



Community Coaching Fundamentals

Step 5: Designing an overall plan for the season



Reference Material



PARTNERS IN COACH EDUCATION

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Coaching Tip: Adult activities such as tours are often tiring for children, whether or not they are on skis. Their attention spans are simply too short for them to enjoy doing the same thing for any length of time. So introducing children to skiing skills often requires a special approach, keyed to their needs and capabilities through suitably arranged learning situations. One of the best ways to introduce children to skiing skills is through games. Almost any game that can be played on foot can be played on skis.

Source: Teaching Children To Ski

This section on Designing an Overall Plan for the Season Plan complements the information provided in section 5 of your Introduction to Community Coaching materials, and is directed primarily at supporting you in your role as a coach working with children in the FUNDamental stage of development.

5.1 Designing a Seasonal Plan

5.1.1 Seasonal Plan Checklist

Your club's overall Skill Development Program (SDP) plan for the season should include the following:

- ☐ Plan a meeting with the parents prior to the first practice to ensure they have a good understanding of the overall program, the schedule for the season, what is expected of them, what equipment their children require, etc.
- ☐ Enlist parental support to organize the special activities and indoor sessions that you are responsible for.
- ☐ Plan to make maximum use of the snow season. The annual window of opportunity to learn sport-specific technique is short compared to that of most other sports.
- ☐ Plan for the change in seasons. The best time to hold the indoor sessions such as a ski preparation workshop or a winter safety sessions is when winter is approaching and the weather is not suitable for any outdoor activities - dryland or on-snow.
- ☐ Avoid conflicts with school schedules when planning multi-day activities such as ski camps or overnight hiking trips. Make good use of school holidays, especially the Christmas holidays.
- ☐ Include approximately one hour of "game time" for every three hours of skill instruction to ensure a well-balanced skill development program. In this context, game time means special activities that test a skier's skills against those of his/her peers in relays, races, sprints, etc. with an emphasis on team effort.
- ☐ Be prepared to adapt your practice plans based on the abilities of the skiers and the particular characteristics of the ski area.
- ☐ Refer to section 5.1.1 of your Introduction to Community Coaching Reference Material for additional information.

5.1.2 Incorporating Special Activities

- ☐ Intersperse indoor educational sessions and special activities throughout your plan to ensure a well-rounded, interesting program.
- ✓ Some special activities will be organized by your club, such as Ski Tournament, race, New Year's Moonlight Ski, etc.

- ✓ Others will be organized by your SDP Programmer - Year-End Activities, Sprint Games, Mini-Olympics, Ski Orienteering, Winter Safety Session, etc.
- ✓ Still others will be organized by your own group, such as a Ski Preparation Workshop, a Treasure Hunt, or day trip to a lake or backwoods cabin.

Figure 5.1: Special Activities Grid

Level	Pre-Ski Season Sessions	Indoor Sessions	Special Activities	Total # of Practice Sessions	Minimum # of Snow Goals
1	0	1) Ski Preparation (Plan 3) 2) Dressing for Winter (Plan 8)	1) Special Activity (Plan 6) 2) Treasure Hunt (Plan 12) 3) Year-End Activity (Plan 16)	16	5
2	0	1) Ski Preparation (Plan 3)	1) A Club Activity (Plan 7) 2) Sprint Games (Plan 11) 3) Year-End Activity (Plan 16)	16	10
3	11	1) Ski Preparation (Plan 12) 2) Winter Safety (Plan 13)	1) Christmas Activity (Plan 16) 2) Holiday Ski Camp (Plan 20-21) 3) New Year's Activity (Plan 22) 4) Classic Relay (Plan 27) 5) Backwoods Adventure (Plan 30) 6) Modified Ski Tournament (Plan 32) 7) Orienteering Poker Ski (Plan 35) 8) Downhill Games (Plan 36) 9) Sprint Games (Plan 37) 10) Year-End Activity (Plan 40)	40	15
4	11	1) Ski Preparation (Plan 13)	1) Christmas Activity (Plan 16) 2) Holiday Ski Camp (Plan 20-21) 3) New Year's Activity (Plan 22) 4) Ski Tournament (Plan 27) 5) Downhill Games (Plan 29) 6) Backwoods Adventure (Plan 30) 7) Mini-Olympics (Plan 32) 8) Ski Race (Plan 35) 9) Sprint Games (Plan 37) 10) Year-End Activity (Plan 40)	40	20

5.1.3 Seasonal Plan Chart

SEASONAL PLAN								
	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	
Active Start (5 years & younger)	REGISTRATION – ALL AGES				4 8 WEEKS/ 8 SESSIONS 40 MIN Saturday A.M.	4 8 WEEKS/ 16 SESSIONS 1 HR Tuesday P.M. Saturday A.M.	YEAR END ACTIVITIES	
FUNDamentals (6 -7 years)					8 18 WEEKS/ 40 SESSIONS 1.25 HR Tuesday P.M. Saturday A.M.	8 22 WEEKS/ 50 SESSIONS 1.25 HR Tuesday and Thursday P.M. Saturday A.M.	3	4
FUNDamentals (8-9 years)		4	8	8	10	10	10	11
Learning to Train (9-11 years)	3	8	8	8	10	10	10	11
Learning to Train (11-12 years)	4	10	10	10	11	11	11	12

Note: The number of sessions includes special activities, waxing workshops, etc. The time allocated to a session does not include supervised ski play time or the social time scheduled at the end of each activity/practice.

5.1.4 Seasonal Plan Worksheet

Sample chart for a Level 3 Jackrabbit Group (children approximately 8 years of age)

	Mid-October/snow	December	January	February	March
Pre-Ski Season Practice Sessions (hiking, games, canoeing)	11 Sessions				
Special Classroom Practice Sessions (ski preparation; winter safety)	Ski Preparation Session Practice Plan 12	Winter Safety Session Practice Plan 13			
Skill Development Camp (on-snow) (see section 7.2 of your CCI-L2T (Dryland) Reference Material)		Christmas Holiday Ski Camp (overnight camp with club athletes - Fundamentals Level 4 and Learning to Train) Practice Plans 20, 21			
Special On-Snow Activities (Orienteering, Poker Ski, Backwoods Adventure, Christmas Activity)		Christmas Activity (classic technique) Practice Plan 16	Backcountry Adventure Practice Plan 30	Downhill Games Sprint Games Modified Ski Tournament Practice Plans 36, 37, 32	

	Mid-October/snow	December	January	February	March
Club Activities	Ski Swap				Year-End Club Wind-Up (with costume races)
Classic Technique Practice Sessions		3 sessions	4 sessions	3 sessions	
Skating Technique Practice Sessions		2 sessions	3 sessions	3 sessions	
Up/Down Technique Practice Sessions			See regular practice sessions	See Downhill Games	
Competitions (see sections 2.4 and 6)			Club Team Relay event using terrain park (classic technique) Regional Cup held at home club venue (interval start, free technique)	Ski Tournament (classic technique, relay, sprint, interval start)	Costume Races (free technique) (refer to club activities)
Others (Year-End Skills Evaluation, etc.)				1 session	4 sessions

Seasonal Plan Worksheet (working copy)

Sample chart for a Level 3 Jackrabbit Group (children approximately 8 years of age)

	Mid-October/snow	December	January	February	March
Pre-Ski Season Practice Sessions (hiking; games; canoeing)					
Special Classroom Practice Sessions (ski preparation, winter safety)					
Skill Development Camp (on-snow) (see section 7.2 of your CCI-L2T (Dryland) Reference Material)					
Special On-Snow Activities (Orienteering Poker Ski, Backwoods Adventure; Christmas Activity)					

	Mid-October/snow	December	January	February	March
Club Activities					
Classic Technique Practice Sessions					
Skating Technique Practice Sessions					
Up/Down Technique Practice Sessions					
Competitions (see sections 2.4 and 8)					
Others (Year-End Skills Evaluation, etc.)					

5.2 Designing a Practice Plan

This section will help you develop your own comprehensive practice plans, and to coordinate those plans in the context of an overall plan for the season.

Note that the practice plans provided are fully integrated with the FUNdamental Skill Criteria and FUNdamental Skills Checklists outlined in section 4.3. Use these plans as a guideline only. They are sample plans to be used as a starting point for the development of your own plans. If this is your first year coaching you may wish to follow the plans closely, but as you become more experienced you will learn to adapt them to suit your situation. For example, some groups of skiers will progress through the program at a faster or slower pace than others, or your ski area will work better with some games than others. And don't forget that the plan you develop for your group needs to fit in with the overall program plan determined by your SDP Programmer and your club.

Skill development sessions for children in the FUNdamentals stage of development are broken down into four levels (Levels 1 to 4). Level 1 is generally used for children six years of age, Level 2 for children seven years of age, etc.

Points to keep in mind:

- ☐ The indoor sessions can be held before the snow season begins, or they can be used to substitute for regular sessions during the winter in the event of cancellation due to lack of snow or weather that is too cold or too wet.
- ☐ Ideally, the ski preparation workshop should be held prior to the snow season.
- ☐ The ski playground area should be set up before the session begins and prepared for the age and skill level of the skiers using it.
- ☐ Each practice session is a specified length of time that is appropriate for the age of the child, followed by 20 minutes of supervised "play time". An additional ten to fifteen minutes should be scheduled for hot chocolate and snacks at the daylodge.
- ☐ Skiers should come to the practice session prepared. Time needed to wax skis, put on ski equipment or change clothes is in addition to the time allocated for the lesson.
- ☐ Poles will be required when learning some skills, whereas they will not be required for others.
- ☐ If you are coordinating a school program and the ski equipment does not belong to the skier, the practice session should not end until the skis are prepared for storing (socks for both tips and tails; proper ties) and have been put away.
- ☐ Encourage the education of the skiers. DO NOT do everything for them. Progressively develop their ability to look after themselves.
- ☐ Definition: a "Fall Line" is the direction water would flow, or a ball would roll down a hill.

Tips for games:

It is important to include the occasional “co-operative” game or task in the practice sessions. With this type of game there is more than one winner or winning team - everyone can win. Following are some suggestions to make games more cooperative:

- ❑ Select activities that encourage team work, or adapt them for that purpose. An example would be to make a “rule” that everyone on the team must touch the ball before the team can score.
- ❑ Keep everyone active and involved. It is not necessary to have goalies in a scoring game. Another example would be human musical chairs (with parents and coaches as the chairs), where all the children could continue to play the game as the “chairs” are eliminated. In this case, everyone can try and sit on the last chair together.
- ❑ Point totals can be left out of scoring games. Make team scores meaningless by having children change teams after they score; eventually most participants will have played on both teams and there won’t be a clear winning team.
- ❑ Encourage personal improvement or team improvement. For example, a relay team can be encouraged to beat their own best performance (fewest strides etc.), rather than to beat another team.

Teaching components:

- ❑ **Skill Introduction:** A new skill is being introduced that is either a completely new skill or a known skill that must be executed at a higher standard.
- ❑ **Skill Reviewed and Introduced:** New progressions for a skill that has already been introduced. To save space, the key instructional points only refer to the new progression.
- ❑ **Skill Review:** All progressions for the particular skill have been previously introduced and to save space the key instructional points have not been repeated. The exception is when the previous skill level is being reviewed for the first time.
- ❑ **Common Errors:** To save space, common errors are only used when referring to new progressions being introduced.

5.2.1 Introducing Pre-Ski Season Activities

Pre-ski season activities should be introduced when a child is eight years of age (Level 3). At this age, the sessions should begin in mid-October.

Benefits of Pre-Ski Season Practice Activity

- ❑ It can provide a positive introduction to activities that promote physical fitness.
- ❑ It is a team builder.
- ❑ It encourages friendships among children with similar lifestyles and interests.
- ❑ It makes your recruiting program more competitive with other winter sports that start up early in

the fall.

Tips For a Successful Pre-Ski Season Practice Session

- ☐ It must be a group activity!
- ☐ It must be well planned!
- ☐ It must offer variety and challenge!
- ☐ It must incorporate learning into games!
- ☐ It must bring adventure into fitness development activities!
- ☐ It must be considerate of the age and ability of the participant!

Suitable Activities

Sessions will vary considerably according to the age of the participants and the objectives of the program. Activities may include a hike, a road bike tour, a soccer game, or more adventure- based activities such as a day hike to a forestry lookout, a camp-out in a nearby park, canoeing on a lake, learning to use a kayak, or an orienteering session.

5.2.2 Sample Pre-Ski Season Practice Plans

The following pages present three examples of practice plans for the pre-season period:

1. Example 1: A Hike
2. Example 2: Games
3. Example 3: Orienteering for Treasure

EXAMPLE 1: A HIKE

Ensure the parents are informed in advance as to your expectations regarding clothing, footwear and fluid replacement for the participants. Plan a hike that will take a total of one to one and a half hours of walking. Include interesting points along the route, such as a beaver pond. Have a special activity planned for the middle or the end of the hike, such as a campfire with hot dogs and marshmallows, or a game followed by refreshments.

Specific Objectives:

- 1) Introduce children to FUN outdoor activities that lead to general fitness.
- 2) Develop a “team”.
- 3) Have FUN!
- 4) Introduce the importance of bringing fluids on a hike.

Key Teaching Points:

- ☐ At this time of year, be aware of the weather and ensure that the children are dressed appropriately.
- ☐ Encourage the children to take drinks every 10-15 minutes.
- ☐ At the start of the hike, some of the group may wish to run. A version of the “Tortoise and the Hare Story” might make an effective deterrent. Try to shift their attention to looking for birds’ nests or collecting bright leaves.
- ☐ Stretching:
 - ✓ Undertake joint rotational circles slowly (arm circles, hip circles, etc.).
 - ✓ Static stretches are held for at least five seconds.
 - ✓ Common errors:
 - rotational exercises are done too quickly.
 - bouncing on the static stretches.

Teaching Aids Needed:

- ☐ Help from parents and other coaches.
- ☐ Map of the route for each of the adults.
- ☐ Refreshments/lunch.
- ☐ One or two first aid kits, depending on the size of the group.

☐ Fluids and high energy foods.

Skill	Description	Time
Warm Up	Follow the Leader: Have the children follow the coach, who uses features in the rendezvous area to create an obstacle course. The coach jogs slowly around, jumping over logs, balancing on logs, etc. If no suitable obstacles exist, the coach can run backwards, sideways, hop with one leg or both legs, somersault, run fast, run slow. The coach should change directions frequently.	5 min.
Stretching	<ol style="list-style-type: none"> 1) Coach leads slow rotational exercises (head, shoulders, hips, knees and ankles). 2) Coach demonstrates a static stretch. The children try it, holding for five seconds. No bouncing. They should stretch as much as they can without pain. Relax and repeat. 3) Coach demonstrates another stretching exercise. 	5 min.
Hike	Coach ensures children are drinking fluids and talks to each of them on a one-on-one basis.	60 - 90 min.

EXAMPLE 2: GAMES:

Plan a practice session with a focus on games. Be creative!

Specific Objectives:

- 1) Introduce children to FUN outdoor activities that lead to general fitness.
- 2) Develop a “team”.
- 3) Have FUN!
- 4) Develop motor coordination.

Teaching Aids Needed:

- ☐ Help from parents and other coaches.
- ☐ One or two soccer balls; a handball.
- ☐ Refreshments.

Skill	Description	Time
Warm Up	Follow the Leader: Have the children follow the coach, who uses features in the practice area to create an obstacle course. The coach jogs slowly around, using playground equipment, etc. If no suitable obstacles exist, the coach can run backwards, sideways, hop with one leg or both legs, somersault, run fast, run slow. The coach should change directions frequently. If time permits, have the skiers perform their own “Funny Walk”!	10 min.
Stretching	<ol style="list-style-type: none"> 1) Coach leads slow rotational exercises (head, shoulders, hips, knees and ankles). 2) Coach demonstrates a static stretch. The children try it, holding for five seconds. No bouncing. They should stretch as much as they can without pain. Relax and repeat. 3) Coach demonstrates another stretching exercise. 	5 min.

<p>Game Time</p>	<p>Red Light, Green Light: The coach is the policeman. He/she stands at one end of the field. The children stand in a line at the other end of the field facing the policeman. When the policeman yells “green light”, they walk or run forward. When the policeman yells “red light” the children balance on one leg like a plane (lean forward, arms stretched out to side, and free leg stretched back). If children move or lose their balance on the red light, they have to return to the start. Alternate left and right legs. A variation to the game is to have the children balance like a flamingo (upright, knee bent in front).</p>	<p>5 min.</p>
<p>Game Time</p>	<p>Modified Team Handball: Have the children divide into two teams. The objective of the game is to score by rolling the handball through a net. The ball is transferred from one team member to the other by throwing it. Players cannot run with the ball or kick it. To score, everyone on a team must touch the ball without the other team touching it. At this age level the coach needs to keep track of who has touched the ball.</p>	<p>15 min.</p>
<p>Game Time</p>	<p>Team Juggling: Make a circle with everyone facing towards the centre. The children throw a ball to each other in such a manner that it is easy to catch. The child throwing the ball must call the name of the person that the ball is being thrown to. Everyone catches the ball once before the first person touches it again. Repeat 1-2 times with the ball going around the group in the same order. If the group can do this without dropping the ball, introduce a second ball, and then a third. Find out how many balls the group can handle.</p>	<p>5 min.</p>

Game Time	Zim, Zam, Zoom: Have the children form a circle, facing in. The coach is in the middle. Going around the circle, everyone says their name clearly, one at a time, so that everyone can hear it. The coach then points at a child and says “Zim”, “Zam” or “Zoom”.	5 min.
	If the coach says “Zim”, the skier they pointed to has to say the name of the skier on their right; if “Zam”, they have to say the name of the skier on their left; if “Zoom”, they have to say their own name. If the skier makes a mistake or hesitates too long, they have to switch places with the coach.	
Game Time	Soccer: Play the game with or without goalies. If the game is played without goalies, the scorers should switch teams.	20 min.
Game Time	Simon Says: This is the old game where the one who gets caught becomes Simon and that individual continues by trying to trick someone else. If Simon says “Simon says” first, - e.g., “Simon says: touch your toes” or “Simon says: twist at the waist” - the group should follow the instructions. However, if Simon says simply “clap your hands” without saying “Simon says: clap your hands”, no one should clap their hands.	5 min.
Wrap Up	Conclude the session with juice, snacks and a short social time.	5 min.

EXAMPLE 3: ORIENTEERING FOR TREASURE:

This session will require advance planning and preparation. For detailed instructions refer to “Games for Teaching Technique” (section 4.3.9).

Specific Objectives:

- 1) Introduce children to FUN outdoor activities that lead to general fitness.
- 2) Develop a “team”.
- 3) Review the importance of bringing fluids on an outdoor excursion.
- 4) Have FUN!
- 5) Introduce the concept of relay exchanges.

Key Teaching Points:

- ☐ Ensure the group stays together at all times.
- ☐ Encourage the children to take drinks every 10 to 15 minutes.
- ☐ Ensure the participants take turns “reading” the map. Provide assistance only if the frustration level is getting too high or the children misinterpret the drawing.

Teaching Aids Needed:

- ☐ Help from parents and other coaches.
- ☐ Enough maps for each team, at each station. Maps would include pictures of lamp posts, playgrounds, slides, sandboxes, ponds, dead trees, big trees, logs, outhouses, etc.
- ☐ Packing tape for taping maps to bottoms of slides and other locations.
- ☐ Baggies to put maps in if inclement weather is expected.
- ☐ Six ropes, each two metres in length, to mark exchange zones.
- ☐ A first aid kit.
- ☐ Fluids and high energy foods.

Skill	Description	Time
Warm Up	Follow the Leader: Have the children follow the coach, who uses features in the practice area to create an obstacle course. The coach jogs slowly around, using playground equipment, etc. If no suitable obstacles exist, the coach can run backwards, sideways, hop with one leg or both legs, somersault, run fast, run slow. He/she should change directions frequently. If time permits, have the skiers perform their own “Funny Walk”!	10 min.
Stretching	<ol style="list-style-type: none"> 1) Coach leads slow rotational exercises (head, shoulders, hips, knees and ankles). 2) Coach demonstrates a static stretch. The children try it, holding for five seconds. No bouncing. They should stretch as much as they can without pain. Relax and repeat. 3) Coach demonstrates another stretching exercise. 	5 min.
Game Time	Treasure Hunt: As per the description in section 4.3.9.	60 min.
Wrap Up/ Fluids	Coach asks participants how thirsty they became during the orienteering session to lead into a brief information session explaining the importance of taking fluids with them when they are physically active, year round. Emphasize which fluids are suitable and which are not suitable. Conclude the session with juice, snacks and a short social time.	5 min.

5.3 Practice Plans: FUNdamentals Stage of Development – Level 1

Points to keep in mind in addition to those listed in section 5.2:

- ☐ The program should offer a minimum of 16 sessions, two per week, over a period of eight weeks. However, if snow is available, it would be preferable to offer the program for 12 weeks (24 sessions), beginning in early December. This would include two practice sessions a week plus special activities in addition to those already scheduled in the plan for the season.
- ☐ The indoor sessions can be held before the snow season begins, or they can be used to substitute for regular sessions during the winter in the event of cancellation due to lack of snow or weather that is too cold or too wet.
- ☐ The ski playground area should be set up before the session begins and prepared for the age and skill level of the skiers using it.
- ☐ Ideally, the ski preparation workshop should be held prior to the snow season.
- ☐ Each practice session is a total of 60 minutes, followed by 20 minutes of supervised “play time” at the ski playground. An additional ten minutes should be scheduled for hot chocolate and snacks at the day lodge.
- ☐ Skiers should come to the practice session prepared. In the following section the time needed to wax skis, put on ski equipment or change clothes is intended to be in addition to the time allocated for the practice session.
- ☐ In general, poles should not be used when these skills are introduced.
- ☐ All the sessions will focus on classic technique.
- ☐ If you are coordinating a school program and the ski equipment does not belong to the skier, the practice session should not end until the skis are prepared for storing (socks for both tips & tails; proper ties), and have been put away.
- ☐ Encourage the education of the skier. DO NOT do everything for them. Progressively develop their ability to look after themselves.
- ☐ Definition: the “fall line” is the direction water would flow, or a ball would roll, down a hill.

PRACTICE PLAN 1 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility – necessary if the skier is to progress to more advanced techniques.
- 2) Introduce Falling and Rising on flats.
- 3) Introduce Ready Position on flats – a fundamental position used in many ski techniques.

Key Teaching Points:

❑ Falling on Flats

- ✓ Falls to side and back using sitting motion.
- ✓ Common error:
 - falls forward.

❑ Rising on Flats

- ✓ Brings skis together, side by side and under the body.
- ✓ Gets skis flat on snow by moving onto hands and knees.
- ✓ Slides one ski forward so foot is flat on ski.
- ✓ Common errors:
 - tries to stand up before skis are parallel.
 - tries to stand up without hips over skis.

❑ Ready Position

- ✓ Arms and hands stay forward of body.
- ✓ Skis parallel to each other.
- ✓ Knees and ankles slightly bent.
- ✓ Upper body is relaxed and slightly forward.
- ✓ Common errors:
 - hands are at side of body at hips.
 - upper body leaning too far forward, or too upright and stiff.
 - ankles and knees are straight and/or locked.

Teaching Aids Needed:

- ❑ Ski playground area set up appropriately for age and skill level of the skiers.
- ❑ Labels or masking tape and marker to identify skiers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Introduce)	Have skiers stand in a circle.	
	Stork Stance: Have skiers stand on left ski only. Have skiers stand on right ski only.	2 min.
	Tippy Toes: Have skiers rock forward onto their toes and backwards onto their heels, then try to find the best balance point. Skiers do the “teeter-totter” back and forth.	2 min.
	Reach for the Sky: Have skiers reach for the sky, going up on their toes and then settling back equally on both feet.	2 min.
Ready Position (without poles) (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and goes over key points. 2) Have skiers go into Ready Position. 3) Have skiers bend ankles and knees. Move around the circle and give skiers a gentle nudge to check their balance. 4) Have skiers straighten ankles and knees and give skiers a gentle nudge again. Let them feel which position is best for balance. 5) Repeat each several times and help skiers refine their positioning. 6) For additional details refer to section 4.3.1. <p>Soldiers: Have skiers stand tall, with locked knees and straight back – “ATTENTION”. Have skiers relax, bending their knees and leaning slightly forward – “AT EASE”. Repeat several times.</p>	5 min.

Rising on Flats (without poles) (Introduce)	1) Coach demonstrates and goes over key points. 2) Have skiers get onto knees with hands on skis and get up into Ready Position. 3) Have skiers lie on their right side. Get into kneeling position and then up into Ready Position. 4) Repeat on left side. 5) Repeat several times. 6) For additional details refer to section 4.3.1.	10 min.
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Falling on Flats (Introduce)	1) Coach demonstrates and goes over key points. 2) Have skiers fall to the right using sitting motion. 3) Repeat on left. 4) For additional details refer to section 4.3.1.	10 min.
Game Time	Falling Tag: Coach is “it”. Coach chases skiers around field. Once tagged, skiers must fall down. Skiers are back in game when they stand up.	10 min.
Balance and Agility (Introduce)	Flea Leaps: Have skiers leap off snow, keeping their knees flexed when landing. Snakes: This game is also known as “Follow the Leader”. The skiers follow one of the coaches, who moves slowly through the ski playground, changing directions frequently.	15 min.
Ski Play	Skiers explore ski playground area under supervision of the coaches. Coaches can provide some one-on-one instruction.	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 2 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Review Ready Position, Falling and Rising on flats.
- 2) Introduce Star Turn - tails together.
- 3) Introduce Diagonal Stride on flats without poles.
- 4) Review how to hold a ski pole.

Key Teaching Points:

❑ Star Turn

- ✓ Stands in Ready Position.
- ✓ Forms slight wedge with tips apart and tails together.
- ✓ With weight on first ski, lifts tip of second ski and widens wedge 20-30 cm.
- ✓ Puts weight on second ski and brings first ski parallel.
- ✓ Repeat until full circle is made.
- ✓ Common errors:
 - skier keeps centre of gravity between the skis.
 - skier steps on tail of other ski.

❑ Diagonal Stride on Flats (without poles)

- ✓ Skier walks on skis, pushing off with the back ski and sliding a bit on the front ski.
- ✓ Common error:
 - skier keeps both skis flat on snow throughout the movement.
 - skier can't slide the ski.

Teaching Aids Needed:

- ❑ Ski playground area set up appropriately for the age and skill level of the skiers.
- ❑ Coloured plates or numbers for the clock.
- ❑ Special feature – a tunnel made of hoops or ski poles or similar suitable material.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

<p>Rising and Falling on Flats (without poles) (Review)</p>	<ol style="list-style-type: none"> 1) Review key points on Rising and Falling. 2) Have skiers lie on their backs; on signal, rise up to the Ready Position as quickly as possible. 3) Repeat several times. 4) Review how to put on a ski pole. The ski poles are then set aside for the remainder of the session. 	<p>5 min.</p>
<p>Balance (Introduce and Review)</p>	<p>Marching Soldiers: Have skiers walk on one spot lifting the knee high in front of chest.</p> <p>Tail Lifts: Have skiers walk on one spot extending the leg backwards. See if they can lift the skis off the ground.</p> <p>Flea Leaps: Have skiers jump off snow with both feet. Keep knees bent when landing.</p> <p>One-Leg Pops: Have skiers jump off snow from one ski to the other.</p> <p>Repeat each exercise several times.</p>	<p>10 min.</p>
<p>Diagonal Stride on Flats (without poles) (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and goes over key points. 2) Have the skiers cross the area sliding their skis. 3) Have the skiers get on the balls of their feet and walk forward. 4) Have the skiers cross the area sliding their skis and pushing off the balls of the feet using a “jogging-like” action. 5) Ask them to use a certain number of steps to get from one point to another. Bring the number down as they improve. 6) For additional details refer to section 4.3.1. 	<p>10 min.</p>

Game Time	British Bulldog: The group stands on one side of the ski area. One skier stands in the middle. At the signal of the coach, the group crosses to the other side. The skier in the middle must tag them. Skiers who are tagged remain in the centre to help.	10 min.
Star Turn (tails together) (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and goes over key points. 2) Skiers walk on spot, lifting tips of skis only. 3) Skiers lift tip on one ski and form a wedge. Skiers stand on “wedge” ski and bring other ski parallel. Go back to original position. Do this slowly to emphasize balance and weight transfer. 4) Make a complete turn. 5) For additional details refer to section 4.3.1. 	10 min.
Game Time	Clock: Split into groups of three or four. Each team has two “clocks” in front of them, each about 10 metres apart. Each clock is the size of the perimeter of a Star Turn. Each clock has a number (1-4. at each quarter. A skier advances into a circle and is told to point his/her tips at different numbers (i.e. using the Star Turn). The skier moves to the next clock as fast as possible and the following skier moves into the first clock. The number commands are repeated. Then the first skier returns to the start without interfering with the others, etc. Can use colors instead of numbers.	10 min.
Ski Play	Skiers use the ski playground under supervision of the coaches. Some one-on-one instruction can take place.	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 3 (LEVEL 1 – INDOORS)

SKI PREPARATION SESSION

Specific Objectives:

- 1) Introduce young skiers to good ski equipment management.
- 2) Introduce a basic wax kit.
- 3) Teach skiers that good ski-care habits and appropriate ski preparation will result in positive ski experiences.

Key Teaching Points:

- ☐ **Ski Care.** The coach reviews the principles of good ski care:
 - ✓ Put your name on your equipment (if applicable).
 - ✓ How to carry your ski equipment.
 - ✓ Don't ski where there is gravel or dirt.
 - ✓ Don't leave your ski poles lying around where someone can step on them.
 - ✓ Place your equipment in the appropriate place when you go into the day lodge.
 - ✓ Store your equipment properly after each session; put socks over the tips and tails; use ski fasteners to hold the skis firmly together, etc.
 - ✓ Learn to prepare your own skis; don't wait for an adult to do it.
- ☐ **Wax Kit.** The coach introduces the contents of a basic wax kit.
- ☐ **Ski Preparation**
 - ✓ The first step is inspection. Have the skier hold the ski up to the light and look down the base. Have them look for bumps, tears, etc.
 - ✓ Have the skier place the ski firmly in the ski form.
 - ✓ Have the skier clean the ski top, sides and bottom with wax remover.
 - ✓ Dry thoroughly.
 - ✓ Using a plastic scraper, make a couple of passes from tip to tail in a continuous motion.
 - ✓ Take some fiberlene or paper towel and wipe the ski.
 - ✓ The ski is now ready to wax.
 - ✓ The coach should check the ski to see if the ski needs work, and either repair the ski or inform the parent if it needs special attention.

Teaching Aids Needed:

- ☐ A suitable room to hold a ski preparation session.
- ☐ An appropriate number of coaches/parents to provide close supervision.

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- ☐ Ski forms and supplies of tools, etc.
- ☐ A sample FUNdamentals wax kit.
- ☐ Refer to sections 3.5 of the Introduction to Community Coaching Reference Material and section 7 of this document for additional information.

Conclude the session with hot chocolate and snacks.

Ensure adequate supervision for all ski preparation sessions!

PRACTICE PLAN 4 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Review Falling, Rising and Star Turn.
- 2) Introduce and review Diagonal Stride on flats.
- 3) Diagonal Stride on flats.
- 4) Introduce Falling while moving.

Key Teaching Points:

❑ Herringbone on Flats

- ✓ Creates and maintains small “V” with skis.
- ✓ Edges ski when moving from ski to ski.

❑ Falling on Flats

- ✓ Skier falls to the side and back in a sitting position.
- ✓ Common errors:
 - skier does not move into the sitting position before falling.
 - skier falls forward.

❑ Diagonal Stride on Flats

- ✓ Skier slides a ski forward.
- ✓ While skier pushes ski back, he/she is transferring weight to gliding ski.
- ✓ After weight is transferred to gliding ski, the pushing ski momentarily comes off the snow at the end of the push.
- ✓ Common errors:
 - poor balance.
 - skier can't lift ski off snow.
 - back ski doesn't lift off snow.

