

3. An allowance of a few meters for these challenges is usually sufficient. Risk of the snowshoer regaining the position increases if the finishing kick and pass are completed too early.
4. Sprinting events require the snowshoer to maintain speed and lean into the finish line with the torso as required in close competition.
  - i. The athlete should be able to lean forward just enough to gain the advantage but not so far forward as to lose balance and fall forward or lose forward speed.
5. Distance events require the snowshoer to use an adequate race pace to maintain an acceptable recovery distance from the leading athlete.

### **Snowshoeing Games/ Drills**

With a few modifications, almost any outdoor game can be played on snow. Popular chase and capture games work well. With imagination, the possibilities are endless. The games should suit the ability and ages of the athletes; races or technical games may be intimidating for beginners.

The names of the games can be changed to make them more appropriate to the level of the athletes while maintaining the principles and skills. In most games, it is a good idea to play without poles. These games will help develop conditioning and coordination at any time of the year. These games are not intended to replace skill training but to enhance the training experience with some fun activities.

#### **Rabbits and Hounds (could be called 'Chase Drill')**

The "rabbits" are released into an open field wearing a streamer or ribbon. The "hounds" are released to chase down the rabbits and collect the ribbons as trophies. Switch roles and repeat the game. Which team can collect the most ribbons?

#### **Relays**

Teams of two racers take turns snowshoeing a loop and to each other. Incorporate a variety of terrains in the loops and increase the number of total loops per athlete over time. Variation: Practice snowshoe skills with the relays. For example, run to a designated point, remove and replace a snowshoe, then return.

#### **Sharks and Minnows (could call it "Zone Tag")**

"Minnows" line up on a beach (edge of a field or open area) with one "shark" in the ocean (middle of open area). The minnows try to snowshoe across the field without being tagged by

the shark. The beaches are the safety zones. When a minnow is tagged, he or she becomes a shark. Continue the game until there is only one minnow left.

### **Ghostbusters (could be called "Freeze Tag")**

Spread athletes randomly in a field or open area. Choose one person to be the "Ghostbuster" the others are the "ghosts." Anyone tagged by the ghostbuster becomes a stationary haunted house, arms and legs out to the sides. Haunted houses are freed when a ghost tags them or runs under their arms.

### **Fox Chase (could be called "Trail Chase")**

One snowshoer or a group goes out snowshoeing with a head start, and the others later try to follow the trail by the tracks in the snow.

### **Snow Write**

Have athletes try to write their names in big letters in the snow (using cursive style) by snowshoeing a trail, and then run back over it quickly.

### **Stomp**

Athletes each get an area delineated by a line in the snow. Then they try to stomp down all the snow in the space. Bigger spaces should be given to more advanced athletes.

### **Trail Making**

Given untracked snow four or more inches deep and some open land (a park, athletic field, or similar area), it is possible to design, create and maintain snowshoe trails simply by snowshoeing through untracked snow. You can delineate a route quickly and easily. This can be used for a number of games.

### **Snowball Drill**

Coach places several snowballs on the ground. Then athletes try to stomp on all the snowballs. Can be used to develop skills based on how far apart the snowballs are placed.