

ACCELERATION CHALLENGE

STEP 1:

Build your skills chart. Pick six skating skills that need some practice and write them in the numbered boxes on the right side of your game board.

Example:

- 1) Two-foot turn
- 2) Forward stroking the length of the ice
- 3) Backward stroking the length of the ice
- 4) Backward one-foot glide on right foot
- 5) Snowplow stop
- 6) Backward one-foot glide on left foot

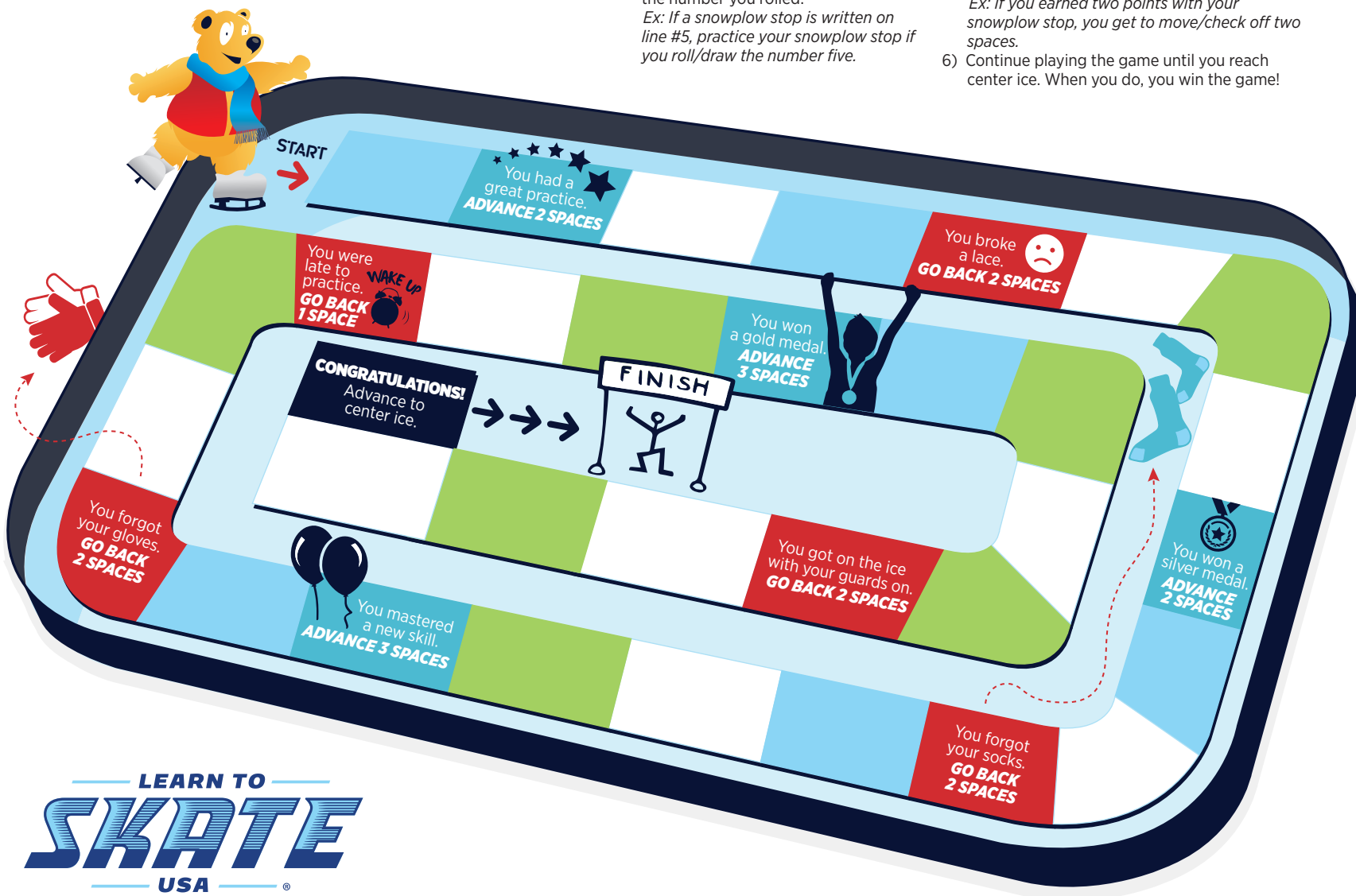
STEP 2: LET'S PLAY!

Play against yourself or have some friendly competition with a friend!

- 1) Grab a standard six-sided die or write numbers 1-6 on small pieces of paper and put them in a hat.
- 2) Roll the die or draw a number out of your hat.
- 3) Locate the skill that correlates with the number you rolled.

Ex: If a snowplow stop is written on line #5, practice your snowplow stop if you roll/draw the number five.

- 4) Practice the skill three times. Give yourself a point for every time you complete the skill successfully. Each turn can earn you 0-3 points.
Ex: If you practice your snowplow stop three times and do two successfully, you get two points.
- 5) Advance your game piece or check off the game boxes based on how many points you earned in your last turn.
Ex: If you earned two points with your snowplow stop, you get to move/check off two spaces.
- 6) Continue playing the game until you reach center ice. When you do, you win the game!



SKILLS

SKILL 1:

SKILL 2:

SKILL 3:

SKILL 4:

SKILL 5:

SKILL 6: