

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

### 3 Developing skier in the sport of cross-country skiing - Skate 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

<b>Session Objectives</b>	Building glide <ul style="list-style-type: none"><li>Honing a skier's body position</li></ul> Confidence descending <ul style="list-style-type: none"><li>Snowplow turns</li><li>Compressions</li></ul>			
<b>Activity Plan</b>				
	<b>Outcome</b>	<b>Terrain</b>	<b>Drill suggestions</b>	<b>Duration (approximate)</b>

<b>Introduction</b>	Raising body temperature, activation of muscles, mobility, increasing range of motion	Flat trail/area	Easy ski  <b>Slow motion skiing</b> (technique of choice) <i>*Focus on the phases of movement, provide cue for each phase (break down each phase: reposition phase, power position and pole plant, etc...)</i>	10 mins
	Athletic position and balance Flexion ankle, knee, hip Weight on forefoot	Varied terrain	<b>Grounding Exercise</b> From stiff upright posture to athletic stance. <i>*Identifying cues for postural stability (flexed ankle, knee, hip; splayed toes, heavy feet/ski)</i>	10 mins
			<b>Clock Drill</b> Hopping on single ski	5 mins
<b>Skill Development 1</b> Offset	Moving the Centre of Mass (COM) forward, reducing vertical movement	Flat to rising false flat	Explanation & demonstration of power position and power line for Offset	10 mins
			<b>Acceleration Drill I</b> Over 50-75m, skiers should continuously accelerate down the track performing Offset, only reaching top speed at the end. Suggest using One Skate on return	15 mins
<b>Skill Development 2</b> Step turns	Step turns	Flat	<b>Circle Pursuit</b> <i>*Ensure to carry out in both directions</i>	15 mins
		Gentle open slope	<b>Slalom Relay</b>	

<b>Ski tour</b>	Choosing the technique for the terrain	Trail appropriate to skill expression Up, down and flat, encouraging the choice of technique.	Increasing distance	20 mins
<b>Conclusion</b>	Present next lesson objectives			5 mins

## Session 2

<b>Session Objectives</b>	Building glide <ul style="list-style-type: none"> <li>Honing a skier's body position</li> </ul> Improving balance <ul style="list-style-type: none"> <li>Getting more comfortable on a single ski</li> <li>Developing greater balance</li> </ul> Confidence descending <ul style="list-style-type: none"> <li>Snowplow turns</li> <li>Compressions</li> </ul>			
<b>Activity Plan</b>				
	<b>Outcome</b>	<b>Terrain</b>	<b>Drill suggestions</b>	<b>Duration (approximate)</b>

<p><b>Introduction</b></p>	<p>Raising body temperature, activation of muscles, mobility, increasing range of motion</p> <p>Athletic position and balance Flexion ankle, knee, hip Weight on forefoot</p> <p>Applied power position and general warm-up</p>	<p>Flat open area/flat trail</p>	<p>Easy ski</p> <p><b>Slow motion skiing</b> (technique of choice) <i>*Focus on the phases of movement, provide cue for each phase (break down each phase: reposition phase, power position and pole plant, etc...)</i></p> <p><b>Jump &amp; Land Quietly</b> Hold landing</p> <p><b>Tilt drill</b> Staggered stance, flex forward at ankle onto one ski, weight on forefoot</p> <p><b>Hyper Scooter</b> Scootering on one ski (no poles) as fast as possible (forces body position into forward stance)</p> <p><b>Tag</b> (Integrating glide and directional changes)</p>	<p>25 mins</p>
<p><b>Skill Development 1</b> Two skate</p>	<p>Moving the Centre of Mass (COM) forward, reducing vertical movement</p>	<p>False flat into climb</p>	<p>Explanation &amp; demonstration of power position and power line for Offset</p> <p><b>Acceleration Drill I</b> Over 50-75m, skiers should continuously accelerate down the track performing Two Skate, only reaching top speed at the end.</p>	<p>10 mins</p> <p>10 mins</p>

<b>Skill Development 2 &amp; 3</b> Compressions and Snowplow turns	Absorbing compressions and maintaining Athletic position in descents  Snowplow turns	Gentle incline, camel bumps, snow-park features  Open slope	<b>Glass Carry</b> Imagine you are holding a glass of your favorite evening drink, trying to not spill a drop. Maintaining Athletic position  <b>Speed Zones</b> Moving from straight run to Snowplow  <b>Human Slalom</b> Turns and stopping, emphasizing control in descent	20 mins
<b>Ski tour</b>	Putting it all together	Trail appropriate to skill expression Up, down and flat, encouraging the choice of technique.	Moving through mixed terrain  Continuous movement Learning personal pacing	30 mins
<b>Conclusion</b>	Present next lesson objectives			5 mins

### Session 3

<b>Session Objectives</b>	Applying effective transitions <ul style="list-style-type: none"> <li>Feeling flow while skiing</li> </ul>		
<b>Activity Plan</b>			

	<b>Outcome</b>	<b>Terrain</b>	<b>Drill suggestions</b>	<b>Duration (approximate)</b>
<b>Introduction</b>	Warm up & technique review	Varied	<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>	15 mins
<b>Skill Development 1</b> One Skate	Moving the Centre of Mass (COM) forward, reducing vertical movement	Flat to rising false-flat	<p>Explanation &amp; demonstration of power position and power line for One Skate</p> <p><b>Acceleration Drill I</b> Over 50-75m, skiers should continuously accelerate down only reaching top speed at the end.</p>	10 mins  10 mins
<b>Skill Development 2</b> Effective adaptation	Efficient transitions between techniques	Flat, false-flat into climb with increasing gradient	<p><b>How Far Can You Go</b> No poles, then with poles <i>*Emphasis on maintaining glide and momentum</i></p>	10 mins
<b>Ski tour</b>	Adventure ski	Select a challenging loop appropriate to the level of the group		40 mins
<b>Conclusion</b>	Appreciation for progress  How to continue to develop as a skier			10 mins