pop them. Blow them in many directions. Let children blow bubbles for each other. Keep children in a protected area as their focus will not be on incoming skiers or watching out for each other.
Variations	Try this while they are in a straight run down a shallow slope to promote spontaneous turning.

Games Reference

32

Banana - Gorilla

Focus	Climbing
Description	Children side step up the hill. When the uphill foot is moved, children call out "Banana". Then the downhill foot is brought to meet it and the children call out "Gorilla!" because gorillas eat bananas. Keep stepping until the gorilla is full.

Watch out for the Alligators!

Focus	Climbing
Description	Children are encouraged to lift the whole ski to step over the alligators. This game is helpful for children getting lazy about lifting the whole ski while climbing and who are therefore stepping on it and becoming frustrated.

Games Reference

33

Penguin Walk

Focus	Climbing
Description	Children pretend to be penguins and put their skis into a "V" to climb uphill. Sound effects are encouraged (what does a penguin sound like?).
	If a polar bear is chasing you, point your knees more at the snow to climb easier.

Apple Picker (Boots only)

Focus	Ankle Flexion
Description	Reach up to the tree branch and pick the apple, then place it in the basket on the ground.
Variations	Do this game while moving. Time the movements while turning - extend into the turn and flex at the finish. Direct the movements (tree and basket location) down the hill.

Games Reference

34

Dodge Ball	
Focus	Warm Up / "Breaking the Ice"
Description	The group is divided into two teams. Each team must stay within its designated area. Each team uses soft balls to throw at the other team. Once you are hit by a ball you are out of the game.
Variations	Try this game with boots only or one ski only. With older or more advanced children, do it with both skis on.

Knots (Boots only)	
Focus	Team Building / Warm Up / Getting to Know Each Other
Description	Children stand in a circle, put one hand in the center and grasp another child's hand. Do the same with the other hand, but choose another child. Release one pair of hands to form the head and tail. Now untangle the group. Make sure everyone moves very slowly and carefully.
Variations	Try this without releasing one pair of hands.

Games Reference

27

Put 'em on	
Focus	Equipment Familiarization / Team Building
Description	Divide into groups of three. Two of the group help the third put on their equipment. Rotate so everyone gets a chance. If you are being helped, you can't touch your own equipment.
Variations	Try having a race to see which group is the fastest. Everyone wins because everybody learns how the equipment works and how to help out their friends.

Fire Drill	
Focus	Equipment Familiarization
Description	The group lays out their equipment a certain distance from a starting line. At the signal, they rush to put on their equipment.
Variations	Try having them race back to the starting line.

Games Reference

28

Hokey-Pokey	
Focus	Pointing Toes in Direction of Turn
Description	Children stand in a circle and follow the actions in the song ... "Point your left foot in, point your left foot out..."
Variations	Try this with boots only, one ski only, and with both skis.

Hello Relay	
Focus	Walking / Skating
Description	Divide the group into two teams. Put two obstacles (cones, blocks, etc.) out about ten paces from the group. Each team member calls out his/her name then scooters out around the obstacle. As they return they shake hands with the next person in line, introducing themselves. Everybody wins because everybody learns who their teammates are.
Variations	Try this game with boots only, then one ski only. With older or more advanced children, do it with both skis on.

Games Reference

29

Follow-the-Leader	
Focus	Walking / Skating
Description	Follow you around the flats in different shaped paths. The more fun and silly the paths and positions the instructor takes, the more fun and beneficial the game. How creative can you be?
Variations	Try this with boots only, one ski only, and with both skis.

Obstacle Course	
Focus	Walking / Skating
Description	Create an obstacle course of "stuff": Cones, blocks, poles, etc. How creative can you be? Make sure the obstacles are safe to crash into or fall on.
Variations	Try this with boots only, one ski only, and with both skis.

Games Reference

30

Animal Names

Focus	Team building / Getting to Know Each Other
Description	Beginning with the instructor, children choose names of animals that alliterate with their own name such as "Lisa Lizard" or "Ryan Rhino."
Variations	Try using categories other than animals, i.e. types of turns, kinds of snow, etc.