Teaching Aids Needed:

- ❑ Ski playground area set up appropriately for the age and skill level of the skiers.
- ❑ Balls in an old sock. Knot the sock so the ball doesn't come out. Ideally one for each skier.
- ❑ A target or basket.
- ❑ One soccer ball.
- ❑ Coloured water or another suitable marker.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Review)	<ol style="list-style-type: none"> 1) Have skiers run in place on their skis, changing the tempo from slow to fast. 2) Have skiers walk on one spot extending their leg backwards. 3) Have skiers balance on one leg with the other extended backwards. Hold that position for three seconds and then switch. <p>Sizzling Snow: While remaining in one place, the skiers step from ski to ski, keeping only one ski on the burning snow at a time. Have the skiers “hiss” as the snow “burns their skis”.</p>	5 min.
Diagonal Stride on Flats (without poles) (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers cross the area sliding their skis in a “jogging-like” action, pushing off the balls of their feet, and lifting the ski off the snow at the back. Skiers should continue the glide on the front ski. 3) For additional details refer to section 4.3.1. 	10 min.
Star Turn (tails together) (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers form wedge and make circles in both directions. 3) Skiers repeat the above, but keep the tips together and tails apart. 4) For additional details refer to section 4.3.1. 	5 min.

Herringbone on Flats (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and goes over key points. 2) Skiers create a small “V” with their skis. 3) Skiers edge one ski while stepping onto the other ski. 4) Skiers move forward using first one ski and then the other, keeping the tails of skis close together and the tips apart. 5) For additional details refer to section 4.3.1. 	5 min.
Game Time	<p>Fetch: Coach throws several socks (with balls in them) in all directions. Skiers fetch them and return them. Try to provide a ball for each skier.</p> <p>Throw: Skiers ski up to a target and throw the sock/ball at it. If they miss, they have to do a Star Turn.</p>	10 min.
Falling on Flats (while moving) (Review and Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and goes over key points. 2) Skiers fall to the side and back in a sitting position. 3) Colour a couple of bright spots on both sides of the track. Skiers fall on the spot while skiing by. 	5 min.
Balance	<p>Freeze and Glide: Skiers take four or five strides, freeze on one leg and glide to a stop.</p>	5 min.
Game Time	<p>Soccer: Use more than one ball. No goalies.</p>	10 min.
Ski Play	<p>Skiers use the ski playground under supervision of the coaches. Coaches provide some one-on-one instruction.</p>	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 5 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Develop and improve skier's balance and agility.
- 2) Review Herringbone on Flats.
- 3) Introduce Side Stepping on flats.

Key Teaching Points:

☐ **Side Stepping on Flats**

- ✓ Body in Ready Position.
- ✓ Skier balances on one ski, steps sideways with the other leg, balances on this leg, brings first leg parallel. Repeat.
- ✓ Steps in both right and left directions.
- ✓ Common errors:
 - skier doesn't keep the skis parallel - steps on the other ski.

Teaching Aids Needed:

- ☐ Ski playground area set up appropriately for the age and skill level of the skiers.
- ☐ Five ropes two metres in length, preferably coloured.
- ☐ Coloured water, pylon, target.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Review)	<ol style="list-style-type: none"> 1) Have skiers balance on one leg with the other extended backwards. Hold the position for three seconds, then switch. 2) Have the skiers try this exercise moving their leg to the side and also the front. 3) Repeat with both legs several times. <p>Sizzling Snow: While remaining in one place, the skiers step from ski to ski, keeping only one ski on the burning snow at a time.</p>	5 min.

<p>Diagonal Stride on Flats</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers cross the area sliding their skis. 3) Skiers cross the area “jogging” and gliding their skis, lifting the ski off the snow after they push off the balls of their feet with the back ski. 4) For additional details refer to 4.3.1. 	<p>10 min.</p>
<p>Side Stepping on Flats (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and goes over key points. 2) Arms and hands slightly forward and out to side for balance. 3) Skiers put weight on one ski and step with the other leg sideways. Skiers shift weight onto second ski and bring the first ski parallel to the second. Repeat. 4) Keep skis parallel. 5) For additional details refer to 4.3.1. 	<p>5 min.</p>
<p>Balance and Agility</p>	<ol style="list-style-type: none"> 1) Coach places five ropes one metre apart. 2) One skier side steps over each rope, then skis around a pylon and returns to the start. 3) The next skier begins when first skier is on the 4th rope. 4) When all skiers have completed the exercise, repeat in the other direction. 5) Now lay the ropes two metres apart. 6) In turn, skiers Side Step left over the first rope, do a half a Star Turn to the left, then Side Step right over the second rope, and complete half a Star Turn to the right. Etc. 	<p>10 min.</p>
<p>Game Time</p>	<p>Mines: Spray coloured water dots on various places in the track, but don't spray left and right tracks at the same place. The skier skis down the track and lifts the ski over the “mine” while gliding on the other ski.</p>	<p>10 min.</p>

Balance	Freeze and Glide: Skier takes four or five strides, freeze on one leg and glide to a stop. Repeat.	5 min.
Game Time	Freeze Tag: One coach acts as “chaser”. Skiers freeze on one leg when they are tagged. Frozen skiers may be unfrozen if tagged by a free skier.	10 min.
Ski Play	Skiers use the ski playground under supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 6 (LEVEL 1 – ON SNOW)

SPECIAL ACTIVITY

Participation in a club activity/event exposes young skiers and their families to the wide range of programs that clubs offer, as well as the family orientation of the sport. If you live in a community that doesn't offer programs of this kind, refer to section 5.5 in the Introduction to Community Coaching Reference Material for some ideas and create a "special activity" of your own.

Specific Objectives:

- 1) Introduce young skiers to the club at large.
- 2) Practice techniques learned during regular practice sessions.
- 3) Have fun.

Key Teaching Points:

- ☐ Provide coaching suitable for the activity that has been selected.
- ☐ No formal technique instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Conclude the session with hot chocolate and snacks at the day lodge. Extend the supervised activity time in the day lodge as appropriate.

PRACTICE PLAN 7 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Develop and improve skier's balance and agility.
- 2) Review Falling on Flats and introduce Rising on a Slope.
- 3) Introduce Star Turn on a hill.
- 4) Introduce Free Glide.

Key Teaching Points:

☐ Rising on a Slope

- ☐ Skis brought together, side by side and under the body, perpendicular to the fall line.
- ☐ Skier moves onto hands and knees.
- ☐ Skier edges skis and stands up.
- ☐ Common errors:
 - ✓ skier does not move skis downhill of body before attempting to get up.
 - ✓ skier does not edge skis to prevent slipping down hill.

☐ Star Turn on a Hill

- ✓ This technique helps the skier get set up before going down a hill.
- ✓ Skier plants poles downhill of skis, and weights poles.
- ✓ Using Star Turn, skier moves skis parallel to direction of hill (the fall line), keeping weight on poles.
- ✓ Common errors:
 - skier does not weight poles.

☐ Free Glide

- ✓ Skier stands with hands forward, skis parallel.
- ✓ Skier has pole handles down and in front of body, pole tips pointed behind.
- ✓ Common errors:
 - skier stands too stiff and upright.
 - skier holds poles in awkward or dangerous position.

Teaching Aids Needed:

❑ Ski playground set up appropriately for age and skill level of skiers.

Beach ball for each skier in the group.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Introduce)	Partner Pushes: Have half the skiers in the group remove their skis and slowly push another skier down the track. They need to push the skier's hips, first slowly and then at a faster speed. This gets the skier moving at speed without the intimidation of going down a hill. This game should be played on a packed area without ski tracks. Change around and repeat.	5 min.
Falling and Rising on Slope (Review/Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews/introduces key points. This skill requires poles. 2) Have skiers bring skis together, side by side under the body on the downhill side of the body and perpendicular to the fall line (the path a ball would take to roll down a hill). 3) Have skiers move onto their hands and knees. 4) Have skiers edge their skis into the hill and stand. 5) Poles are moved parallel to the skis as the skier prepares to rise. 6) Have skiers get up the same as they would on a flat area. 7) "Rising on a Slope" flows into "Star Turn on a Slope". 	10 min.

Game Time	Ball Juggling: Have the skiers move along the snow while throwing a beach ball in the air and catching it. Ask the skiers to work with a partner passing the ball back and forth as they move forward on their skis.	5 min.
Star Turn on a Hill (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Have skiers stand perpendicular to the fall line on a slope. 3) Skiers plant poles downhill of skis, and weight poles. 4) Skiers turn to face downhill using the Star Turn, and moving skis parallel to the fall line (facing down the hill). Weight remains on poles. 5) Skiers remove weight from poles and glide down the slope. 	15 min.
Free Glide on Slope (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points while standing on a flat area, then moves to top of slope. 2) Skiers stand in Ready Position (body generally upright, knees and ankles relaxed and slightly bent). 3) Skiers keep hands forward and skis parallel. 4) Pole handles are down and in front of body, with pole tips pointed behind. The pole shaft is angled down and backward so that it doesn't drag on the snow. 	10 min.
Game Time	Slide Tall and Slide Small: Skiers descend a slight incline, exerting pressure on the tongues of their boots and bending their legs slightly. Alternate between putting a lot of pressure on the boot tongues (slide small) and a little pressure on the boot tongues (slide tall).	10 min. (if time allows)
Ski Play	Ski playground under supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 8 (LEVEL 1 – INDOORS)

DRESSING APPROPRIATELY FOR SKIING

Specific Objectives:

- 1) Teach young skiers how to dress for skiing.
- 2) Have skiers practise dressing in layers.
- 3) Teach skiers the characteristics of clothing materials.

Teaching Aids Needed:

- ☐ A classroom or similar room.
- ☐ A complete lesson plan is available in section 3.2 of the Introduction to Community Coaching Reference Material.
- ☐ Clothing as outlined in the lesson plan.

Conclude the session with hot chocolate and snacks.

PRACTICE PLAN 9 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Develop and improve skier's balance and agility.
- 2) Review Rising on a Slope.
- 3) Review Free Glide.

Teaching Aids Needed:

- ☐ Ski playground set up appropriately for the age and skill level of the skiers.
- ☐ Special feature – gentle roller-coaster dips.
- ☐ Bean bags, cones.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Review)	<p>Pendulum Swings: Skiers stand on one leg while swinging the other leg back and forth. Begin slowly, and then increase the tempo.</p> <p>Combo Swing: Skiers stand on one leg while swinging the other leg back and forth. When the skiers stand on their left leg, the left arm swings in the same direction as the right leg and the right arm swings in the opposite direction.</p>	5 min.
Rising on a Slope (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Have skiers bring skis together side by side under the body on the downhill side of the body, and perpendicular to the fall line. 3) Skiers edge skis into the hill to prevent slipping. 4) Skiers get up the same way they would on flats. 	10 min.

Game Time	Downhill Catch: Skiers try to touch the ground, and then lift their arms into the air while skiing down a slope. If they can achieve this, have them throw their mitt or a bean bag into the air and catch it while skiing down the slope. If they can achieve this also, the coach can throw a glove to them while they are coming down the hill to see if they can catch it and throw it back while they are moving.	10 min.
Free Glide (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Skiers stand in Ready Position at top of slope. 3) Skiers keep their hands forward and skis parallel. 4) Pole shaft is pointed down and backwards without dragging on the snow. 	10 min.
Game Time	Downhill Pairs: Skiers practise Free Glide on a slight downhill slope. The coach then sets up “start” and “finish” cones at the top and bottom of the slope, and breaks the group into teams of two for two-skier downhill races.	20 min.
Ski Play	Ski playground under supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 10 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Develop and improve skier's balance and agility.
- 2) Introduce Snowplow Braking.

Key Teaching Points:

☐ **Snowplow Braking**

- ✓ Use games to introduce edging needed for Snowplow Braking.
- ✓ Form wedge with ski tips together and tails apart.
- ✓ Control speed by braking - adjusting size of wedge and edging skis.
- ✓ Upper body maintains Ready Position.
- ✓ Common error:
 - skier cannot keep equal pressure on both skis.

Teaching Aids Needed:

- ☐ Ski playground set up for age and skill level of skiers.
- ☐ Bean bags, cones.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Review)	Downhill Catch: Skiers try to touch the ground, and then lift their arms into the air while skiing down a slope. If they can achieve this, have them throw their mitt or a bean bag into the air and catch it while skiing down the slope. If they can achieve this also, the coach can throw a glove to them while they are coming down the hill to see if they can catch it and throw it back while they are moving.	10 min.

<p>Snowplow Braking (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points of Snowplow Braking on flat terrain. 2) Have skiers form wedge with ski tips together and tails apart. 3) Have skiers practise braking - adjusting size of wedge and edging skis. 4) Move group to slope and repeat exercise. 5) Have skiers control speed by adjusting the size of the wedge and edging their skis. The pressure on each ski should be equal, so that the skier does not turn to the left or right 6) Skiers maintain upper body in Ready Position while practising the skill. 7) The coach introduces the following games that reinforce the teaching points: 	<p>15 min.</p>
	<p>Nibbles and Bites: Have skiers stand on flat area with skis parallel, in Ready Position. Have skiers try different degrees of edging, using both the left and right edges of their skis. Little “Nibbles” refers to a little edging. “Bites” refers to a lot of edging. Move the group to a slope when they have accomplished the skill on flat terrain.</p>	<p>5 min.</p>
	<p>Ridges and Valleys: Have skiers stand in Ready Position on flat terrain, pushing one ski to the side and leaving a ridge at the farthest point away. Repeat with the other ski. The objective of the game is to create equal ridges with both the left and right skis.</p>	<p>5 min.</p>
	<p>Stomp Fest: Have skiers stand in Ready Position and skid one ski sideways furiously and repeatedly to create a big ridge of snow. When the coach yells “change” (every few seconds), skiers switch to the other ski. The skier who creates the biggest snow pile wins the game.</p>	<p>5 min.</p>

Game Time	The coach places cones/poles as markers on the slope. Have skiers move down the hill slowly to the first set of markers, speed up between the first and second set of markers, and slow down between the second set of markers and the “finish line”.	10 min.
Ski Play	Ski playground under supervision of the coaches. Some one-on-one instruction.	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 11 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Develop and improve skier's balance and agility.
- 2) Review Snowplow Braking.
- 3) Introduce Diagonal Stride without poles.

Key Teaching Points:


☐ **Diagonal Stride (without poles)**

- ✓ Weight is on free foot. Pushing down and back, transfer weight to gliding ski.
- ✓ Do it slowly.
- ✓ Put free foot beside or ahead of other foot.
- ✓ Common errors:
 - skier cannot balance on ski (weight isn't transferred).
 - skier puts free foot down on snow behind the other foot.

Teaching Aids Needed:

- ☐ Ski playground set up appropriately for the age and skill level of the children.
- ☐ Several set tracks close together on a gentle slope.
- ☐ Slalom poles if available (or stakes with flagging/regular ski poles).
- ☐ Ropes with fixed loops for every second child in the group.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Review)	Toe Lifts: Skiers glide down a slight incline, lifting the tip of one ski by raising their toes. Repeat with each ski. Next move to the slope that has set tracks close together. Skiers go down the incline stepping sideways from track to track as they move from the left to the right side of the slope.	5 min.

<p>Snowplow Braking (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Have skiers form wedge with ski tips together and tails apart. 3) Have skiers control speed by adjusting the size of the wedge and edging their skis. The pressure on each ski should be equal, so that the skier does not turn to the left or right. 4) Skiers maintain upper body in Ready Position while practising the skill. 	<p>10 min.</p>
<p>Game Time</p>	<p>Fast-Slow Poles: This exercise will help skiers learn the snowplow technique. In Practice Plan 9, cones were used to mark the snowplow sections. This time you will use “gates” marked with ski poles. Note: This exercise should only be used if the skier has the skill level to use the Snowplow technique. The diagram below shows the set up of the markers. Narrow gates: one metre apart. Wide gates: two metres apart. Skiers tuck through the narrow gate, snowplow through the wide gate, and tuck again to pass through the narrow gate. The ski tails should brush the poles as the skiers go through the wide gate.</p> <p>Figure 5.2 - Fast Slow Poles</p> 	<p>10 min.</p>

<p>Diagonal Stride (without poles) (Introduce)</p>	<p>Coach demonstrates and reviews key points.</p> <p>Scooter Exercise: Practise Diagonal Stride elements using this activity:</p> <ol style="list-style-type: none"> 1) Skiers remove their right ski and stand on their left ski in the right hand track. 2) Skiers then push their way down the track using their right hand foot. They push themselves slowly up on the left ski to glide for a period between push-offs. This is done with an emphasis on transferring the skier's weight from the foot to the ski. 3) The kick foot stays behind until the glide ski comes to a stop. 4) Skiers bring the free foot beside or ahead of the glide foot when starting the next push. 5) Switch the ski to the other foot and repeat. 	<p>10 min.</p>
<p>Game Time</p>	<p>Horse and Carriage: The coach makes two lines in the snow about ten metres apart. Skiers are paired up, with one skier playing the role of the horse, and the other the role of the carriage. Using a rope with a fixed loop, the horse double poles forward, pulling the carriage from the first line to the second one. Horse and carriage then exchange roles.</p> <p>Scooter Cops and Robbers: Everyone has only one ski on. One coach is the "cop." The skiers are "robbers." The robbers are safe as long as they are in a marked area (hideout). However they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When captured robbers are tagged by a free robber, they can go free. Switch skis to opposite foot after five minutes.</p>	<p>10 min. 10 min.</p>
<p>Ski Play</p>	<p>Ski playground under supervision of the coaches. Coaches provide some one-on-one instruction.</p>	<p>20 min.</p>

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 12 (LEVEL 1 – ON SNOW)

SPECIAL ACTIVITY – TREASURE HUNT

Specific Objectives:

- 1) Put into practice skills learned during regular practice sessions.
- 2) Have fun.

Key Teaching Points:

- ☐ Prepare the setting ahead of time.
- ☐ Following the Treasure Hunt, time permitting, provide supervised ski play time at the ski playground. Conclude the session with hot chocolate and snacks in the day lodge.

Teaching Aids Needed:

- ☐ Refer to section 5.5 for more information. Additional information is available in subsequent NCCP workshop materials.
- ☐ A good imagination.
- ☐ Various pieces of equipment and signs to set up for the hunt.
- ☐ Extra help from parents and other coaches.

Conclude the session with hot chocolate and snacks at the day lodge. Extend the supervised activity time in the day lodge as appropriate.

PRACTICE PLAN 13 (LEVEL 1 – ON SNOW)

Specific Objectives:

- 1) Develop and improve skier balance and agility.
- 2) Review Diagonal Stride without poles.

Teaching Aids Needed:

- ❑ Ski playground set up appropriately for the age and skill level of the children.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance (Review)	Snakes: This game is also known as “Follow the Leader”. The skiers follow a coach, who leads the group through the ski playground, changing directions frequently, going over or around obstacles and using different terrain. The coach might also include different skills such as Side Step, Herringbone and shuffling in the tracks.	15 min.
Diagonal Stride (without poles) (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates as he/she leads the group. 2) Skiers cross the area sliding their skis in a “jogging-like” action, pushing off the balls of their feet, and lifting the ski off the snow at the back. Skiers should continue the glide on the front ski. 3) For additional details refer to 4.3.1. Scooter Exercise: Practise Diagonal Stride	

	<p>elements using this activity:</p> <ol style="list-style-type: none"> 1) Skiers remove their right ski and stand on their left ski in the right hand track. 2) Skiers then push their way down the track using their right foot. They push themselves slowly up on the left ski to glide for a period between push-offs. This is done with an emphasis on transferring the skier's weight from the foot to the ski. 3) The kick foot stays behind until the glide ski comes to a stop. 4) Skiers bring the free foot beside or ahead of the glide foot when starting the next push. 5) Switch the ski to the other foot and repeat. 	15 min.
Game Time	<p>Horse and Carriage: The coach makes two lines in the snow about ten metres apart. Skiers are paired up, with one skier playing the role of the horse and the other the role of the carriage. Using a rope with a fixed loop, the horse double poles forward, pulling the carriage from the first line to the second one. Horse and carriage then exchange roles.</p>	10 min.
	<p>Freeze Scooter Tag: One coach acts as the "chaser." Skiers remove one ski. They freeze on one leg when tagged by the chaser. Frozen skiers may be unfrozen if tagged by a free skier. Alternate skis after five minutes.</p>	15 min.
Ski Play	<p>Ski playground under supervision of the coaches. Coaches provide some one-on-one instruction.</p>	20 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 14 (LEVEL 1 – ON SNOW)

SKILL EVALUATION SESSION

Specific Objectives:

- 1) On a ski trail, be able to use all skills learned.
- 2) Review and evaluate skiers for year end skill awards.

Key Teaching Points:

- ☐ Prepare a trail for the “Adventure” ahead of time. It may be best to close that trail off from the public, depending on the features you set up for the session.

Teaching Aids Needed:

- ☐ A good imagination.
- ☐ Various pieces of equipment and signs to prepare the trail.
- ☐ Extra help from parents or other coaches.
- ☐ “*Skill Criteria and Evaluation Benchmarks - Level 1*” and “*Skill Checklist - Level 1*” from your Reference Material (sections 4.3.1 and 4.3.2).
- ☐ Clipboard with plastic protection.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Review All Level 1 Skills	<p>The Adventure: The coach takes the group on a ski on an easy terrain trail that is approximately one or two kms in length. Describe it as the “<i>Trip Around the World.</i>” When crossing wild rivers, skiers need to “walk like a duck” (i.e. herringbone). When they come to the “sleeping crocodiles” (i.e. coloured ropes or painted lines) they side step over them, etc.</p> <p>During the session, coaches evaluate the skiers’ skills and record their evaluation on the Skills Checklist.</p>	45 min.

Ski Play	Ski playground under supervision of the coaches. Some one-on-one instruction.	30 min.
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Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 15 (LEVEL 1 – ON-SNOW)

Specific Objectives:

- 1) Work with individual skiers to improve skills that are below Level 1 standard.
- 2) Continue to evaluate skiers for year end skill awards.

Teaching Aids Needed:

- ❑ Appropriate video to show the group what they can achieve if they continue to improve their ski skills, and to inspire them to work towards this goal.
- ❑ Ski playground area set up appropriately for the age and skill level of the skiers.

Skill	Description	Time
Review Technique Skills	Video presentation in day lodge.	30 min.
	Skiers prepare for on-snow session.	15 min
Work on Skills Ski Play	<ol style="list-style-type: none"> 1) Skiers use ski playground under the supervision of the coaches. 2) Coach demonstrates and goes over key points (with individual skiers) of skills that have been identified as requiring improvement. One-on-one basis. 	35 min.

Conclude the session with hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 16 (LEVEL 1 – ON SNOW)

YEAR END ACTIVITY

Specific Objectives:

- 1) Have fun.
- 2) Encourage team work and the integration of ski skills through adventurous, cooperative activities.
- 3) Wind up the season ski activities.
- 4) Recognize enthusiasm, effort, skill achievement and respect for others.

Teaching Aids Needed:

- ☐ Awards, Progress Reports.
- ☐ This depends entirely on the activities that are used.
- ☐ Refer to sections 4.3 and 5.5.

Conclude the session with hot chocolate and snacks at the day lodge. Extend the supervised activity time in the day lodge as appropriate.

5.4 Practice Plans: FUNdamentals Stage of Development - Level 2

Points to keep in mind in addition to those listed in sections 5.2 and 5.3.

- ❑ If you don't already have them, you should acquire the report cards from the previous year for each skier enrolled in your program.
- ❑ All the practice sessions focus on classic technique with the exception of Practice 12, which focuses on skating technique.
- ❑ Poles will be required when learning some skills, not others. Moreover the use of poles will depend to some extent on the skill level of the individual skier. Some children will be ready to advance to using poles more quickly than others.
- ❑ Begin to introduce very brief demonstrations with respect to nutrition, rehydration, the reasons why skiers should warm up before practices, etc., during the Wrap Up period.

PRACTICE PLAN 1 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Have FUN!
- 2) Assess general ski abilities to ensure skiers are in the appropriate group.
- 3) Assess ski equipment to determine if appropriate for Level 2 skill development.
Provide feedback to parents if equipment is inadequate.
- 4) Review and introduce Diagonal Stride on flats without poles.

Key Teaching Points:

☐ **Diagonal Stride (Scooter Exercise)**

- ✓ Weight is on the free foot. Pushing down and back, transfer weight onto gliding ski.
- ✓ Do it slowly.
- ✓ Put free foot down beside or ahead of gliding foot.
- ✓ Common errors:
 - skier cannot balance on ski (weight isn't transferred)
 - skier puts free foot down on snow behind glide foot.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Sufficient parallel sets of tracks to play the Scooter game.
- ☐ Ski playground set up appropriately for the age and skill level of the skiers.
- ☐ Name tags (masking tape and marker) to identify the skiers.
- ☐ Cones.
- ☐ Help from parents and other coaches.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

<p>Balance and Agility</p>	<ol style="list-style-type: none"> 1) Coach provides a demonstration of the Ready Position. 2) Skiers stand on left leg only. 3) Skiers stand on right leg only. 4) Skiers stand on left leg only and touch left ski with hand. 5) Skiers stand on right leg only and touch right ski with hand. 6) Skiers lie on their back and rise up to Ready Position as quickly as they can. 	<p>5 min.</p>
<p>Review and Assess Level 1 Skills</p>	<p>Follow the Leader: The skiers follow one of the coaches who leads them through a number of exercises as they move through the ski playground:</p> <ol style="list-style-type: none"> 1) Have skiers Fall and Rise. 2) Have skiers Diagonal Stride – running step. 3) Have skiers do a figure eight. 4) Have skiers Herringbone up a small hill. 5) Have skiers practice Snowplow Braking down the hill. 6) Have skiers Side Step up a slope. 7) Have skiers Free Glide down the slope. 	<p>20 min.</p>
<p>Game Time</p>	<p>Star Turn Tails (Simon Says): The coach demonstrates a Star Turn, keeping the tails of the skis together. To begin the game, the coach says “Simon says turn to the right”, “Simon says go faster”, etc. The skiers act on the instructions only if the coach says “Simon says....”</p>	<p>5 min.</p>

<p>Diagonal Stride (without poles) (Review and Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates as they lead the group. 2) Skiers cross the area sliding their skis in a “jogging-like” action, pushing off the balls of their feet, and lifting the ski off the snow at the back. Skiers should continue the glide on the front ski. 3) For additional details refer to 4.3.1, 4.3.3 and 4.2.1. <p>Scooter Exercise: Practise Diagonal Stride elements using this activity:</p> <ol style="list-style-type: none"> 1) Skiers remove their right ski and stand on their left ski in the right hand track. 2) Skiers then push their way down the track using their right foot. They push themselves slowly up on the left ski to glide for a period between push-offs. This is done with an emphasis on transferring the skier’s weight from the foot to the ski. 3) The kick foot stays behind until the glide ski comes to a stop. 4) Skiers bring the free foot beside or ahead of the glide foot when starting the next push. 5) Switch the ski to the other foot and repeat. 	<p>10 min.</p>
<p>Game Time</p>	<p>Freeze Scooter Tag: One coach acts as the “chaser”. Skiers remove one ski. They freeze on one leg when tagged by the chaser. Frozen skiers may be unfrozen if tagged by a free skier. Alternate skis after five minutes.</p>	<p>10 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.</p>	<p>20 min.</p>

Wrap Up (in day lodge)	Wrap up with an information session explaining the Program Awards and other administrative or logistical program details. Coaches meet parents. Conclude the session with hot chocolate, snacks and a short social time.	15 min.
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PRACTICE PLAN 2 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Diagonal Stride without poles.
- 3) Introduce Sidestepping uphill.
- 4) Introduce Herringbone on the uphills.

Key Teaching Points:

❑ Diagonal Stride (without poles)

- ✓ Scooter: ankle and knee both bend when pushing.
- ✓ Scooter: arms swing comfortably opposite to leg stride.
- ✓ Common errors:
 - skier pushes with a straight leg.
 - skier does not weight ski when pushing.
 - skier does not transfer weight onto glide ski (weight shift) during the leg push.
 - skier's arms swing across chest and not up and down the track.
 - arm swing is same as leg stride - i.e. left leg and left arm are moving forward at the same time.

❑ Side Stepping Uphill

- ✓ Skier steps sideways up hill and edges the outside (uphill) side of the ski.
- ✓ Skier puts weight on uphill ski, bringing the other ski parallel.
- ✓ Skier edges uphill side of ski, puts weight on it, and steps sideways again.
- ✓ Body is in Ready Position.
- ✓ Skis are perpendicular to the fall line.
- ✓ Common errors:
 - skis are placed on snow pointing slightly downhill or uphill.
 - skis are not edged prior to putting weight on them.

❑ Herringbone Uphill

- ✓ Inside of skis are edged into hill.
- ✓ Body remains upright.
- ✓ Knees and ankles are slightly bent.
- ✓ Skier maintains "V" shape with skis (tips apart).

- ✓ Arms swing comfortably.
- ✓ Common errors:
 - legs and ankles are straight.
 - upper body is bent at waist.
 - skier does not edge one or both skis (slides backwards).
 - skier cannot maintain both skis in “V” shape.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Sufficient parallel sets of tracks to play the Scooter game.
- ☐ Ski playground set up appropriately for the age and skill level of the skier.
- ☐ A large ball for each skier in the group.
- ☐ Cones or water-soluble paint to mark the start line.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers run in place on their skis, changing the tempo from slow to fast. 2) Have skiers walk on one spot extending their leg backwards. 3) Have skiers balance on one leg with the other extended backwards. Hold that position for three seconds and then switch. <p>Sizzling Snow: While remaining in one place the skiers step from ski to ski, keeping only one ski on the burning snow at a time. Have the skiers “hiss” as the snow “burns their skis”.</p>	5 min.
Diagonal Stride (without poles) (Review)	Coach demonstrates and reviews key points. For details refer to 4.3.1, 4.3.3 and 4.2.1.	10 min.

Game Time	<p>Scooter Glide: Skiers remove one ski and practise scootering and gliding on one ski for as long as possible. The contest is to see who can glide the longest. A variation of the game is to have the skiers count the number of pushes they require to cover the distance between the start line and finish line. This game encourages a more powerful push and a better glide.</p>	10 min.
Side Stepping Uphill (Introduce)	<ol style="list-style-type: none"> 1) Coach explains what a “fall line” is, and then demonstrates the skill and reviews the key points. For details refer to section 4.3.1. 2) If space allows, each skier Side Steps up the slope five steps, waits a moment, and then Side Steps down to the start point. 3) Repeat facing in the opposite direction. 	5 min.
Game Time	<p>Uphill Basketball: Skiers are given a large size ball that they hold in front of their chest, using both hands. The skiers Side Step up the hill carrying the ball, and then return back down in a Free Glide, still holding the ball. At the bottom of the hill the skier throws the ball into a basket or through a hoop, depending on how the game is set up. Option: place two 2-metre long ropes perpendicular to the Fall Line for the skiers to Side Step over during the uphill portion of the game.</p>	10 min.
Herringbone (uphill) (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates Herringbone on the flats and reviews key points. 2) Have skiers approach the Herringbone from the diagonal walking position (skis parallel), moving forward. 3) Have skiers open up their skis into a Herringbone while moving forward. 4) Skiers then narrow their skis back into a parallel position, and continue to move forward. 	10 min.

<p>Herringbone (uphill) (Introduce) continued...</p>	<p>5) For additional details refer to 4.3.1 and 4.3.2. 6) The coach then demonstrates Herringbone on an uphill and reviews the key points. Refer to section 4.3.3 for details. 7) The skiers try this several times, Free Gliding back down the hill.</p>	<p>10 min.</p>
<p>Game Time</p>	<p>Red Light, Green Light: The coach is the policeman, and is positioned at the top of the hill. The skiers are positioned at the bottom of the hill, spread out behind the start line, and facing the policeman. When the policeman says “green light” the skiers Herringbone up the hill. When the policeman says “red light” the skiers stop. Once they reach the top of the hill they Free Glide back to the bottom. When caught moving on a red light (going up or down), skiers have to sidestep back to the start line at the bottom of the hill.</p>	<p>5 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	<p>15 min.</p>

PRACTICE PLAN 3 (LEVEL 2 – INDOORS)

SKI PREPARATION SESSION

Specific Objectives:

- 1) Teach skiers that good ski-care habits and appropriate ski preparation will result in positive ski experiences.
- 2) Teach skiers the purpose of the tools and waxes in their personal wax kit.
- 3) Have skiers practice the basic steps of grip wax application.

Note: Advise parents to bring the skier's classic skis to this session.

