

January 29, 2015 (OPTIONAL PRACTICE)	5 <sup>th</sup> Day on Snow
<b>Objective:</b> <ul style="list-style-type: none"> <li>• Basic athletic position with glide</li> <li>• Introduce use of poles <u>OR</u> work on hills (<i>or both if you have time</i>)</li> </ul>	<b>Format:</b> 3 groups, with 2-3 coaches/group
<b>I. Sign-in &amp; warm-up</b>	
<b>II. Gather group and introduce practice goal</b> <ul style="list-style-type: none"> <li>• "Tips to Me" to get children in listening position</li> <li>• Introductions of coaches (and skiers if the group isn't too big)</li> <li>• Share objective and plan: <i>Basic athletic position, use of poles, hills, &amp; fun!</i></li> </ul>	<b>5 minutes</b> ~3:30-3:35
<b>III. Review / practice basic athletic position and no pole skiing</b> <sup>1,2</sup> <ul style="list-style-type: none"> <li>• Knees bent, shoulders rounded, hips forward, feet apart. ("Stay loose &amp; slouch")</li> <li>• Demonstrate difference between stiff, loose, and too loose: "Penguin, Monkey, and Gorilla" <i>First, let's go like a penguin: straight and stiff, knees and elbows locked, motion constricted. Then, let's be a monkey: the monkey slouches too low, so it is hard to keep your head up. The monkey is wild and disorganized. Then, let's be a gorilla. The gorilla is slouched, but not too low, and knees and elbows are bent. The gorilla is determined, looking ahead. Who is the best skier? The gorilla, of course.</i></li> <li>• Practice skiing like a gorilla: Use big arm swings to propel forward motion. Observe if skiers use opposite arm &amp; leg motion. (<i>Hands should come higher than face in front, elbows bent ~90 degrees, try arm motion of "throw the water", and "pull the rope"</i>)</li> </ul>	<b>10 minutes</b> ~3:35-3:45  Coach resource: Video 1: NO POLE SKIING <a href="https://www.youtube.com/watch?v=G3Vue10ltXg">https://www.youtube.com/watch?v=G3Vue10ltXg</a>
<b>IV-A. Introduce poles</b> <sup>1,2</sup> <ul style="list-style-type: none"> <li>• Demonstrate/observe putting on poles (Hands up through strap &amp; wrap over strap)</li> <li>• Progression: (a) "Gorilla" arms with poles <u>not touching</u> the snow, (b) "Gorilla" arm skiing and <u>DRAG</u> poles behind (opposite arm/leg motion – <i>power from legs, not arms</i>), (c) "Gorilla" arm skiing, <u>add power (push with poles)</u> (poles should be angled backward and land near the boot)</li> <li>• Game: "Ski Equipment Relay": Set up markers about 30 meters apart. Choose multiple 3-person relay teams (make teams ~equal ability). Relay keeps going until everyone has a chance to get through (some skiers may go twice). Skier skis to marker, tags partner, and takes off poles. On next round, takes off one ski, then another ski, then runs, then adds one ski, then another ski, then adds back in poles. <i>Encourage gorilla arms, long strides, kicking off.</i></li> </ul>	<b>15 – 30 minutes</b> ~3:45-4:15  Coach resource: Video 2: ADD POLES <sup>2</sup> (See first 1.5 minutes) <a href="https://www.youtube.com/watch?v=TefDQyW7JXc">https://www.youtube.com/watch?v=TefDQyW7JXc</a>
<b>IV-B. Practice hills (up and down)</b> Skills to work on: <ul style="list-style-type: none"> <li>• Remind about correct body position (Basic athletic position, looking forward)</li> <li>• <i>Uphill</i>: Herringbone, side step to get up the hill</li> <li>• <i>Downhill</i>: Snowplow to a stop, side-step turn on downhills, tuck (ski under a pole).</li> <li>• Games: (1) "<i>Auto Mechanic</i>": Pretend to drive a car down the hill. Skier stops at coach, who gives them something, and then goes to next station to deliver item (we have lots of beanbags and buckets). (2) "<i>Race cars</i>": Kneel on skis and ski downhill steering with hands on ski tips. Give them different ways of coming back up the hills.</li> </ul>	<b>15 – 30 minutes</b> ~3:45-4:15
<b>V. Group games</b> <ul style="list-style-type: none"> <li>• <u>Blob tag</u>: Start game with two fast children joining hands to become the Blob. They ski while holding hands until they tag someone. The Blob is now a threesome. They ski until they tag a fourth person – then the Blob splits up into two 2-person Blobs who go in search of others to tag. Keep the field size defined and small (use cones to mark corners). Encourage blobs to work together to "sweep" the field.</li> <li>• <u>Sharks and minnows</u>: Minnows line up on the "beach" and one shark is in the "ocean". When the shark yells "minnows!" all the minnows have to ski across the sea to the beach on the other side. The beaches are safety zones. If a minnow is tagged</li> </ul>	<b>10 minutes</b> ~4:15-4:25

he becomes a shark, too. Continue the game as more and more minnows turn into sharks until only one minnow is left.	
<b>VI. Recap and Sign-out</b> <ul style="list-style-type: none"><li>• Discuss lessons learned / techniques used / what was fun about practice.</li><li>• At check-out area, have children remove their skis and stick them in the snow. Keep skiers with you until guardian arrives. Remind guardian to sign-out.</li></ul>	<b>5 minutes</b> 4:25-4:30

Resources cited:

<sup>1</sup> Spokane Nordic Kids Program: [http://www.spokanenordic.org/nordic\\_kids\\_instructors](http://www.spokanenordic.org/nordic_kids_instructors)

<sup>2</sup> Eastern Massachusetts Bill Koch Youth Ski League: <http://easternmassnordic.org>