Hot Potato

Focus	Warm Up / "Breaking the Ice"
Description	Played in the traditional way, with the object being passed and each person trying not to hold it too long because it's hot!
Variations	Use a mitten, glove, hat, soft ball, etc. for the potato.

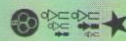


Games Reference

23

Simon (Boots only)

Focus	Warm Up / "Breaking the Ice"
Description	Set four hula hoops 2x2 on the snow. The first player makes one move, such as jumping into one hoop. The next player must repeat the first move and then add another one, such as jumping to the next hoop - turning, etc. As the number of moves increases, the brain is tested for memory and planning.
Variations	Try just having children repeat patterns. Try teams.



Face to Face (Boots only)

Focus	Active Movement in Boots / "Breaking the Ice"
Description	Children stand with a partner, one child in the middle of the group. The child in the middle gives commands such as "hand to hand" or "foot to foot." Each pair must follow the commands. All of a sudden, the center child calls out "Switch" whereupon each child must find a new partner including the child in the middle. Whoever does not have a partner when all have paired off, is the new center player.
Variations	Allow the commands to build on each other similar to "Twister."

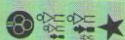


Games Reference

24

Crazy Mirrors

Focus	Warm Up / "Breaking the Ice"
Description	Children stand facing a partner. They pretend that one is a crazy mirror and imitate what the "mirror" is doing.
Variations	Make sure you switch so everyone gets crazy!



Duck Duck Goose

Focus	Warm Up / Active Movement in Boots / Getting to Know Each Other
Description	Children stand in a circle. "It" circles the group and calls "Duck ... Duck ... Goose" as in the regular version. The "Goose" then runs in the opposite direction until the two meet. At this point they must each say the other's name before continuing to compete for the empty space.
Variations	Try this game for older children with one ski on.

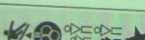


Games Reference

25

Mousetrap (Boots only)

Focus	Warm Up / Active Movement in Boots / Getting to Know Each Other
Description	All the children are in a circle, holding hands - they are the mousetrap. Choose 3-4 kids to be the mice. At the instructor's signal - "Mice!" the kids in the circle raise their hands high and the mice weave in and out under the raised hands. The instructor has his/her back turned. At the instructor's signal - "Mousetrap!" the hands go down and any kids inside the circle are caught.
Variations	Change up the "Mice" so everyone gets a turn.



Group Juggle

Focus	Warm Up / "Breaking the Ice"
Description	The group stands in a circle. First, one item is passed across the circle from person to person, until all the names are learned and the group knows the pattern ("I caught it from ___, and I pass it to ___"). Use a mitten or glove, tennis ball, soft ball, etc.
Variations	As the pattern is learned, more and more items are tossed until it becomes impossible to keep it going.



Games Reference

26

Movement Pool – Critical Features of Skiing

Balance on the Whole Foot

Balance on the Outside Ski

Release and Engage the Edges with the Legs

Turn the Legs Under the Body

Discipline the Upper Body

Age Group

 Pre-School (3-5)

 Younger Children (6-8)

 Older Children (9-12)

Game Toolkit

19

Skill Development

 Balancing Movements

 Rotary Movements

 Edge Control Movements

 Pressure Control Movements

 Skills Blend

Terrain Type

 Flat Land / Walk-Around

 Easiest

 More Difficult

 Most Difficult

Game Toolkit

20

Game Thoughts

There are several things to remember about playing games to teach children to ski. The first and foremost is to always have a purpose for playing the game – **know the movement pool or focus** that the game you are playing addresses, and how it will help you teach the students. Secondly, make sure the **rules and boundaries** of the game are clear and easy to understand – if you need to have more than 3-4 rules, the game is probably not worth playing. During the course of the lesson, continuously **adjust the types of games you are playing** with the kids, so you can keep the energy level in control – if you follow one high energy game after another, the children will soon be too tired to stand up let alone ski. And finally, **know when to stop playing the game**. If you play a game of tag, for example, until the kids are too tired or bored, you will never be able to go back to that game again that day – you loose it from your “bag of tricks.” If you stop playing the game when the students are at the height of having fun, you can always go back and play it again later – you never loose anything from your trick bag!