Key Teaching Points:

- ❑ **Ski Care.** The coach reviews the principles of good ski care from the previous year:
 - ✓ Put your name on your equipment (if applicable).
 - ✓ How to carry your ski equipment.
 - ✓ Don't ski where there is gravel or dirt.
 - ✓ Don't leave your ski poles lying around where someone can step on them.
 - ✓ Place your equipment in the appropriate place when you go into the day lodge.
 - ✓ Store your equipment properly after each session; put socks over the tips and tails; use ski fasteners to hold the skis firmly together, etc.
 - ✓ Learn to prepare your own skis. Don't wait for an adult to do it!
- ❑ **Ski Preparation – Application of Grip Wax**
 - ✓ Review what was covered the previous year:
 - The first step is inspection. Hold the ski up to the light and look down the base. Look for bumps, tears, etc.
 - Have the skier place a classic ski firmly in the ski form.
 - Clean the ski top, sides and bottom with wax remover.
 - Dry thoroughly.
 - Using a plastic scraper, make a couple of passes from tip to tail in a continuous motion.
 - Take some fiberlene or paper towel and wipe the ski.
 - ✓ At this point the coach should check the ski to see if it needs work, and either repair the ski or inform the parent if it needs special attention.
 - ✓ When the ski is ready, the coach or parent applies a glide wax to the tips and tails of the ski. Once this step is complete, the skier can begin the process of applying grip wax.

- Have the skier take some sandpaper (80 grit) and rough up the grip zone of the ski. If the ski is used for both classic and skating techniques, the skier should be very cautious about executing this step.
- Make sure the grip wax is cold.
- Rub a thin layer of the grip wax into the grip zone of the ski and smooth out the layer with a cork.
- Start with 3-4 thin layers of grip wax.
- Skiers then “test” their skis.
- If the grip is not adequate the skier can add one or two more layers, or a slightly softer wax.
- If the grip is still not adequate, the next step is to lengthen the grip zone.
- Finally, if the grip is still inadequate, it should be scraped off with a plastic scraper and the process repeated with a softer wax.

Teaching Aids Needed:

- ☐ A suitable room to hold a ski preparation session.
- ☐ Set tracks close to the room so that the skiers can test their skis.
- ☐ An appropriate number of coaches/parents to provide close supervision.
- ☐ Ski forms and supplies of tools, etc.
- ☐ Refer to section 3.5 of the Introduction to Community Coaching Reference Material or
- ☐ “*Skill Criteria and Evaluation Benchmarks - Level 2*” and “*Skill Checklist - Level 2*” from your Reference Material (sections 4.3.3 and 4.3.4).

Ensure adequate supervision for all ski preparation sessions!

Conclude the session with hot chocolate, snacks and a short video.

PRACTICE PLAN 4 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Review and improve the skier's balance and agility.
- 2) Review and introduce Diagonal Stride without poles.
- 3) Introduce Star Turn with tails apart.
- 4) Review and introduce Falling and Rising on a slope.

Key Teaching Points:

❑ Diagonal Stride (without poles)

- ✓ Weight is transferred from ski to ski so skier is balancing on one leg at a time.
- ✓ Skier bends ankle and knee when pushing.
- ✓ Arms swing naturally opposite to leg stride.
- ✓ Arms swing parallel to track.
- ✓ Common errors:
 - skier pushes with a straight leg.
 - skier does not weight ski when pushing.
 - skier does not transfer weight onto glide ski (weight shift) during the leg push.
 - skier's arm swings across chest, and not up and down the track.
 - skier's arm swing is the same as leg stride (i.e. left leg/arm moves forward at same time).

❑ Star Turn (with tails apart)

- ✓ Skier's arms and hands stay forward of body.
- ✓ Skier forms slight wedge with ski tips together and tails apart
- ✓ With weight on one ski, the skier lifts the tail of other ski and widens wedge.
- ✓ Skier puts weight on other ski and brings first ski parallel.
- ✓ Repeat until full circle is made keeping ski tips on one spot.
- ✓ Common errors:
 - skier keeps centre of gravity between skis.
 - skier steps on top of other ski.

❑ Falling and Rising (on a slope)

- ✓ Falls to the side, using sitting motion, while gliding down gentle slope.
- ✓ Skier positions skis on downhill side of body, and perpendicular to the fall line.

- ✓ While edging the skis, skier moves to hands and knees position over the skis.
- ✓ Skier slides one foot forward and stands up.
- ✓ Common errors:
 - skier is afraid to fall.
 - skier falls forward.
 - skier tries to stand up before positioning skis on downhill side of body and perpendicular to the fall line.
 - skier tries to stand up before skis are edged.
 - skier tries to stand up before hips are over skis.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Help from parents and other coaches.
- ☐ Sufficient parallel sets of tracks to play the Scootergame.
- ☐ Cones or other markers for prison, hideouts and start line.
- ☐ Coloured sticks.
- ☐ Ski playground set up appropriately for the age and skill level of the skier.
- ☐ Blocks 10-20 cm high.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	1) Have skiers walk on their toes. 2) Have skiers walk on their toes with ankles and knees bent. 3) Have skiers walk on one spot extending the leg backwards. 4) Have skiers walk on one spot, extending the leg backwards and holding it for three seconds. 5) Repeat.	5 min.

Diagonal Stride (without poles) (Review and Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Skiers ski slowly emphasizing their weight shifting from the pushing/kicking ski to the gliding ski. 3) Add an emphasis on bending ankle and knee. 4) Add an emphasis on proper arm swing. 	10 min.
Game Time	Scooter Hurdles: The skiers prepare for Scooter as usual by removing a ski, but this time they must all remove their right ski. Obstacles are placed beside the tracks, on the right side, 1-2 m apart, and 10-20 cm high. Skier place their left ski in the right track, and move forward. Each time they step over an obstacle, it forces them to place their weight on the gliding ski. Repeat on a different course using the opposite ski.	10 min.
Star Turn (with tails apart) (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Skiers do the exercise in both directions. 	5 min.
Game Time	Cops and Robbers: One coach is the “cop”. The skiers are “robbers”. The robbers are safe as long as they are in a marked area (hideout). However, they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When a robber is tagged by a cop, they must go to prison. When a captured robber is tagged by a free robber, they can go free.	10 min.

Falling and Rising (on a slope) (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and explains keypoints. 2) Have the skiers Free Gliding down a gentle slope. 3) Have the skiers fall to one side. 4) When they rise, have them continue with their Free Glide to the bottom of the slope, or have them herringbone back to the top. 5) Repeat, but this time have the skiers fall on the other side. 	5 min.
Game Time	Pick Up Sticks: Skiers start at the bottom of a hill. They ski up the hill using the technique of choice, and then Free Glide down the hill. Parallel to the tracks there are sticks lying flat on the snow. As the skiers come down the hill they try to pick up a stick.	10 min.
Ski Play	Skiers use ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 5 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Diagonal Stride without poles.
- 3) Review and introduce Free Glide.
- 4) Review and introduce Snowplow Braking.

Key Teaching Points:

❑ Free Glide

- ✓ Skier's arms and hands stay forward of body while gliding down gentle hill.
- ✓ Body remains upright.
- ✓ Knees and ankles are slightly bent.
- ✓ Common errors:
 - legs and ankles are straight.
 - upper body is bent at waist.
 - one or both hands are by body.

❑ Snowplow Braking

- ✓ Skier stands in Ready Position with arms and hands forward of body, body upright and knees and ankles bent.
- ✓ Skis form wedge with tips closer together.
- ✓ Knees come closer together, and ankles roll in to edge skis.
- ✓ The amount of edging and the size of the wedge control the speed.
- ✓ Common errors:
 - skier's legs and ankles are straight and therefore skis are not edged.
 - upper body is bent at waist.
 - skier turns while braking (failure to put equal pressure on both inside edges).
 - arms and hands are not forward of the body.

Teaching Aids Needed:

- ❑ Trails groomed for classic technique.
- ❑ Help from parents and other coaches.
- ❑ Cones or other markers for prison, hideouts and start line.

- ❑ Ski playground set up appropriately for the age and skill level of the skier.
- ❑ “Hurdles” 20-30 cm high for Scooter exercises.
- ❑ Enough socks with tennis balls in them for each skier in the group.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance	<p>Pendulum Swings: Skiers stand on one leg while swinging the other leg back and forth. Begin slowly, and then increase the tempo.</p> <p>Combo Swing: Skiers stand on one leg while swinging the other leg back and forth. When the skiers stand on their left leg, the left arm swings in the same direction as the right leg and the right arm swings in the opposite direction.</p>	5 min.
Diagonal Stride (without poles) (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers Diagonal Stride slowly with emphasis on shifting weight from the pushing/kicking ski to the gliding ski 3) Add emphasis on bending ankle and knee. 4) Add emphasis on proper arm swing. 5) Coach demonstrates and reviews key points of the Scooter exercise. 6) Emphasize bending the knee and ankle just before the push. 7) Emphasize starting the push with a flat foot. 8) Emphasize a relaxed arm swing. 9) Switch to the other ski after five min. 10) Use hurdles for the skiers to clear with their pushing foot. 11) Skiers then put on both skis and practice scootering, but this time pushing off with their ski. Coach moves around group providing one on one instruction. 	5 min.

Game Time	<p>Scooter Cops and Robbers: Everyone has only one ski on. One coach is the “cop”. The skiers are “robbers”. The robbers are safe as long as they are in a marked area (hideout). However they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When a robber is tagged by a cop, they must go to prison. When a captured robber is tagged by a free robber, they can go free. Switch skis to opposite foot after five minutes.</p>	10 min.
Free Glide (Review and Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers stand in Ready Position (body generally upright, knees and ankles relaxed and slightly bent). 3) Skiers keep hands forward and skis parallel. 4) Pole handles are down and in front of body, with pole tips pointed behind. The pole shaft is angled down and backward so that it doesn't drag on the snow. 5) Skiers Free Glide down the slope and Side Step back up the hill. 6) Repeat several times. 	5 min.
Game Time	<p>Fetch: A start line is marked on one side of the field, and a finish line on the other. Each skier has a sock with a ball in it. The skiers line up at one edge of the field and throw the sock as far down the field as they can. They Diagonal Stride as fast as they can to the sock, and execute a full Star Turn (tails apart) around the sock. The skier then picks up the sock and throws it further down the field towards the finish line. This continues until the sock lands past the finish line. Option: Have a basket at the end of the field rather than a finish line.</p>	10 min.

<p>Snowplow Braking (Review and Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to sections 4.3.1 and 5.3 - Practice Plan 10 for detailed information. 2) Skiers start on the flat in a Ready Position, forming a wedge with their skis. 3) Have skiers edge and flatten their skis while in a stationary position. 4) Move to the top of a slope that has the appropriate gradient and length for this skill level of skier. 5) Arrange ahead of time for a cone marker to be placed in the run out area beyond the bottom of the hill. 6) Have skiers descend the hill as slowly as possible, coming to a Snowplow Stop at the bottom, as close to the cone as possible. 7) Slowly move the cone closer to the bottom of the hill, forcing the skiers to control their speed more and brake harder. 	<p>10 min.</p>
<p>Game Time</p>	<p>Snowplow Snake: The coach begins in a Snowplow position at the top of a slope. The first skier moves into a Snowplow position behind the coach, holding onto the coach's waist. The next skier moves into position behind the first skier, and so on. The coach does a slow Snowplow down the hill. Note: The skiers may require some help to get into formation. Option: Add one or two bumps on the downhill slope for the "snake" to go over.</p>	<p>10 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	<p>15 min.</p>

PRACTICE PLAN 6 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Free Glide.
- 3) Introduce Kick Turn on flats.
- 4) Review and introduce Diagonal Stride without poles.

Key Teaching Points:

☐ **Kick Turn (on flats)**

- ✓ Skier balances on one ski, and lifts the other ski tip high enough to get the tail off the snow, and turn the ski around so the tip is pointing almost backwards.
- ✓ Skier balances on turned ski, lifts first ski tips up high enough to get tail off snow and places it parallel to other ski.
- ✓ Common errors:
 - skier isn't balanced on first ski when they move the second ski.
 - skier doesn't lift second ski high enough for tail to clear the snow.
 - skier places one ski on top of the other.

☐ **Diagonal Stride (without poles)**

- ✓ Weight is transferred from ski to ski so skier can balance on one leg.
- ✓ Ankle and knee are bent when pushing.
- ✓ Arms swing naturally opposite leg stride.
- ✓ Arms swing parallel to track.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Cones or other markers for prison, hideouts and start line.
- ☐ Help from parents and other coaches.
- ☐ Ski playground set up appropriately for the age and skill level of the skier.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility (Introduce)	<ol style="list-style-type: none"> 1) Have skiers lie on their backs and get up as fast as they can. Repeat several times. 2) Skiers stand in place with their skis in a “V” position. They edge the inside of one ski, and then the other. <p>The Walking Duck: Skiers walk in one place with skis in a “V” position, pausing over each ski for two seconds. Next have skiers run in one place with their skis in a “V” position.</p>	5 min.
Kick Turn (on flats) (Introduce)	Coach demonstrates and reviews key points. For details refer to section 4.3.3.	10 min.
Game Time	<p>Crows and Owls: The objective of this game is to work on turning from a stationary position and forward movement without poles. Form two equal teams. One team will be “Crows” and the other team “Owls”. The two teams form lines with one team facing the other. The lines need to be marked by ski poles or a similar marker at each end. The two lines should be 20 to 30 metres apart. For each team, its own line is its “home”. The coach then makes a statement that is easily identified as either true or false. If it is true, the Owls (who are wise and honest) chase the Crows; if it is false the Crows (who are sly, devious and don’t always know the truth) chase the Owls. The team being chased must turn around and ski past the poles identifying its home line to be safe. A skier who is tagged by a skier from the other team before they get safely home must join that team.</p>	10 min.
Free Glide (Review)	Coach demonstrates and reviews key points. For details refer to Practice Plan 5.	5 min.

Balance and Agility	<p>Ski Soccer: Skiers stand in a “V” position with a ball in front of them. Have the skiers move the ball across a flat area by placing the ski boot sideways to make contact. Next have the skiers balance on one ski, while lifting the other backwards. Skiers hold the ski backwards for two seconds and then slowly swing their ski forward, holding the tip off the snow for two more seconds. Repeat several times and switch legs.</p>	10 min.
Diagonal Stride (without poles) (Review and Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Have the skiers practise this slowly with an emphasis on a weight transfer from the pushing/ kicking ski to the gliding ski and balance on the gliding ski when gliding. 3) Arms swing back and forth (not sideways). 4) Scooter Exercise: Skiers remove one ski and glide on the other one, pushing off with the free foot. Emphasize bending ankle and knee when pushing off. Emphasize proper arm swing. Emphasize placing the kicking foot on the snow slightly ahead of the gliding foot. Switch ski to opposite foot. 	5 min.
Game Time	<p>Scooter Relay: The group is divided into two teams. One half of each team goes behind a line at the top of a gentle slope, and the other half behind the start/finish line at the bottom. The lead skier from each team scooters up the hill (emphasis on bent ankle and knee) and tags the respective uphill teammate who then scooters down the hill (emphasis on balance and glide) to tag the third skier. Repeat using the other leg.</p>	10 min.
Ski Play	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.</p>	20 min.
Wrap Up (in day lodge)	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	15 min.

PRACTICE PLAN 7 (LEVEL 2 – ON SNOW)

A CLUB ACTIVITY

Participation in a special club activity/event exposes young skiers to the wide range of programs that clubs offer. If you live in a community that doesn't offer programs of this kind, refer to section **5.5** of the Introduction to Community Coaching Reference Material for some ideas and create a "special activity" of your own. This could be a Moonlight Ski, a Lantern Ski, a Mini-Olympics, an orienteering game, a trek to a cabin/lake for lunch and some games, or a similar activity.

Specific Objectives:

- 1) Introduce skiers to a new type of cross-country ski experience.
- 2) Practice skills learned during regular practice sessions.
- 3) Introducing skiers to their club.
- 4) Have FUN!

Key Teaching Points:

- ☐ Plan for the activity and, if necessary, prepare the setting ahead of time.
- ☐ Provide suitable coaching support for the activity that has been selected.
- ☐ No formal ski instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

PRACTICE PLAN 8 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Teach the correct way to hold a ski pole.
- 3) Introduce Diagonal Stride with poles.
- 4) Introduce Double Poling.
- 5) Review Snowplow Braking.

Key Teaching Points:

☐ Diagonal Stride (with poles)

- ✓ Skier has alternating arm and leg action.
- ✓ Pole plant is opposite, and to side, of the gliding foot.
- ✓ Common errors:
 - the arm and leg on the same side of skier move forward at the same time.
 - the pole plant is ahead of the gliding foot.

☐ Double Poling

- ✓ Skier's arms reach forward and plant poles at same time.
- ✓ Skier's legs remain relatively straight throughout the poling action.
- ✓ Skiers should be able to push themselves forward down the trail (if not, try it on a gentle downhill).
- ✓ Common errors:
 - skier shifts into a sitting position with bent knees.
 - skier either falls forward on pole plant, or falls back at the end of polepush.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Cones or other markers.
- ☐ Help from parents and other coaches.
- ☐ Ski playground set up appropriately for the age and skill level of the skier.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Bobbing Stork: The skiers stand on one ski, bend forward at the waist, and then stand upright again, with shoulders, hips and ankles lined up one on top of the other. Skiers appear to be bobbing like a bird on one leg. Alternate legs.</p> <p>Flying Stork: The skiers leap into the air by pushing off with both legs. They land on one leg. Alternate legs.</p>	5 min.
Diagonal Stride With Poles (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates the correct way to hold a ski pole. Refer to section 4.2.1 in the Introduction to Community Coaching Reference Materials for detailed information. 2) Diagonal Stride without poles, while holding the poles at the balance point. 3) Have skiers do the same. 4) The coach demonstrates diagonal stride with poles, and reviews the key points 5) Emphasize the pole plant opposite the frontfoot. 	10 min.
Game Time	<p>Penny, Penny, Who's Got the Penny? Divide the skiers into two groups. One skier on one of the teams is given a penny. The other team does not know which opposing member has the penny. The penny carrier has to try and get the penny to his/her team's castle, which is in the opponent's zone. The person who has the penny must show it if tagged. The rest of the team acts as decoys. No poles.</p>	10 min.

Double Poling (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to section 4.3.3 for detailed information. 2) Skiers do the exercise with an emphasis on relatively straight legs. 	10 min.
Game Time	<p>Zim, Zam, Zoom: Have the skiers form a circle, facing in. The coach is in the middle. Going around the circle, everyone says their name clearly, one at a time, so that everyone can hear it. The coach then points at a skier and says “Zim”, “Zam” or “Zoom”. If the coach says “Zim”, the skier they pointed to has to say the name of the skier on their right; if “Zam”, they have to say the name of the skier on their left; if “Zoom”, they have to say their own name. If the skier makes a mistake or hesitates too long, they have to switch places with the coach.</p>	10 min.
Snowplow Braking (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Have skiers practice it with an emphasis on controlled speed, a consistent Ready Position; arms and legs forward of body; upright body; and knees and ankles bent. 	10 min.
Explore Ski Trail	Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one on one instruction. Use poles.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 9 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Diagonal Stride with poles.
- 3) Introduce the Snowplow Stop.
- 4) Review and introduce Double Poling.

Key Teaching Points:

❑ Diagonal Stride (with poles)

- ✓ Emphasize planting the pole with a slant (pole handle ahead of pole tip).
- ✓ Emphasize forward body lean.
- ✓ Common errors:
 - Pole plant is upright or slanted with pole tip ahead of pole handle.
 - Body position is upright.

❑ Diagonal Stride (Scooter)

- ✓ Emphasize planting the kicking foot flat on the snow.
- ✓ Emphasize planting the kicking foot ahead of the gliding foot and start the kick immediately.
- ✓ Common errors:
 - heel of the kicking foot is planted first (encouraging a hips back position).
 - kicking foot is planted behind gliding foot.
 - kicking foot is planted ahead of the gliding foot, but weight has not shifted onto kicking foot until the gliding foot has passed the kicking foot (a late kick).

❑ Snowplow Stop

- ✓ Skier moves down the slope in Ready Position with arms and hands forward of body, upright body and knees and ankles bent.
- ✓ Skis form wedge with tips close together.
- ✓ Skier applies equal pressure on inside edges of skis (rolling inward with the ankles), safely reduces speed and comes to a full stop at the bottom of the hill.
- ✓ Knees come closer together and ankles roll in to edge of skis.
- ✓ Common error:
 - skier rolls ankles too abruptly, starts to lose balance and falls forward.

❑ Double Poling


- ✓ Skier's arms extend fully.
- ✓ Skier's arms are slightly bent at pole plant.
- ✓ Common errors:
 - skier's arm action stops at hips.
 - skier's arms either lock or are bent at right angles at pole plant.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Sufficient parallel sets of tracks to play the Scooter game.
- ☐ Cones or other markers.
- ☐ Help from parents and other coaches.
- ☐ Ski playground set up appropriately for the age and skill level of the skier.
- ☐ Poles for the Snowplow gates.
- ☐ Brightly coloured handkerchief or surveyors tape.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	Quick Thinking: This game tests the skiers' ability to move quickly and maintain balance. The coach stands in front of the group and points in different directions (forward, backward, side-ways). The group responds accordingly. In addition to pointing directions, the coach can call out directions as well. If two skiers collide, they are eliminated from the game. Another variation is to arrange the skiers in a large circle. The coach then calls out "hop left", "slide right", "jump left", etc. No poles.	5 min.

<p>Diagonal Stride with Poles (Review and Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skier Diagonal Strides slowly with an emphasis on shifting the weight from the pushing/kicking ski to the gliding ski. 3) Coach demonstrates the forward lean of the hips and upper body at the start of the leg push. 4) Skier balances on right leg with a forward lean, the left leg extended backwards. 5) Skiers practise Diagonal Stride with an emphasis on proper forward lean. 6) Skier plants left pole with slant opposite right foot. The skier then lifts the pole and repeats the action several times. 7) Repeat with the other leg. 8) Skier then executes Diagonal Stride with emphasis on proper pole plant. 	<p>15 min.</p>
<p>Game Time</p>	<p>Scooter Side Car: The coach pairs up the skiers according to their height. Skiers remove the ski opposite to the one their partner removes, and position themselves behind the start line. The partners stand side by side with their arms around shoulder and waist, and their free foot on the inside. When starting, the partners propel themselves forward by kicking at the same. Emphasize how far the skiers can glide in a single kick. Alternate skis and repeat. No poles.</p>	<p>10 min.</p>
<p>Snowplow Stop (Introduce)</p>	<ol style="list-style-type: none"> 1) Skiers move to an area that has a suitable downhill slope for practising the Snowplow Stop. 2) The coach demonstrates a Snowplow Stop and reviews the key points. Refer to Practice Plan 5 for additional information. 	<p>5 min.</p>

Game Time	<p>Fast-Slow Poles: This exercise will help skiers learn the Snowplow technique. Use “gates” marked with ski poles to mark the Snowplow sections of the course. Note: This exercise should only be used if the skier has the skill level to use the Snowplow technique. The diagram below shows the set up of the markers. Narrow gates: one metre apart. Wide gates: two metres apart. Skiers tuck through the narrow gate, Snowplow through the wide gate and tuck again to pass through the narrow gate. The ski tails should brush the poles as the skiers go through the wide gate.</p> <p>Diagram 5.3 – Fast-Slow Poles</p>  A diagram illustrating the setup for the 'Fast-Slow Poles' exercise. It shows a skier's path through a series of gates marked by ski poles. The path starts with a narrow gate (poles 1 metre apart), followed by a wide gate (poles 2 metres apart), and ends with another narrow gate. The skier's path is indicated by a line that tucks through the narrow gates and widens into a snowplow shape through the wide gate. Arrows indicate the direction of travel from top to bottom.	10 min.
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<p>Balance and Agility</p>	<p>Catch the Dragon's Tail. The skiers in the group line up one behind the other. Eight to ten skiers is ideal. The skiers put their arms around the waist of the skier in front of them. The last skier in the line tucks a brightly coloured handkerchief into his/her back pocket or the back of the toque. To work up steam, the dragon should then make a few scary cries. At a signal from the coach, the dragon begins chasing its own tail, the objective being for the skier at the head of the line to snatch the handkerchief. When the skier at the head of the line finally captures the tail, he/she wears the handkerchief and becomes the new tail. The skier who was second from the front of the line then becomes the new leader. A variation is to have two dragons (chains of skiers) trying to catch the tail of the other.</p>	<p>10 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time at the day lodge.</p>	<p>15 min.</p>

PRACTICE PLAN 10 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Double Poling.
- 3) Introduce Half-Snowplow Braking.
- 4) Introduce Herringbone with poles.
- 5) Prepare the skiers to set goals and go through a competition day routine.

Key Teaching Points:

❑ Double Poling

- ✓ Add full extension of arms.
- ✓ Add arms should be slightly bent at pole plant.
- ✓ Common errors:
 - arm action stops at hips.
 - arms are either locked at pole plant or are bent at right angles.

❑ Half-Snowplow Braking

- ✓ Skier Free Glides down slope.
- ✓ Skier puts weight on one ski while gliding, lifts the braking/plow ski out of the track, and places it in a wedge position with the tips close to tracks.
- ✓ Skier applies pressure to inside edge of the plow ski by shifting weight onto it.
- ✓ Skier presses on plow ski to reduce speed, lifts plow ski back into track, and resumes free gliding.
- ✓ Skier brakes using either ski.
- ✓ Skier maintains Ready Position throughout.
- ✓ Common errors:
 - skier doesn't transfer weight onto gliding ski and therefore can't lift other ski out of track.
 - skier is unable to put plow ski back into the track.
 - skier is unable to maintain Ready Position.
 - the pressure on the braking/plow ski causes skis to cross.

❑ Herringbone (with poles)

- ✓ Diagonal arm action.
- ✓ Plant pole tips behind and to the side of feet.

✓ Common errors:

- arm action becomes independent of leg action (left pole is not planted when right ski is planted).
- there is excessive lifting of poles off snow to “clear the skis”.
- poles are planted too far to the side, instead of close to the skis.

Teaching Aids Needed:

- ❑ Trails groomed for classic technique.
- ❑ Coloured sticks.
- ❑ Ski playground set up appropriately for the age and skill level of the skier.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Flea Leaps: Have skiers jump off snow with both feet. Keep knees bent when landing.</p> <p>One-Leg Pops: Have skiers jump off snow from one ski to the other.</p> <p>Repeat each exercise several times.</p>	5 min.
Double Poling (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Have skiers extend their arms backwards as if poling without the pole tips hitting the snow (ensure no one is standing behind them). 3) Skiers try Double Poling in set tracks with an emphasis on the full extension of their arms (ensure no one is skiing behind them). 4) Next the skiers try this with an added emphasis on slightly bent arms on pole plant. 	10 min.
Game Time	<p>Freeze Tag: One coach acts as the “chaser”. Double Poling is the only technique allowed. The skiers freeze on one leg when tagged. Frozen skiers may be unfrozen if tagged by a free skier.</p>	10 min.

Half-Snowplow Braking (Introduce)	The Coach demonstrates and reviews the key points. Refer to section 4.3.3 for detailed information.	10 min.
Game Time	Pick Up Sticks: Skiers start at bottom of a hill. They ski up the hill using the Herringbone technique and then Free Glide back down. Parallel to the tracks going down the hill there are sticks lying flat on the snow. As the skier comes down hill they try to pick up the sticks. Add one or two bumps on the downhill for the skiers to go over or jump off of.	10 min.
Herringbone With Poles (Introduce)	<ol style="list-style-type: none"> 1) The coach demonstrates and reviews key points. 2) Emphasize diagonal arm action and planting poles behind and to the side of the feet. 	10 min.
Explore Ski Trail	Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one instruction.	20 min.
Wrap Up (in day lodge)	Wrap up with an information session explaining the Sprint Games that will be held at the next session. Instructions should be either handed out or emailed to the parents. Include information on clothing, food, ski equipment, the “rules” of the game, etc. Refer to section 8.3 and 8.4 for details. Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 11 (LEVEL 2 – ON SNOW)

SPECIAL ACTIVITY – SPRINT GAMES

Specific Objectives:

- 1) Introduce skiers to a speed “game”.
- 2) Have FUN!
- 3) Determine annual Program Awards for Sprints.

Notes: Classic technique is recommended for the skiers’ initial sprint experience. Be creative and add some extra fun to your Sprint Games by having a simplified costume party (i.e. most creative head gear) included in the day’s activities, or supplying temporary tattoos to all the participants.

Key Teaching Points:

- ☐ Encourage and praise each child equally for taking part in and completing the task.
- ☐ Downplay comparisons with other skiers.
- ☐ Emphasize self-improvement. There are five Program Awards for Sprints available to Jackrabbits. This first attempt can be used as the baseline against which future achievements can be measured.
- ☐ Use the opportunity for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Refer to section 8, and specifically section 8.3.3, of this manual for instructions on how to organize Sprint Games.
- ☐ Clipboard, pencil and paper with plastic protection.
- ☐ Water soluble paint and marker flags or pylons.
- ☐ Stop watches.
- ☐ Help from parents and other coaches.
- ☐ An award or prize for each skier who completes the task. This could be a Program Award (sticker) or some other prize.
- ☐ Numbered “bibs” or numbered, coloured sheets paper, with safety pins.

Tasks:

In addition to the instructions provided in section 8:

- ❑ Arrange ahead of time for a section of flat terrain, 100 (+) metres in length, to be packed and set with four parallel sets of tracks. The tracks should be set in a straight line, with no corners.
- ❑ Establish start and finish lines before the practice session begins.
- ❑ Explain the “rules” of the game (i.e. skiers can use classic technique only; they cannot change lanes).
- ❑ Explain the routine to the skiers and assist them through the progressive steps:
 - ✓ pick up their bib.
 - ✓ have the coach check/wax their skis.
 - ✓ tests their skis to make sure the wax works for them.
 - ✓ report back to the coach how their skis are working; test their skis again if necessary.
 - ✓ warm up.
 - ✓ stand in a start line with their team mates.
 - ✓ ski the assigned course using the designated technique.
 - ✓ stay active until their next turn.
 - ✓ repeat standing at the start line and skiing the assigned course, and
 - ✓ return their bib.
- ❑ Schedule approximately 20 minutes of supervised ski play following the sprint games.
- ❑ Wrap up with a brief information session to explain that skating technique will be introduced at the next session, and skis should be prepared accordingly.
- ❑ Conclude the session with awards, hot chocolate, snacks and a short social time at the day lodge.

PRACTICE PLAN 12 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Introduce Free Skate.
- 3) Review Half-Snowplow Braking.
- 4) Introduce Snowplow Turn.

The skier will require ski equipment for skating technique. As a minimum, the skier requires skating length poles and, (if classic skis are used), the skis glide waxed the entire length of the ski.

Key Teaching Points:

☐ Free Skate

- ✓ Skier forms wedge with tips apart and tails together.
- ✓ Skier has weight on one ski, and pushes off by edging inside edge of ski.
- ✓ Skier then shifts weight to other ski and glides.
- ✓ Skier pushes off gliding ski by edging inside ski.
- ✓ Common errors:
 - keeps centre of gravity between skis.
 - does not glide equally on right and left skis.

☐ Snowplow Turns

- ✓ Skier demonstrates a Ready Position with hands forward, body upright and knees and ankles bent.
- ✓ Skier demonstrates some wedge with skis throughout the turn.
- ✓ Skier applies additional pressure to inside edge of ski opposite to the direction they wish to turn.
- ✓ After the turn the skier releases the extra pressure on the one ski and continues to descend the hill in a controlled manner.
- ✓ Common errors:
 - skier is unable to maintain Ready Position.
 - skier is unable to turn in both directions.
 - skier applies too much pressure and comes to a stop.

Teaching Aids Needed:

- ☐ Trails groomed for skating technique.
- ☐ Markers to define the Wolf Ring.
- ☐ Cones or pylons for marking the route for Downhill Targets.
- ☐ Ski playground set up appropriately for the age and skill level of the skier.
- ☐ A bucket and bean bags or tennis balls.

