

# Speed skating Games for

## FUNDamental & LTSS Groups



1. **Rescue Relay;** Divide skaters into a minimum of 2 teams. Teams line up at one end of the rink. The coach indicates the start of the relay. The first team member skates to the red line and turns to face their team mates, than skates back to the next person in their team, who is in basic position, and pushes that team member back to the red line. The team member who was just rescued “rescues” the next skater until all the team members are on the red line.
2. **Missile;** Skaters line up across one end of the rink. The coach indicated the start of the game. Skaters start to skate to the opposite end of the rink while the coach tosses plungers at their feet. If a skater cannot dodge a plunger and is hit, he/she becomes a missile launcher with the coach.
3. **Circle Relay;** The skaters are divided into 2 teams. Teams go to the opposite corners of the rink. The skaters line up one behind the other. Skaters take turns skating the center circle 1.5 laps and than return to their team and the next person skates. This continues until all skaters in the team have skated the circle. The first team to finish is the winner.
4. **Prisoners Base;** There are 2 Cops who are “it” and 2 Guards that stand at the jail. All other skaters are Robbers. The cops chase the robbers & if they are caught they go to jail. Other robbers can break (tag) them out of jail. If robbers are tagged by guards they go back to jail. Game is over when only 1 skater is left.
5. **Cat & Mouse;** Skaters work with a partner. One partner is a mouse and the other is a cat. The mouse starts skating slowly with the cat following. The mouse will then take off on the cat and the cat reacts to try and catch the mouse. Alternate cat/mouse.
6. **Kangaroo Races;** The class is divided into 2 or more groups of equal ability. Each group takes turns racing on the track. Stagger each group from weaker to stronger. Each group skates 3 laps. The skater in the front tries not to get passed. The skaters behind try to pass and become the leader.
7. **Crows & Cranes;** Skaters are divided into 2 equal teams. The teams stand on each side of the centre red line. When the coach calls out “Cranes” they chase the “Crows” and vice versa. The skaters being chased try to get to their blue line before being tagged. If any skater gets tagged they become members of the chasing team. Once all remaining members of the chased team are on the blue line, the teams return to the red line for another round.
8. **Never ending bucket** : groups of 6 or 7 for each bucket . Fill a bucket ½ full of small plastic balls. Have the group chase down each ball as you slowly toss them out. Object for the skaters is to NOT let the bucket get empty. Coach can prolong game by the frequency of tossing the balls.
9. **Circle Race;** 4 skaters race at the same time. The center circle is marked out with 4 plungers. The skaters stand beside a plunger on the circle, when the coach says “GO”, the skaters race around the circle trying not to get tagged by the other skaters.
10. **Obstacle Course;** create an obstacle course using pucks, pads, buckets, etc. ( MANY VARIATIONS). Use any variation [ can include] – jumping lines; under an object and back up ; tight turn around an object ; slaloms ; single knee down; skating backwards .