Summary

The Game Toolkit is a valuable framework to help you use much of the information about teaching methods, child development, and critical features of movement. The more you use the Toolkit, the more natural it will become and soon you will be able to use it almost without thinking.

Game Toolkit

21

Games Reference

Children learn by playing. Setting up a playful environment with games provides a framework that directs their play toward the goals for the lesson. Good games have a specific purpose and are based on fundamental movements. They must have clear rules and boundaries to help keep the activity safe and fun.

Pinball (Boots only)	
Focus	Active Movement in Boots / Getting to Know Each Other
Description	Children stand in a circle and keep a soft ball moving with their feet as in a pinball machine.
Variations	As children touch the ball they call out their own name. Also, try having them call out the name of the person they are kicking the ball to.



Games Reference

22

The "Psy-Phy" of Child Development

How does our evolving blueprint need to be modified to accommodate the developmental needs of our student audience?

- Example questions that might modify the blueprint:
- Is the game too complicated? (*Psy* – "What were you thinking?")
- Is it too highly or too loosely structured, is it team oriented? (*Psy* – "How do you feel?")
- Are the students physically capable of performing the game/task? (*Phy* – "How do you ...")

Design and Prototyping – "The Wizard"

Now that we have created a solid blueprint, how do we design an actual working game? Here's where the creative part in all of us comes to the forefront. Now we can use the ideas from the Games Reference chapter to give us ideas on how to implement our "project." As Steve Still puts it: "All great chefs start with a recipe, but then add their own creative touches. Great instructors do the same."



Implementation – "The Engineer"

We've now got a brand new, original game finished, almost. Now we need to share it with our students. The game may not work perfectly the first time, but use your Warrior personality to persevere. Let the Teaching Model guide you as you test the game. Look back at the process. Check each step for errors. But most of all, if you still think it's a good idea, keep trying. And don't forget to make it FUN! Your new game is worth the effort. And share it with your fellow instructors and coaches.



Your creative side doesn't have an on/off switch. It just doesn't start spewing great creative ideas. It needs to be primed. This is where you need to use the four "roles" of the Explorer, the Artist, the Judge, and the Warrior from Roger von Oech's "A Kick in the Seat of the Pants" to help you create your game. It could be as simple as taking a simple movement, need, let's say, ankle flexion, and trying out something different like calling it "Jaws." Or, maybe just modifying a game you've used many times.

"The Explorer" – The part of you that says, "We don't have to do things the way we always done it." Our courage to look at things from a different perspective gives our imagination new fuel "To go where no one has gone before."

"The Artist" – Doesn't do things the same way every time. As an Artist we need a brush and a palette to take our ideas and all this other information and put it into a usable form.

"The Judge" – Is a pessimist, a "devil's advocate." Is this new idea going to work? Is it FUN? Is it SAFE? The Judge walks a tightrope, always keeping the esteem of the Artist and welfare of the student in balance.

"The Warrior" – With a "devil's advocate" like the Judge around trying to find a fault with your idea, someone has to stand up and defend it. The Warrior. The Warrior has the courage to say "This can work!"

Reference Format

This book has been designed to read through from beginning to end, to give you a guide for game activities you can do with children as they progress in their skiing ability. It is generally set up from ability level – beginner to more advanced. The Beginner ability levels are printed on green paper, Intermediate ability levels on blue paper, and Advanced ability levels on gray paper. However, it is probably better used as more of a reference book. As you go through the games in this book you will notice a number of icons that help to define the best use for each game. These icons show you the movement pool, age group, terrain type, skill development and ability level for each activity.

In addition, there are four separate indexes at the back of this text to assist you in looking up games by each of these categories. For example, you might want to reference games that work on edging skills, etc. The icons are as follows:

The Game Toolkit Overview



Identify Your Student

Use "Psy-Phy"
"Psy" — "How We Think, Feel & Socialize"
"Phy" — "How We Move"



Identify Movement Patterns

Understand the Critical Features of Skiing Movement
Understand the Skiing Levels
Use Your Observational Skills
Look for Positive & Negative Cues to Identify Movements Patterns

Game Toolkit

11



Use Creativity to Generate Ideas

Look Back on Past Experiences
Share Ideas with Others
Find a "Blueprint" or "Theme"
Use Your "Palette" to Add Color & Depth
Check to See if Ideas Meet Needs



Put Your Ideas Together

Use Your Blueprint
Try out Some Props
Share Ideas with Others
Refine and Adapt: "What If?"

