

<p>JUNIOR NORDIC GAMES RULES: Think about safety: NO POLES Match size and speed Keep track of equipment (don't jam ski tails into snow!)</p>	<p>Trail Etiquette Reminders</p> <ul style="list-style-type: none"> • Be polite and friendly on the trail • Step to the side when you stop so you don't block others • Travel the proper direction on one-way trails • Take care of our ski trails • Respect wildlife
<p>ON THE TRAIL: JUNGLE</p> <ul style="list-style-type: none"> • At a dark spot or near others • Call out an animal (or instrument or cars/trucks/trains) • Everyone make that sound 	<p>ON THE TRAIL: MOOSE DRILL</p> <ul style="list-style-type: none"> • Tell skiers it's only a drill • Call out "MOOSE" • Make moose sounds • See how fast skiers can safely hug a tree • Compare hiding places and talk about safety
<p>STOPPING GAMES: PIE MAKING</p> <ul style="list-style-type: none"> • Line up skiers, side by side • Have them yell out what kind of pie they are making • See who can make the widest slice 	<p>STOPPING GAMES: JAWS Coach calls out "Big Jaws" or "Little Jaws" as skiers go down hill Variations:</p> <ul style="list-style-type: none"> • Hold hands as partners or group • Ski backwards • Skiers lead • Stand tall, bend knees
<p>STOPPING GAMES: RED LIGHT/ GREEN LIGHT</p> <ul style="list-style-type: none"> • Skiers ski down hill towards coach • Coach yells out actions • Control speed of action by saying red, yellow or green light 	<p>STOPPING GAMES: THE SQUEEZE</p> <ul style="list-style-type: none"> • Set up 2 poles on a hill, far apart enough to ski through • Skiers snowplow down the hill and close the wedge to fit between poles • Open the wedge to stop below the poles • How close to the poles can they stop

<p>BALANCE GAMES: THE STORK</p> <ul style="list-style-type: none"> • Stand on one leg • Count 10, 20, 30 etc • Switch legs <p>Variations: stand on toes Who can balance the longest?</p>	<p>BALANCE GAMES: SCOOTERS</p> <ul style="list-style-type: none"> • Take off one skis • Push with other foot <p>Variations: Who can go fastest? Who can take the FEWEST pushes to go a set distance? Try going backwards</p>
<p>BALANCE GAMES: SKI JUMPER</p> <ul style="list-style-type: none"> • Feet are shoulder-width apart • Lean forward at ankles • How far forward before step or fall? 	<p>BALANCE GAMES: THE RUNNER</p> <ul style="list-style-type: none"> • Run in place • Change tempo <p>Variations: eyes closed, lift knees, on toes</p>
<p>BALANCE GAMES: ONE-LEGGED POP</p> <ul style="list-style-type: none"> • Pop/ spring off one bent leg • Land on same leg • Switch legs <p>Variations: how fast/ slow/ long? Try telemark position</p>	<p>BALANCE GAMES: FLEA LEAPS</p> <ul style="list-style-type: none"> • Skiers bend knees, a little or a lot • Jump up • Land in balanced position <p>Can be done on one or two skis</p>
<p>BALANCE GAMES: CHANGE OF SEASON</p> <ul style="list-style-type: none"> • Ski down hill • Call out seasons: <ul style="list-style-type: none"> ○ Spring = pop up ○ Summer = stand tall ○ Fall = fall down ○ Winter = pick up snow 	<p>BALANCE GAMES: POWER PUSHES</p> <ul style="list-style-type: none"> • Skiers stand face-to-face • Skis in a V-shape • Lean inside shoulder against the other's • Push, until one loses balance <p>Variations: push hands, stand on toes, stand on one leg</p>

<p>BALANCE GAMES: TEAM SCOOTERS</p> <ul style="list-style-type: none"> • Take off outside ski • Put arm around partner's waist • Push with foot <p>Variations: how fast, how far, try backwards, change sides</p>	<p>BALANCE GAMES: JUGGLER</p> <ul style="list-style-type: none"> • Make snow balls • Place on head • Balance on head, try skiing • Toss snow ball w/ partner while skiing
<p>GROUP GAMES</p> <ul style="list-style-type: none"> • Red light/ Green light • Tag (freeze, blob, holding hands) • Run Rabbit Run • Sharks and Minnows • Duck, Duck, Goose • Obstacle course 	<p>GROUP GAMES:</p> <ul style="list-style-type: none"> • Capture the Flag • Glide races • Pole races • Simon Says • Soccer on one ski • Tug-o-war
<p>GOOD GAMES FOR GLIDE:</p> <ul style="list-style-type: none"> • Scooters • Glide races • Run Rabbit Run • Push Piggy • Tag 	<p>ON THE TRAIL GAMES:</p> <ul style="list-style-type: none"> • Moose drill • Singing! • Ski backwards • Nature spotting: see, hear, smell • Trail etiquette • Sprint to the front
<p>SKATE GAME: APE SKATE</p> <ul style="list-style-type: none"> • No poles • Skiers swing arms below knees like gorillas while skating 	<p>GLIDE GAME: PUSH PIGGY</p> <ul style="list-style-type: none"> • Divide skiers into teams or pairs • Push a ball with skis for a short distance, around a marker & back • Tag the next skier • Variations: backwards, one ski •