11. **Reverse Frozen Tag**; All skaters are “it”. Skaters try to tag each other and if a skater gets tagged on the back they are frozen, the last one not frozen is the winner.
12. **Silly Starts**; race from one end of the rink to the other, i.e. starting from knees
13. **Ball toss team relay games** : see ball toss games sheet for a few ideas
14. **Chain Tag**; 2 skaters are “it”. The 2 skaters tag other skaters. When a skater has been tagged they join with the tagging skater to form a chain. Once there are 4 skaters in a chain, the chain splits into pairs and each new chain continues to tag skaters and split into new chains. The game is over when 1 skater is left.
15. **Hot Dog Tag**; Played like ordinary tag with 2 skaters chosen at “it”. If a skater is tagged they become the Hot Dog and have to stand still. To get free two team members (the buns) must come and stand on either side of the Hot Dog to free them.
16. **5 Catch**; Skaters are divided into 2 groups (strong/weak) and are then divided into 2 teams from each group. A team member starts by throwing a ball to their team mates who can move around the ice in the playing zone. The team can have up to a total of 5 throws without dropping the ball to get a point, (a skater cannot pass the ball back to the person they just received it from). No skater can hold the ball for more than 5 sec ( Must play it to a teammate). If the ball hits the ice or is intercepted it goes to the other team and the count starts for them. When the game over, the team with the most points wins.
17. **Train Building Relay**; Skaters are divided into teams and line up at the red line at the end of the rink. The first skater from each team races to the far blue line, returns and gets in basic position. The second skater pushes the first skater down to the blue line and back to the team. The third skater pushes the first two skaters, in basic position, down to the blue line and back to the team. This continues until all members of the team are part of the train. The winner is the team that finishes first. (note: bigger skaters should be at the back).
18. **Toilet Tag** ; 2 – 3 skaters are “it”. Skaters skate around the rink trying not to be tagged. If a skater is tagged they get down in BASIC and put one arm up in the air. If a team mate skates by and pulls their arms down then they are free again (like flushing a toilet). ( For smaller groups – play inside 1 end of rink)
19. **Bucket Relay**; Skaters are divided into 4 teams. Each team lines up on the start line with a bucket. Skating the track, the first member pushes the bucket to the opposite red line, leaves it and continues around the track back to the team. The next skater skates to the bucket, picks it up while going around and returns it to the start line. The first team to complete the circuit twice is the winner.
- 20. Splash**; Mats are placed in a row in front of the skaters. One for each team. Skaters are divided into teams and line up at one end of the rink in line with their mat. Skaters take turns skating and jumping on the mat, sliding the mat to one end of the rink and returning it back to the other end. All skaters must start at the original Start line and go down past the other Goal line and splash on the mat when returning the mat to the original starting position . The first team to finish is the winner.
- 21 Upright Board pad races** (with a pet) : Teams of 2 – Every team has a board pad ( Standing upright )with a cone sitting on top ( This is the pet) each team races around the track twice . The pet has to stay on top of the board pad (NO Holding it) . 1<sup>st</sup> team done is the winner.

22. **Take away /add on relay** : teams of 4 or 5 – Choose order – each team starts off in Basic -except the last skater ) who pushes the relay team for 1 lap . The pushing skater goes to the middle and the next skater pushes for 1 lap . This is done until it is the last skater ( the one originally 1<sup>st</sup> in the relay line) then skates 1 lap . When the last skater crosses the center line the 1<sup>st</sup> skater who pushed skates 1 lap and gets into basic as the 2nd skater who pushed comes out behind the skater on the track and pushes 1 lap , then these 2 skaters stay in basic and the 3rd skater who pushed comes out and pushes for a lap . This is done until all skaters are back on the relay team (But in reverse order) and complete 2 laps to finish . 1<sup>st</sup> team done is the winner .
23. **Tunnel races** : using board pads ( Mats) – set up a series of tunnels around the boards. Skaters scooter the course but are in basic through the tunnels. Safety zones entering the tunnels are in play and no passing can take place after that distance. DO Both directions.
24. **Team sliding/ mats race** : Place as many mats as required ( FLAT) on buckets at center. Teams line up at on goal line. The 1<sup>st</sup> racer from each team goes as fast as possible - slides under Mat – gets up races to other end – around a cone and back under the Mat . Once this skater is up and across the closest blue line - the next racer goes . Each team goes at least twice.
25. **Cops & Robbers** - 2 or 3 skaters as cops ( Depending on the size of group ) 1 or 2 jail guards . Every one else is a robber. When a cop tags a robber – the robber put hands over head and goes to the designated guarded jail area . All robbers can tag the robber(s) in jail to free them – But if they are tagged by the guards during the jail break – they are then in jail as well. IF robbers come too close to the jail guards and are tagged – they then put their hands up and come in the jail .
26. **Balloon Races** : the object of balloon races ( TEAM or INDIVIDUAL ) is to propel the balloon down the length of the ice (Can be across the ice ) without the balloon hitting the ice surface. If it hits the ice – you go back to the start line and begin again . TEAMS of 3 or 4 work best at stages where skate control is developed and teaches younger skaters to work together.  
When doing TEAMS – each skater should hit the balloon in their proper order ( just as Teams exchange in an ordered fashion in a relay ) keeps everyone on the TEAM engaged and necessary.