

EMXC Youth Games Manual

Icebreakers

Ball-Toss Name Game

- ❖ Skiers circle up and take turns introducing themselves until everyone is introduced.
- ❖ Coach calls one name and passes the ball to that person.
- ❖ That person then calls another name and passes the ball.
- ❖ Repeat until everyone has touched the ball exactly once (help from the group is allowed and encouraged).
- ❖ It may take a few rounds for players to get to know one another's' names.

Movement and Memory Name Game

- ❖ Skiers circle up and take turns introducing themselves.
- ❖ Coach chooses and demonstrates a wacky movement (burpee, swimmer arms, etc) while stating their name.
- ❖ The next player around the circle repeats all of the prior players' names and movements, then adds a new movement while stating their name.
- ❖ Repeat around the circle (help from the group is allowed and encouraged).

General Games

Alaskan Baseball

- ❖ Split into two teams. Teams will take turns playing offense and defense.
- ❖ The team on offense starts by throwing a soft playground ball, then runs/skis to make a small circle and has one person run/ski around the circle, earning one point for each circle completed.
- ❖ The defensive team runs/skis to the playground ball, lines up front-to-back, and passes the ball through their legs down the line and then back to the front over their heads. Once it gets back to the front, that person yells "Done!" and the offense team can no longer score.
- ❖ At this point, the defensive team switches to offense, throws the ball as far as possible, then tries to earn points while the other team runs/skis to the ball and commences to make a line.
- ❖ Make sure each team gets an equal number of chances at offense before ending the game.

Blob Tag

- ❖ In a defined space (e.g. defined by the trail or marked by poles/cones at the corners), two people are "it" and must hold hands.
- ❖ Once they tag another person, the tagged player joins the blob, which continues trying to tag others.
- ❖ When the blob line becomes 4 people, they have the option to split off into groups of

- ❖ two or more (still holding hands).
- ❖ Continue until one person is left.

Capture the Flag

- ❖ Divide players into two teams and set up cones to mark the boundary between each team's territory.
- ❖ Use three cones to create a triangle "safe zone" in each territory; place a flag in each safe zone.
- ❖ Defenders cannot enter the safe zone in their territory.
- ❖ Designate a tree or other landmark as the jail.
- ❖ Each team's objective is to steal the flag from the other team.
- ❖ Defenders in their own territory can tag invaders and send them to jail.
- ❖ A team wins by returning the other team's flag to their territory.
- ❖ If an invader is attempting to return the flag but gets tagged, that player goes to jail and the flag is returned to the safe zone.
- ❖ Jailed players are free if tagged by a member of their own team.

Human Slalom

- ❖ Divide players into two or more groups of equal size.
- ❖ Players on the same team spread out in a line, about six feet apart.
- ❖ The last skier in the line slaloms around his or her teammates, until arriving at the front of the line. This repeats, with the *new* last skier slaloming to the front of the line, and so on.
- ❖ The game ends when all skiers have had a chance to slalom to the front of the line (or repeat as many times as you like)!
- ❖ Run this activity for fun or as a race. Which group can finish first?

Lose-Equipment Relay

- ❖ Divide into equal-sized teams (small teams means less waiting).
- ❖ Identify an out & back relay course.
- ❖ Stage one: One by one, each team member skis a first loop with all equipment (skis and poles).
- ❖ Stage two: One by one, each team member skis a second loop with only one pole.
- ❖ Stage three: One by one, each team member skis a third loop with no poles.
- ❖ Stage four: One by one, each team member skis a fourth loop with only one ski.
- ❖ After each lap, skiers tag off. Teams start each new stage immediately on completing the prior stage.
- ❖ First team with all racers completing stage four wins.

Reversal:

- ❖ It is natural to follow with a second relay where skiers pickup their equipment.
- ❖ In the first loop, skiers compete on one ski. On the second, they ski on two skis. On the third, they ski short one pole. On the fourth, they ski with all equipment. The first team with all racers completing stage four wins.

One-Ski Soccer

- ❖ Divide skiers into two teams, with skiers each wearing only one ski and no poles.
- ❖ Use a pair of cones at each end of the “field” to define goals.
- ❖ Each team tries to put the ball in the other team’s goal.
- ❖ No goalkeepers.
- ❖ It is OK to play with no “out-of-bounds,” but the ball must enter from the “front” of the goal to score.

Secret-Agent Sponge

- ❖ Use cones or ski poles to mark a rectangular playing area with 2 end zones.
- ❖ Divide skiers into 2 teams.
- ❖ Each team goes to their respective end zone.
- ❖ The team on offense goes into a huddle (so the other team can’t see) and decides which team member will be the “secret agent” who will attempt to carry the sponge across the other team’s end zone. The secret agent with the sponge hides it in his/her hand or pocket. A different secret agent must be chosen each time. The other team members act as decoys.
- ❖ When a coach yells “go”, the team on offense tries to ski across to the other team’s end zone, and the team on defense tries to tag skiers on the other team (especially the one they think is the secret agent).
- ❖ If a player on offense gets tagged, he/she has to freeze until the play is over.
- ❖ The play ends when all the offensive players are either frozen or have made it across the end zone.
- ❖ The team scores a point if its secret agent arrives to the end zone without being tagged.
- ❖ Teams switch offense and defense. Make sure each team gets an equal number of chances at offense before ending the game, and ideally everyone gets a turn at being the secret agent.

