

1, 3, 5 – Lesson plans for Adult Skiers - Development

3 Developing skier in the sport of cross-country skiing - Classic Technique – 3x 1hr30 mins sessions

Nordiq Canada offers a series lesson plan for developing adult skiers in the skate technique placing emphasis on glide and stability providing access to a wider variety of trails and terrain. This delivery of this plan is consistent with the coaching competencies acquired through the Learn to Train workshop.

The presumption is that skiers will have previously participated in, or have a skill base consistent with the outcomes, of the introductory single session plan provided in the 1,3,5 Series.

Session 1

Session Objectives	Building glide <ul style="list-style-type: none"> • Honing a skier’s body position • Developing greater balance • Reliance on kick Confidence descending <ul style="list-style-type: none"> • Snowplow turns • Compressions Introducing Double Poling <ul style="list-style-type: none"> • The basic principles Basics of kick wax			
Activity Plan				
	Outcome	Terrain	Drill suggestions	Duration (approximate)

<p>Introduction</p>	<p>How kick wax works</p> <p>Athletic position and balance Flexion ankle, knee, hip Weight on forefoot</p> <p>Applied power position and general warm-up</p>	<p>Applying the kick wax of the day to the wax pocket</p> <p>Flat open area No track</p>	<p>Demonstration and adjustment to participants' skis</p> <p>Jump & Land Quietly Hold landing</p> <p>Tilt drill Staggered stance, flex forward at ankle onto one ski, weight on forefoot</p> <p>Hyper Scooter Scootering on one ski (no poles) as fast as possible (forces body position into forward stance)</p> <p>Tag (Integrating glide and directional changes)</p>	<p>30 mins</p>
<p>Skill Development 1 Double Poling</p>	<p>Introducing double poling</p>	<p>Flat and false flat – with track</p> <p>Using both directions Downslope to promote gliding Upslope to promote force application</p>	<p>Breaking Inertia <i>*Emphasis on power position</i></p> <p>Countdown Reducing number of DPs to move from point A to point B</p> <p>Max Distance Furthest distance achieved for given number of DPs</p> <p>Speed Zones Changing from DS to DP</p>	<p>20 mins</p>

<p>Skill Development 2&3 Compressions and Snowplow turns</p>	<p>Absorbing compressions and maintaining Athletic position in descents</p> <p>Snowplow turns</p>	<p>Gentle incline, camel bumps, snow-park features</p> <p>Open slope</p>	<p>Glass Carry Imagine you are holding a glass of your favorite evening drink, trying to not spill a drop. Maintaining Athletic position</p> <p>Limbo Absorption of bumps using ankle, knee, hip</p> <p>Speed Zones Moving from straight run to Snowplow</p> <p>Human Slalom Turns and stopping, emphasizing control in descent</p>	<p>20 mins</p>
<p>Ski tour</p>	<p>Putting it all together</p>	<p>Trail appropriate to skill expression Up, down and flat, encouraging the choice of technique.</p>	<p>Moving through mixed terrain</p> <p>Continuous movement Learning personal pacing</p>	<p>15 mins</p>
<p>Conclusion</p>	<p>Present next lesson objectives</p>			<p>5 mins</p>

Session 2

Session Objectives	Improving balance <ul style="list-style-type: none"> • Getting more comfortable on a single ski Confidence descending <ul style="list-style-type: none"> • Snowplow turns • Compressions Introducing double poling <ul style="list-style-type: none"> • The basic principles 			
Activity Plan				
	Outcome	Terrain	Drill suggestions	Duration (approximate)
Introduction	Questions and wax check Feeling and achieving a stable position	False flat to moderate descent	Grounding Exercise From stiff upright posture to athletic stance. <i>*Identifying cues for postural stability (flexed ankle, knee, hip; splayed toes, heavy feet/ski)</i> Clock Drill Hopping on single ski Ski Ballet <i>*Skiers explore their comfort range. Emphasis on control from the ski/snow up. Applying cues for postural stability (see above)</i>	25 mins
Skill Development 1 Kick Double Pole (KDP)	Getting a solid kick, moving the Centre of Mass (COM) forward, reducing vertical movement	Flat to rising false flat	Can start with no pole, getting comfortable with the movement and timing. Adding in the poles afterwards	15 mins

Skill Development 2 Step turns and track changes	Step turns Track changes	Flat Gentle open slope Flat tracked terrain	Supernova Relay <i>*Emphasis on moving the body, not the ski</i> Circle Pursuit <i>*Ensure to carry out in both directions</i> Slalom Relay Lane Change drill <i>*Can be well applied during ski tour in a follow the leader context</i>	20 mins
Ski tour	Choosing the technique for the terrain	Trail appropriate to skill expression Up, down and flat, encouraging the choice of technique.	Increasing distance	20 mins
Conclusion	Present next lesson objectives			5 mins

Session 3

Session Objectives	Improving kick effectiveness <ul style="list-style-type: none"> Maintaining glide on slopes Applying effective transitions <ul style="list-style-type: none"> Feeling flow while skiing 			
Activity Plan				
	Outcome	Terrain	Drill suggestions	Duration (approximate)
Introduction	Techniques review	Varied	Mini Zone Circuit Imposed techniques (DP, DS, KDP, stopping, climbing, slalom)	20 mins

Skill Development 1 Effective adaptation	Diagonal stride and double poling	Climb with increasing gradient	How Far Can You Go No poles, then with poles <i>*Emphasis on maintaining glide and momentum</i>	20 mins
Ski tour	Adventure ski	Select a challenging loop appropriate to the level of the group	Managing energy	45 mins
Conclusion	Appreciation for progress How to continue to develop as a skier			10 mins