Game Toolkit

12

Using The Toolkit

Needs Analysis — "The Appraiser"

Understanding our students' needs requires three well-proven tools: 1) The Critical Features of Skiing; 2) The "Psy-Phy" of Child Development; and 3) Maslow's Mountain (hierarchy of needs). Using these tools we can start to develop a blueprint that we will use to develop our new game.



All The Right Moves

Using your enhanced knowledge of skiing movements, you can better assess your students' movement needs. Develop a plan based on their movement strengths and weaknesses. Here are some tips to help you with your assessment:

- **Focus on the students' strengths**
Building on the students' strengths rather than correcting their weaknesses will create connections with past experiences (strong skills and movement patterns).
- **Watch your group while they are making a "free run" or FUN part of your lesson plan.**
Keep the stress and pressure to a minimum. This will help you catch them doing it right, and it will show you what they do comfortably and naturally.

Game Toolkit

13

Look at the whole picture first ...

- What does each student look like? What types of turns do they like to make? Do they look comfortable?
- ... then the details
Use the visual cues from the Critical Features of Skiing Movements to assess the details.
- **Ask a more experienced instructor/coach for their opinion**
Compare your assessments with them and adjust your observations as needed.

Maslow's Mountain

The students' needs will modify the blueprint in a variety of ways:

- How safe is the game?
- How does it affect the students' feeling of belonging?
- Does it build upon the team environment or does it have too much competition?
- Does it increase the students' self-esteem?
- Is it challenging and push the students to perform at their best?

Addressing their needs will help motivate them as you introduce your new game.



Game Toolkit

14

Release and Engage the Edges with the Legs

Use diagonal (forward and lateral) movements of the feet, legs, and hips to release and engage the edges of the skis. These movements are smooth and coordinated.



REAL	IDEAL
♦ The upper body tips to engage the edges. ♦ Edging comes primarily from the knee without involving the whole leg. ♦ Edge release occurs with exaggerated vertical movement instead of forward and lateral movement. ♦ A wide stance inhibits complementary edging movements of the legs. ♦ Edge release always occurs with lifting of the downhill ski. ♦ The legs are always flexed or always extended with no shortening or lengthening of the legs during turns.	♦ The skis tip on edge early in a turn. ♦ The skis contact both boot shafts forward and laterally. ♦ The ski edges are released and engaged with one smooth movement. ♦ The ski lead change occurs before the fall line. ♦ The feet are no wider than hip width apart.

All The Right Moves

7

Turn the Legs Under the Body

Turn your legs under your body to assist in guiding the skis through the turn.



REAL	IDEAL
♦ The shoulders, torso, or hips initiate turning of the skis. ♦ The outside hand crosses in front of the body. ♦ The skis pivot more than necessary for the desired turn shape. ♦ Pivoting of the skis is uncontrolled.	♦ The legs turn more than the upper body. ♦ Turning movements originate in the feet and legs. ♦ Active steering of the inside leg complements the movements of the outside leg. ♦ The upper body is stable and quiet.

All The Right Moves

8

Discipline the Upper Body

Direct your upper body and swing the pole to flow with the skis through turns.



REAL	IDEAL
♦ Vision is down or not in the desired direction of travel. ♦ Pole swing is late, non-existent or erratic. ♦ The body does not flow down the hill but continuously moves up the hill or "clings" to the hill and the previous turn. ♦ The hands are low or behind the shoulders.	♦ The body is relaxed yet stable. ♦ Vision is forward and the eyes look to the intended direction of travel. ♦ The hands are forward. ♦ The inside hand, shoulder, and hip lead through a turn. ♦ The shoulders are forward of the hips. ♦ The pole swings smoothly in the intended direction of travel.