Tail Tag

- ❖ Delineate a rectangular playing area with cones or ski poles.
- ❖ All skiers tuck a rope “tail” into their waistbands.
- ❖ Everyone skis around trying to grab other people’s tails and stick them in their pocket.
- ❖ Game ends when all tails have moved from a waistband to a pocket.
- ❖ The player who collects the most tails wins.
- ❖ Variant: Players who capture a tail must place it in their own waistband (and not in their pocket). This means that tails can be captured and recaptured many times, so play ends after a fixed amount of time (say 5 min). The goal is to have at least one tail in your waistband when the game ends.

Up in the Air

- ❖ Divide players into two groups and set up cones in a square in order to mark the field of play. No poles needed for this game.

- ❖ One team starts with possession of the ball. The player with the ball must throw the ball to another player on the same team.
- ❖ Continuing passing, counting the total number of completed passes. If a pass is not completed (e.g. if the ball hits the ground), then the other team gets the ball.
- ❖ The defending team should try to block the pass or intercept the other team's passes. Contact with the thrower is not allowed.
- ❖ Encourage all players to move around the play area to get open or to cover opponents. The goal is to move as much as possible!
- ❖ Play for 5 or 10 minutes. Whichever team has the longest string of completed passes at the end of the time period wins.

Ultimate Ball

- ❖ Equipment: 1 ball, 1 bag of pinnies (optional), disc cones (optional).
- ❖ Teams: Divide kids into 2 teams by some easily recognizable feature (e.g. red pinnies vs. no pinnies, Fischer skis vs. anything else, jacket color, hats/no hats).
- ❖ The Field: A rectangular shape with end zones at each end, marked by cones, ski poles, or jackets.
- ❖ Initiate Play: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws the ball to the offense.
- ❖ Scoring: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is re-initiated after each score, with the scoring team becoming the defense.
- ❖ Movement of the Ball: The ball may be advanced in any direction by completing a pass to a teammate. Players may not ski/run with the ball. The person with the ball has ten seconds to throw the ball to a teammate.
- ❖ Change of possession: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the ball and becomes the offense.
- ❖ Non-contact: No physical contact is allowed between players.
- ❖ Fouls: When a player initiates contact on another player a foul occurs. If an offensive foul disrupts possession, the play resumes as if the defense retained possession.
- ❖ Refereeing: Coaches will assist with calling fouls and line calls.
- ❖ Spirit of the Game: Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play

Wolves & Reindeer

- ❖ Select 3-4 skiers to be the wolves; the rest of the group are reindeer.
- ❖ Wolves stand on one side of the field and reindeer on the other.
- ❖ When wolves howl, the reindeer ski across the field, trying not to be tagged by wolves.
- ❖ If reindeer are tagged by wolves, they become wolves in the next round.
- ❖ Play until there are no reindeer left.
- ❖ Play a few rounds.

Ball-o the Leader

- ❖ Pick one player to be the first leader.
- ❖ The leader picks a funny movement (e.g. hop on one foot, chicken-arm walk).
- ❖ The leader kicks a ball somewhere into the middle of a large open area.
- ❖ All players perform the funny movement while walking to the ball, following the leader.
- ❖ After the leader (or coach) arrives at the ball, a new player becomes the leader. Repeat until all players have had a chance to be leader.
- ❖ This game might be a fun way to explore a new part of the golf course.

Red Light/Green Light

- ❖ Define a start line and an end line at opposite ends of the play space.
- ❖ Players line up side-by-side (socially distanced) on the start line.
- ❖ When you call “Green Light” players start moving toward the end line.
- ❖ When you call “Red Light” players must freeze their bodies (they can glide if on skis).
- ❖ Players try to reach the end line as quickly as possible.

Statue

- ❖ In this game players are statues who ski when the museum director isn’t looking.
- ❖ Arrange a playing area with two ends. Players start at one end. The other side is the finish line.
- ❖ The museum director (coach or games volunteer) stands at the finish line.
- ❖ When the museum director turns away, players ski freely.
- ❖ When the museum director turns to look at the playing field, players must freeze their bodies, but they may continue to glide if already in motion.
- ❖ If the director sees a statue whose body is not rigid, that statue must return to the start.
- ❖ The players are a team. The goal is to “beat the director” by getting as many players as possible to cross to the finish line in a fixed time (say 3 min).
- ❖ Variant: For more challenge, require players to glide on one foot. If caught by the director gliding on two feet, then they must return to the start.