Skill	Description	Time
Ski Play (to warm up)	Various speeds.	5 min.
Balance and Agility	<p>Tip and Tail Touch: While skiing down a gentle slope, skiers alternate between touching the tips and tails of their skis with their hands.</p> <p>Luge: While skiing down a gentle slope, skiers first lie back on their skis. Next they practice squatting on their skis until they almost touch the snow with the seat of their pants.</p>	5 min.
Free Skate (introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers start with their skis parallel. 3) Skiers balance on one leg, edge inside edge and push sideways and place new ski on angle. 4) Skiers bring pushing leg parallel, and glide to a stop. 5) Repeat until a circle has been completed. 6) Repeat in opposite direction. 7) Finally, skiers take a skating step in one direction and glide, and then in the other direction and glide, before stopping. 	15 min.

Game Time	<p>Downhill Targets: Choose a slope with a gradient that is suitable for the skill level of the skiers in the group. Set up a downhill course with a start and finish line, and pylons and large curves in between. Skiers begin at the top of the slope and Free Skate around the curves and across the finish line. After crossing the finish line they need to pick up a bean bag and throw it in a bucket before they have completed the game. A variation of this game is to have the skiers turn completely around each pylon before heading on to the next one.</p>	10 min.
<p>Half-Snowplow Braking (Review)</p>	<p>Coach demonstrates and reviews key points. For details refer to section 4.3.3.</p>	5 min.
<p>Snowplow Turns (Introduce)</p>	<ol style="list-style-type: none"> 1) Skiers stand in a Snowplow position on the flat. 2) Skiers edge their skis. 3) Have skiers carefully move their skis so they can look at the marks they left in the snow. 4) Repeat, but have the skiers edge their right ski harder to make a bigger mark in the snow. Repeat with the left ski. 5) The coach demonstrates a Snowplow Turn on a hill and reviews the key points. 6) Skiers each try one turn (either right or left). At first they may prefer to make the turn on the flat during the run out. As their confidence increases, have them do the turn on the hill. 	10 min.

Game Time	<p>Wolf Ring: A defined area with both perimeter and diameter lines is established for the game. Skiing is permitted around the perimeter and across each of the diameters, but in one direction only. A hunter, “the wolf”, chases the rabbits within the defined area. When the wolf tags a rabbit, that person becomes a wolf as well. The game continues until the last rabbit is tagged. The size of the area can vary according to the age of the participant. The coach may or may not decide to choose to use poles depending on space available to play the game. Refer to 4.3.9 for an illustration.</p>	10 min.
Ski Play	<p>Ski playground under supervision of the coaches. Some one-on-one instruction may be provided in areas where skiers need improvement to meet the skill criteria.</p>	20 min.
Wrap Up (in day lodge)	<p>Wrap up by reminding the group that the next practice session will be classic technique. Conclude the session with hot chocolate, snacks and a short social time at the day lodge.</p>	15 min.

PRACTICE PLAN 13 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Diagonal Stride with poles.
- 3) Review and introduce Double Poling.
- 4) Review Snowplow Turn.
- 5) Develop the skier's awareness of the importance of rehydration during physical activity.

Key Teaching Points:

☐ **Double Poling**

- ✓ Skier adds upper body flexion to poling action.
- ✓ Upper body remains bent until arms are extended.
- ✓ Proper timing of contractions is upper body, abdomen, shoulders and elbows.
- ✓ Common errors:
 - skier uses arms only.
 - upper body straightens before arm extension is complete.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Coloured clothes pins.
- ☐ Example of water bottle and water bottle holder.
- ☐ Ski playground set up appropriately for the age and skill level of the skiers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

Balance and Agility	Poison Peanut Butter: The skier first takes a step to one side, and then the other, keeping only one ski on the snow at a time. “Quick, don’t let the peanut butter stick”.	5 min.
Diagonal Stride (with poles) (Review)	The coach demonstrates and reviews key points. Skiers ski a short trail while the coach provides instruction, feedback and encouragement on a one-on-one basis. 50% with poles and 50% without them.	15 min.
Game Time	Clothes Pin Tag: This game is played in a ski pole circle. Choose three “Rabbits” and give the rest of the group three clothes pins each. The winner is the person who can pin a clothes pin on the collar or hood of each of the “Rabbits”. Note: After a skier pins a “Rabbit”, he/she has ten seconds to move away. Clothes pins should be coloured to confirm who has actually left their clothes pin on a Rabbit. You will need several colors, so you may need to paint some pins in order to have enough variety. No poles.	10 min.
Double Poling (Review)	Coach demonstrates and reviews key points. Refer to section 4.3.1 for detailed information.	5 min.
Balance and Agility	Hinge Hop: While skiing down a gentle slope skiers hop, lifting their ski tails and leaving their tips on the snow. Terrain Jump: Using the assistance of their poles skiers perform a small upward and forward jump, tucking their knees up toward their chest.	10 min.

Snowplow Turns (Review)	1) Coach demonstrates and reviews key points. 2) Skiers practise Snowplow Turns by skiing through a series of slalom gates. 3) Repeat by skiing through the gates in the opposite direction.	10 min.
Ski Play	Adventure Trail: Set up a special course on the ski playground, about 500 or 700 metres in length with uphill, downhill, flats and bumps, utilizing the different techniques – Free Skate, Herringbone, Side Stepping, Snowplow Turn, etc. The pirate's treasure – caches of goodies stashed at different points along the route (one per skier at each cache) will make the journey more exciting.	20 min.
Wrap Up (in day lodge)	Wrap up with a short information session explaining the importance of drinking fluids when physically active. Demonstrate with a sample water bottle and water bottle holder. Conclude the session with hot chocolate, the treasure findings, and a short social time at the day lodge.	15 min.

PRACTICE PLAN 14 (LEVEL 2 – ON SNOW)

SKILL EVALUATION SESSION – CLASSIC TECHNIQUES

Specific Objectives:

- 1) For the skier to be able to apply the classic technique skills learned during the season, while skiing on a ski trail.
- 2) Review and evaluate skiers for year-end skill awards.

Key Teaching Points:

- ☐ Prepare a trail for the “Adventure” ahead of time. Set up stations that require the skiers to use the skills they have learned during the season, and on which they will be evaluated. It may be best to close the trail off from the public, depending on the features you set up for the session.
- ☐ When evaluating the skiers, the emphasis should be on the successful accomplishment of a skill. The standard should be achieved only if it is truly deserved.

Teaching Aids Needed:

- ☐ A good imagination.
- ☐ Various pieces of equipment and signs to prepare the trail.
- ☐ Extra help from parents or other coaches.
- ☐ Level 2 Skill Criteria from section 4.3.3; Level 2 Skills Checklist from section 4.3.4.
- ☐ Clipboard and paper with plastic protection; pencil.
- ☐ Nature and environment information from Section 5.2.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds	5 min.

<p>Assess Level 2 Skills</p>	<p>The Adventure: The coach takes the group on a ski on an easy terrain trail that is approximately one or two kms in length. Describe it as the <i>“Trip Around the World.”</i> Vary the “theme” from the previous year so that this adventure is a trip into the unknown.</p> <p>During the session, coaches evaluate the skiers’ skills and record their evaluation on the Skills Checklist.</p>	<p>45 min.</p>
<p>Ski Play</p>	<p>Ski playground under supervision of the coaches. Some one-on-one instruction can be provided in areas where skiers need improvement to meet the skill criteria.</p>	<p>30 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time at the day lodge. Remind the group to come prepared to practise both skating and classic technique at the next practice session.</p>	<p>15 min.</p>

PRACTICE PLAN 15 (LEVEL 2 – ON SNOW)

Specific Objectives:

- 1) Work with individual skiers to improve classic technique skills that are below Level 2 standard.
- 2) Continue to evaluate skiers for year-end skill awards.
- 3) Review and evaluate Free Skate skills at Level 2 standard.

Teaching Aids Needed:

- ☐ Appropriate video/DVD to show the skiers what they can achieve if they continue to improve their ski skills, and to inspire them to work towards this goal.
- ☐ Ski playground area set up appropriately for the age and skill level of the skiers.

Skill	Description	Time
Observe Technique Skills	Video presentation in day lodge.	20 min.
	Skiers prepare for on-snow session, classic technique	10 min.
Ski Play and Work on Skills	<ol style="list-style-type: none"> 1. Skiers use ski playground under the supervision of the coaches. 2. Coach demonstrates and goes over key points (with individual skiers) of skills that have been identified as requiring improvement. One-on-one basis. 3. Skiers change their equipment/prepare their skis for a skating technique session with the help of the coaches. 4. Coach evaluates the skiers' Free Skate skills and records their evaluation on the Skills Checklist. 	50 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 16 (LEVEL 2 – ON SNOW)

YEAR END ACTIVITY

Specific Objectives:

- 1) Have fun.
- 2) Encourage teamwork through adventurous, cooperative activities.
- 3) Wind up the season ski activities.
- 4) Recognize enthusiasm, effort, skill achievement and respect for others.

Teaching Aids Needed:

- ☐ Technique and Program Awards, Progress Reports.
- ☐ This depends entirely on the activities that are used.
- ☐ Refer to sections 4.3 and 5.5 of the Introduction to Community Coaching Reference Material, and sections 4.3.9 and 8.3 of this manual for some ideas for suitable activities.

5.5 Practice Plans: FUNdamentals Stage of Development - Level 3

Points to keep in mind in addition to those listed in sections section 5.2, ,5.3 and 5.4.

- ❑ The program should offer a total of 40 sessions with a minimum of two per week over a period of 18-20 weeks. Practice sessions begin in mid October.
- ❑ Practice sessions should begin in October. Refer to section 5.1.2 for more information, including samples of age appropriate pre-ski season practice sessions.
- ❑ Practice sessions on snow should be approximately 75 minutes in length, followed by 20 minutes of supervised “play time” on a ski trail or at the ski playground. Increase the wrap-up period to 15 minutes.
- ❑ As much as possible, the focus should be on one technique at a practice session, either classic or skating. Alternate between the two so that the skiers are exposed to both techniques equally (50-50). During the Wrap Up, inform the group as to the equipment needed for the next session, and follow up with an email to the parents.
- ❑ In general, poles should be used when learning/practising Level 3 skills.
- ❑ Wrap up the initial session with a short talk explaining the Program Awards and other administrative or logistical program details. Coaches meet parents. Conclude the session with hot chocolate, snacks and a short social time.

The first eleven practice plans for Level 3 should be for pre-ski season practice sessions. The following practice plans are for the on-snow sessions only.

PRACTICE PLAN 12 (LEVEL 3 – INDOORS)

SKI PREPARATION SESSION

Specific Objectives:

- 1) Teach skiers that good ski-care habits and appropriate ski preparation will result in positive ski experiences.
- 2) Review the basic steps of basepreparation.
- 3) Review and introduce the basic steps of grip wax application.
- 4) Introduce skating equipment.
- 5) Introduce how to prepare a classic ski for a skating session.

Note: Advise skiers to bring their classic and skating equipment (if they have skating equipment) to this session.

Key Teaching Points:

☐ Base Preparation and Application of Grip Wax

- ✓ Review what was covered the previous year (Practice Plan 3, Level 2..
- ✓ Increase the level of information on base preparation and the application of gripwax.
- ✓ Increase the skiers' level of responsibility when they prepare their own skis.

☐ Ski Equipment

- ✓ Explain the distinctions between classic and skating equipment.
- ✓ Discuss what a skier needs to do in order to use classic skis for skating purposes.
- ✓ Demonstrate how a classic ski is prepared for skating technique.

Teaching Aids Needed:

- ☐ A suitable room to hold a ski preparation session.
- ☐ Set tracks close to the room so that the skiers can test their skis (if held during the winter season).
- ☐ An appropriate number of coaches/parents to provide close supervision.
- ☐ Ski forms and supplies of tools, etc.
- ☐ Refer to section 3.5 of the Introduction to Community Coaching Reference Material or section 7 of this manual for detailed information.

Ensure adequate supervision for all ski preparation sessions!

Conclude the session with hot chocolate, snacks and a short video.

PRACTICE PLAN 13 (LEVEL 3 – INDOORS)

WINTER SAFETY SESSION

Cross-country skiing is an outdoor winter activity; therefore, learning about winter safety is an essential part of a skill development program. Note that it is important to cover this aspect of the program before young skiers strike out independently and take off for the ski trails to discover skiing on their own, without adult supervision.

Specific Objectives:

- 1) Provide skiers with a basic understanding of winter safety as it pertains to cross-country skiing.
- 2) Teach skiers how to dress appropriately for different cross-country ski activities.
- 3) Teach skiers to recognize the symptoms of frostbite and hypothermia, and what steps they should take if this happens to them or to a team mate.
- 4) Introduce important nutrition and rehydration principles for cross-country skiing situations.

Teaching Aids Needed:

A suitable room to hold a session on winter safety. Help from parents.

Refreshments corresponding to the lesson on nutrition and rehydration.

Presentation equipment and materials as needed - i.e. examples of appropriate clothing, water bottle/holders, etc.

Video/DVD.

Refer to the Introduction to Community Coaching Reference Material (sections 3 and 6) for information on winter safety.

Conclude the session with a good video/DVD on nutrition, winter safety, Canada's National Cross-Country Ski Team or similar topic, and appropriate refreshments.

PRACTICE PLAN 14 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Have FUN!
- 2) Develop and improve the skier's balance and agility.
- 3) Assess general ski abilities to ensure skiers are in the appropriate group.
- 4) Assess ski equipment to determine if appropriate for Level 3 skill development.
Provide feedback to parents if equipment is inadequate.
- 5) Review Snowplow Turn without poles.

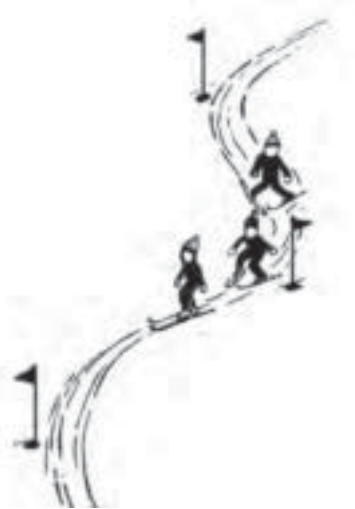
The skier will require ski equipment for classic technique, including poles.

Teaching Aids Needed:

- ☐ Tracks set for classic technique.
- ☐ Ski playground set up for the age and skill level of the skiers.
- ☐ Help from other coaches.
- ☐ Name tags (masking tape and marker) to identify the skiers.
- ☐ Extra poles for the slalom course.
- ☐ Coloured sticks.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Marching Soldiers: Skiers walk on one spot, lifting knees high in front of chest.</p> <p>Flea Leaps: Skiers jump into the air (on their skis) and land softly in a balanced position. Knees should be bent when landing.</p> <p>One-Leg Pops: Skiers pop/spring off one leg, which is bent, and then land on it. Alternate legs.</p>	5 min.

Assess Level 2 Skills	Follow the Leader: The skiers follow one of the coaches who leads them through a number of techniques as they move through the ski playground.	20 min.
	<ol style="list-style-type: none"> 1) Have skiers Diagonal Stride – Gliding Step. 2) Have skiers Double Pole. 3) Have skiers Herringbone up a small hill. 4) Have skiers Free Glide back down the hill. 5) Have skiers Herringbone up a long slope, medium gradient. 6) Have skiers Snowplow Stop, Half-snowplow Brake and Snowplow Turn coming down the hill. <p>During this exercise the skiers are assessed by the coach.</p>	
Snowplow Turn	Coach demonstrates and reviews key points. Refer to Practice Plan 12 – Level 2 and section 4.3.3 for detailed information.	10 min.

<p>Game Time</p>	<p>Snowplow without Poles: The coach sets up a slalom course on the hill as per the diagram. Poles are staggered three/four metres apart. The distance between two poles on the same side would be about five metres. Skiers ski down the hill to the inside of each pole and reach out and try to touch the pole as they go by.</p>  <p>Figure 5.4</p>	<p>20 min.</p>
<p>Game Time</p>	<p>Pick Up Sticks: Skiers start at bottom of a hill. They ski up the hill using the Herringbone technique and then Free Glide back down. Parallel to the tracks going down the hill there are sticks lying flat on the snow. As the skiers come down hill they try to pick up the sticks. Add one or two bumps on the downhill for the skiers to go over or jump off.</p>	<p>15 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Some one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up</p>	<p>Conclude the session with hot chocolate, snacks and a short social time at the day lodge.</p>	<p>15 min.</p>

PRACTICE PLAN 15 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Initiate a routine in which skiers test and adjust their grip waxes prior to a practice session when classic technique is being used.
- 2) Teach the skiers how to adjust their own pole straps.
- 3) Review Diagonal Stride with poles.
- 4) Review Herringbone without poles.
- 5) Review Free Glide.
- 6) Review Double Poling.

The skier will require ski equipment for classic technique, including poles.

Key Teaching Points:

☐ Use of Pole Straps

- ✓ The hand passes through the strap from underneath and rests on top of it.
- ✓ Adjust the strap so the top of the pole fits between the thumb and forefinger when the hand is extended backwards.
- ✓ The thumb should rest on the lower strap (left and right poles).
- ✓ Common errors:
 - the hand passes through the strap from the top side.
 - the ski strap is too long, so the skier has to physically hold it at all times to control it.

Teaching Aids Needed:

- ☐ Sufficient parallel set tracks for Scooter games.
- ☐ Ski playground set up for the age and skill level of the skiers.
- ☐ Cones or other markers.
- ☐ Help from other coaches.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

Balance and Agility	<p>Sizzling Snow: While remaining in one place the skiers step from ski to ski, keeping only one ski on the burning snow at a time. Have the skiers “hiss” as the snow “burns their skis”.</p> <p>The Runner: Skiers run in place on their skis, changing the tempo from slow to fast. Next the skiers walk on one spot extending their leg backwards. Skiers then balance on one leg with the other extended backwards, holding that position for three seconds. Alternate legs.</p>	5 min.
Diagonal Stride (with poles) (Review)	Coach demonstrates and reviews key points. Refer to section 4.3.3 and Practice Plan 9 (Level 2. for more information.	10 min.
Game Time	<p>Scooter Side Car: The coach pairs up the skiers according to their height. Skiers remove the ski opposite to the one their partner removes, and position themselves behind the start line. The partners stand side by side with their arms around shoulder and waist, and their free foot on the inside. When starting, the partners propel themselves forward by kicking at the same time. Emphasize how far the skiers can glide in a single kick. Alternate skis and repeat.</p>	10 min.
Herringbone and Free Glide (without poles) (Review)	Coach demonstrates and reviews key points. Refer to section 4.3.3 and Practice Plans 5 and 10 (Level 2. for more information.	10 min.

Game Time	Red Light, Green Light: The coach is the policeman, and is positioned at the top of the hill. The skiers are positioned at the bottom of the hill, spread out behind the start line, and facing the policeman. When the policeman says “green light” the skiers Herringbone up the hill. When the policeman says “red light” the skiers stop. Once they reach the top of the hill they Free Glide back to the bottom. When caught moving on a red light (going up or down), skiers have to sidestep back to the start line at the bottom of the hill.	10 min.
Double Poling (Review)	Coach demonstrates and reviews key points. Refer to section 4.3.3 and Practice Plan 9 and 10, Level 2 for detailed information.	10 min.
Game Time	Chain Tag: Establish a playing area with boundaries, with one skier as “it”. When “it” tags another skier, they hold hands and try and catch others. The skiers in the chain are not allowed to let go hands or move out of bounds, so the group must work cooperatively as the chain gets longer.	15 min.
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 16 (LEVEL 3 – ON SNOW)

CHRISTMAS ACTIVITY

The period leading up to Christmas provides opportunities for a special activity that can be implemented with the minimum amount of preparation, while offering FUN and excitement for the participants. A Christmas Activity might be as simple as a practice session using games that fit well with a Christmas theme: for example all the coaches dressed as Santa's helpers; or Christmas goodies with hot chocolate at the day lodge following practice. This activity would usually be coordinated for all the ski "groups" by the SDP Programmer. Refer to the Introduction to Community Coaching Reference Material (section 5.5) and section 4.3.9 of this manual for more information.

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Through the use of games put into practice skills learned during regular practice sessions.
- 3) Have FUN!

Key Teaching Points:

- ☐ Plan for the activity and, if necessary, prepare the setting ahead of time.
- ☐ Provide suitable coaching support for the activity that has been selected.
- ☐ No formal ski instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

PRACTICE PLAN 17 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Free Skate.
- 3) Review Half-Snowplow Braking.
- 4) Develop and improve Snowplow Stop.

The skier will require ski equipment for skating technique, including poles.

Key Teaching Points:

❑ Free Skate

- ✓ Skier stands in Ready Position, forming a "V" with the skis, with tips apart and tails together.
- ✓ Skier bends left knee and ankle, pushing off with the left leg and transferring his/her weight onto the right ski.
- ✓ Skier's right hip and shoulder are aligned over right ski. As the glide slows, the skier flexes the right knee and ankle and pushes off the right ski so his/her weight is transferred to the left ski.
- ✓ Skier's left shoulder and hip align over left ski.
- ✓ Skier pushes off gliding ski by edging inside ski.
- ✓ Arms swing comfortably opposite of leg stride and in direction of gliding ski.
- ✓ Common errors:
 - skier keeps centre of gravity (mainly body weight) between the skis.
 - the ski slides out when pushing (does not edge ski).
 - skier is unable to glide on one ski (lack of balance).
 - skier does not glide equally on right and left skis.

❑/ **The Forward Lean.** This exercise can be inserted into any practice where skating technique is being used. It is the same exercise that is used when introducing the Diagonal Stride. It can be done at the day lodge if that makes the logistics easier:

- ✓ To help develop the feel of an appropriate forward position, have skier take off skis and stand, in ski boots, about 40 cm from a wall.
- ✓ Skier keeps upper body straight and gradually leans forward by bending at the ankles and knees. Skier supports body weight on the wall with hands.
- ✓ Skier's knees and middle of hips should line up over the toes.
- ✓ Skier's heels should remain on the ground.

- ✓ Move around the group and check for proper positioning.

Teaching Aids Needed:

- ☐ Cones or other markers.
- ☐ Grooming for skating technique.
- ☐ Help from parents and other coaches.

Skill	Description	Time
Ski Play (warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers stand in place with skis in a “V” position. 2) Skiers balance on one ski, and touch the other ski with their hand. 3) Next the skiers balance on the other ski and touch the first ski with their hand. 4) Skiers edge the inside of one ski and then the other. 5) Repeat several times, occasionally edging both skis at the same time. 6) Skiers edge skis and sidestep. 7) Skiers sidestep or hop sideways as far as they can to see who can make the biggest mark in the snow when pushing off. Repeat several times and then reverse direction. 8) Skiers sidestep or hop sideways and slightly forward as far as they can. Emphasize turning the body in the direction of the hop and gliding after the hop. 	10 min.

<p>Free Skate (Review and Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers skate in a circle 10 metres in diameter, pushing/skating with one leg and gliding with the other. 3) Emphasize edging the skating ski (make big marks in the snow). 4) Emphasize shifting weight from the skating ski to the gliding ski. 5) Emphasize transferring the body weight from skating ski to gliding ski, and back. 6) Repeat in other direction. 	<p>10 min.</p>
<p>Game Time</p>	<p>Figure 8 Relay: Using cones, set up two figure of eight “courses” for the skiers to skate around. Break the group into two teams and use the course for relays. Repeat. Change direction and repeat. When the skiers are competent with this course, challenge them by reducing the size of the loops.</p>	<p>10 min.</p>
<p>Game Time</p>	<p>British Bulldog: The Bulldog is positioned in the middle of a flat open area, with the rest of the skiers behind a line at one end. At a command from the coach, the skiers try and cross to the line at the other side of the area without being tagged. If tagged, a skier becomes another Bulldog and helps the first Bulldog to tag skiers.</p>	<p>10 min.</p>
<p>Half-Snowplow Braking (Review and Introduce)</p>	<p>Coach demonstrates and reviews key points. Refer to section 4.3.3 and Practice Plan 10 (Level 2. for more information.</p>	<p>10 min.</p>

Game Time	Downhill Lanes: Set up two downhill courses. Set a laneway shaped like a “V” pointing up the hill, and another pointing down the hill. Use coloured water to mark the lines. Skiers begin at the top of the hill and ski down, turning as close to the line as possible without touching it or going outside of it. One course becomes narrower and narrower, and the other course gets wider and wider. Alternate courses.	10 min.
Snowplow Stop (Review)	Coach demonstrates and reviews key points. Refer to section 4.3.3 and Practice Plan 9 (Level 2. for more information.	10 min.
Explore Ski Trail	Free Skate technique. Skiers explore a designated trail under the supervision of the coaches. Skiers hold their poles, but do not use them unless they need them to Herringbone up a hill. The coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 18 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop a routine in which skiers test and adjust their grip waxes prior to a practice session when classic technique is being used.
- 2) Develop and improve the skier's balance and agility.
- 3) Develop and improve skier's weight shift and glide in Diagonal Stride with poles.
- 4) Introduce Free Glide with poles.

The skier will require ski equipment for classic technique, including poles.

Key Teaching Points:

☐ **Free Glide (with poles)**

- ✓ Arms and hands stay well in front of body.
- ✓ Pole hands in front of body, tips behind body, and pole shafts pointing down and backward.
- ✓ Upper body position should be upright, though many skiers will want to do the more advanced tuck position. If the latter is the case, the skiers should show you they can move back and forth between upright and tuck positions.
- ✓ Common errors:
 - knees and ankles are straight.
 - hands are close to hips.
 - upper body position is bent forward – often associated with straight legs and ankles.

Teaching Aids Needed:

- ☐ Sufficient parallel set tracks to play Scooter games.
- ☐ Ski playground set up for the age and skill level of the skiers.
- ☐ Help from parents and other coaches.
- ☐ Markers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

Balance and Agility	<p>Scooter Freeze Tag: One coach acts as the “chaser”. Skiers remove one ski. They freeze on one leg when tagged by the chaser. Frozen skiers may be unfrozen if tagged by a free skier. Alternate skis after five minutes.</p>	5 min.
Diagonal Stride (with poles) (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. Refer to section 4.3.5 for details. 2) Skiers practise it. 3) Coach demonstrates forward lean. 4) Skiers practise it. 5) Skiers balance on right leg, with forward lean. The left leg is extended backwards. 6) Skiers plant left pole with slant opposite right foot. Lift pole and repeat several times. Alternate legs. 7) Skiers Diagonal Stride with emphasis on proper pole plant. <p>Scooter Glide: Skiers remove one ski and practise scootering and gliding on one ski for as long as possible. The contest is to see who can glide the longest. A variation of the game is to have the skiers count the number of pushes they require to cover the distance between the start line and finish line. This game encourages a more powerful push and a better glide.</p>	15 min.
Game Time	<p>Lemans Start Pole Relay: Set up two exchange “zones”. Skiers take their poles to the first exchange zone, leave them there and return to the start line. When the relay begins, the skiers ski to the first exchange zone, pick up their poles, hold them at the balance point, and then ski to the second exchange zone. At the second exchange zone, the skiers put their poles on and ski to the finish line. Vary the emphasis between speed and the longest strides.</p>	15 min.

Free Glide (with poles) (Introduce)	1) Coach demonstrates and reviews key points. Refer to section 4.3.5 for details. 2) Skiers Free Glide down a slope in set tracks. 3) Skiers Free Glide down a slope with bumps. 4) Skiers Free Glide down a slope with bicycle bumps.	15 min.
Game Time	Cops and Robbers: One coach is the “cop”. The skiers are “robbers”. The robbers are safe as long as they are in a marked area (hideout). However, they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When robbers are tagged by a cop, they must go to prison. When captured robbers are tagged by a free robber, they can go free.	10 min.
Game Time	Mines: Spray dots of coloured water at various spots in the set tracks. Don’t spray the left and right track at the same place. Skiers then ski down the track, lifting one ski over the “mine” while gliding on the other ski.	10 min.
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate, snacks and a short social time at the day lodge	15 min.

PRACTICE PLAN 19 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Free Skate.
- 3) Introduce Diagonal Skate.
- 4) Introduce One Skate
- 5) Review Snowplow Turn.

The skier will require ski equipment for skating technique.

Key Teaching Points:

❑ Free Skate

- ✓ Skier forms "V-shape" with tips apart and tails together.
- ✓ Skier glides on right and left ski while skiing on flat terrain.
- ✓ Hips and shoulder (on same side) align over glide ski.
- ✓ Slightly bent knee when gliding, flexes ankle during push-off.
- ✓ Slight forward lean in upper body.
- ✓ Skier's unweighted foot recovers to a position underneath and beside the other foot.
- ✓ Common errors:
 - ski stops when weighted.
 - because of balance problems, skier cannot get the unweighted foot under the body.

❑ Diagonal Skate

- ✓ Skier utilizes this technique to climb a moderate slope. Action is similar to a "gliding" Herringbone.
- ✓ By alternating pushes with the arms and legs skier glides up the hill from ski to ski. Each pole and the opposite ski touch the snow at the same time.
- ✓ The gliding skis should be kept fairly flat on the snow, not edged until push off.
- ✓ Hands are kept close to the body during the initial part of the arm push.
- ✓ Common errors:
 - skis stop before the weight shifts off it.
 - arm work is not close to the body.

❑ One Skate

- ✓ While gliding on the right ski, skier begins Double Poling.
- ✓ Right hip and shoulder are over gliding ski until the leg push is initiated. During the

Double Poling action, the skier begins to transfer weight onto the left ski by edging the glide ski and pushing off it.

- ✓ As the skier moves onto the left ski, the body becomes more upright and recovers both the arm and the now unweighted foot.
- ✓ The skier demonstrates some upper body movement when poling.
- ✓ Common errors:
 - skier demonstrates offset timing – poling and start of glide occur at the same time. This is a very common problem if the skier has been doing offset on own.
 - body weight remains balanced between the two skis, and not balanced over the individual gliding ski.
 - very rushed turnover – cannot take time because of poor balance.
 - uses only the arms when poling.

Teaching Aids Needed:

- ☐ Tracks set for classic technique.
- ☐ With a shovel, build a hump in the middle of a hill/slope. The hump should be designed to go up the length of the hill. This should be done a day in advance to ensure that the snow sets up properly.
- ☐ Help from parents or other coaches.
- ☐ Cones and other markers.
- ☐ Enough socks with tennis balls for each skier in the group.
- ☐ Coloured ribbons or other materials to distinguish one group of skiers from another.
- ☐ Soccer ball.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	Pendulum Swings: Skiers stand on one leg while swinging the other leg back and forth. Begin slowly, and then increase the tempo.	5 min.

	<p>Combo Swing: Skiers stand on one leg while swinging the other leg back and forth. When the skiers stand on their left leg, the left arm swings in the same direction as the right leg and the right arm swings in the opposite direction.</p>	
<p>Free Skate (Review and Introduce)</p>	<p>Coach demonstrates and reviews key points. Refer to section 4.3.5 and Practice Plan 17 (Level 3. for additional information.</p> <p>Towing with Pole: The coach removes skis and gives a pole handle to one of the skiers. The coach pulls the skier forward. The skier skates. Emphasize edging ski, shifting weight, and bringing the foot under the body. Skiers then try to Free Skate without being towed.</p>	10 min.
<p>Game Time</p>	<p>Crows and Cranes. Divide the group into two teams: “Crows” and “Cranes”. Use a crepe paper flag, or have all of one team wear toques. On a signal, the entire group scatters over the playing area. On a signal from a whistle, the skiers freeze where they are. The leader now calls either “Crows” or “Cranes”. The team called is chased by the other team - e.g. if “Crows” is called, the “Cranes” chase the “Crows”. If caught, a Crow becomes a Crane. Freeze, chase, freeze, chase and so on, until one team is absorbed.</p>	15 min.
<p>Diagonal Skate (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers Herringbone up a hill with the hump staying underneath their body. 3) Repeat with skis “sliding down hump” but uphill. 4) Repeat, but emphasizing weight shifting off the ski before it stops. Have the skiers try this without poles. 5) Repeat with emphasis on diagonal arm work. 6) Emphasize stepping up hill. 	10 min.