All The Right Moves

9

Game Toolkit

Introduction

Using games is the cornerstone of children's instruction. It's not bad for teaching adults, either. Creating new games and exercises often seems like an impossible task, but with a little guidance you can use your own creativity to develop new games that work for you.



Game Toolkit

10

Our Philosophy

Our technical foundations are grounded by years of experience and training with the Professional Ski Instructors of America (PSIA), PSIA's Junior Educational Team (JETs), and the American Association of Snowboard Instructors (AASI) Snowboard Team.

But more than all that, Kidology is a philosophy ... it's a way of thinking. We believe that fun and play are a primary need in a child's development. Recreational activities are the fundamental vehicles that provide the experiences to fulfill that developmental need. It's a philosophy that integrates the psychological and physiological aspects of human development.

Kidology goes beyond simply learning a recreational activity – It's all about not being too attached to the outcome. Where playing and having fun are more important, and life-lessons, character, integrity, self-esteem and respect are all integral pieces to the program.

Why Games?

A child's *avocation* is playing and since learning is their *vocation*, merging the two is a highly successful teaching method. When you create a safe and fun learning environment, the learning is almost automatic. Now, you've "got 'em where you want 'em!"

Introduction

3

Balance on the Whole Foot

Flex and extend the ankles, knees, hips, and spine to balance over the whole foot as you flow with terrain and control pressure on the skis.



REAL	IDEAL
- The knees and hips flex without ankle flex. - Snow sprays from the back half of the ski. - The hips are continuously behind the feet. - The ankles are over flexed with the body's mass continuously in front of the feet. - The legs are always flexed or always extended with no shortening and lengthening of the legs during the turn. - The body is tense and rigid.	- The outside ski bends from the middle. - The skis maintain contact with both boot torques. - The body moves continuously with the skis. - The skis maintain contact with the snow as they flow over the terrain. - All of the joints work together evenly. - The body is relaxed over the skis.

All The Right Moves

5

All The Right Moves

The Movement Pools below are based on the "Critical Features of Skiing Movements." These Critical Features are a simplified description of basic movements observed in quality skiing. They define basic movements necessary for efficient and effective skiing at all skill levels.

Let's explore them and get a basic understanding of what they look like and what they don't look like, so we can use them effectively in our skiing as well as in our students' skiing.



Critical features are the "key features of a movement that are necessary for optimal performance."

- Knudson & Morrison

All The Right Moves

4

Balance on the Outside Ski

Direct your balance towards the outside ski in the turn by using complementary movements of the upper and lower body.



REAL	IDEAL
- The inside ski bends as much or more than the outside ski in a turn. - The inside hand is continuously lower than the outside hand in a turn. - The inside hand is back. - The outside ski turns straighter than the inside ski, i.e., the outside ski does not "come around." - The shoulders are always tipped toward the inside of the turn and never level out relative to the horizon.	- The outside ski bends more than the inside ski. - The shoulders stay level to the horizon or they become more level through the turn. - The inside half of the body leads the outside half through the turn. - The inside leg is flexed more than the outside leg in a turn.

All The Right Moves

6

Acknowledgements

The Children's Skiing Games Reference is truly a collaborative effort. A wide variety of sources, ski educators, and students have contributed to make this possible. I would like to highlight a few of these key individuals.

Grant Nakamura is my best friend and business partner. It was his idea to put this book together. Besides being an outstanding educator and skier, Grant is a consummate professional and innovator, with unquestioned integrity. He is a great sounding board for bouncing thoughts, and always pushes me to explore new and creative ideas. Grant is easily the most generous person I have ever known.

Team KIDology – Grant, Tom Schulz and Lisa Maurer; the true meaning of the word "TEAM." Each of these individuals has outstanding qualities and brings a tremendous variety of experiences to the group. Together the assemblage is so much greater than the sum of the parts. We continuously teach each other and learn from each other, all at the same time. The creativity that this team continues to produce is extraordinary! Every time we work on a project, I am totally blown away.

Maggie Loring and Christy Northrop who wrote the "Skilwee Games Manual," and along with John Mohan wrote "The Basic Skilwee Manual." These people along with members of the Skilwee National Clinic Team were instrumental in creating the foundations for children's ski instruction in the United States. They were very influential in my development as a

xii

children's ski educator, and the concepts that they pioneered almost 20 years ago are still in place today.

