

February 3, 2015	6 <sup>th</sup> Day on Snow
<p><b>Objective:</b> Ensure that skiers:</p> <ul style="list-style-type: none"> <li>• Can demonstrate the Basic Athletic Position/Stance and use it when skiing</li> <li>• Can differentiate between “walking on skis” and “gliding on skiers”</li> <li>• Identify a group name (and 1 alternate name) by the end of practice.</li> </ul>	<p><b>Format:</b> 6 groups, with 2-3 coaches/group</p>
<p><b>I. Sign-in &amp; warm-up</b></p>	
<p><b>II. Gather group and introduce practice goal</b></p> <ul style="list-style-type: none"> <li>• "Tips to Me" to get children in listening position</li> <li>• Introductions of coaches and skiers, and share objective and plan: <ul style="list-style-type: none"> <li>◦ <i>Basic athletic position, gliding, fun, and come up with a group name!</i></li> </ul> </li> </ul>	<p><b>5 minutes</b> ~3:30-3:35</p>
<p><b>III. Review / practice basic athletic position and no pole skiing</b><sup>1,2</sup></p> <ul style="list-style-type: none"> <li>• Demonstrate / practice <u>basic athletic position</u> <ul style="list-style-type: none"> <li>◦ Knees bent, shoulders rounded, hips forward, feet apart. (“Stay loose &amp; slouch”)</li> <li>◦ Soccer goalie position: Tell kids to get ready to catch a ball (can practice w/balls)</li> </ul> </li> <li>• Practice skiing like a gorilla: <ul style="list-style-type: none"> <li>◦ Demonstrate skiing like a gorilla: <i>The gorilla is slouched, but not too low, and knees and elbows are bent. The gorilla is determined, looking ahead.</i></li> <li>◦ Use big arm swings to propel forward motion. Observe if skiers use opposite arm &amp; leg motion. (<i>Arms should come straight forward (not cross the body), hands should be higher than face in front, elbows bent ~90 degrees.</i>)</li> <li>◦ Try arm motion of “throw the water”, and “pull the rope”.</li> </ul> </li> <li>• Observe if kids are <u>pushing off with one foot</u> (foot is more down than back), instead of stepping forward. To help child get the push-off, practice “squishing bugs” up a very gradual hill, then on the flat suggest to squish not so hard - just teeny-weeny bugs.</li> <li>• Gliding requires <u>weight transfer</u> and <u>balance</u>: <ul style="list-style-type: none"> <li>◦ Weight transfer: Dance the “Hokey-Pokey”</li> <li>◦ To introduce glide, ski along and demonstrate “shuffle, shuffle, glide” sequence; after they grasp it, change to “shuffle, shuffle, glide, glide,” then “shuffle, glide, glide,” then “glide, glide, glide.”</li> <li>◦ Play “scooter skis”</li> <li>◦ Play “sharks and minnows” or ball games, go down very gradual hill on one ski.</li> </ul> </li> </ul>	<p><b>30 minutes</b> ~3:35-4:05</p> <p>Coach resource: Video 1: NO POLE SKIING <a href="https://www.youtube.com/watch?v=G3Vue10ltXg">https://www.youtube.com/watch?v=G3Vue10ltXg</a></p>
<p><b>IV. Use of poles</b><sup>1,2</sup></p> <ul style="list-style-type: none"> <li>• Demonstrate/observe putting on poles (Hands up through strap &amp; wrap over strap)</li> <li>• <u>Progression</u>: (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</u> (push with poles) (poles should be angled backward and land near the boot)</li> <li>• <u>Game</u>: “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>	<p><b>10 minutes</b> ~4:05-4:15</p> <p>Coach resource: Video 2: ADD POLES<sup>2</sup> (<i>See first 1.5 minutes</i>) <a href="https://www.youtube.com/watch?v=TefDQyW7JXc">https://www.youtube.com/watch?v=TefDQyW7JXc</a></p>
<p><b>V. Group games</b> (No poles for these games. Consider skiing on one ski (??))</p> <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> </ul>	<p><b>10 minutes</b> ~4:15-4:25</p>

<ul style="list-style-type: none"> <li>• <b>Sharks and minnows:</b> 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 he becomes a shark, too. Continue the game as more and more minnows turn into sharks until only one minnow is left.</li> </ul>	
<p><b>VI. Recap and Sign-out</b></p> <ul style="list-style-type: none"> <li>• Review techniques used / what was fun about practice.</li> <li>• <b>Finalize group name, and an alternate name.</b></li> <li>• At check-out area, have children remove their skis and stick them in the snow. Bring them to the hot chocolate table to get a cup of hot chocolate, then return to their skis. Keep skiers with you until guardian arrives. Remind guardian to sign-out.</li> </ul>	<p><b>5 minutes</b> 4:25-4:30</p>

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>

**Important notes:**

- If you leave the main field, remember that it can take 15-20 minutes for our K/1 skiers to get back to the parking lot area. Please keep an eye on the time.