

## 1, 3, 5 – Lesson plans for Adult Skiers - Initiation

### 1 Introduction to the sport of cross-country skiing - Classic Technique – single 1hr30 mins session

Nordiq Canada offers a lesson plan for introducing adult skiers to the classic technique so that they may safely navigate a groomed trail network. This delivery of this plan is consistent with the competencies acquired through the Community Coaching workshop.

Session Objectives	Provide basic skills for skiers to practice on easy trails			
	<ul style="list-style-type: none"><li>• Diagonal stride</li><li>• Herringbone</li><li>• Easy descending and stopping</li><li>• Introduction to turning</li><li>• (Falling and rising – incorporated at opportune moment ideally on flats and again on slope)</li></ul>			
	Understanding propulsion originating from legs			
	Developing glide			
	Understanding wax pocket and kick wax application/skin scale function			
Activity Plan				
	Outcome	Terrain	Drill suggestions	Duration (approximate)

<b>Introduction</b>	<p>Athletic posture/position Flexion ankle, knee, hip Weight on forefoot</p> <p>Set wax pocket</p> <p>Balance stance</p> <p>Move body from the foot/ leg</p>	<p>Flat No track</p>	<p><b>Jump and Land Quietly</b> Hold landing</p> <p>Stand on one foot, set the wax pocket, and move the body around a set ski. Feeling how much grip there can be as well as feeling balance</p> <p><b>Tilt Drill</b> Staggered stance, flex forward at ankle onto one ski</p> <p><b>Shuffle Step</b> Small steps, concentrating on moving whole body forward <i>Poles may be used to assist in balance, however skier should not propel themselves with poles</i></p>	<p>20 mins</p>
<p><b>Skill Development 1</b> Diagonal stride</p>	<p>Developing glide</p>	<p>False flat – with track Using both directions Downslope to promote gliding Upslope to promote kick and balance</p>	<p><b>Five and Glide</b> Starting with small steps and build glide on each stride. Glide on either one or both skis after fifth stride.</p> <p><b>Lengthening Strides</b> Lengthen each stride along a slight downslope</p> <p><b>Glide Countdown</b> Use less strides over multiple attempts at a distance on slight upslope</p>	<p>20 mins</p>

<b>Skill Development 2 &amp; 3</b> Herringbone & Snowplow	Climbing & descending	Gentle incline Also appropriate for Snowplow	<b>Cutting the snow</b> Visualizing the ski edges as a pair of scissors and getting a “bite” into the slope  Turning around on slope and holding position. Getting across the fall line. Changing from Herringbone to Snowplow  <b>Straight Run</b> Maintaining athletic stance  <b>Reaching Greater Heights</b> Straight Run to Snowplow stop, getting higher on the slope and with more momentum as successful. Alternating Straight Run to Snowplow (adding gates) working on changing direction while descending	20 mins
<b>Ski tour</b>	Putting it all together	Easy trail	Moving through mixed terrain	20 mins
<b>Conclusion</b>	Next steps			10 mins