

December 23, 2014 – 3rd Practice

Goal of K/1 practice: Balance and coordination **and** having fun!

Important notes:

NOTE 1: Please do not take any of the K/1 kids out of eyesight of the parking lot area. It will be dark very early (especially given the weather), and it is hard for even the strongest of the K/1 kids to get back from the back sections of the trail.

NOTE 2: Our practices should be **FUN and game-based**. This is very purposeful – and is based on lots of feedback over the years. Kids this age love tag, follow-the-leader, red-light/green-light, thinking up silly things to do on skis, etc. Our program should be skill-based (captured through games) and should not be focused on covering distance.

NOTE 3: Estimated times and activities below are suggestions! Use your best judgment on what works - and what seems to be fun for the kids.

Proposed Structure for practice:

3:20-3:35 (Sign in, put on skis, and send to the field to play games and stay warm)

All Coaches - *Please 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.*

- Check-in:
 - *NOT YET SURE:* I will help with check-in until we can recruit some regular parent volunteers. Hopefully Beth Simpkins and Jill Collins can help with check-in/out.
- Help with skis:
 - Yasmin Nunez, Dan Breton, PARENTS
- Games in field: Tracy Walsh, Jenny Chambers, Jim Hourdequin, James Carroll
 - NOTE: Under the white table, we'll have a bucket with cones, balls, bean-bags, etc. Choose what you need to play fun games!
- Tomorrow's KAST volunteers are Laura Hercod, Maura Smith, and Mike Whitfield

3:35 – 3:40 – Introduce practice goal and group members

- Find your skiers and start doing some warm up skiing - circles or controlled out and backs can work for this (See list at the end of this note)
- Have small group of 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

3:40-4:00 Practice balance, coordination, and striding

- Ski in large circles around the big flat area of Garipay Fields
- Play follow-the-leader, red light/green light, duck-duck-goose, simon says, etc. – 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)
 - Scooter skis: Glide as far as you can on each ski (with one boot out of the skis)

- 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.*
- Getting up after falling down:
 - 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
 - Consider having the child lay on their back 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.

4:00-4:10 Short-distance, fun relays

- Coaches choose teams to make them balanced by speed.
- Coaches vary the skill that is practiced during the relay.
- Consider biathlon relays (throw bean bags into bucket. If you miss the bucket, have to do a "fancy trick" before skier can return to their partner)
- This is not a competition, but is designed to get children "moving faster than normal"

4:10-4:25 Medium/Large group games

- Sharks and Minnows
- Noodle tag

4:25-4:30: Check-out

- Whistle blown at 4:25 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:

- Jill Collins, Beth Simpkins, and others if we can recruit some more parents...
- Note that KAST kids have ** on their name tags and sign-in/out lists. Once they have checked out, please encourage them to gather at the far end of our check in/out area (near parking lot and Reservoir Road) until a KAST representative can collect them to head back to the Ray School.