<p>One Skate (Introduce)</p>	<ol style="list-style-type: none"> 1) The coach demonstrates One Skate. 2) The coach demonstrates each of the following, with the skiers trying it before moving on to the next progression. 3) In a flat area with no tracks, Double Pole on an angle (30 – 45 degrees off in the direction you want to go in), glide to a stop, step 90 degrees in the opposite direction, Double Pole, glide to a stop, etc. 4) Repeat as above, but halfway through the Double Poling action, step in a new direction. 5) Repeat as above, but lift the inside ski off the snow. 	<p>10 min.</p>
<p>Game Time</p>	<p>Fetch: A start line is marked on one side of the field, and a finish line on the other. Each skier has a sock with a ball in it. The skiers line up at one edge of the field and throw the sock as far down the field as they can. They One Skate as fast as they can to the sock, and execute a full Star Turn (tails apart) around the sock. Skiers then pick up their socks and throw them further down the field towards the finish line. This continues until the sock lands past the finish line. Option: Have a basket at the end of the field rather than a finish line.</p>	<p>10 min.</p>
<p>Snowplow Turn (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to section 4.3.3 for detailed information. 2) Set a cone on slope of hill. 3) Skiers try single turn to right or left of cone. 4) Set two lines of cones with one curve (either right or left) where skiers have to stay inside the cones. Repeat in other direction. 5) Change the severity of the curve and repeat. 6) Set a slalom course where the skiers have to link several turns in opposite directions together. If the skiers take the turns very wide, add cones to make a laneway to stay in. 	<p>10 min.</p>

Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 20 & 21 (LEVEL 3 – ON SNOW)

HOLIDAY SKI CAMP

An excellent way to enhance your skill development program is to include an overnight ski camp in your plans for the season. Children can be introduced to a ski camp experience when they are eight years of age, and the Christmas holidays provide an opportune time for this to take place.

Ideally the camp will be a club-organized program that can be adapted to the needs of the different age groups. To meet the primary objectives of the activity, it is important that this is an overnight camp experience. In addition, because of the age of the skiers, it may be preferable to begin the camp at noon on day one, and end in early afternoon on day two. Be cautious about using one- day camps for skiers at this age – they may be viewed as one never-ending practice session.

Specific Objectives:

- 1) Provide an opportunity for children to develop friendships with other skiers their own age.
- 2) Team building.
- 3) Develop and improve ski skills learned during regular practice sessions.
- 4) Have FUN!

Key Teaching Points:

- ☐ Keep the children active, but not necessarily with ski activities.
- ☐ Ski activities should be short and varied.
- ☐ The children will require close supervision because of their age.
- ☐ All activities need to be appropriate for the age and skill level of the skiers.
- ☐ Utilize every opportunity to encourage the development of independent athletes – ski care, preparing meals, eating appropriate foods, clean up duty, curfew, dressing appropriately for each activity, etc.
- ☐ Keep in mind that a program that is too difficult will discourage future involvement.

Teaching Aids Needed:

- ☐ Competition Coaching - Introduction Reference Material.
- ☐ Suitable coaching support for the activity that has been selected.
- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

The ultimate objective is to motivate skiers to learn more, ski more and further participate in the sport.

PRACTICE PLAN 22 (LEVEL 3 – ON SNOW)

NEW YEAR ACTIVITY

Participation in a club activity/event exposes young skiers and their families to the wide range of programs that clubs offer, as well as the family orientation of the sport. If you live in a community that doesn't offer programs of this kind, refer to section 5.5 of the Introduction to Community Coaching Reference Material for some ideas and create a "special activity" of your own. This could be a Moonlight Ski, a Lantern Ski, Turkey Glide, a trek to a cabin/lake for lunch and some games, or a similar activity.

Specific Objectives:

- 1) Introduce skiers to the club at large.
- 2) Introduce skiers to a new type of cross-country ski experience.
- 3) Practise skills learned during regular practice sessions.
- 4) Have FUN!

Key Teaching Points:

- ☐ Plan for the activity and, if necessary, prepare the setting ahead of time.
- ☐ Provide suitable coaching support for the activity that has been selected.
- ☐ No formal ski instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

PRACTICE PLAN 23 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Develop and improve skier's weight transfer and glide in Diagonal Stride with and without poles.
- 3) Introduce Kick Turn with poles.
- 4) Introduce Step Turn with poles.

The skier will require ski equipment for classic technique.

Key Teaching Points:

☐ Kick Turn (with poles)

- ✓ One pole should be to the rear of the skis and the other to the front, in positions that will not obstruct the kick movement.
- ✓ Skier can turn both directions between 90-180 degrees.
- ✓ Common errors:
 - poles get in the way.
 - skier relies on poles for balance.
 - skier steps on own ski.

☐ Step Turn (with poles)

- ✓ Skier glides down a small tracked hill in Ready Position.
- ✓ Skier steps out of the track, in a new direction, with some small, quick steps, and continues to glide in the Ready Position.
- ✓ Skier can change direction both left and right.
- ✓ Common errors:
 - one or both hands beside or behind hip.
 - doesn't transfer weight, and is unable to get ski out of track. If gets ski out of track, is trapped between skis.

Teaching Aids Needed:

- ☐ Sufficient sets of parallel tracks to play Scooter games.
- ☐ Help from parents or other coaches.
- ☐ Cones or other markers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	Freeze Scooter Tag: One coach acts as the “chaser”. Skiers remove one ski. They freeze on one leg when tagged by the chaser. Frozen skiers may be unfrozen if tagged by a free skier. Alternate skis.	5 min.
Diagonal Stride (with and without poles) (Review)	Coach demonstrates and reviews key points. Refer to section 4.3.5 for additional information. Skiers ski in tracks with one-on-one coaching as required. 50% with poles.	10 min.
Game Time	Scooter Relay: Everyone has one ski on. Divide the group into two teams. Begin on a gentle slope with at least two sets of tracks. One half of the team is placed at the top of the slope and the other half at the bottom. One skier from each team scooters up the hill (helps emphasize bent ankle and knee) and tags an uphill teammate who scooters down the hill (helps emphasize balance and glide) and tags the downhill teammate. Repeat using opposite leg.	10 min.
Kick Turn (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates a Kick Turn without poles. 2) Skiers practise the skill both to the left and the right. 3) Coach demonstrates a Kick Turn with poles. 4) The skier places one pole to the rear and one pole in front and tries a Kick Turn to the right. 5) Repeat in the other direction. 	10 min.

Game Time	Kick Turn Relay: Set up a start and finish, with two changeover zones in between. Skiers Diagonal Stride to the first marker and complete two Kick Turns in the same direction. Next they ski to the second marker and complete two Kick Turns in the other direction. Then they ski to the finish line.	10 min.
Step Turn (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates on the flat, reviewing key points. 2) Skiers step to the right and left, with an emphasis on quick, small steps and maintaining a Ready Position. 3) Coach demonstrates the turn part way up a gentle slope, and reviews the key points. 4) Skiers Free Glide down the slope, taking a step to change direction when they reach the bottom. 5) Repeat, but this time take several steps when changing direction. 6) If the skiers can manage this exercise, go further up the hill to increase speed. 	10 min.
Game Time	Duck, Duck, Goose: Form a circle ten metres in diameter, with the skiers facing towards the centre. One skier is on the outside of the circle, skiing behind the group and saying “Duck, Duck, Duck” as he/she touches each of the other skiers on the back. When he/she touches a skier and says “Goose”, that skier must leave his/her place. Both skiers race around the circle to see who can be the first to get to the vacant position. The first one to get there wins. The unsuccessful skier then circles behind the group saying “Duck, Duck” etc. Variation for larger groups - two skiers skiing outside the circle, going in opposite directions. May or may not choose to use poles.	15 min.

Explore Ski Trail	Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 24 (LEVEL 3 – On Snow/)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Half-Snowplow Braking.
- 3) Review and introduce Free Skate.
- 4) Review and introduce One Skate.
- 5) Review and introduce Step Turn.

The skier will require ski equipment for skating technique.

Key Teaching Points:

☐ Free Skate

- ✓ Emphasize bringing recovery leg underneath body.

☐ One Skate

- ✓ Emphasize transferring the body weight onto the new ski, with the entire trunk moving together at the same time and the same side shoulder and hips aligned over the ski.
- ✓ Emphasize bringing recovery leg underneath body.
- ✓ Common errors:
 - weight (centre of gravity) remains between the skis with minimal weight transfer.
 - head follows or leads trunk movement from side to side.
 - poor balance does not allow recovery leg to come underneath body.

☐ Step Turn

- ✓ Emphasize transferring weight from ski to ski.
- ✓ Introduce lifting skis out of tracks on downhills.
- ✓ Common errors:
 - keeps weight between skis and makes lifting of skis difficult. Skiers may be able to do it at low speeds but feel uncomfortable at high speeds.

Teaching Aids Needed:

- ☐ Help from parents or other coaches.
- ☐ Cones or other materials.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers stand in place with skis in a “V” position. 2) Skiers balance on one ski, and touch the other ski with their hand. 3) Next the skiers balance on the other ski and touch the first ski with their hand. 4) Skiers edge the inside of one ski and then the other. 5) Repeat several times, occasionally edging both skis at the same time. 6) Skiers edge skis and sidestep. 7) Skiers sidestep or hop sideways as far as they can to see who can make the biggest mark in the snow when pushing off. Repeat several times and then reverse direction. 8) Skiers sidestep or hop sideways and slightly forward as far as they can. Emphasize turning the body in the direction of the hop and gliding after the hop. 	5 min.

<p>Half-Snowplow Braking (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to section 4.3.5 for additional information. 2) Skiers stand in Ready Position in set tracks, lifting one ski up at a time and putting it back in the track. 3) Skiers Free Glide down a slope with set tracks, lifting up one ski at a time and putting it back in the track. 4) Repeat, with skiers lifting ski out of track, and placing it outside and parallel to the track. 5) Skiers lift ski out of track and put it down on an angle (tip close to the track, tail away), and then place it back in the track. 	<p>10 min.</p>
<p>Game Time</p>	<p>Cops and Robbers: One coach is the “cop”. The skiers are “robbers”. The robbers are safe as long as they are in a marked area (hideout). However they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When robbers are tagged by a cop, they must go to prison. When captured robbers are tagged by a free robber, they can go free.</p>	<p>10 min.</p>

<p>Free Skate (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates Free Skate and reviews key points. 2) Skiers practise this skill. 3) Coach demonstrates bringing a foot underneath the body by clicking ski boots together. 4) Skiers practise this skill. 5) The drill below is effective if skiers are having problems transferring weight from ski to ski or excessive up and down movement of their shoulders. <p>Waiter: The coach demonstrates by holding the shaft of a ski pole, shoulder width apart, with elbows “super-glued” to the hips. When the coach glides on a ski, the same side shoulder should be positioned over the glide ski. Emphasize that the poles should be level at all times (a tray with drinks!). This drill only works if the skiers can keep their elbows on their hips.</p>	<p>10 min.</p>
<p>One Skate (Review and Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates the One Skate technique. 2) Coach demonstrates each of the following steps, one at a time, with the skiers practising each one before moving on to the next one. This should be done on a flat area with no tracks. 3) Skiers Double Pole on an angle (30-45 degrees off the direction they want to go in), glide to a stop, set off 90 degrees in the opposite direction, Double Pole, glide to a stop, etc. 4) Repeat as above, but half way through the Double Poling action, the skier steps in a new direction. 	<p>10 min.</p>
	<ol style="list-style-type: none"> 5) Repeat as above, but lift the inside ski off the snow. 6) Repeat as above, but without gliding to a stop. 7) Add clicking the heels together. 	

Game Time	<p>Steal the Pole: Two concentric rings of ski poles are formed (inner ring – six metres; outer ring – nine metres), where the outer ring has one less pole than the number of skiers. The skiers ski around within the inner circle until the coach signals to them to dash for one of the ski poles that make up the outer circle. The skier that ends up without a pole is sent outside the outer circle and a second pole is removed. Those who were able to get a pole go back to skiing in the inner circle, and the skier who did not get a pole skis around the outside of the outer circle. At a signal from the coach, all the skiers try to reach a pole. Assuming that the skier on the outside can reach a pole before those inside the circle, there will be two skiers from inside the circle that won't reach a pole. These two then ski around the outside and those who did reach a pole continue to ski within the inner circle. Continue removing poles until the game ends.</p>	20 min.
Step Turn (Review)	<p>Coach demonstrates and reviews key points.</p> <p>First skiers try to Step Turn at the bottom of a slope.</p> <p>Next they try and Step Turn on the slope.</p>	5 min.
Explore Ski Trail	<p>Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one instruction.</p>	20 min.
Wrap Up	<p>Conclude the session with hot chocolate, snacks and a short social time at the day lodge.</p>	15 min.

PRACTICE PLAN 25 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Introduce correct relay exchanges.
- 3) Develop and improve Double Poling on flats.
- 4) Introduce Sidestep with poles
- 5) Develop and improve Half-Snowplow Braking.

The skier will require ski equipment for classic technique.

Key Teaching Points:

❑ Relay Exchanges

- ✓ Exchange must be body to body contact – preferably hand to shoulder. Exchange by having the incoming skier touch (tag) the body of the outgoing skier. Encourage the tag on the “torso”, especially the shoulder.
- ✓ The exchange must occur in a fixed area (on skis the official distance is 10 metres, but for this age level and this speed, it should be shorter).
- ✓ If the tag fails to take place, the skier must return to the exchange zone and repeat the tag before going on.
- ✓ As the skiers get more proficient at tagging, the coach can encourage the outgoing skier to start moving before getting tagged. Make sure the tag still occurs within the zone. When the skiers reach this competency level, the zone can be lengthened.
- ✓ Skier being tagged should be Double Poling.
- ✓ Common errors:
 - exchange occurs outside of zone.
 - skier makes contact with ski pole and not body to body.

❑ Side Step (with poles)

- ✓ Keep skis parallel.
- ✓ Weight and edge ski while stepping with the other ski.
- ✓ Pole handles in front of body, tips behind body (held, not planted).
- ✓ Keep skis perpendicular to Fall Line.
- ✓ Common errors:
 - skis point slightly up or down hill.
 - doesn't place ski parallel.

- Double Poling.
- plants poles on angle so pole handle is ahead of tips.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique.
- ☐ Sufficient parallel tracks for the Kick Turn Relay and Relay Exchange exercises.
- ☐ Ski playground set up appropriately for the age and skill level of the skiers.
- ☐ Cones or other markers.
- ☐ Enough large soft balls for each skier in the group; basket or hoop.
- ☐ Ten 2-metre long ropes.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Marching Soldiers: Skiers walk on one spot, lifting knees high in front of chest.</p> <p>Flea Leaps: Skiers jump into the air (on their skis) and land softly in a balanced position. Knees should be bent when landing.</p> <p>One-Leg Pops: Skiers pop/spring off one leg, which is bent, and then land on it. Alternate legs.</p>	5 min.
Double Poling (on flats) (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to section 4.3.3 for additional information. 2) Skiers practise Double Poling. 3) Emphasize planting poles on slant. 	10 min.

Game Time	<p>Kick Turn Relay – 2: Set up start and finish lines approximately 60 metres apart, with two changeover markers in between. Between the two changeover markers, set up a relay exchange zone (approx. 10 metres wide). Form two-person teams. The first team members Double Pole to the first changeover marker, complete two Kick Turns, and proceed to the relay exchange zone (still Double Poling) where they tag their team mate. The second skiers Double Pole to the second changeover marker and complete two Kick Turns before skiing to the finish line.</p>	10 min.
Side Stepping (with poles) (Introduce)	<ol style="list-style-type: none"> 1) This skill is practised on a fairly steep hill. 2) The coach demonstrates and reviews the key points. Refer to 4.3.1 for detailed information. 3) Skiers Side Step up the hill with an emphasis on weight shift and edging skis. 4) Skiers should pause periodically and lift their poles. If properly positioned they should be able to stay there without moving. 5) Skiers Side Step down the hill. 6) Emphasize pole handles in front, tips in back. 	10 min.
Game Time	<p>Uphill Basketball: Skiers are given a large size ball that they hold in front of their chest, using both hands. The skiers Side Step up the hill carrying the ball, and then return back down in a Free Glide, still holding the ball. At the bottom of the hill skiers throw the ball into a basket or through a hoop, depending on how the game is set up. Option: place two 2-metre long ropes perpendicular to the Fall Line for the skiers to Side Step over during the uphill portion of the game.</p>	10 min.

<p>Half-Snowplow Braking (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to section 4.3.3 for additional information. 2) Emphasize controlling speed by edging plow ski. 3) Skiers try to slow to a stop on the middle of a slope. 4) Skiers stand in Ready Position in set tracks, lifting one ski up at a time and putting it back in the track. 5) Skiers Free Glide down a slope with set tracks, lifting up one ski at a time and putting it back in the track. 6) Repeat, with skiers lifting ski out of track, and placing it outside and parallel to the track. 7) Skiers lift ski out of track and put it down on an angle (tip close to the track, tail away), and then place it back in the track. 	<p>5 min.</p>
<p>Mock Relay Exchange</p>	<ol style="list-style-type: none"> 1) Set up an exchange zone 10 metres in length. There should be a minimum of two sets of parallel tracks. Clearly mark the ends of the zone, as well as the area where the skiers who are waiting to be tagged should stand before they enter the exchange zone. 2) Coach demonstrates a correct tag with a partner, reviewing the key points. 3) Break the group into teams of two, with half the skiers positioned 50 metres before the exchange zone, and the other beside it. 4) Use Double Poling when first attempting this exercise. 5) There should be one "Team" per set of tracks. 6) The starting skiers Double Pole to the exchange zone and tag their partners, who then ski 50 metres beyond the exchange zone, do a Kick Turn and repeat the procedure going in the other direction. 	<p>20 min</p>

Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 26 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Free Skate.
- 3) Introduce relay exchanges.
- 4) Develop and improve One Skate.

The skier will require ski equipment for skating technique.

Key Teaching Points:

☐ **Free Skate**

- ✓ Encourage starting the glide off with a flat ski, and only edging when pushing off.

☐ **Relay Exchanges**

- ✓ Practise exchanges when zone is crowded.
- ✓ Emphasize the risk from ski poles, and how the poles should be handled.
- ✓ Common errors:
 - missed tag, must return to exchange zone.

Teaching Aids Needed:

- ☐ Ski playground set up appropriately for the age and skill level of the skiers.
- ☐ Brightly coloured handkerchief or surveyors' tape.
- ☐ Pirate's treasure.
- ☐ Extra help from parents and other coaches.
- ☐ Cones or other markers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

Balance and Agility	<p>Bobbing Stork: Skiers stand on one ski, bend forward at the waist, and then stand upright again with their shoulders, hips and ankles lined up one on top of the other. They appear to be bobbing like a bird on one leg.</p> <p>Flying Stork: Skiers leap into the air by pushing off with both legs. They land on one leg. Alternate legs.</p>	5 min.
Free Skate (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to section 4.3.5 for additional information. 2) Skiers practise the skill. 3) Coach demonstrates bringing a foot underneath by clicking both heels together. 4) Skiers practise this also. 5) Emphasize a flat ski. 	10 min.
Game Time	<p>Catch the Dragon's Tail. The skiers in the group line up one behind one other. Eight to ten skiers is ideal. The skiers put their arms around the waist of the skier in front of them. The last skier in the line tucks a brightly coloured handkerchief into his/her back pocket or the back of the toque. To work up steam, the dragon should then make a few scary cries. At a signal from the coach, the dragon begins chasing its own tail, the objective being for the skier at the head of the line to snatch the handkerchief. When the skier at the head of the line finally captures the tail, he/she wears the handkerchief and becomes the new tail. The skier who was second from the front of the line then becomes the new leader. A variation is to have two dragons (chains of skiers) trying to catch the tail of the other.</p>	15 min.

<p>One Skate (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates the One Skate. 2) Skiers try it, with clicking of heels. 3) Emphasize a flat ski. <p>Double Double Skate: The skiers Double Pole twice on one side before transferring weight to the other side. Repeat. If a skier is proficient and space allows, Double Pole three times, four times, etc.</p>	<p>10 min.</p>
<p>Game Time</p>	<p>Crows and Owls: The objective of this game is to work on turning from a stationary position and forward movement without poles. Form two equal teams. One team will be “Crows” and the other team “Owls”. The two teams form lines with one team facing the other. The lines need to be marked by ski poles or a similar marker at each end. The two lines should be 20 to 30 metres apart. For each team, its own line is its “home.’ The coach then makes a statement that is easily identified as either true or false. If it is true, the Owls (who are wise and honest) chase the Crows; if it is false the Crows (who are sly, devious and don’t always know the truth) chase the Owls. The team being chased must turn around and ski past the poles identifying its home line to be safe. Skiers who are tagged by a skier from the other team before they get safely home must join that team.</p>	<p>15 min.</p>
<p>Relay Exchange</p>	<ol style="list-style-type: none"> 1) Set up an exchange zone the same as for the previous session. 2) Coach demonstrates with a partner, reviewing key points. 3) This time the skiers are using skating technique. 4) Have several teams come in for an exchange at the same time. 	<p>15 min.</p>

<p>Ski Play</p>	<p>Adventure Trail: Set up a special course on the ski playground, about 500 or 700 metres in length, with uphill, downhill, flats and bumps, utilizing the different techniques – Free Skate, Herringbone, Side Stepping, Snowplow Turn, etc. The pirate’s treasure – caches of goodies stashed at different points along the route (one per skier at each cache) - will make the journey more exciting.</p>	<p>20 min.</p>
<p>Wrap Up</p>	<p>Wrap up with a short information session on the Special Activity coming up, and how to prepare for it. Conclude the session with hot chocolate, the treasure findings and a short social time at the day lodge.</p>	<p>15 min.</p>

PRACTICE PLAN 27 (LEVEL 3 – ON SNOW)

CLASSIC RELAY

The purpose of this activity is to introduce young skiers to a traditional relay competition. This could be a formal inter-club competition, or it could be organized by your club/group to simulate a real event in order to teach relay rules and procedures. A formal competition is strongly recommended because it is much more exciting for the skiers and it provides an opportunity for the group to meet new ski friends.

Specific Objectives:

- 1) Have the skier involved in a special motivational activity.
- 2) Have the skier meet new ski friends.
- 3) Have the skier learn new sport skills.
- 4) Develop and improve the skier's balance and agility.

Key Teaching Points:

- ☐ Emphasize teamwork.
- ☐ Encourage and praise each child for taking part in and completing the task.
- ☐ Downplay winning, and emphasize an effective exchange, good technique and sportsmanship.
- ☐ Teach skiers the relevant rules and procedures, such as the following:
 - ✓ Start procedures for a relay competition, including the rules on changing lanes, false starts etc.
 - ✓ Rules for the exchange zone, including the correct way to tag the next skier.
 - ✓ Rules for passing other skiers on the course, etc.
 - ✓ How to know which skier on the team goes first, which second, etc.
- ☐ Ski the course with the skiers prior to the relay.
- ☐ Use the opportunity for one-on-one skill instruction.

Teaching Aids Needed:

- ☐ Refer to section 8 of this manual for tips on coaching a group at a competition.
- ☐ A wax box.
- ☐ Extra help from parents and other coaches (including transportation to and from the event).
- ☐ CCC Rules and Regulations (pertaining to relay competitions).

PRACTICE PLAN 28 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Develop and improve Diagonal Stride with poles.
- 3) Develop and improve Herringbone with poles.
- 4) Introduce One-step Double Poling.

The skier will require ski equipment for classic technique.

Key Teaching Points:

☐ **One-step Double Poling**

- ✓ Skier pushes off the left ski and transfers all his/her weight to the right ski, while reaching forward to Double Pole.
- ✓ While upper body flexes forward in the Double Poling action, the trailing ski is recovered to a position beside the other ski.
- ✓ Weight is shifted from one ski to the other as in Diagonal Stride.
- ✓ Upper body action is trunk, then shoulders, and then elbows.
- ✓ Alternate leg kicks.
- ✓ Skier can ski 50 metres using this technique
- ✓ Common errors:
 - kick and reach forward do not occur at the same time.
 - leg is kicking back, but ski is not weighted so the leg is not effectively pushing the body forward.

Teaching Aids Needed:

- ☐ Sufficient sets of parallel tracks to play Scooter games.
- ☐ Cones or other markers.
- ☐ Help from parents and other coaches.
- ☐ Measuring tape.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

Balance and Agility	<p>Freeze Scooter Tag: One coach acts as the “chaser.” Skiers remove one ski. They freeze on one leg when tagged by the chaser. Frozen skiers may be unfrozen if tagged by a free skier. Alternate skis.</p>	5 min.
Diagonal Stride (with poles) (Review)	<p>Coach demonstrates and reviews the appropriate key points.</p> <p>Measured Scooter: Mark off one track every 0.5 metres. Mark other tracks at 0.75 metre, 1 metre and 1.25 metre intervals. Have the skiers start in the first track. If they continually glide past each marker, they move to the next track, etc. Repeat using Diagonal Stride with poles.</p>	10 min.
Game Time	<p>Wolf Ring: A defined area with both perimeter and diameter lines is established for the game. Skiing is permitted around the perimeter and across each of the diameters, but in one direction only. A hunter, “the wolf”, chases the rabbits within the defined area. When the wolf tags a rabbit, that person becomes a wolf as well. The game continues until the last rabbit is tagged. The size of the area can vary according to the age of the participants. The coach may or may not decide to choose to use poles depending on space available to play the game. Refer to section 4.3.9 for an illustration.</p>	10 min.
Herringbone (with poles) (Review)	<p>Coach demonstrates and reviews key points.</p> <p>Red Light, Green Light: The coach is the policeman, and is positioned at the top of the hill. The skiers are positioned at the bottom of the hill, spread out behind the start line, and facing the policeman. When the policeman says “green light” the skiers Herringbone up the hill. When the policeman says “red light” the skiers stop. Once they reach the top of the hill they Free Glide back to the bottom. When caught moving on a red light (going up or down), skiers have to sidestep back to the start line at the bottom of the hill.</p>	10 min.

Double Poling (Review)	<ol style="list-style-type: none"> 1) Have skiers stand in a stationary position and lean forward at the ankles. As they start to fall forward, have them plant their poles (they should not extend their arms backwards). 2) Repeat several times, emphasizing hips over toes when planting poles. 3) Double Pole down tracks, emphasizing hips forward. 4) Drive arms forward. 	10 min.
One-step Double Poling (Introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) In a stationary position, drive arms forward without planting poles, and extend leg back without pushing forward at the same time. 3) Double Pole and recover leg at the same time. 4) Repeat several times with one leg, several times with the other leg, and then alternate legs. 	10 min.
Game Time	<p>Head to Head Tag: Move to an area where there are several classic tracks set parallel to each other. Divide the group into pairs. Have the skiers lie down on their backs in the middle of the tracks, with their heads together (one metre apart), and legs down the track. Identify one half of each pair of skiers as “bears” and the other half as “dogs.” When the coach yells out “bears,” the bears get up as fast as they can and Diagonal Stride down their end of the track. The dogs get up as fast as they can at the same time and try to tag the bear before the bear reaches the end of the track. The opposite occurs if the “dogs” are called out.</p>	10 min.
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate and a short social time at the day lodge.	15 min.

PRACTICE PLAN 29 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Develop and improve Free Skate.
- 3) Develop and improve One Skate.
- 4) Develop and improve Kick Turn.
- 5) Prepare for a backwoods adventure.

The skier will require ski equipment for skating technique.

Key Teaching Points:

- ☐ **Backwoods Adventure.** Refer to the Introduction to Community Coach Reference Material (sections 3.1.6 and 5.5. and section 5.7 of this manual for some additional information. The pre-adventure information session may include handing out maps of the route - including the rendezvous point, what to bring for food and fluids, what ski equipment to use, what to wear, what to bring in your wax kit, etc.

Teaching Aids Needed:

- ☐ Cones or other markers.
- ☐ Help from parents and other coaches.
- ☐ A penny.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers stand in place with skis in a "V" position. 2) Skiers balance on one ski, and touch the other ski with their hand. 3) Next the skiers balance on the other ski and touch the first ski with their hand. 	5 min.

	<ol style="list-style-type: none"> 4) Skiers edge the inside of one ski and then the other. 5) Repeat several times, occasionally edging both skis at the same time. 6) Skiers edge skis and sidestep. 7) Skiers sidestep or hop sideways as far as they can to see who can make the biggest mark in the snow when pushing off. Repeat several times and then reverse direction. 8) Skiers sidestep or hop sideways and slightly forward as far as they can. Emphasize turning the body in the direction of the hop and gliding after the hop. 	
Free Skate (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates Free Skate and reviews key points. 2) Skiers practise the skill. 3) Coach demonstrates bringing foot underneath by clicking skis together. 4) Skiers practise this skill. 5) Emphasize flat ski. <p>Waiter: The coach demonstrates by holding the shaft of a ski pole, shoulder width apart, with elbows “super-glued” to the hips. When the coach glides on a ski, the same side shoulder should be positioned over the glide ski. Emphasize that the poles should be level at all times (a tray with drinks!).</p>	10 min.
Game Time	<p>Cops and Robbers: One coach is the “cop.” The skiers are “robbers.” The robbers are safe as long as they are in a marked area (hideout). However, they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When robbers are tagged by a cop, they must go to prison. When captured robbers are tagged by a free robber, they can go free.</p>	10 min.

One Skate (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates the One Skate. 2) Skiers try it, with clicking of heels. 3) Emphasize a flat ski. <p>Double Double Skate: The skiers Double Pole twice on one side before weight shifting to the other side. Repeat. If a skier is proficient and space allows, Double Pole three times, four times, etc.</p>	10 min
Game Time	Penny, Penny, Who's Got the Penny? Divide the skiers into two groups. One skier on one of the teams is given a penny. The other team does not know which opposing member has the penny. The penny carrier has to try and get the penny to his/her team's castle, which is in the opponent's zone. The person who has the penny must show it if tagged. The rest of the team acts as decoys. No poles.	10 min.
Kick Turn (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates the Kick Turn and reviews key points. 2) Skiers practise the skill in both directions. 	5 min.
Game Time	Figure of 8 Relay: Using cones, set up two figure of eight "courses" for the skiers to skate around. Break the group into two teams and use the course for relays. Repeat. Change direction and repeat. When the skiers are competent with this course, challenge them by reducing the size of the loops.	10 min.
Explore a Ski Trail	Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate and a short social time at the day lodge.	25 min.

PRACTICE PLAN 30 (LEVEL 3 – ON SNOW)

BACKWOODS ADVENTURE

Specific Objectives:

- 1) Introduce children to nature in winter.
- 2) Teach the children how to prepare for a long tour in the woods.
- 3) Practise techniques learned during regular practice sessions.
- 4) Have FUN!

The skier will require equipment for classic technique.

This activity should take place on a ski trail that is new to the skiers and has a “backwoods” feel. However it does not need to be far from the main ski trails to be an adventure.

This is an opportunity for the group to explore and experience nature in winter. Ideally, there will be a cabin somewhere along the route where the group can stop and rest, build a fire and have lunch.

Care should be taken that all skiers arrive at the destination at the same time. Keep the distance achievable and appropriate for the age and skill level of the skiers. For the children, the amount of time on skis should not be more than 1.5 hours in total.

Encourage the children to follow their route on a map.

Things to Bring:

- ☐ Equipment repair kit.
- ☐ First aid kit
- ☐ Compass, maps.
- ☐ Food, water.
- ☐ Spare clothing and blankets as necessary.
- ☐ Matches.
- ☐ Extra wax.
- ☐ Refer to section 5.2 (Nature and Environment) for additional ideas that may be appropriate for this activity.

PRACTICE PLAN 31 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Diagonal Skate.
- 3) Review and introduce Free Skate.
- 4) Review and introduce Free Glide – High and Low Tuck.
- 5) Develop and improve Herringbone.

The skier will require ski equipment for skating technique.

Key Teaching Points:

❑ Diagonal Skate

- ✓ Maintains "V" shape with skis.
- ✓ Diagonal arm action.
- ✓ Uses inside edges well.
- ✓ Plants pole tips behind, and to the side of feet with handles/hands just below shoulder height.
- ✓ Skis are always moving on snow.
- ✓ Common errors:
 - skis stop before the weight is transferred.
 - arm work is not close to the body.

❑ Free Skate

- ✓ Aligns toes, knees, hips, body, and same side shoulder over gliding ski.
- ✓ Hips and shoulders should face the direction of gliding ski until push is initiated.
- ✓ Consistent glide on left and right ski.
- ✓ Knees and ankles flex before pushing off.
- ✓ During each glide, feet come close to each other.
- ✓ Common errors:
 - upper body turns before push is initiated.
 - upper body only turns to one side.
 - push is off a straight leg.

