

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

1 Introduction to the sport of cross-country skiing - Skate Technique – single 1hr20 mins session

Nordiq Canada offers a lesson plan for introducing adult skiers to the skate 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"> • One skate • Stopping • (Falling and rising – incorporated at opportune moment ideally on flats and again on slope) Basic phases of movement Developing balance			
Activity Plan				
	Outcome	Terrain	Drill suggestions	Duration (approximate)

<p>Skill Development 1 Free Skate</p>	<p>Using the legs</p>	<p>False flat Using both directions Downslope to promote gliding Upslope to promote effective propulsion</p>	<p>Elf ski ex. I Skiers must always remain in deep flexion ex. II - Lengthening Strides Lengthen each stride along a slight downslope, maintain longer balance time on each ski ex. III - Stride Countdown Use less strides over multiple attempts at a distance on slight upslope ex. IV - Long Push Skiers should try to push to the limit of their leg extension to the point of ski lift ex. V - Karate Push Skiers should maintain power throughout push with the intention of shooting snow from the ski at the end of phase</p>	<p>15 mins</p>
<p>Skill Development 2 Double Poling</p>	<p>Using the poles</p>	<p>Flat</p>	<p>Teach Double Poling progression will be subsequently integrated into One Skate</p>	<p>15 mins</p>
<p>Skill Development 3 One Skate</p>	<p>Putting it together</p>	<p>False flat Using both directions Downslope to promote gliding Upslope to promote effective propulsion</p>	<p>Three + Begin double poling, add skate stride following third sequence Elf to Giant Begin movement in Giant (DP Power Position) moving to Elf and back up to Giant onto the other ski</p>	<p>15 mins</p>

Ski Tour	Adjusting to slope	Easy terrain (flat & easy undulating one skate appropriate)	Stopping Zones Designate stop line Snow-plow braking	15 mins
Conclusion	Next steps		Offer focus cues	5 mins