
















Ford Sayre BKL One-Day Program Skills: 2014/2015

Introductory			
 Ready position	 Falling & rising	 Side stepping up hill	 Star turn
 Diagonal stride <i>Shuffle</i>	 Herringbone <i>Small hill</i>	 Free glide <i>Small hill</i>	 Snowplow braking
Put skis on & Take them off	Put poles on & Take them off		

Intermediate			
 Diagonal stride <i>Glide</i>	 Double poling	 Herringbone <i>Large hill</i>	 Free glide <i>Large hill</i>
 Snowplow stop	 Snowplow turn	 Downhill tuck	

Advanced skills: Advanced skills may be taught to skiers who demonstrate competency on the above skills, and may include: One-step double-poling, step-turns, transitioning between techniques, etc.

Introductory Skills Definitions (Learned without poles)

Ready Position: The skier stands on flat terrain with arms slightly forward and to the side for balance. Skis are kept parallel. The body is upright, but relaxed. Knees and ankles are relaxed & slightly bent.

Falling and Rising: The skier glides down the hill without poles, and falls to the side and back in a sitting motion. Skis and legs are kept together. Skis are brought together, side by side and under the body, on the downhill side of the body and perpendicular to the fall line (the path a ball would take if it rolled down the hill). The skier moves on to his/her hands and knees, edges the skis and stands up with minimal or no assistance.

Side Stepping: Skier stands on the flat of a packed, gentle slope with skis perpendicular to the fall line. Arms and hands are forward and to the side for balance. The skier places his/her weight on the downhill ski and then lifts the uphill ski placing it 10-20 cm uphill from original position. The downhill ski is then placed beside the uphill ski. Skis are kept parallel.

Star Turn: This technique should be practiced and assessed on packed, flat terrain. The skier stands relaxed in the Ready Position, with skis parallel and arms away from the body for balance. The skier places his/her weight on the left ski. The skier then lifts up the right knee and places the right ski back down with the tips about 20-30 cm apart, keeping the tails together. The skis form a “pizza slice.” The left ski is then moved parallel to the right ski. This is repeated until a full circle is completed. Repeat in the opposite direction. On flat terrain, and packed snow, the skier can repeat the above points, but keeping the tips together and positioning the tails 20-30 cm apart.

Diagonal Stride – Running Step: In the progression of the Diagonal Stride, this step is called the “running step.” It is practiced and assessed on flat terrain with set tracks. The skier slides his/her skis down the track, “walking” down the track on the balls of the feet with some ankle and knee bend. There is some glide onto the forward ski as the skier pushes off. There is a “jogging-like” action on the balls of the feet, with glide onto the forward ski. After the skier’s weight is shifted to the gliding ski, the pushing ski momentarily comes off the snow at the end of the push. Arms swing comfortably.

Herringbone: The skier steps up a gentle slope, alternating arms and legs. Tips are kept quite wide apart (in a “V” shape). Arms swing comfortably.

Free Glide: This technique should be practiced on a gentle downhill slope that is packed but not too hard or icy. The skier starts at the top of the hill in the Ready Position; the body is generally upright, knees and ankles are relaxed and slightly bent. Hands are kept forward. Skis are kept parallel.

Snowplow Braking: The skier makes a wedge by spreading the tails of the skis apart (the tips come together). The skier controls speed by adjusting the size of the wedge and edging the skis. The pressure (braking) on each ski is fairly equal with minimal turning to one side. The skier maintains the upper body in the Ready Position.

Intermediate Skills Definitions (Typically learned with poles).

Diagonal Stride – Gliding Step: In the progression of the Diagonal Stride this step is called the “gliding step.” Some glide occurs with each stride. The skier lifts the skis off the snow when kicking; there is a weight transfer about 50% of the time, and the recovery foot lands beside or in front of glide foot. Poles are not yet used for propulsion, but arms move in an alternating pendulum arm action. The body is mainly upright in the Ready Position.

Herringbone: Skier steps up a moderate slope, alternating arms and legs. Tips are kept quite wide apart (in a “V” shape). The inside edge of each ski is angled into the snow to eliminate slipping. Arms swing comfortably. Pole tips are planted behind and to the side of the feet, and hands are just below shoulder height. There is good weight transfer from ski to ski.

Double Poling: The skier pushes down the track using only the upper body. The skier reaches his/her hands forward to plant the poles. The pole tips do not come ahead of the pole handles when they are being planted. The upper body flexes at the waist just after the poles are planted to provide additional propulsion. The upper body movement is completed by extending the arms to the rear. The legs remain fairly straight, but not rigid, through all phases of the movement.

Free Glide: Follow the steps outlined above, but this time the pole handles should be down in front of the body with the tips angled behind, so that the pole shaft is generally angled down and backward without dragging on the snow.

Snowplow Stop: The skier moves down the hill showing a good wedge and keeping the ski tips together. By applying equal pressure on the inside edges of the skis (rolling inward with the ankles) the skier is able to safely reduce speed to a full stop. At this level the skier may require some assistance.

Snowplow Turn: The skier starts down the hill in a proper Snowplow position. Weight is applied unequally to the skis, so most of the body weight is placed on the right ski and the ankle is rolled inwards. This will cause the right ski to start to move perpendicular to the fall-line. The skier continues to face down the hill. After the skis turn to the left, the skier unweights the right ski and transfers the weight mainly to the left ski, while rolling the left ankle inward. The skier should be able to complete two successful turns.

Downhill tuck: In a low tuck the upper body is bent to a horizontal position, and knees and ankles are bent so the thighs are parallel to snow. In a “high” tuck the knees and ankles are only slightly bent. Poles are held under the arms and tightly against the body. The skier can safely descend a medium hill in a low or high tuck.

* Adapted from: “*Cross Country Canada – The Programmer’s Guidebook.*” November, 2014 and “*BKL Coaches Manual*”