❑ Free Glide – High and Low Tuck

- ✓ Arms and hands stay well forward of body while gliding down a medium hill.

- ✓ Knees and ankles only slightly bent for the High Tuck.
- ✓ Knees and ankles bent so thighs are parallel to snow in Low Tuck.
- ✓ Upper body is bent down to horizontal position.
- ✓ Poles are held tightly beside the body and under the arms.
- ✓ Skier can safely descend a medium hill with both techniques.
- ✓ Common errors:
 - arms and hands are beside or behind hips.

Teaching Aids Needed:

- ☐ Cones or other markers.
- ☐ Help from parents and other coaches.
- ☐ Trays for half the group; two tennis balls for each tray.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	Quick Thinking: This game tests the skiers' ability to move quickly and maintain balance. The coach stands in front of the group and points in different directions (forward, backward, side-ways). The group responds accordingly. In addition to pointing directions, the coach can call out directions as well. If two skiers collide, they are eliminated from the game. Another variation is to arrange the skiers in a large circle. The coach then calls out "hop left," "slide right," "jump left," etc. No poles.	5 min.
Diagonal Skate (Review)	<ol style="list-style-type: none"> 1) The coach demonstrates and reviews key points. 2) Skiers Herringbone up a hill, with the hump beneath their body. 3) Repeat, with skis "sliding down the hump," but uphill. 4) Repeat, but have them sliding their skis as far as possible. 	10 min.

	<p>5) Repeat, but emphasize the transfer of weight off the ski before it stops.</p> <p>6) Repeat, but with emphasis on diagonal arm work.</p>	
Game Time	<p>Touch Your Knees: Skiers skate, and when they are gliding on their left ski they touch their right hand to their left knee and vice versa. This exercise will encourage a good length of glide on each ski.</p> <p>Speedskating: Have the skiers skate faster, crouching down and moving their hands well out in front so they almost reach out and over the opposite ski tip.</p>	10 min.
Free Skate (Review)	<p>1) Coach demonstrates the Free Skate and reviews the key points.</p> <p>Waiter: The coach demonstrates by holding the shaft of a ski pole, shoulder width apart, with elbows “super-glued” to the hips. When the coach glides on a ski, the same side shoulder should be positioned over the glide ski. Emphasize that the poles should be level at all times (a tray with drinks!).</p> <p>2) Emphasize aligning knee and hips/shoulder over the gliding ski.</p> <p>3) Skiers use the poles by their handles, but do not plant their poles.</p> <p>4) Emphasize body alignment over each gliding ski.</p>	10 min.
Game Time	<p>Waiter Race: Each skier or team is given a serving tray with two tennis balls or rubber balls. The skiers must ski a short course, holding the tray in front of them, without losing the balls. If skiers lose their ball they must stop and retrieve it. The course should contain turns to both the left and right.</p>	10 min.

Herringbone (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Skiers practise it. 3) Emphasize keeping the arm work close to the body. 	5 min.
Free Glide – High and Low Tuck (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints while standing on a flat area. 2) Skiers stand in a stationary position and practise both the High and Low Tuck. <p>Streamers: Place two different coloured streamers or surveyors' tapes above the tracks. The streamers should be at a height that would just touch the back of a skier in a High Tuck. Skiers go down the hill in a Low Tuck staying below the streamers. Then they ski down the hill in a High Tuck, touching the streamers with their back, but not their head. The next step is for the skiers to do one colour in a High Tuck and the other in a Low Tuck. The streamers must be set up in such a way that they do not pose any danger to the skiers.</p>	10 min.
Game Time	Follow the Leader: Skiers follow the Leader and copy the technique used. Change Leaders every minute by having the Leader skier move to the side and get in line at the back.	10 min.
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate and a short social time at the day lodge.	15 min.

PRACTICE PLAN 32 (LEVEL 3 – ON SNOW)

MODIFIED SKI TOURNAMENT

Participation in a modified ski tournament or other team-building, semi-competitive activity such as an inter-school tournament or a mini-Olympics will introduce your group to new activities on skis. If you are fortunate, your club will organize special activities periodically, and all you will be responsible for is bringing your group. If not, refer to section 5.5 of the Introduction to Community Coaching Reference Material or section 8.3 of this manual and create a “special activity” of your own. This could be a Beckie Scott Day, Rabbit Fun Day (refer to section 5.5) or a similar activity.

Specific Objectives:

- 1) Introduce skiers to a new type of cross-country ski experience.
- 2) Practise skills learned during regular practice sessions.
- 3) Have FUN!

Key Teaching Points:

- ☐ Plan for the activity and, if necessary, prepare the setting ahead of time.
- ☐ Provide suitable coaching support for the activity that has been selected.
- ☐ No formal ski instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

PRACTICE PLAN 33 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Diagonal Stride.
- 3) Review and introduce Step Turn.
- 4) Review and introduce Double Poling.
- 5) Review and introduce One-step Double Poling.
- 6) Introduce Skate Turn.

The skier will require ski equipment for classic technique.

Key Teaching Points:

□ Step Turn

- ✓ Glides down small, untracked hill in the Ready Position.
- ✓ Demonstrates weight transfer while stepping.
- ✓ Edges skis while stepping.
- ✓ Skier can step 3-5 steps in one direction.
- ✓ Skier can link step turns in either direction together.
- ✓ Consistently keeps poles in the Ready Position.
- ✓ Takes quick small steps.
- ✓ Common errors:
 - doesn't keep arms in Ready Position.
 - body position gets stuck between steps.
 - ski sideslips when stepping off – ski not edged.

□ Double Poling

- ✓ Skier's hands reach forward when planting poles.
- ✓ Elbows are slightly bent at pole plant.
- ✓ Pole tips don't come ahead of pole handles.
- ✓ Skier leans forward at pole plant, hips are just above or ahead of toes.
- ✓ Upper body flexes forward just after poles are planted.
- ✓ After body bends forward, arms follow through (upper body, then shoulders, then elbows).
- ✓ Legs remain relatively straight throughout the sequence.
- ✓ Skier is able to push down the track Double Poling.

- ✓ Common errors:
 - skier uses arms only, doesn't use upper body (trunk).
 - skier sits back during poling, bends knees.
 - straight arm plant.
 - pole tips swing forward of pole hands.

❑ **One-step Double Poling**

- ✓ Emphasize the trunk movement when poling.
- ✓ Emphasize that timing of the upper trunk movements are: trunk, shoulders, elbows and wrists.
- ✓ Common errors:
 - improper timing.
 - little or no weight shift from the push foot to the gliding ski.

❑ **Skate Turn**

- ✓ Skier performs Double Poling just in front of the location he/she wishes to turn.
- ✓ Skier recovers arms and upper body forward,
- ✓ The inside ski (the ski that is on the side to which the skier is turning) is unweighted and pointed in the new direction.
- ✓ Skier edges and pushes off the outside ski transferring the body weight to the inside ski.
- ✓ Skier then glides with the skis parallel and equally weighted in the new direction.
- ✓ Another Double Poling action completes the turn.

Teaching Aids Needed:

- ❑ Sufficient sets of parallel tracks to play Scooter games.
- ❑ Cones or other markers.
- ❑ Help from parents and other coaches.
- ❑ Measuring tape.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	1) Have skiers step left or right on command from coach.	5 min.

	<p>2) Slow and fast.</p> <p>Scooter Freeze: Skiers remove one ski. They give three pushes with their foot and then “freeze” on the glide leg with the kick foot leg extended back. Skiers should remain in this position until the ski comes to a stop. The objective is to see how far the skiers can glide. Arms should be in a diagonal position, and not out to the side. Repeat and alternate skis.</p>	
<p>Diagonal Stride (Review)</p>	<p>1) Coach demonstrates and reviews the appropriate key points.</p> <p>Measured Scooter: Mark off one track every 0.5 metres. Mark other tracks at 0.75 metre, 1 metre and 1.25 metre intervals. Have the skiers start in the first track. If they continually glide past each marker, then move to the next track, etc.</p> <p>2) Repeat using Diagonal Stride with poles.</p> <p>3) Emphasize recovery foot beside or in front.</p> <p>4) Emphasize forward lean.</p>	<p>10 min.</p>
<p>Step Turn (Review)</p>	<p>1) Coach demonstrates on an untracked hill, and reviews key points.</p> <p>2) Skiers start off Free Gliding on an untracked hill (or outside the tracks on a tracked hill).</p> <p>3) Repeat but Step Turn at the bottom of the hill. Leave marks on the snow (edging) when stepping.</p> <p>4) Emphasize weight shift and quick steps.</p> <p>5) Repeat, but Step Turn in the middle of the hill. Leave marks on the snow (edging, not skidding), when stepping.</p> <p>6) Emphasize weight transfer and quick steps.</p> <p>7) Skiers practise turning both ways.</p> <p>8) Skiers practise linking Step Turns together.</p>	<p>10 min.</p>

Game Time	Follow the Leader: The skiers follow the coach who leads them through the ski playground, changing directions frequently, going over and around obstacles and using different terrain. The objective is to incorporate the Step Turn as much as possible.	10 min.
Double Poling (Review)	Coach demonstrates and reviews key points.	5 min.
One-step Double Poling (Introduce)	<ol style="list-style-type: none"> 1) The coach or role model demonstrates and reviews the key points. 2) Skiers stand in stationary position, drive arms forward without planting poles, and extend leg back without pushing forward at the same time. Double Pole and recover leg at the same time. Double Pole and recover leg, several times with the other leg, and then alternate legs. <p>Double Pole Scooter: Similar to the Diagonal Scooter, but both arms drive forward at the same time. Emphasize weight shift and planting free foot forward.</p> <ol style="list-style-type: none"> 3) Try this exercise using One-step Double Poling. 4) Emphasize trunk action in poling. Emphasize using the joints in order – trunk, shoulders, elbows, wrists. 	10 min.

Game Time	<p>Loose Caboose: Mark out a large circle in the snow. Appoint one skier as the “switcher” and then break the rest of the skiers up into groups of three to five. Each group is a “train.” Each train consists of an engine, one to three cars and a caboose. You can have as many trains as you have skiers and space to work with. The engines try to steer their train away from the switcher. The switcher tries to tag a caboose. If a caboose is tagged, the skier becomes another switcher, and the last skier in the train becomes the new caboose for that train. New switchers cannot tag the train they came from. The winner is the last train or engine left. No poles.</p>	10 min.
Skate Turn (Introduce)	<ol style="list-style-type: none"> 1) Coach or role model demonstrates and reviews the key points. 2) Have skiers practise on a short loop that has several skate turn corners included. 3) Change direction and repeat. 	10 min.
Explore a Ski Trail	Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate and a short social time at the day lodge.	15 min.

PRACTICE PLAN 34 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Develop and improve Free Skate.
- 3) Develop and improve Diagonal Skate.
- 4) Review and introduce One Skate.
- 5) Review and introduce Free Glide – High and Low Tuck.

The skier will require ski equipment for skating technique.

Key Teaching Points:

❑ One Skate

- ✓ Align toes, knees, hips, body and same side shoulder over glide ski.
- ✓ Hips should face the direction of gliding ski until push is initiated.
- ✓ Consistent glide on left and right ski.
- ✓ Knees and ankles flex before pushing off.
- ✓ During each glide, feet come close to each other.
- ✓ Upper body bends while poling.
- ✓ Common errors:
 - incomplete weight transfer on one side or both sides.
 - pushes off straight leg.
 - poles using arms only.
 - upper body moves before leg push is initiated.
 - Double Poles down the middle of the trail.

❑ Free Glide – High and Low Tuck

- ✓ Arms and hands stay well forward of body while gliding down a medium hill (8 to 10 metre glide).
- ✓ Knees and ankles should be only bent slightly for the High Tuck.
- ✓ Knees and ankles bent so that the thighs are parallel to snow in a Low Tuck.
- ✓ Upper body is bent down to horizontal position.
- ✓ Poles are held tightly beside the body and under the arms.

Teaching Aids Needed:

- ❑ Shovel to build hump in middle of hill. The hump should be designed to go up the length of the hill. This should be done a day in advance to ensure the snow sets up properly. If the skiers progress well in the first Diagonal Skate session, the height of the hump can be reduced. For the next Diagonal Skate session, the skiers should progress to using a hill without a hump.
- ❑ Coloured ropes approximately 30 centimetres in length (10 or more).

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers stand in place with skis in a “V” position. 2) Skiers balance on one ski, and touch the other ski with their hand. 3) Next skiers balance on the other ski and touch the first ski with their hand. 4) Skiers edge the inside of one ski and then the other. 5) Repeat several times, occasionally edging both skis at the same time. 6) Skiers edge skis and sidestep. 7) Skiers sidestep or hop sideways as far as they can to see who can make the biggest mark in the snow when pushing off. Repeat several times and then reverse direction. 8) Skiers sidestep or hop sideways and slightly forward as far as they can. Emphasize turning the body in the direction of the hop and gliding after the hop. 	5 min.

<p>Free Skate (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates Free Skate and reviews key points. 2) Skiers practise the skill. <p>Waiter: The coach demonstrates by holding the shaft of a ski pole, shoulder width apart, with elbows “super-glued” to the hips. When the coach glides on a ski, the same side shoulder should be positioned over the glide ski. Emphasize that the poles should be level at all times (a tray with drinks!). This drill only works if skiers can keep their elbows on their hips.</p> <ol style="list-style-type: none"> 3) Emphasize aligning knee and hips/shoulder over the gliding ski. 4) Skiers do a single skate and glide to a stop. Repeat with the other foot. Emphasize knee and ankle flexion before kicking. Emphasize facing in the direction of the ski glide until they stop 5) Skiers use the poles by their handles, but do not plant their poles. Emphasize body alignment over each gliding ski. 	<p>10 min.</p>
<p>Game Time</p>	<p>British Bulldog: The Bulldog is positioned in the middle of a flat open area, with the rest of the skiers behind a line at one end. At a command from the coach, the skiers try and cross to the line at the other side of the area without being tagged. If tagged, a skier becomes another Bulldog and helps the first Bulldog to tag skiers.</p>	<p>10 min.</p>
<p>Diagonal Skate (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers Herringbone up a hill with the hump staying beneath their body. 3) Repeat with skis “sliding down hump,” but uphill. 4) Repeat, emphasizing weight shifting off the ski before it stops. 5) Emphasize stepping uphill. 	<p>5 min.</p>

Game Time	<p>Diagonal Slide: Place the coloured ropes on the hill, interspersed so skiers have to step over them. Angle the ropes so they will be parallel to where the skis will be when the skiers are Diagonal Skating. The objective is to see how far apart the ropes can go with the skier still sliding their skis.</p>	10 min.
<p>One Skate (Review and introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers practise One Skate with an emphasis on aligning the knee, hip and same side shoulder over the gliding ski. <p>Double Double Skate: Skiers Double Pole twice on each side. During the initiation of the second poling, the skate and weight transfer to the other ski takes place.</p>	10 min.
<p>Free Glide – High and Low Tuck (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach or role model demonstrates and reviews key points. 2) Skiers practise Free Glide with an emphasis on hands forward and knees bent. 3) Begin with a High Tuck, then a Low Tuck, then switching from one to the other on the same hill. 4) Add a Step Turn. 	10 min.
Game Time	<p>Duck, Duck, Goose: Form a circle ten metres in diameter, with the skiers facing towards the centre. One skier is on the outside of the circle, skiing behind the group and saying “Duck, Duck, Duck” as he/she touches each of the other skiers on the back. When he/she touches a skier and says “Goose,” that skier must leave his/her place. Both skiers race around the circle to see who can be the first to get to the vacant position. The first one to get there wins. The unsuccessful skier then circles behind the group saying “Duck, Duck” etc. Variation for larger groups - two skiers skiing outside the circle, going in opposite directions. The coach may or may not choose to use poles.</p>	10 min.

Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.	20 min.
Wrap Up	Conclude the session with hot chocolate, the treasure findings and a short social time at the day lodge.	15 min.

PRACTICE PLAN 35 (LEVEL 3 – ON SNOW)

ORIENTEERING POKER SKI

An Orienteering Poker Ski is an adventure-based activity that encourages children to spend a FUN afternoon on skis learning more about wildlife in the area where they ski.

Specific Objectives:

- 1) Introduce the skier to a new type of cross-country ski experience.
- 2) Teach the skier about the animals that he/she shares the forest with during the winter season.
- 3) Practise skills learned during regular practice sessions.
- 4) Have FUN!

Instructions:

- ☐ Plan the activity and set up the orienteering route ahead of time.
- ☐ Skiers gather at the start area ("S" on the map)
- ☐ Each skier is given a participant package.
- ☐ Ensure that each skier has a partner or an adult to ski with them before they begin the orienteering route.

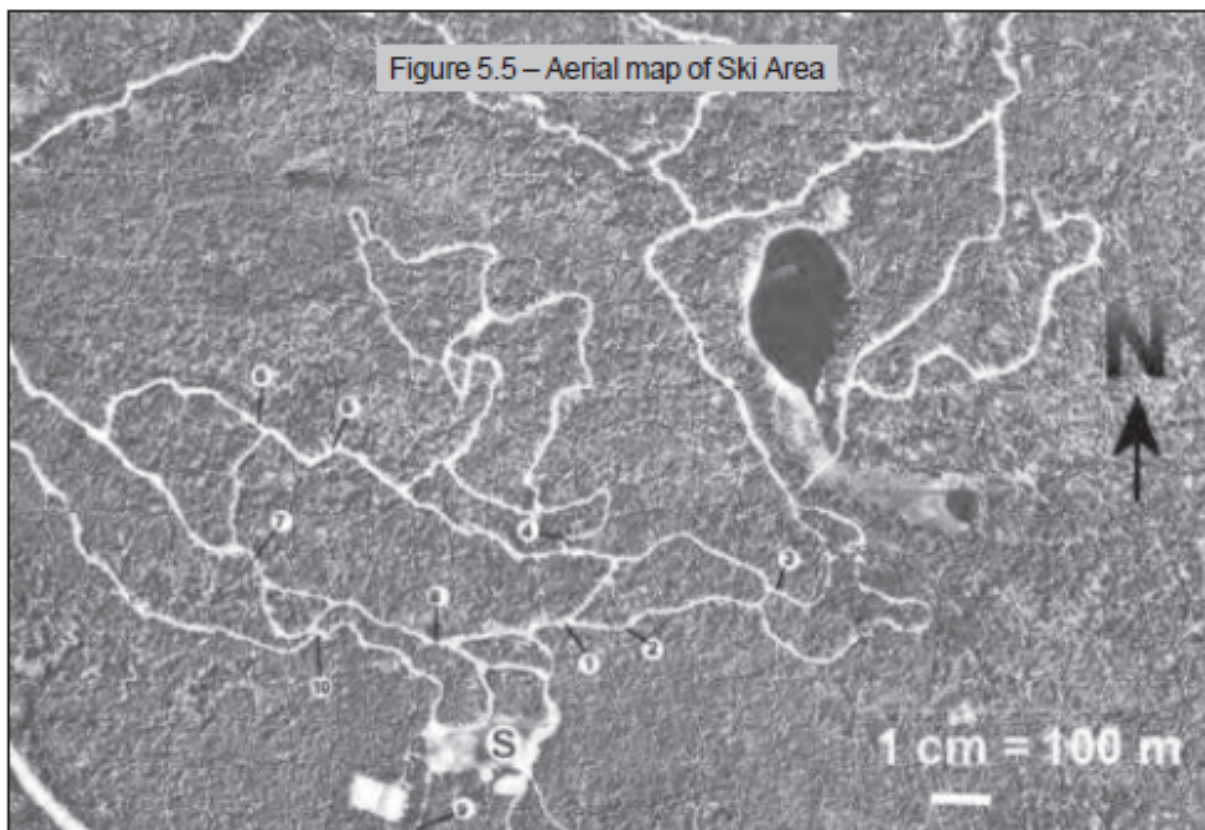
Teaching Aids Needed:

- ☐ Refer to section 5.2 (Nature and Environment – Animal Tracks) for more information.
- ☐ Participant package for each child taking part in the activity:
 - ✓ A whistle (for safety).
 - ✓ A compass.
 - ✓ Instructions on how to use the compass (instruction sheet provided below).
 - ✓ A small (5" x 8") photocopy of an aerial map of the ski area indicating the trail system, the start/finish point, and each station en route (sample map: Figure 5.5, on the following page).
 - ✓ Instructions on how to play the game (Figure 5.6)
 - ✓ Two pencils or markers that will work on waterproofed paper.
 - ✓ A "picture key" of animal tracks (sample picture key: Figure 5.7). Refer to section 5.7 Animal Tracks for more information.
 - ✓ Orienteering control points sheet (Figure 5.8).
 - ✓ A plastic zip lock bag to hold the above items.
 - ✓ Note: all paper should be waterproofed.

- ❑ Blue flagging tape; five bags and five decks of cards.
- ❑ Ten laminated pictures of animal tracks on a white background (one for each animal).
- ❑ Prizes for the participants that complete the orienteering course; prizes for the Orienteering Poker Ski winners.

Instructions on How to Use a Compass:

- ❑/ To find a bearing to control points using a map and an orienteering compass, follow the steps below:
 1. Place the compass on the map with the long edge of the compass joining your start and destination (control) points. Make sure the compass is oriented with the mirror end toward the destination point.
 2. Turn the compass dial until the orienting lines are parallel to the true north meridian lines on the map. Check that “N” on the compass dial is toward map north. Your bearing is the number on the compass dial that lines up with the direction of travel line at the mirror end of the compass.
 3. Take the compass off the map and hold it out in front of you with the line through the mirror pointing straight ahead of you. Do not turn the compass dial. While holding the compass in front of you, rotate your body until the compass needle lines up over the magnetic north arrow on the compass dial. You are now facing in the direction of the desired compass bearing. Start walking (or skiing)!!!
 4. To make sure you keep on course you can fold the mirror back and sight through the small “V” on top of the mirror while using the mirror to make sure the needle is lined up with the magnetic north arrow. Sight on an object (i.e. tree) several metres ahead. Walk to that point and take another sighting. Continue until you travel the desired distance (keeping track of your paces) and you reach your desired destination. Remember that due to small mapping and orienteering inaccuracies your route will not be exact. Use your observation skills to find the control point. For this exercise, the control points are marked with blue flagging tap at the base of trees or shrubs – the control point number is written in felt pen on the flagging. Ignore all other coloured flagging in the bush.



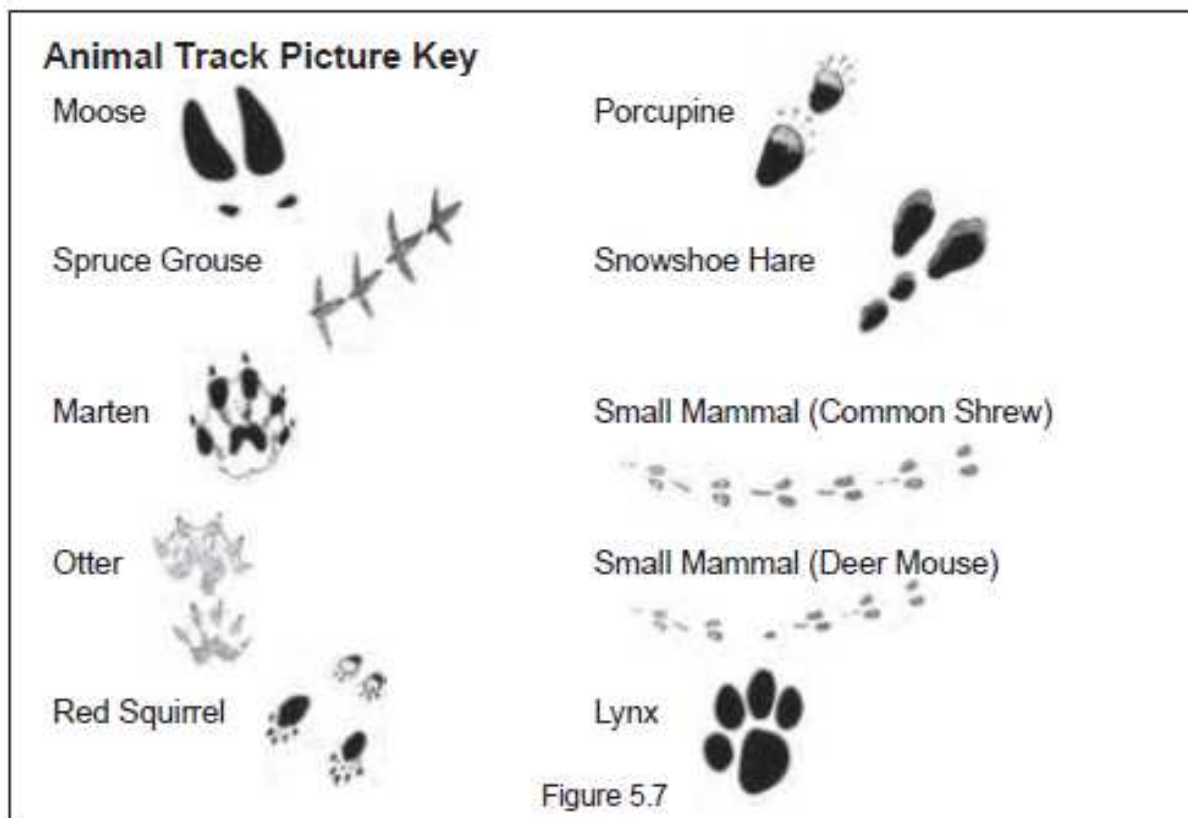
Orienteering Poker Ski Instructions – Here's What You Do!

- 1) Study the map and note the location of the ten control points (white circles with numbers).
- 2) Starting at the big "S," ski the route, and using your map, locate control point #1. Note that the control points are located 10 - 15 metres off the trail (into the woods) as indicated on the map. When you arrive at a control point you will see some blue flagging hanging from a tree and a picture of an animal track on a white card.
- 3) Using the picture key provided, identify the animal track and write down the name of the animal where it says "Control Point #1" on your sheet.
- 4) Continue on and do the same at each of the ten control points. When you complete the orienteering route you will receive a small prize.
- 5) **Poker Ski** – as you ski along the trail you will come across five Poker Dealers, each with a bag of cards. From each dealer, pick a card from the bag and write down the card value and suit on your sheet. Give the card back to the Dealer, and continue on your ski. At the end of the ski you will have collected a five-card poker hand. If you have one of the three highest scoring poker hands you will win an additional prize (provided you have correctly identified all the animals at the ten orienteering control points)!!!
- 6) Eat your prize!!!

Safety Tips:

- ☐ Ski together in teams to reduce the possibility of getting lost. If you are under 12, you should do the route with an adult.
- ☐ One skier may choose to go into the woods to find the control point, while the other chooses to remain on the main ski trail. Stay in communication. If you go into the woods, follow your own ski tracks back to the main trail.
- ☐ Whistles are provided with each participant package. Use the whistle ONLY if you are lost.

Figure 5.6



Orienteering Control Points

- 1) Name the animal at each control point marked on the map.
- 2) Control points #1 to #10 have pictures of animal tracks, and are also marked by blue flagging tape hanging from a tree. Use the "picture key" on the other side of this paper to properly identify the track.

Control Point #1	
Control Point #2	
Control Point #3	
Control Point #4	
Control Point #5	
Control Point #6	
Control Point #7	
Control Point #8	
Control Point #9	
Control Point #10	
Poker Card Hand	
1	
2	
3	
4	
5	

PRACTICE PLAN 36 (LEVEL 3 – ON SNOW)

DOWNHILL GAMES

Specific Objectives:

- 1) Develop and improve the skier's balance and agility on downhills.
- 2) Provide the skier with an opportunity to focus on downhill technique skills.

Note: Skiers should use skating equipment, or classic skis waxed for skating (glide wax tip to tail) with skating poles.


Key Teaching Points:

- ☐ Select a hill that has a suitable gradient for the skill level of the group. Arrange grooming for a large enough area that all of the group can be active at the same time.
- ☐ Use the opportunity for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Coloured sticks.
- ☐ Cones or other markers.
- ☐ Help from parents and other coaches.
- ☐ Tall poles and coloured ribbon or tape.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Downhill Games	<p>Pick-up Sticks: Skiers start at bottom of a hill. They ski up the hill using the technique of choice, and then Free Glide down the hill. Parallel to the tracks going down the hill there are sticks lying flat on the snow. As the skiers come down the hill they try to pick up three sticks. Repeat.</p> <p>Roller Coaster Bumps: Add one or two bumps on the downhill for the skiers to go over or jump off of. Begin initially with picking up one stick on the run down, increase that number to two sticks, and three sticks if the skiers can manage it.</p>	70 min

	<p>Reach and Tuck: Use crossed ski poles to set up a series of archways on a long gentle slope (two poles per archway). Set up an archway every five or six metres. Place a single pole angled into the snow, between the arches and tie a ribbon to the top of it. To play the game, the skiers bend down when going under the arch, and reach up to touch the ribbon on the pole between the arches. Increase the challenge, allow the skiers to increase their speed, or shorten the distance between the poles.</p>  <p>Figure 5.9</p> <p>Human Slalom: Have the skiers break into small groups of three or four. Each group moves to a different location, and stands several metres apart, in a line, going down a long hill. The skiers at the top slalom down the hill, moving around the other skiers in their group. They stop a few metres after the final skier in the line. The next skiers at the top of the hill slalom then through the line of skiers and stop a few metres beyond the final skier in the line. This continues until all the skiers are at the bottom of the hill.</p>	
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 37 (LEVEL 3 – ON SNOW)

SPRINT GAMES

Specific Objectives:

- 1) Introduce skiers to a speed “game” using skating technique.
- 2) Have FUN!
- 3) Determine annual Program Awards for Sprints.

Skating technique is recommended for the Level 3 Sprint Games.

Refer to Practice Plan 11 – Level 2 for detailed information. Note some exceptions to Plan 11 are listed below.

Tasks:

- ☐ Arrange ahead of time for a section of flat terrain, 100 (+) metres in length, to be packed and marked into four lanes. Each lane should be wide enough for a skier to use skating technique. The course should be set in a straight line, with no corners. The markers can be made with small branches, water-soluble paint or some similar material.
- ☐ This activity may be held in conjunction with sprint games for other age groups. Some of these groups may use classic technique, in which case two separate “courses” will be required.
- ☐ Explain the “rules” of this game (e.g. skiers can use skating technique only; they cannot change lanes, etc.)

If time permits, finish off the session with Follow the Leader, with one of the coaches leading the group on one of the ski trails for approximately 20 minutes.

PRACTICE PLAN 38 (LEVEL 3 – ON SNOW)

SKILL EVALUATION SESSION – CLASSIC AND SKATING TECHNIQUES

Specific Objectives:

- 1) Review and evaluate each skier's skills against the Level 3 standard for both classic and skating techniques.
- 2) Conduct the assessment in an informal environment so that the skiers are not intimidated.

Key Teaching Points:

- ☐ Divide the session into two sequential components, with each component dedicated to a different technique. One of these components could be held at the ski playground or a similar location, and the other on a ski trail with suitable terrain variation.
- ☐ Prepare the setting ahead of time, as with Practice Plan 14 - Level 2.
- ☐ When evaluating skiers, the emphasis should be on the successful accomplishment of a skill. The standard should be achieved only if it is truly deserved.

Teaching Aids Needed:

- ☐ Extra help from parents or other coaches.
- ☐ Clipboards and paper with plastic protection; pencils.
- ☐ "Skill Criteria and Evaluation Benchmarks - Level 3" and "Skill Checklist - Level 3" from your Reference Material (sections 4.3.5 and 4.3.6).
- ☐ The Skill Checklist should be prepared ahead of time for finishing off the evaluations.
- ☐ Ski playground area and trail set up appropriately for the age and skill level of the skiers; groomed for both classic and skating technique.
- ☐ Various pieces of equipment and signs to prepare the trail and ski playground.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

<p>Assess all Level 3 Skills</p>	<ol style="list-style-type: none"> 1) Begin with the selected technique, either skating or classic, and the selected setting. 2) Coaches evaluate the skiers' skills and record their evaluation on the Skills Checklist. 3) Alternate technique and setting. Coaches assist skiers to make the changeover in equipment. 4) Coaches evaluate the skiers' skills and record their evaluation on the Skills Checklist. 	<p>30 min. 10 min. 30 min.</p>
<p>Explore a Ski Trail</p>	<p>Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Remind the group to come prepared for both skating and classic technique at the next practice session. Conclude the session with hot chocolate, snacks and a short social time at the day lodge.</p>	<p>15 min.</p>

PRACTICE PLAN 39 (LEVEL 3 – ON SNOW)

Specific Objectives:

- 1) Work with individual skiers to improve skills (classic and skating) that are below Level 3 standard.
- 2) Continue to evaluate skiers for year-end skill awards.

