



INLINE SKATING CHALLENGES & GAMES

CONES

Cones can be used in a variety of fashions for both skill development and fun. Cones can be set up to practice turns or other skills mentioned in the skills section of the manual. Cones can be used to create a circular rink inside the gymnasium which can be used in a variety of manners: to have a free skate with music - all skaters move in the same direction; to have speedskating races with the number of participants in each race depending upon the size of the gym and racetrack created; to have relay races using a baton; and for relay races that can incorporate skills such as back to back turns.

POP CANS

Pop cans can be set up to test the agility and maneuverability of the inline skater. The closer together and the faster the skater approaches increases the difficulty level. Zig zags, connecting turns, crossover turns, and the weaving of the skates are a few of the skills that can be tested.

OBSTACLE COURSE

Obstacle courses can be set up using different objects such as cones, chairs, horizontal apparatus that are intended to be skated under, etc. The obstacle course is limited only by the imagination of the instructor.

LIMBO

Get the limbo going with some music and a pole. The pole is held by two people parallel to the ground at a height which is assumed that everyone participating can pass under without touching it. After all participants successfully skate under the pole, the height is dropped a few inches and everyone attempts again. If the skater touches the pole or loses their balance and falls while going under - they're out! Continue until one person is left. For safety make sure the people holding the pole give with it if the skater makes contact.

Shoot the Duck

Shoot the duck is a game where the participants are asked to glide on one skate. All skaters begin by skating in a similar direction in a large circle to some jams. When the music stops, the participants immediately balance on one skate and coast; the contestant who coasts the longest is declared the winner. No strokes are allowed once the music stops; and the skaters cannot use their hands for locomotion either. Partner shoot the duck is also a fun game - the only difference being that two skaters must hold hands during the contest.



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Four Corners:

A cardboard box with either 4 numbers or colors corresponds to the same numbers/ colors which are posted in each of the four corners of the gym. Music is played and all the students skate in the same direction. At the instructors discretion the music is stopped - at which time all skaters must choose 1 of the 4 corners to stop at. The instructor reaches into the cardboard box and draws a number/color. All skaters in the corner that was drawn are out of the game and must leave the skating floor or sit against the wall. This process is continued until there is a single winner.

FREE SKATE WITH MUSIC

Just like the retro days at the roller rink, turn on some music and let the students skate.

INLINE HOCKEY

Inline hockey is an exciting and fun sport. Many schools play floor hockey and have indoor pucks and sticks. This equipment can be a fun addition to the inline unit. The equipment can be used in a variety of ways which include:

PUCK HANDLING

With stick Teach the students how to properly hold the hockey stick with both hands. Teach them proper positioning of the stick for both the forehand and backhand. Teach to skate forward and backward while handling puck.

With skates During floor hockey the skates are a legal way to control, pass, or advance the puck. Have the student skate towards a puck and by turning the toes outward and using the wheels kick the puck forward. The student should be able to use both feet and then alternate.



In this picture the skater in the upper left hand corner is using the wheels of his left skate to stop a pass from his passing partner.



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With shot on goal

Have students skate towards the goal handling the puck and take a shot on goal. A goalie can be used to simulate a game experience.



Passing and receiving the puck with partner

Have the partners stand 15-30 feet apart. Have them practice a wrist pass to their partner. Have the partner catch the pass with the blade of the stick or with the wheels of skate; depending on the location of the pass. To increase the difficulty level have partners skate forward in a parallel direction and pass the puck back and forth. For advanced skaters backwards skating with puck handling, passing, and receiving passes is an option. Relay races can be incorporated to emphasize skills.

SAFETY

Remember that basic safety rules must be covered before this is attempted. Hockey sticks seem to bring out the aggressiveness in students, so remind them:

- The hockey stick is not a weapon or sword; do not hit your classmates with it.
- The hockey stick should remain below waist level at all times, even when shooting; this will reduce the chance of someone getting hit in the face.
- No body checking or contact is allowed at any time.