The PSIA Junior Educational Team (JETs) – PSIA's only team of true children's educators: Marie Shaw, Alison Clayton, Dave Holdcraft, Grant Nakamura, Bill Bott, Ivy Bier, Amy Zahm, Mark Spieler, Brad Gambin, Alexandra Boucher, John Alderson, Kris Katzenberger, Mariam Sodergren, Marty Harrison and Jim Heldt. The materials, clinics, and concepts that this team developed for instructors was incredible! The CAP Model, Multiple Intelligences, Spider Webbing, Motivation & Maslow's Hierarchy, Creativity, and Children's Accreditation to name just a few. This team was EASILY the most creative and innovative group over to work within the PSIA structure.

I would also like to acknowledge my family – Cara, Erin and Ryan. I would like to thank them for believing in me, having patience, and allowing me to pursue my passions – in spite of the fact that it doesn't always involve making a lot of money.

And finally all my skiing friends and colleagues – you know who you are. Thank you for all the unbelievably great adventures, and all the many more to come. Thank you also for buying the book!

xiii

Introduction

The Children's Skiing Games Reference has been designed as a tool for ski instructors, to help them teach children to ski. It has been created to be of assistance in filling your bag-of-tricks. The games referenced here have come from a variety of sources, some of which have absolutely nothing to do with skiing! They have all been adapted and tried on real children, and I assure you that no kids were harmed in the making of this book.

One of the concepts you will find in the chapter titled, Game Toolkit, is the ability to create your own games. I would urge you to tap into your own creativity in making games that work for you, and use this text as only a starting point. The ability for you to begin to create your own games for teaching skiing cannot be stressed too much, as it will instantly give you an unlimited bag-of-tricks to work with.

Throughout this book you will note references to KIDology. KIDology is the name of our company that was created to provide products and services for children's learning. While our main focus has been in the snowsports world, we also work with all kinds of experiential concepts including training programs for municipal park and recreation departments.

Please try to always remember that we are not just teaching skiing – We are teaching PEOPLE.

Introduction

1

First a little information about KIDology...

What is KIDology?

KIDology is a consulting group that creates and supplies products and services to children's ski and snowboard schools, increasing enrollment, retention rates and profitability.

As advocates for children's development in recreational activities, we are leaders and innovators of educational techniques. As partners with recreational industries, we are committed to continued industry growth through increased participation by children.



"We design and support FUN, SAFE, and ENRICHING learning experiences for children."

Introduction

2

Pass the Pole.....	63
Fling the Goo.....	63
Little Toe Roll.....	64
Open the Clam.....	64
Swing Roll.....	65
Pull the Clam.....	65
Dive into the Turn.....	66
Falling with Style.....	66
Target Skiing.....	67
Linked Hockey Stops.....	67
Fox & Hound.....	68
Wing Man.....	68
"Don't Slouch".....	69
Hip Check.....	69
Synchronized Sking.....	70
Synchro-Spin.....	70
Starfleet.....	71
Hug Turns.....	71
Tornado Turns.....	72
Field Goal Turns.....	72

Contents

viii

Leap of Faith.....	73
Flamingo Turns.....	73
Save the Paint.....	74
Catamaran Turns.....	74
Strong Triangle Turns.....	75
Powder Pals.....	75
Me & My Shadow.....	76
References.....	77
Index - Age Group.....	78
Pre-School (3-5).....	78
Younger Children (6-8).....	79
Older Children (9-12).....	82
Index - Movement Pool.....	86
Balance on the Whole Foot.....	86
Balance on the Outside Ski.....	87
Release and Engage the Edges with the Legs.....	88
Turn the Legs Under the Body.....	89
Discipline the Upper Body.....	90

Contents

ix

Index - Skill Development.....	91
Balancing Movements.....	91
Rotary Movements.....	92
Edge Control Movements.....	93
Pressure Control Movements.....	94
Skills Blend.....	95
Index - Terrain Type.....	97
Flat Land / Walk Around.....	97
Easiest.....	98
More Difficult.....	100
Most Difficult.....	102
Notes.....	103