Teaching Aids Needed:

- ☐ Appropriate video/DVD to show the skiers what they can achieve if they continue to improve their ski skills, and to inspire them to work towards this goal.
- ☐ Ski playground area set up appropriately to meet evaluation requirements.

Skill	Description	Time
Review Technique Skills	Video presentation in day lodge.	20 min.
	The coaches identify which technique each skier will practise initially during the on-snow session, and, if necessary, help them to prepare their ski equipment.	10 min.
Ski Play and Work on Skills	<ol style="list-style-type: none"> 1) Skiers use ski playground under the supervision of the coaches. 2) Coach demonstrates and goes over key points (with individual skiers) of skills that have been identified as requiring improvement. One-on-one basis. 3) Skiers that require practice/re-evaluation for both techniques change their equipment, or prepare their skis for a different technique with the help of their coaches. 4) Continue with demonstrations and practice on a one-on-one basis. 	45 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 40 (LEVEL 3 – ON SNOW)

YEAR END ACTIVITY

Specific Objectives:

- 1) To provide a fun finale to the season's activities.
- 2) To encourage team work through adventurous cooperative activities.
- 3) To further develop the skier's cross-country ski skills.
- 4) To recognize enthusiasm effort skill achievement and respect for others.

Teaching Aids Needed:

- ☐ Technique and Program Awards, Progress Reports.
- ☐ This depends entirely on the activities that are used.
- ☐ Refer to sections 4.3 and 5.5 of the Introduction to Community Coaching Reference Material, and sections 4.3.9 and 8.3 of this manual for a selection of suitable activities.

5.6 Practice Plans: FUNdamentals Stage of Development - Level 4

Points to keep in mind in addition to those listed in sections 5.2, 5.3, and 5.4.

Practice sessions should begin in October. Refer to section 5.1.2 for more information, including samples of age appropriate pre-ski season practice sessions.

The first twelve practice plans for Level 4 should be for pre-ski season practice sessions. This section provides practice plans for on snow sessions only.

Wrap up the initial session with a short talk explaining the Program Awards and other administrative or logistical program details. Coaches meet parents. The following practice plans are for the on-snow sessions only.

PRACTICE PLAN 13 (LEVEL 4 – INDOORS)

SKI PREPARATION SESSION

Specific Objectives:

- 1) Teach the skier that good ski-care habits and appropriate ski preparation will result in positive ski experiences.
- 2) Introduce the “Ideal Tool Box for a Community Coach.”
- 3) Review and introduce base preparation and grip wax application.
- 4) Introduce the basic steps for applying klister.

Note: Advise skiers to bring their classic and skating equipment (if they have skating equipment) to this session.

Key Teaching Points:

❑ Coach’s Tool Box

- ✓ Explain the purpose of each tool; demonstrate how the more relevant tools for this age group are used.

❑ Base Preparation and Application of Grip Wax

- ✓ Review what was covered the previous year (Practice Plan 11, Level 3..)
- ✓ Increase the level of information on base preparation and the application of grip wax.
- ✓ Increase the skier’s level of responsibility when preparing own skis.
- ✓ Review how a classic ski is prepared for skating technique.

❑ Application of Klister

- ✓ Have the skier clean the grip wax pocket of one ski with wax remover.
- ✓ Warm the klister tube (use warm water in a can, or a hand).
- ✓ Poke a small hole in the top of the tube.
- ✓ Squeeze short, thin strips on both sides of the groove, in a uniform manner, in the grip zone of the ski.
- ✓ Ensure the strips are horizontal, from the groove out, rather than running the length of the ski.
- ✓ Spread it evenly using a thumb, a klister brush or the klister spreader that comes in the box.
- ✓ If the layer looks too thin, add some more.
- ✓ When the klister application is finished, allow the ski cool for at least 10-15 minutes.
- ✓ Skiers examines the ski.

Teaching Aids Needed:

- ☐ A suitable room to hold a ski preparation session.
- ☐ Set tracks close to the room so that the skiers can test their skis (if held during the winter season)
- ☐ An appropriate number of coaches/parents to provide close supervision.
- ☐ A coach's tool box for demonstration purposes (refer to section 7.2 for details).
- ☐ Enough ski forms and a supply of tools for the skiers to use.
- ☐ Refer to section 3.5 of the Introduction to Community Coaching Reference Material or section 7 of this manual for additional information.

Ensure adequate supervision for all ski preparation sessions!

Conclude the session with hot chocolate, snacks and a short video.

PRACTICE PLAN 14 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Have FUN!
- 2) Develop and improve the skier's balance and agility.
- 3) Assess Level 3 classic technique skills to ensure skiers are in the appropriate group (Diagonal Stride, Double Poling, One-step Double Poling, Snowplow Turn, Kick Turn and Free Glide with Low and High Tuck).
- 4) Assess ski equipment to determine if appropriate for Level 4 skill development. Provide feedback to parents if equipment is inadequate.
- 5) Review Diagonal Stride and Snowplow Turn.


Note: Skiers will require ski equipment for classic technique.

Teaching Aids Needed:

- ☐ Tracks are set for classic technique.
- ☐ Sufficient parallel tracks for Scooter games.
- ☐ Ski playground set up for the age and skill level of the skiers.
- ☐ Help from parents and other coaches.
- ☐ Name tags (masking tape and marker) to identify the skiers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Have skiers step left or right on command from coach. 2) Slow and fast. <p>Scooter Freeze: Skiers remove one ski. They give three pushes with their foot and then “freeze” on the glide leg with the kick foot leg extended back. The skiers should remain in this position until the ski comes to a stop. The objective is to see how far the skiers can glide. Arms should be in a diagonal position, and not out to the side. Repeat and alternate skis.</p>	5 min.

<p>Assess Level 3 Skills (classic technique)</p>	<p>Follow the Leader: The skiers follow one of the coaches who leads them through a number of techniques as they move through the ski playground.</p> <ol style="list-style-type: none"> 1) Have skiers Diagonal Stride – Long Step. 2) Have skiers Double Pole. 3) Have skiers Herringbone up a small hill. 4) Have skiers Free Glide back down the hill. 5) Have skiers Herringbone up a long slope, medium gradient. 6) Have skiers Snowplow Stop, Half-snowplow Brake and Snowplow Turn coming down the hill. 7) Have skiers Skate Turn on the flat. <p>During this exercise the skiers are assessed by the coach.</p>	<p>20 min.</p>
<p>Diagonal Stride (with poles) (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews the appropriate key points. <p>Measured Scooter: Mark off one track every 0.5 metres. Mark other tracks at 0.75 metre, 1 metre and 1.25 metre intervals. Have the skiers start in the first track. If they continually glide past each marker, they move to the next track, etc.</p> <ol style="list-style-type: none"> 2) Repeat using Diagonal Stride with poles. 3) Emphasize recovery foot beside or in front. 4) Emphasize forward lean. 	<p>10 min.</p>
<p>Snowplow Turn (Review)</p>	<p>Coach demonstrates and reviews key points. Refer to Practice Plan 12 – Level 2 and section 4.3.3 for detailed information.</p>	<p>5 min.</p>

Game Time	<p>Snowplow with Poles: The coach sets up a slalom course on the hill as per the diagram. Poles are staggered three/four metres apart. The distance between two poles on the same side would be about five metres. Skiers ski down the hill to the inside of each pole and reach out and try to touch the pole as they go by.</p>	15 min.
	 <p>Figure 5.10</p>	
Game Time	<p>Loose Caboose: Mark out a large circle in the snow. Appoint one skier as the “switcher” and then break the rest of the skiers up into groups of three to five. Each group is a “train.” Each train consists of an engine, one to three cars and a caboose. You can have as many trains as you have skiers and space to work with. The engines try to steer their train away from the switcher. The switcher tries to tag a caboose. If a caboose is tagged, the skier becomes another switcher, and the last skier in the train becomes the new caboose for that train. New switchers cannot tag the train they came from. The winner is the last train or engine left. No poles.</p>	15 min.

Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.	20 min.
Wrap Up (in day lodge)	The coach should wrap up the session, talking to the children, reminding them about the snow goal awards and other administrative or logistical details. Meet the parents and conclude the session with hot chocolate, snacks and a short social time.	15 min.

PRACTICE PLAN 15 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Assess Level 3 skating technique skills to ensure skiers are in the appropriate group (Free Skate, Diagonal Skate and One Skate)
- 3) Assess ski equipment to determine if appropriate for Level 4 skill development. Provide feedback to parents if equipment is inadequate.
- 4) Review Free Skate and Diagonal Skate.
- 5) Explore the ski area where the practice sessions are held.

Note: Skiers will require ski equipment for skating technique.

Teaching Aids Needed:

- ☐ Practice areas groomed for skating technique.
- ☐ Cones or other markers.
- ☐ Help from parents and other coaches.
- ☐ Trays for half the group; two tennis balls for each tray.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers stand in place with skis in a "V" position. 2) Skiers balance on one ski, and touch the other ski with their hand. 3) Next the skiers balance on the other ski and touch the first ski with their hand. 4) Skiers edge the inside of one ski and then the other. 5) Repeat several times, occasionally edging both skis at the same time. 6) Skiers edge skis and sidestep. 	5 min.

	<ol style="list-style-type: none"> 7) Skiers sidestep or hop sideways as far as they can to see who can make the biggest mark in the snow when pushing off. Repeat several times and then reverse direction. 8) Skiers sidestep or hop sideways and slightly forward as far as they can. Emphasize turning the body in the direction of the hop and gliding after the hop. 	
<p>Assess Level 3 Skills (skating technique)</p>	<p>Follow the Leader: The skiers follow one of the coaches who leads them through a number of techniques as they move through the ski playground.</p> <ol style="list-style-type: none"> 1) Have skiers Free Skate. 2) Have skiers Herringbone up a small hill. 3) Have skiers Free Glide, using high and low tuck, back down the hill. 4) Have skiers Diagonal Skate. 5) Have skiers Kick Turn. 6) During this exercise the skiers are assessed by the coach 	20 min.
<p>Free Skate (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates Free Skate and reviews key points. 2) Skiers practise the skill. <p>Waiter: The coach demonstrates by holding the shaft of a ski pole, shoulder width apart, with elbows “super-glued” to the hips. When the coach glides on a ski, the same side shoulder should be positioned over the glide ski. Emphasize that the poles should be level at all times (a tray with drinks!). This drill only works if the skiers can keep their elbows on their hips.</p>	10 min.

	<ol style="list-style-type: none"> 3) Emphasize aligning knee and hips/shoulder over the gliding ski. 4) Skiers do a single skate and glide to a stop. Repeat with the other foot. Emphasize knee and ankle flexion before kicking. Emphasize facing in the direction of the ski glide until they stop 5) Skiers use the poles by their handles, but do not plant their poles. Emphasize body alignment over each gliding ski 	
Game Time	<p>Waiter Race: Each skier or team is given a serving tray with two tennis balls or rubber balls. The skiers must ski a short course, holding the tray in front of them, without losing the balls. If skiers lose a ball they must stop and retrieve it. The course should contain turns to both the left and right.</p>	10 min.
Diagonal Skate (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers practise Diagonal Skate without a hump. 3) Emphasize that the skis keep moving. 	5 min.
Game Time	<p>British Bulldog: The Bulldog is positioned in the middle of a flat open area, with the rest of the skiers behind a line at one end. At a command from the coach, the skiers try and cross to the line at the other side of the area without being tagged. If tagged, a skier becomes another Bulldog and helps the first Bulldog to tag skiers</p>	15 min.
Explore Ski Area	<p>Free Skate. Skiers explore the ski area in the vicinity under the supervision of the coaches. The coaches provide some one-on-one feedback.</p>	20 min.
Wrap Up (in day lodge)	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	15 min.

PRACTICE PLAN 16 (LEVEL 4 – ON SNOW)

SPECIAL ACTIVITY – CHRISTMAS

The period leading up to Christmas provides opportunities for a special activity that can be implemented with the minimum amount of preparation, while offering FUN and excitement for the participants. A Christmas activity might be as simple as a practice session using games that fit well with a Christmas theme: for example, all the coaches dressed as Santa's helpers; or Christmas goodies with hot chocolate at the day lodge following practice. This activity would usually be coordinated for all the ski "groups" by the club's SDP Programmer. Refer to the Introduction to Community Coaching Reference Material (section 5.5) and section 4.3.9 of this manual for more information.

Specific Objectives:

- 1) By using games, put into practice skills learned during regular practice sessions.
- 2) Have FUN!

Key Teaching Points:

- ☐ Plan for the activity and, if necessary, prepare the setting ahead of time.
- ☐ Provide suitable coaching support for the activity that has been selected.
- ☐ No formal ski instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

PRACTICE PLAN 17 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Diagonal Stride.
- 3) Develop and improve Double Poling and One-step Double Poling.
- 4) Review Skate Turn on the flats.
- 5) Review and introduce Kick Turn.

Note: Skiers will require ski equipment for classic technique.

Key Teaching Points:

☐ Diagonal Stride

- ✓ Emphasize full extension of arms and legs.
- ✓ Emphasize forward lean.

☐ Kick Turn

- ✓ Skier executes a Kick Turn to the right, on a slope.
- ✓ Skier executes a Kick Turn to the left, on a slope.
- ✓ Skier climbs a small slope using Kick Turn only.
- ✓ Common errors:
 - insufficient edging of ski.
 - uses poles to balance.
 - poles get in the way of ski action.

Teaching Aids Needed:

- ☐ Sufficient parallel sets of tracks to play Scooter games.
- ☐ Ski playground set up with an "Adventure Trail."
- ☐ Help from parents and other coaches.
- ☐ Cones or other markers.
- ☐ Pirate's Treasure.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Marching Soldiers: Skiers walk on one spot, lifting knees high in front of chest.</p> <p>Flea Leaps: Skiers jump into the air (on their skis) and land softly in a balanced position. Knees should be bent when landing.</p> <p>One-Leg Pops: Skiers pop/spring off one leg, which is bent, and then land on it. Alternate legs.</p>	5 min.
Diagonal Stride (Review and introduce)	<p>Coach demonstrates and reviews key points.</p> <p>Scooter Glide: Skiers remove one ski and practise scootering and gliding on one ski for as long as possible. The contest is to see who can glide the longest. A variation of the game is to have the skiers count the number of pushes they require to cover the distance between the start line and finish line. This game encourages a more powerful push and a better glide.</p>	5 min.
Double Pole (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews appropriate key points. 2) Skiers swing arms forward and plant poles. Lift poles and repeat. 3) Emphasize swinging arms forward, and not up as in a pendulum. 4) Emphasize elbows slightly bent. 5) Emphasize that poles have a slight slant on pole plant. 6) Skiers use Double Poling to push themselves forward. 7) Emphasize that trunk moves parallel to ground. 	10 min.

<p>One-step Double Poling (Review)</p>	<ol style="list-style-type: none"> 1) The coach or role model demonstrates and reviews the key points. 2) Skiers stand in stationary position, drive arms forward without planting poles, and extend leg back without pushing forward at the same time. Double Pole and recover leg at the same time. Double Pole and recover leg, several times with the other leg, and then alternate legs. <p>Double Pole Scooter: Similar to the Diagonal Scooter, but both arms drive forward at the same time. Emphasize weight shift and planting free foot forward.</p> <ol style="list-style-type: none"> 3) Try this exercise using One-step Double Poling. Emphasize trunk action in poling. 4) Emphasize using the joints in order – trunk, shoulders, elbows, wrists. 	<p>10 min.</p>
<p>Skate Turn (on flats) (Review)</p>	<p>Coach demonstrates Skate Turn and reviews key points. Refer to Practice Plan 33 – Level 3 for more information.</p>	<p>10 min.</p>
<p>Game Time</p>	<p>Duck, Duck, Goose. Form a circle ten metres in diameter, with the skiers facing towards the centre. One skier is on the outside of the circle, skiing behind the group and saying “Duck, Duck, Duck” as he/she touches each of the other skiers on the back. When he/she touches a skier and says “Goose,” that skier must leave his/her place. Both skiers race around the circle to see who can be the first to get to the vacant position. The first one to get there wins. The unsuccessful skier then circles behind the group saying “Duck, Duck” etc. Variation for larger groups - two skiers skiing outside the circle, going in opposite directions. May or may not choose to use poles</p>	<p>10 min.</p>

<p>Kick Turn (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers start on flats, linking Kick Turns so that they travel sideways. 3) Skiers repeat exercise on gentle slope. Emphasize complete weight transfer and edging the ski. 4) Repeat on a steeper slope. 	<p>10 min.</p>
<p>Game Time</p>	<p>Kick Turn Relay – 2: Set up start and finish lines approximately 60 metres apart, with two changeover markers in between. Between the two changeover markers, set up a relay exchange zone (approx. 10 metres wide). Form two-person teams. The first team members Double Pole to the first changeover marker, complete two Kick Turns, and proceed to the relay exchange zone (still Double Poling) where they tag their team mate. The second skiers Double Pole to the second changeover marker and complete two Kick Turns before skiing to the finish line.</p>	<p>10 min.</p>
<p>Ski Play</p>	<p>Adventure Trail: Set up a special course on the ski playground, about 500 or 700 metres in length, with uphill, downhill, flats and bumps, utilizing the different techniques – Free Skate, Herringbone, Side Stepping, Snowplow Turn, etc. The pirate's treasure - caches of goodies stashed at different points along the route (one per skier at each cache) - will make the journey more exciting.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	<p>15 min.</p>

PRACTICE PLAN 18 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Free Skate.
- 3) Introduce Marathon Skate.
- 4) Review and introduce One Skate.

Note: Skiers will require ski equipment for skating technique.

Key Teaching Points:

❑ Free Skate

- ✓ Skier aligns toes, knee, hips, body, and shoulders.
- ✓ Skier's hips and shoulders should face the direction of gliding ski until a push is initiated.
- ✓ Consistent glide on left and right skis.
- ✓ Knees and ankles flex before pushing off.
- ✓ During each glide, feet come close to each other.
- ✓ Upper body bends while poling.
- ✓ Emphasize gliding on flat ski.

❑ Marathon Skate

- ✓ Skier places the out-of-track ski in a skating position, slightly in front of the in-track foot.
- ✓ Skier begins Double Poling in the skating position, then skates off the out-of-track ski and onto the in-track ski.
- ✓ Skier gets upright on the in-track ski, and then hips and shoulders turn in the skating direction.
- ✓ The pole plant is wider to allow for skating motion.
- ✓ Skier transfers weight from ski to ski.
- ✓ Skier is able to push self down the track Marathon Skating, for a minimum of 100 metres.
- ✓ Common errors:
 - weight stays on the glide ski.
 - heel comes off ski on glide ski.
 - while on skating ski, glide ski gets "left behind."
 - weight does not shift completely onto glide ski.

❑ One Skate

- Emphasize the recovery foot comes under the body.
- Emphasize gliding on a flat ski.
- Emphasize the trunk action on Double Poling.

Teaching Aids Needed:

- ❑ Sufficient parallel sets of tracks to play Scooter games.
- ❑ Ski playground set up for the age and skill level of the skiers.
- ❑ Help from parents and other coaches.
- ❑ Cones or other markers; a soft ball.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Balance on one ski and bend down and touch the ski.</p> <p>Scooter: Remove a ski, and push with the free foot while gliding on the remaining ski. The foot plant should be flat, and forward of the gliding foot. The objective is for skiers to cover 50 metres with the least number of pushes. Variation: skiers compare the number of pushes for their right leg with the number of pushes for their left leg.</p>	5 min.

<p>Free Skate (Review and introduce)</p>	<p>1) Coach demonstrates and reviews key points. Waiter: The coach demonstrates by holding the shaft of a ski pole, shoulder width apart, with elbows “super-glued” to the hips. When the coach glides on a ski, the same side shoulder should be positioned over the glide ski. Emphasize that the poles should be level at all times (a tray with drinks!).</p> <p>2) Emphasize that knees and ankles flex before pushing off.</p> <p>3) Emphasize clicking heels together.</p> <p>4) Skiers practise a normal Free Skate without poles, and without clicking heels together, but still bringing their feet close together.</p>	<p>10 min.</p>
<p>Game Time</p>	<p>Ball Tag: The coach identifies one skier as “It.” “It” tags the other skiers by hitting them with a soft ball. If one of the skiers catches the ball without the ball hitting the ground, the thrower (“It”) has to ski a small 100 metre circuit before he/she can return to the game. Variation: use more than one ball and more than one “It” – about a third of the skiers could be “It.” No poles.</p>	<p>10 min.</p>

<p>Marathon Skate (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Skiers balance on right ski, in the track. Keeping the left ski just off the snow, the skiers rotate on the right leg so the left ski changes direction from pointing down the track, to angling off to the left, and back again. Alternate legs. 3) Practise the skill with arms forward. Widen the space between the hands as the ski angle widens, and return arms to initial position as the ski angle narrows. 4) Next, practise the skill with an emphasis on transferring weight onto skating ski, and back. 5) Practise again with an emphasis on pushing the gliding ski forward when the weight is on the skating ski. <p>Freeze Skate: Skiers Marathon Skate on the command “Go.” On the command “Freeze,” skiers finish their skate, after which they must glide and balance on the glide leg until the command “Go.”</p>	<p>15 min.</p>
<p>Game Time</p>	<p>Spud: Each skier is given a number from one to ten. The coach throws a ball high as possible, calling out a number up to ten. All the skiers scatter except the skier whose number was called (the “ball catcher”). The “ball catcher” attempts to catch the ball. Once the “ball catcher” catches the ball, he/she yells out “stop” and all other skiers must stop. If the “ball catcher” catches the ball without it hitting the ground, the other skiers automatically earn three ‘strides.’</p> <p>The “ball catcher” tries to hit one of the skiers with the ball (who may now use the three strides if they earned them). The skiers are allowed to bend to dodge the ball but must not move their skis. If skiers get hit, they have to take a letter from the word Spud, and then they have to hit one of their team mates with the ball. If they miss, they have to take another letter from the word Spud, and try again to hit one of their team mates. No poles.</p>	<p>10 min.</p>

<p>One Skate (Review and introduce)</p>	<p>1) Coach demonstrates and reviews key points. Double Double Skate: Skiers Double Pole twice on each side. During the initiation of the second poling, the skate and weight transfer to the other ski takes place.</p> <p>2) Skiers practise One Skate with an emphasis on aligning knee, hip, and same side shoulder over gliding ski at the start of the Double Poling.</p> <p>3) Emphasize upper body bending during Double Poling.</p> <p>4) Emphasize that the foot comes underneath the body.</p> <p>5) Emphasize that the push is to the side, and the skating ski comes off the snow flat (tip and tail at the same time).</p>	<p>10 min.</p>
<p>Game Time</p>	<p>Cops and Robbers: One coach is the “cop.” The skiers are “robbers.” The robbers are safe as long as they are in a marked area (hideout). However, they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When robbers are tagged by a cop, they must go to prison. When captured robbers are tagged by a free robber, they can go free.</p>	<p>10 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	<p>15 min.</p>

PRACTICE PLAN 19 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Diagonal Stride.
- 3) Review and introduce Herringbone.
- 4) Develop and improve Step Turn.

Note: Skiers will require ski equipment for classic technique.

Key Teaching Points:

❑ Diagonal Stride

- ✓ Skier demonstrates noticeable glide (50 cm+) on each lead ski.
- ✓ Recovery foot lands beside, or in front of (not behind), the gliding foot 50-70% of the time.
- ✓ Skier maintains a forward upper body lean.
- ✓ Poles are planted shoulder width apart; pole tip planted opposite lead foot.
- ✓ Pole tips are behind pole handles throughout skill.

❑ Herringbone

- ✓ Skier maintains "V" shape with skis.
- ✓ Skier climbs 15 metres up moderate slope without stopping.
- ✓ Skier uses diagonal arm action.
- ✓ Skier uses inside edges of skis well.
- ✓ Skier plants pole tips behind, and to the side of feet, with handles/hands just below shoulder height.

❑ Step Turn

- ✓ Skier glides down small, untracked hill in the Ready Position.
- ✓ While gliding, the skier shifts weight onto one ski.
- ✓ Skier points unweighted ski in new direction.
- ✓ Skier edges ski and shifts body onto "unweighted ski", brings other ski parallel.
- ✓ Skier repeats sequence three to five steps in one direction, and then three to five steps in the another direction.
- ✓ Skier consistently keeps poles in the Ready Position.

Teaching Aids Needed:

- ☐ Sufficient parallel sets of tracks to play Scooter games.
- ☐ Ski playground set up for the age and skill level of the skiers.
- ☐ Help from parents and other coaches.
- ☐ Cones or other markers; surveyors tape; a penny.
- ☐ Tape measure.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	Follow the Leader: Skiers follow coach. Skiers stand on left leg only. Skiers stand on right leg only. Skiers stand on left leg only and touch the left ski with the left hand. Skiers stand on right leg only and touch the right ski with the right hand. Skiers run on the spot lifting ski tails off snow. Skiers execute several Kick Turns.	5 min.
Diagonal Stride (Review and introduce)	<p>1) Coach demonstrates and reviews the appropriate key points.</p> <p>Measured Scooter: Mark off one track every 0.5 metres. Mark other tracks at 0.75 metre, 1 metre and 1.25 metre intervals. Have the skiers start in the first track. If they continually glide past each marker, they move to the next track, etc.</p> <p>2) Repeat using Diagonal Stride with poles.</p> <p>3) Emphasize recovery foot beside or in front.</p> <p>4) Emphasize forward lean, keeping hips forward.</p>	10 min.

Game Time	Scooter Relay: Skiers remove one ski. Divide the group into two teams. Begin on a gentle slope with at least two sets of tracks. One half of the team is placed at the top of the slope and the other half at the bottom. One skier from each team scooters up the hill (helps emphasize bent ankle and knee) and tags an uphill teammate who scooters down the hill (helps emphasize balance and glide) and tags the downhill teammate. Repeat using opposite leg.	10 min.
Herringbone and Step Turn (Review and introduce)	Coach or role model demonstrates and reviews key points.	10 min.
Free Glide – High Tuck and Low Tuck (Review)	<ol style="list-style-type: none"> 1) Coach or role model demonstrates and reviews key points. 2) Skiers Free Glide with an emphasis on hands forward and knees bent. 3) Begin with a High Tuck, then a Low Tuck. 4) Switch from one to the other on the same run down the hill. <p>Streamers: Place two different coloured streamers or surveyors' tapes above the tracks. The streamers should be at a height that would just touch the back of a skier in a High Tuck. Skiers go down the hill in a Low Tuck staying below the streamers. Then they ski down the hill in a High Tuck, touching the streamers with their back, but not their head. The next step is for the skiers to do one colour in a High Tuck and the other in a Low Tuck. The streamers must be set up in such a way that they do not pose any danger to the skiers.</p>	15 min.

Game Time	Penny, Penny, Who's Got the Penny? Divide the skiers into two groups. One skier on one of the teams is given a penny. The other team does not know which opposing member has the penny. The penny carrier has to try and get the penny to his/her team's castle, which is in the opponent's zone. The person who has the penny must show it if tagged. The rest of the team acts as decoys. No poles.	10 min.
Game Time	Head to Head Tag: Move to an area where there are several classic tracks set parallel to each other. Divide the group into pairs. Have the skiers lie down on their backs in the middle of the tracks, with their heads together (one metre apart), and legs down the track. Identify one half of each pair of skiers as "bears" and the other half as "dogs". When the coach yells out "bears", the bears get up as fast as they can and Diagonal Stride down their end of the track. The dogs get up as fast as they can at the same time and try to tag the bear before the bear reaches the end of the track. The opposite occurs if the "dogs" are called out.	10 min.
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time.	15 min.

PRACTICE PLANS 20 – 21 (LEVEL 4 – ON SNOW)

HOLIDAY SKI CAMP

Scheduling an overnight (two day) ski camp in your plans for the season is an excellent way to enhance your skill development program. Children will benefit from being introduced to a ski camp experience by the time they are nine years of age, and the Christmas holidays provide an opportune time for this to take place.

Ideally the camp will be a club-organized program that can be adapted to the needs of the different age groups. To meet the primary objectives of the activity, it is important that this is an overnight camp experience. In addition, because of the age of the skiers, it may be preferable to begin the camp at noon on day one, and end in early afternoon on day two. Be cautious about using one-day camps for skiers at this age – this format can be seen as a never-ending practice session and be counter-productive.

Specific Objectives:

- 1) Provide an opportunity for the skier to develop friendships with other skiers their own age.
- 2) Team building.
3. Increase awareness of the lifestyle associated with cross-country skiing, including good nutritional habits.
- 4) Develop and improve ski skills learned during regular practice sessions.
- 5) Have FUN!

Key Teaching Points:

- ☐ Keep the skiers active, but not necessarily with ski activities.
- ☐ Ski activities should be short and varied.
- ☐ The skiers will require close supervision because of their age.
- ☐ All activities need to be appropriate for the age and skill level of the skiers.
- ☐ Utilize every opportunity to encourage the development of independent athletes – ski care, preparing meals, eating appropriate foods, clean up duty, curfew, dressing appropriately for each activity, etc.
- ☐ Keep in mind that a program that is too difficult will discourage future involvement.

Teaching Aids Needed:

- ☐ Competition Coaching – Introduction Reference Material.

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- ☐ Suitable coaching support for the activity that has been selected.
- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

Note: The ultimate objective is to motivate skiers to learn more, ski more and further participate in the sport.

PRACTICE PLAN 22 (LEVEL 4 – ON SNOW)

NEW YEAR ACTIVITY

Participation in a club activity/event exposes young skiers and their families to the wide range of programs that clubs offer, as well as the family orientation of the sport. If you live in a community that doesn't offer programs of this kind, refer to section 5.5 of the Introduction to Community Coaching Reference Material for some ideas and create a "special activity" of your own. This could be a Moonlight Ski, a Lantern Ski, Turkey Glide, a trek to a cabin/lake for lunch and some games, or a similar activity.

Specific Objectives:

- 1) Introduce skiers to the club at large.
- 2) Introduce skiers to a new type of cross-country ski experience.
- 3) Practice skills learned during regular practice sessions.
- 4) Have FUN!

Key Teaching Points:

- ☐ Plan for the activity and, if necessary, prepare the setting ahead of time.
- ☐ Provide suitable coaching support for the activity that has been selected.
- ☐ No formal ski instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

PRACTICE PLAN 23 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Diagonal Stride.
- 3) Review and introduce Double Poling.
- 4) Introduce Parallel Side-slipping.
- 5) Review Snowplow and Half-Snowplow Braking.

The skier will require ski equipment for classic technique.

Key Teaching Points:

☐ Double Poling

- ✓ Emphasize keeping legs relatively straight.
- ✓ Use joints in order – trunk, shoulders, elbows and wrists.
- ✓ Keep hips above or ahead of toes on pole plant.
- ✓ Common errors:
 - skier sits back when planting poles.
 - elbows straighten before shoulders extend.
 - trunk comes up while poles are still in the snow pushing forward.

