

December 16, 2014 – 2nd Day on Snow

Goal of practice: Balance/coordination/go up and down hills **and** having fun!

3:20-3:30 (Sign in, put on skis, and send to the field to play games and stay warm)

All Coaches - *Please attach a piece of orange tape to your sleeve and give yourself a name tag to help identify yourself as a coach - this will help parents, other coaches, and kids learn who our coaching team is. The tape should be at the check-in area.*

3:30 – 3:35

- Find your skiers and start doing some warm up skiing - circles or controlled out and backs can work for this

NOTE: Estimated times and activities below are suggestions! Use your best judgement on what works - and what seems to be fun for the kids.

3:35-3:40 Introduction to day:

- Have kids get in a circle (Phrase: "Tips to Me")
- Introduce yourself and give practice goal: balance, coordination, hills, FUN
- Ask kids to say their names

3:40-3:50 Ski over to shallow hill halfway to the golf practice range – or find a different shallow hill that is somewhat out of the wind.

- Play follow-the-leader, red light/green light, or simon says on the way over to the hill – try to do something fun, and let the kids help choose the activity.
 - First demonstrate skill, then ask children to try out the skill on the way over to the hill.
Some suggestions are:
 - Gorilla arms – big arm swings (opposite arm/leg motion)
 - Glide as far as you can on each ski
 - Turn around in a circle (make a flower pattern in the snow with your skis)
- Kids often give suggestions like: Hop on your skis, Hold one ski up in the air, etc. *I like to let them have plenty of input into these kinds of game.*

3:50-4:10 Practice learning how to ski down and up hills (usually I wouldn't teach this so early, but it is a really good way to keep the kids out of the wind)

- Skills to introduce on the downhill: (try them out as they seem appropriate)
 - Keep eyes looking forward, not down at their skis
 - Hands on their knees
 - Make sure body is above the ski, with slightly bent knees and ankles – if they are leaning too far back or forward, they'll fall down
 - Pizza/wedge stops
- Skills to introduce on the uphill:
 - Duck walk (aka – herringbone technique)
 - Side stepping up the hill (Skis perpendicular to the direction of the hill) - have them try it in both directions (right leg uphill and left leg uphill)
- Remember that many kids are nervous about hills – but once they figure them out, they usually LOVE the hills. For those that are nervous about skiing, I have sometimes skied down little hills with them (holding their hand). The nice thing about the shallow hill by the golf practice course

is that it is really shallow on the co-op side and much bigger on the other side. Please choose a location that works for you and the kids you have.

- In the process of learning to go up/down hills, you are probably also going to need to teach them to get up after falling down.
 - We don't want to spend much time practicing falling down tomorrow (I think they'll do that on their own), but once they fall down, the important skills are:
 - Get both of their skis pointing in the same direction (not down the hill)
 - Get their body weight centered over the ski, and then use their balance and strength to stand up
 - I often have my kids lay on their backs and get their skis straightened out up in the air, then get their skis pointing in the same direction on the snow, then pretend to "crawl like a baby" to the front of their skis, then grab the tips of their skis and walk their hands back to their feet. Once they do that, they can almost always stand up.

4:10-4:15 Head back to the check-in/out area.

4:15-4:30: Check-out and hot chocolate

- Whistle blown at 4:15 to have kids return to check-out
- Help get kids out of their skis
 - Group-level coaches help the kids in their group take their skis off

Sign-out