Contents

x

About the Author

Jeff Kennedy is a Level III Certified Instructor, and is an Examiner with the Professional Ski Instructors of America - Central Division, Alpine Education Staff. He is a member of the ACE (Advanced Children's Education) Team in Central Division. Jeff is also a United States Ski Coaches Association, Club Coach. He is currently a staff trainer and Director of Children's Programs at Alton Alps Ski Area, Hastings, Minnesota, and has been teaching skiing for more than 20 years. Jeff has been a member of Ski Magazine's Skivee National Clinic Team since 1988. He has extensive ski industry experience serving as a retail shop manager, Children's Program Supervisor, Ski School Director, and Ski Area General Manager. Jeff has been nominated three times - and in both 2003 and 2004 was named as one of *Ski Magazine's* Top 100 Instructors in North America.

xi

Animal Names.....	23
Hot Potato.....	23
Simon (Boots only).....	24
Face to Face (Boots only).....	24
Crazy Mirrors.....	25
Duck Duck Goose.....	25
Mousetrap (Boots only).....	26
Group Juggle.....	26
Dodge Ball.....	27
Knots (Boots only).....	27
Put 'em on.....	28
Fire Drill.....	28
Holey-Poley.....	29
Hello Relay.....	29
Follow-the-Leader.....	30
Obstacle Course.....	30
Un demolition Derby.....	31
Scout.....	31
Relay Races.....	31
Bubble Chase.....	32

Contents

iv

Banana - Gorilla.....	33
Watch out for the Alligators!.....	33
Penguin Walk.....	34
Apple Picker (Boots only).....	34
Basketball - Dribble and Shoot (Boots only).....	34
Red Light - Green Light.....	35
Line Dancing.....	35
Catch.....	36
Traffic Cop.....	36
Blab Tag.....	37
Hug Tag.....	37
High Fives.....	38
Animal Crossing.....	38
Follow the Puppet.....	39
Giants & Dwarfs.....	39
Popcorn.....	40
Dribble & Shoot.....	40
Bouncy Turns.....	41
Airborne Forest Rangers.....	41
Snake Relay.....	42

Contents

v

Hula Hoop Slalom.....	43
Turning Contest.....	43
Heavy Boots.....	44
Hot Sand.....	44
Marching Band.....	45
Milk & Cookies.....	45
Formation Flying.....	46
Headlights.....	46
Cookie Plate.....	47
Bucket Brigade.....	47
Squashing Bugs.....	48
Strummin' the Banjo.....	48
Stork Turns.....	49
Fakey Turns.....	49
Magic Button Turns.....	50
Hold on to the \$\$\$.....	50
Pulling the Sleigh.....	51
Car Chase.....	51
Turn Signals.....	52
Tap Lines.....	52

Contents

vi

Hand Out the Cookies.....	53
Vend-o-matic.....	53
Mother Duck (or Daddy Duck).....	54
Fun Course.....	54
Partner Pull.....	55
Choreography.....	55
Kick the Ball.....	56
Magic Magnets.....	56
Ski Painting.....	57
Remote Control.....	57
Rainbows.....	58
Hot Coals.....	58
Curly Shuffle.....	59
Track Inspectors.....	59
Pedal the Bike.....	60
Firefighter.....	60
Show Your Bases.....	61
Mirrors.....	61
Lines and Sneaks.....	62
Skate Races.....	62

Contents

vii

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ii

Contents

About the Author.....	xi
Acknowledgements.....	xii
Introduction.....	1
What is KIDology?.....	2
Our Philosophy.....	3
Why Games?.....	3
All The Right Moves.....	4
Balance on the Whole Foot.....	5
Balance on the Outside Ski.....	6
Release and Engage the Edges with the Legs.....	7
Turn the Legs Under the Body.....	8
Discipline the Upper Body.....	9
Game Toolkit.....	10
Introduction.....	10
The Game Toolkit Overview.....	11
Reference Format.....	18
Game Thoughts.....	21
Summary.....	22
Games Reference.....	22
Pinball (Boots only).....	22

Contents

iii

THE CHILDREN'S SKIING GAMES REFERENCE



By Jeff Kennedy