☐ Parallel Side-slipping

- ✓ Skier maintains Ready Position.
- ✓ Skis remain parallel while slipping down the hill sideways.
- ✓ Skier demonstrates control by stopping mid-slope.
- ✓ Skier demonstrates this skill facing both directions.
- ✓ Common errors:
 - skier doesn't side slip both skis at the same time.
 - one or both skis catch edges.
 - skier is unable to side slip down the Fall Line (moves forward while slipping)

Teaching Aids Needed:

- ☐ Sufficient parallel sets of tracks to play Scooter games.
- ☐ Help from parents and other coaches.
- ☐ Cones or other markers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Bobbing Stork: The skiers stand on one ski, bend forward at the waist, and then stand upright again with their shoulders, hips and ankles lined up one on top of the other. They appear to be bobbing like a bird on one leg.</p> <p>Flying Stork: The skiers leap into the air by pushing off with both legs. They land on one leg. Alternate legs.</p>	5 min.
Diagonal Stride (Review)	<p>Coach demonstrates and review key points.</p> <p>Scooter Side Car: The coach pairs up the skiers according to their height. Skiers remove the ski opposite to the one their partner removes, and take positions behind the start line. The partners stand side by side with their arms around shoulder and waist, and their free foot on the inside. When starting, the partners propel themselves forward by kicking at the same. Emphasize how far the skiers can glide in a single kick. Alternate skis and repeat.</p>	10 min.
Game Time	<p>Lemans Start Pole Relay: Set up two exchange “zones”. Skiers take their poles to the first exchange zone, leave them there and return to the start line. When the relay begins, the skiers ski to the first exchange zone, pick up their poles, hold them at the balance point, and then ski to the second exchange zone. At the second exchange zone, the skiers put their poles on and ski to the finish line. Vary the emphasis between speed and the longest strides.</p>	10 min.

<p>Double Poling (Review and introduce)</p>	<ol style="list-style-type: none"> 1) Coach or role model demonstrates and reviews key points. 2) Skiers swing arms forward and plant poles, lift poles and repeat. 3) Emphasize hips forward on pole plant (you would fall over if you didn't plant your poles). 4) Emphasize swinging arms forward, and not up as in a pendulum. 5) Emphasize elbows should be slightly bent. 6) Emphasize that poles have a slight slant on pole plant. 7) Skiers Double Pole, pushing themselves forward. 8) Emphasize that legs stay straight for most of the poling action. 9) Emphasize that the shoulder joint is locked when the trunk is bending. 	<p>10 min.</p>
<p>Parallel Side Slipping (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers stand on a flat area in the Ready Position and edge their skis from side to side. 3) Skiers Sidestep part way up a well packed, fairly steep hill. 4) Emphasize edging the uphill side of the skis. 5) Slowly reduce the edge until the skiers start to slip, then re-edge. 6) Repeat, with slightly longer and longer slips. 	<p>10 min.</p>
<p>Snowplow and Half-Snowplow Braking (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers switch from a braking, Half-Snowplow on one side to a full Snowplow. 3) Skiers switch from a braking, Half-Snowplow on one side, to a braking, Half-Snowplow on the other side. 	<p>10 min.</p>

Game Time	<p>Crows and Owls: Form two equal teams. One team will be “Crows” and the other team “Owls”. The two teams form lines with one team facing the other. The lines need to be marked by ski poles or a similar marker at each end. The two lines should be 20 to 30 metres apart. For each team, its own line is its “home”. The coach then makes a statement that is easily identified as either true or false. If it is true, the Owls (who are wise and honest) chase the Crows; if it is false the Crows (who are sly, devious and don’t always know the truth) chase the Owls. The team being chased must turn around and ski past the poles identifying its home line to be safe. Skiers who are tagged by a skier from the other team before they get safely home must join that team.</p>	10 min.
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time.	15 min.

PRACTICE PLAN 24 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Free Skate.
- 3) Review and introduce Marathon Skate.
- 4) Review and introduce One Skate.
- 5) Introduce Two Skate.

The skier will require ski equipment for skating technique.

Key Teaching Points:

❑ Free Skate

- ✓ Emphasize flat ski (edge to edge).
- ✓ Emphasize that the kick is to the side, not back (tip and tail of ski come off snow at the same time).
- ✓ Emphasize good weight transfer to the glideski.

❑ Marathon Skate

- ✓ Skier pushes to the side and not back.
- ✓ The recovery foot comes underneath the body.

❑ One Skate

- ✓ Emphasize flat ski (edge to edge).
- ✓ Emphasize that the leg-push is to the side, not back (tip and tail of ski come off snow at the same time).
- ✓ Emphasize good weight transfer to the glideski.

❑ Two Skate

- ✓ Consistent glide on left and right ski.
- ✓ Knees and ankles flex before pushing off.
- ✓ During each glide, feet come close to each other.
- ✓ Upper body bends while poling.
- ✓ Common errors:
 - skier doesn't transfer weight completely onto non-poling side.
 - upper body turns too early.

- unequal glide.
- skier is unable to execute the skill on both sides.

Teaching Aids Needed:

- ☐ Help from parents and other coaches.
- ☐ Cones or other markers; a soft ball.
- ☐ Brightly coloured handkerchief or surveyors' tape.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	Ball Tag: The coach identifies one skier as "It". "It" tags the other skiers by hitting them with a soft ball. If one of the skiers catches the ball without the ball hitting the ground, the thrower ("It") has to ski a small 100 metre circuit before returning to the game. Variation: use more than one ball and more than one "It" – about a third of the skiers could be "It". No poles.	5 min.
Free Skate (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Waiver: The coach demonstrates by holding the shaft of a ski pole, shoulder width apart, with elbows "super-glued" to the hips. When the coach glides on a ski, the same side shoulder should be positioned over the glide ski. Emphasize that the poles should be level at all times (a tray with drinks!). 2) Emphasize that knees and ankles flex before pushing off. 3) Emphasize putting down flat ski. 	10 min.

Marathon Skate (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers put skating ski on snow, edge and push off. 3) Repeat with emphasis on shifting weight onto skating ski and back. 4) Repeat with emphasis on pushing glide ski forward when weight is on skating ski. 5) Emphasize pushing to the side and not back. 6) Emphasize that the skating leg recovers to a position where the foot is underneath the body slightly ahead of the glide foot. 	10 min.
Game Time	<p>Catch the Dragon's Tail. The skiers in the group line up one behind one other. Eight to ten skiers is ideal. The skiers put their arms around the waist of the skier in front of them. The last skier in the line tucks a brightly coloured handkerchief into his/her back pocket or the back of the toque. To work up steam, the dragon should then make a few scary cries. At a signal from the coach, the dragon begins chasing its own tail, the objective being for the skier at the head of the line to snatch the handkerchief. When the skier at the head of the line finally captures the tail, he/she wears the handkerchief and becomes the new tail. The skier who was second from the front of the line then becomes the new leader. A variation is to have two dragons (chains of skiers) trying to catch the tail of the other.</p>	10 min.

<p>One Skate (Review and introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Double Double Skate: Skiers pole with toes, knees, hips, body and shoulders aligned in the direction of the gliding ski on the first push. The skiers pole again on the same side. Half way through the second poling, weight is transferred and leg pushes off ski. 2) Emphasize long glide, under control. 3) Return to normal One Skate, emphasizing that Double Poling starts in the direction of the gliding ski. 4) Emphasize ankle and knee flexion on push off. 5) Emphasize pushing to side and not back. 	<p>10 min.</p>
<p>Game Time</p>	<p>Snow Hockey: Use old hockey sticks (floor hockey or ball hockey, with plastic blades preferable), and soccer sized coloured play ball. Coaches and parents need to closely monitor the safe use of the sticks.</p>	<p>10 min.</p>
<p>Two Skate (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers begin with a One Skate, Double Pole. 3) When the skier transfers their weight, they should just be completing their poling action. 4) During the weight transfer to the original ski, the skier drives the arms forward to Double Pole 5) Emphasize weight transfer on both sides. 6) Emphasize that Double Poling starts in the direction the ski is pointing. 	<p>15 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	<p>15 min.</p>

PRACTICE PLAN 25 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Introduce Interval Start procedures.
- 3) Develop and improve Sidestepping.
- 4) Develop and improve Half-Snowplow Braking.

The skier will require ski equipment for classic technique.

Teaching Aids Needed:

- ☐ Trails groomed for classic technique, including a 200 metre loop that incorporates some up and down terrain. Start "gate" set up to practice Interval Starts.
- ☐ Ski playground set up appropriately for the age and skill level of the skier.
- ☐ Colored water, posts for start gate, and stop watches.
- ☐ Enough large soft balls for each skier in the group; basket or hoop.
- ☐ Ten 2-metre long ropes.
- ☐ CCC Officials Manual - section pertaining to Interval Start procedures.
- ☐ Enough race bibs (in sequence) for each skier in the group.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<p>Marching Soldiers: Skiers walk on one spot, lifting knees high in front of chest.</p> <p>Flea Leaps: Skiers jump into the air (on their skis) and land softly in a balanced position. Knees should be bent when landing.</p> <p>One-Leg Pops: Skiers pop/spring off one leg, which is bent, and then land on it. Alternate legs.</p>	5 min.

Side Stepping (Review)	<ol style="list-style-type: none"> 1) The coach demonstrates and reviews the key points. Refer to 4.3.1 for detailed information. 2) Skiers practise this skill on a fairly steep hill. 	10 min.
Game Time	<p>This exercise should take place on one of the ski trails.</p> <p>Tracking: Coordinate skiers in a tightly packed, single-file line along the trail. Begin skiing. Every 30 seconds, the coach calls “Track” and the skier at the front of the line steps out of the way. This skier continues to ski (they may have to Double Pole so that they don’t interfere), but at a slightly slower pace until the line of skiers goes by. The skier from the front of the line then jumps back into line at the end of the file of skiers.</p> <p>Pass: Continue the line of skiers as above, but change the command to “Pass”. In this game, the last person in line jumps out of the line and skis as fast as they can to the front of the line. In order for the last skier to pass the line of skiers, the coach may have to control the speed of the group by skiing in front. The “passing” skier then jumps back into the line behind the coach. Note this can be done on appropriate downhill sections as well.</p>	15 min.
Half-Snowplow Braking (Review)	<ol style="list-style-type: none"> 1) The coach demonstrates and reviews key points. Refer to section 4.3.3 for additional information. 2) Skiers practise this skill on a fairly steep hill. 	10 min

Game Time	<p>Uphill Basketball: Skiers are given a large size ball that they hold in front of their chest, using both hands. The skiers Side Step up the hill carrying the ball, and then return back down Half-Snowplow Braking, still holding the ball. At the bottom of the hill the skier throws the ball into a basket or through a hoop, depending on how the game is set up. Option: place two 2-metre long ropes perpendicular to the Fall Line for the skiers to Side Step over during the uphill portion of the game.</p>	10 min.
Relay Exchange (Review)	<ol style="list-style-type: none"> 1) Practise relay exchanges in a properly marked out exchange zone. 2) Refer to Practice Plans 25 and 26 for more information. 	10 min.

<p>Individual Start Procedures</p>	<ol style="list-style-type: none"> 1) Set up a “competition course” 200 metres in length. Clearly mark the actual start “gate”, and the area where the skiers line up for the start. 2) Have the skiers pick up their “bibs” and put them on. 3) The “Starter”, “Assistant Starter” and one or two adults (acting as competitors) demonstrate a correct start. 4) The coach explains the key points to the skiers. 5) Start each skier in the group individually, 15 seconds apart. 6) Use correct countdown procedures, 7) Skiers should leave the start gate using the One-step Double Poling technique when first attempting this exercise. After they have cleared the start gate they may chose to switch to Diagonal Stride. 8) The skiers complete the 200 metre loop and return to an identified “finish” area. 9) Repeat with the Starter holding a long stick or ski pole to simulate the start-wand used in electronic timing. 10) Do not time this event. Use watches for the countdown and starting the skiers. 	<p>20 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up</p>	<p>Conclude the session with hot chocolate, snacks and a short social time at the day lodge.</p>	<p>15 min.</p>

PRACTICE PLAN 26 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Introduce Heat Sprint Start procedures.
- 3) Develop and improve Free Skate.
- 4) Develop and improve One Skate.

The skier will require ski equipment for skating technique.

Key Teaching Points:

- ☐ Although the Heat Sprint format is essentially a series of elimination rounds ("Round Robin"), the activity can easily be adapted to allow all the participants to take part in the same number of heats.

Teaching Aids Needed:

- ☐ Trails groomed for skating technique, including a 200 metre loop that incorporates up and down terrain and changes in direction (not straight out and back).
- ☐ Ski playground set up appropriately for the age and skill level of the skier.
- ☐ Extra help from parents and other coaches.
- ☐ Coloured water, cones or other markers for start and finish areas.
- ☐ Stop watches and enough race bibs for each skier in the group.
- ☐ CCC Officials Manual – section pertaining to Individual (Heat) Sprints.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

<p>Balance and Agility</p>	<p>Bobbing Stork: The skier stands on one ski, bends forward at the waist, and then stands upright again with their shoulders, hips and ankles lined up one on top of the other. They appear to be bobbing like a bird on one leg.</p> <p>Flying Stork: The skier leaps into the air by pushing off with both legs. They land on one leg. Alternate legs.</p>	<p>5 min.</p>
<p>Free Skate (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. Refer to section 4.3.5 for additional information. 2) Skiers practise the skill. 	<p>5 min.</p>
<p>Game Time</p>	<p>This exercise should take place on one of the ski trails.</p> <p>Tracking: Coordinate skiers in a tightly packed, single-file line along the trail. Begin skiing. Every 30 seconds, the coach calls “Track” and the skier at the front of the line steps out of the way. This skier continues to ski (they may have to Double Pole so that they don’t interfere), but at a slightly slower pace until the line of skiers goes by. The skier from the front of the line then jumps back into line at the end of the file of skiers.</p> <p>Pass: Continue the line of skiers as above, but change the command to “Pass”. In this game, the last person in line jumps out of the line and skis as fast as they can to the front of the line. In order for the last skier to pass the line of skiers, the coach may have to control the speed of the group by skiing in front. The “passing” skier then jumps back into the line behind the coach. Note this can be done on appropriate downhill sections as well.</p>	<p>15 min.</p>

<p>One Skate (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates the One Skate. 2) Skiers practise the skill. <p>Double Double Skate: The skiers Double Pole twice on one side before weight shifting to the other side. Repeat. If a skier is proficient and space allows, Double Pole three times, four times, etc.</p>	<p>10 min.</p>
<p>Heat Sprints</p>	<ol style="list-style-type: none"> 1) Set up a sprint course 200 metres in length, with four start lanes wide enough for the skiers to use skating technique. 2) Clearly mark the start and finish areas, and the location where the skiers should wait between heats. 3) Have the skiers pick up their “bibs” and put them on. 4) The “Starter”, “Assistant Starter” and three or four adults (acting as competitors) demonstrate a correct start procedure. 5) The coach explains the key points to the skiers. 6) Begin the “heats” (preferably four skiers per heat). 7) Use correct start procedures. 8) Skiers can depart from the start line using skating technique. 9) Skiers complete the 200 metre loop and return to the “finish” area. 10) Direct the finishing skiers to the location where they should wait for their next turn. 11) Repeat. No timing. 	<p>25 min.</p>

<p>Game Time</p>	<p>Crows and Owls: The objective of this game is to work on turning from a stationary position and forward movement without poles. Form two equal teams. One team will be “Crows” and the other team “Owls”. The two teams form lines with one team facing the other. The lines need to be marked by ski poles or a similar marker at each end. The two lines should be 20 to 30 metres apart. For each team, its own line is its “home”. The coach then makes a statement that is easily identified as either true or false. If it is true, the Owls (who are wise and honest) chase the Crows; if it is false the Crows (who are sly, devious and don’t always know the truth) chase the Owls. The team being chased must turn around and ski past the poles identifying its home line to be safe. Skiers who are tagged by a skier from the other team before they get safely home must join that team.</p>	<p>10 min.</p>
<p>Ski Play</p>	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide some one-on-one instruction.</p>	<p>20 min.</p>
<p>Wrap Up</p>	<p>Wrap up with a short information session on the Special Activity coming up, and how to prepare for it. Conclude the session with hot chocolate, the treasure findings and a short social time at the day lodge.</p>	<p>15 min.</p>

PRACTICE PLAN 27 (LEVEL 4 – ON SNOW)

SKI TOURNAMENT

Specific Objectives:

- 1) Introduce skiers to a new type of cross-country ski experience.
- 2) Practice skills learned during regular practice sessions.
- 3) Have the group work together as a team.
- 4) Have the children develop new ski-friends.

Note: Skiers will require both classic and skating equipment for this session. As a minimum, skiers will require skating length poles and classic skis with glide wax from tip to tail (i.e. the grip wax removed from the grip zone) for the skating activities.

Key Teaching Points:

- ☐ Prepare the skiers in advance for this activity.
- ☐ Provide suitable coaching support.
- ☐ No formal ski instruction. Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Refer to Section 8 for detailed information about Ski Tournaments and the responsibilities of the coaches.
- ☐ Extra help from parents.

PRACTICE PLAN 28 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Diagonal Stride.
- 3) Review Parallel Side Slipping.
- 4) Review and introduce Snowplow Turn.

Note: Skiers will require ski equipment for classic technique.

Key Teaching Points:

☐ **Diagonal Stride**

- ✓ Noticeable glide (60 - 100 cm) on each foot.
- ✓ Glide is equal on each foot.
- ✓ Recovery foot lands beside or in front of (not behind) the gliding foot 70-100% of the time.
- ✓ Rear leg is fully extended at the end of the push.
- ✓ Skier maintains a distinct forward upper body lean (approximately 45 degrees).
- ✓ When planting poles, hands are forward at shoulder height, and each pole tip is planted beside or behind opposite lead foot.
- ✓ Pole plants should be consistent and arms should extend past hips.
- ✓ Common errors:
 - recovery foot lands behind gliding foot.
 - skier compensates leaning forward by sticking hips back.
 - arm poling finishes in front of hips.

☐ **Snowplow Turn**

- ✓ Skier shows some "snowplow" wedge when changing direction.
- ✓ Skier changes direction, both left and right, while plowing.
- ✓ Pressure to the downhill ski is seen by increased flexing at the ankle and knee joints as the skier completes the turn. At this point, most of the body's weight should be on the downhill ski.
- ✓ Safely stops at the bottom of the slope.

Teaching Aids Needed:

- ☐ Sufficient parallel sets of tracks to play Scooter games.
- ☐ Help from parents and other coaches.

- Cones or other markers; measuring tape; colored clothespins.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers run in place on their skis, changing the tempo from slow to fast. 2) Have skiers walk on one spot extending their leg backwards. 3) Have skiers balance on one leg with the other extended backwards. Hold that position for three seconds and then switch. <p>Sizzling Snow: While remaining in one place the skiers step from ski to ski, keeping only one ski on the burning snow at a time. Have the skiers “hiss” as the snow “burns their skis”.</p>	5 min.
Diagonal Stride (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers practise the skill with an emphasis on kick starting early. <p>Measured Scooter: Mark off one track every 0.75 metres. Mark other tracks at 1 metre, 1.25 metre and 1.5 metre intervals. Have the skiers start in the first track. If they continually glide past each marker, they move to the next track, etc.</p> <ol style="list-style-type: none"> 3) Repeat using Diagonal Stride with poles. 4) Emphasize recovery foot beside or in front. 5) Emphasize forward lean, keeping hips forward. 6) Next practise “arms only Diagonal Stride”. Keeping legs rigid, skiers stand upright and diagonally pole down the track. Repeat, leaning forward at an approximately 45 degree angle. Have the skiers think about which position is faster (leaning forward should be). 	15 min.

	<p>7) Repeat with a full extension of arms past hips.</p> <p>8) Diagonal Stride with arms and legs back in the marked tracks again.</p>	
Game Time	<p>Wolf Ring: A defined area with both perimeter and diameter lines is established for the game. Skiing is permitted around the perimeter and across each of the diameters, but in one direction only. A hunter, “the wolf”, chases the rabbits within the defined area. When the wolf tags a rabbit, that person becomes a wolf as well. The game continues until the last rabbit is tagged. The size of the area can vary according to the age of the participant. The coach may or may not decide to choose to use poles depending on space available to play the game. Refer to section 4.3.9 for an illustration.</p>	10 min.
Parallel Side Slipping (Review)	<p>1) Coach or role model demonstrates and reviews key points.</p> <p>2) Skiers practise sliding and edging their skis.</p> <p>Red Light, Green Light: The coach is the policeman, and is positioned at the top of the hill. The skiers are positioned along a start line on the slope near the top of the hill. When the policeman says “green light” the skiers begin Side Slipping down the hill. When the policeman says “red light” the skiers stop. When caught moving on a red light, skiers have to sidestep back to the start line at the top of the hill. The game ends when the first skier crosses the finish line at the bottom of the hill.</p> <p>3) As skills become more proficient, move the skiers to areas that have bumps and hollows.</p> <p>4) Following the game, have skiers Side Slip two metres and stop; redirect skis slightly downhill; Snowplow Turn, Side Slip in other direction.</p> <p>5) Repeat.</p>	15 min.

Game Time	Clothes Pin Tag: This game is played in a ski pole circle. Choose three “Rabbits” and give the rest of the group three clothes pins each. The winner is the person who can pin a clothes pin on the collar or hood of each of the “Rabbits”. Note: After a skier pins a “Rabbit”, he/she has ten seconds to move away. Clothes pins should be coloured to confirm who has actually left their clothes pin on a Rabbit. You will need several colours, so you may need to paint some pins in order to have enough variety. No poles.	10 min.
Snowplow	Coach demonstrates and reviews key points. Emphasize going slow and staying in control.	5 min.
Game Time	Chain Tag: Establish a playing area with boundaries, with one skier as “It”. When “It” tags another skier, they hold hands and try and catch others. The skiers in the chain are not allowed to let go hands or move out of bounds, so the group must work cooperatively as the chain gets longer.	10 min.
Explore a Ski Trail	Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one technique instruction.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time.	15 min.

PRACTICE PLAN 29 (LEVEL 4 – ON SNOW)

DOWNHILL GAMES

Specific Objectives:

- 1) Develop and improve the skier's balance and agility on downhills.
- 2) Provide the skier with an opportunity to focus on downhill technique skills.

Note: Skiers should use skating equipment, or classic skis waxed for skating (glide wax tip to tail) with skating poles.


Key Teaching Points:

- ☐ Use the opportunity for one-on-one technique instruction.
- ☐ Encourage the skiers to experiment and practise the turns on their own. Set various courses to ensure different turns in different situations will be practised. Add natural bumps and hollows to the courses where practical.
- ☐ **Snowplow Turn**
 - ✓ Maintains Snowplow wedge.
 - ✓ Changes direction, left and right.
 - ✓ Skier completes three turns on each side, under control.
 - ✓ Poles are not planted.
 - ✓ Pole tips behind body, pole handles in front of body.
 - ✓ Safety stops at the bottom of the hill.
 - ✓ Common errors:
 - skier has difficulty in turning in one direction.
 - one or both hands are beside or behind hips.
 - skier makes wedge but is not in control.


Teaching Aids Needed:

- ☐ Select a hill that has a suitable gradient for the skill level of the group. Arrange grooming for a large enough area that all of the group can be active at the same time. If conditions are icy, switch this practice plan for a different one, and try the downhill maneuvers on another day.
- ☐ Cones or other markers; coloured sticks.
- ☐ Help from parents and other coaches.
- ☐ Tall ski poles and colored ribbon or surveyors' tape.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

<p>Downhill Games</p>	<p>Pick-up Sticks: Skiers start at bottom of a hill. They ski up the hill using the technique of choice, and then Free Glide down the hill. Parallel to the tracks going down the hill there are sticks lying flat on the snow. As the skiers come down the hill they try to pick up three sticks. Repeat.</p> <p>Roller Coaster Bumps: Add one or two bumps on the downhill for the skiers to go over or jump off of. Begin initially with picking up one stick on the run down, increase that number to two sticks, and three sticks if the skiers can manage it.</p> <p>Bicycle Bumps: Use crossed ski poles to set up a series of archways on a long gentle slope (two poles per archway). Set up an archway every five or six metres. Place a single pole angled into the snow, between the arches and tie a ribbon to the top of it. To play the game, the skiers bend down when going under the arch, and reach up to touch the ribbon on the pole between the arches. Increase the challenge, allow the skiers to increase their speed, or shorten the distance between the poles.</p>  <p>Figure 5.11</p>	<p>30 min</p>
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	<p>Human Slalom: Have the skiers break into small groups of three or four. Each group moves to a different location, and stands several metres apart, in a line, going down a long hill. The skier at the top slaloms down the hill, moving around the other skiers in the group. They stop a few metres after the final skier in the line. The next skier at the top of the hill slaloms then through the line of skiers and stops a few metres beyond the final skier in the line. This continues until all the skiers are at the bottom of the hill.</p>	
<p>Snowplow Turn (Review and introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers Snowplow straight down the slope, increasing and decreasing the size of the wedge. 3) Skiers alternate from straight running, to plowing, to straight running, on the way down the hill. 4) Skiers Snowplow and edge one ski more than the other until they turn sideways on the hill and stop. Repeat several times in both directions. 5) Skiers Snowplow and edge one ski more until they turn, but they continue to go downhill. 6) Repeat several times. 7) Link Snowplow Turns. 	10 min.

Downhill Games	<p>Snowplow with Poles: The coach sets up a slalom course on the hill as per the diagram. Poles are staggered three/four metres apart. The distance between two poles on the same side would be about five metres. Skiers ski down the hill to the inside of each pole and reach out and try to touch the pole as they go by.</p>  <p>Figure 5.12</p>	30 min.
Ski Play	<p>Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.</p>	20 min.
Wrap Up (in day lodge)	<p>Conclude the session with hot chocolate, and a short social time at the day lodge.</p>	15 min.

PRACTICE PLAN 30 (LEVEL 4 – ON SNOW)

BACKWOODS ADVENTURE

Specific Objectives:

- 1) Introduce the skier to nature in winter.
- 2) Teach the skier how to prepare for a “long” tour in the woods.
- 3) Practise techniques learned during regular practice sessions.
- 4) Have FUN!

Note: Skiers will require equipment for classic technique.

This activity should take place on a ski trail that is new to the skiers and has a “backwoods” feel. The challenge should be more advanced than the backwoods tour offered in the Level 3 program; however it does not need to be far from the main ski trails to be an adventure.

This is an opportunity for the group to explore and experience nature in winter. Ideally, there will be a cabin somewhere along the route where the group can stop and rest, build a fire and have lunch.

Care should be taken that all skiers arrive at the destination at the same time. Keep the distance achievable and appropriate for the age and skill level of the skiers. For the skiers, the amount of time on skis should not be more than 1.5 hours in total.

Encourage the skiers to follow their route on a map.

Things to Bring:

- ☐ Equipment repair kit.
- ☐ First aid kit.
- ☐ Compass, maps.
- ☐ Food, water.
- ☐ Spare clothing and blankets as necessary.
- ☐ Matches.
- ☐ Extra wax.
- ☐ Refer to section 5.7 (Nature and Environment) for ideas that may be appropriate to include in this activity.

PRACTICE PLAN 31 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review and introduce Diagonal Stride and Uphill Diagonal Stride with glide.
- 3) Review One-step Double Poling.
- 4) Review Parallel Side Slipping.
- 5) Review Step Turn

Note: Skiers will require ski equipment for classic technique.

Key Teaching Points:

☐ Diagonal Stride

- ✓ Emphasize that hands are forward at shoulder height.
- ✓ Emphasize that pole plant is beside the lead foot with arms slightly bent.
- ✓ Common errors:
 - poles are planted upright.
 - hands are raised well above shoulder height before planting.

☐ Uphill Diagonal Stride (with Glide)

- ✓ A little glide should be visible.
- ✓ Skier maintains a slightly forward upper body lean.
- ✓ Skier has a distinct weight shift.
- ✓ When planting poles, hands are forward at shoulder height, and each pole tip is planted beside or behind opposite lead foot (left pole is planted beside right foot when right foot is leading).
- ✓ Pole plant should be consistent.
- ✓ Full extension of arms and legs.
- ✓ Common errors:
 - as hill becomes steeper, skier leans forward more as opposed to becoming more upright.
 - skier starts walking and keeps weight in between the two skis.
 - skier does not adjust timing by kicking a little earlier.

Teaching Aids Needed:

- ☐ Sufficient parallel sets of tracks to play Scooter games.
- ☐ Help from parents and other coaches.
- ☐ Cones or other markers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	Quick Thinking: This game tests the skiers' ability to move quickly and maintain balance. The coach stands in front of the group and points in different directions (forward, backward, side-ways). The group responds accordingly. In addition to pointing directions, the coach can call out directions as well. If two skiers collide, they are eliminated from the game. Another variation is to arrange the skiers in a large circle. The coach then calls out "hop left", "slide right", "jump left", etc. No poles.	5 min.
Diagonal Stride (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers practise the skill, with an emphasis on kick starting early. 3) Skiers practise arms only Diagonal Stride (for a couple of minutes only). 4) Skiers keep their legs rigid, lean forward at approximately 45 degrees, and pole diagonally. 5) Repeat, with an emphasis on full extension of arms past hips. 6) Repeat, with an emphasis on proper pole plant. 7) Practise this skill while skiing out on a ski trail. 	10 min.

<p>Uphill Diagonal Stride (with glide) (Introduce)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers practise the skill with a more upright position – there is still a slight forward lean. 3) As the glide becomes shorter, the pole plant occurs further back behind the lead foot. <p>Stop and Go: Have skiers stop completely on the hill, and stay in the tracks. Then have them restart.</p> <p>Uphill Runner: Have skiers run on their skis uphill, and then switch to gliding.</p>	<p>10 min.</p>
<p>Game Time</p>	<p>Glide and Slide: Prepare a circuit with a tracked uphill where the skiers can Diagonal Stride at least half way up, and a downhill where the skiers can make use of different downhill techniques. For each skier, set individual markers on the uphill tracks to indicate how far he/she can diagonal up with glide. The next time around the circuit, have skiers try to beat their marks.</p>	<p>15 min.</p>
<p>Parallel Side Slipping (Review)</p>	<ol style="list-style-type: none"> 1) Coach or role model demonstrates and reviews key points. 2) Skiers practise sliding and edging their skis. <p>Red Light, Green Light: The coach is the policeman, and is positioned at the top of the hill. The skiers are positioned along a start line on the slope near the top of the hill. When the policeman says “green light” the skiers begin Side Slipping down the hill. When the policeman says “red light” the skiers stop. When caught moving on a red light, skiers have to sidestep back to the start line at the top of the hill. The game ends when the first skier crosses the finish line at the bottom of the hill.</p> <ol style="list-style-type: none"> 3) As skills become more proficient, move the skiers to areas that have bumps and hollows. 4) Following the game, have skiers Side Slip two metres and stop; redirect skis slightly downhill; Snowplow Turn, Side Slip in other direction. 5) Repeat. 	<p>10 min.</p>

Step Turn	Coach demonstrates and reviews key points. Skiers practice the skill.	5 min.
Game Time	<p>Steal the Pole: Two concentric rings of ski poles are formed (inner ring – six metres; outer ring – nine metres), where the outer ring has one less pole than the number of skiers. The skiers ski around within the inner circle until the coach signals to them to dash for one of the ski poles that make up the outer circle.</p> <p>The skier that ends up without a pole is sent outside the outer circle and a second pole is removed. Those who were able to get a pole go back to skiing in the inner circle, and the skier who did not get a pole skis around the outside of the outer circle. At a signal from the coach, all the skiers try to reach a pole. Assuming that the skier on the outside can reach a pole before those inside the circle, there will be two skiers from inside the circle that won't reach a pole. These two then ski around the outside and those who did reach a pole continue to ski within the inner circle. Continue removing poles until the game ends.</p>	15 min.
Explore a Ski Trail	Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one technique instruction.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time.	15 min.

PRACTICE PLAN 32 (LEVEL 4 – ON SNOW)

MINI-OLYMPICS

Participation in a modified ski tournament or other team building, semi-competitive activity such as an inter-school tournament or a mini-Olympics will introduce your group to new activities on skis. If you are fortunate, your club will organize special activities periodically, and all you will be responsible for is bringing your team. If not, refer to section 5.5 of the Introduction to Community Coaching Reference Material or section 8.3 of this manual and create a “special activity” of your own.

Specific Objectives:

- 1) Introduce skiers to a new type of cross-country ski experience.
- 2) Practice skills learned during regular practice sessions.
- 3) Have FUN!

Key Teaching Points:

- ☐ Plan for the activity and, if necessary, prepare the setting ahead of time.
- ☐ Provide suitable coaching support for the activity that has been selected.
- ☐ No formal ski instruction.
- ☐ Use opportunities for one-on-one technique instruction.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches.
- ☐ Depends on the activity.

PRACTICE PLAN 33 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Develop and improve One Skate.
- 3) Review and introduce Two Skate.
- 4) Introduce Offset.

Note: Skiers will require ski equipment for skating technique.

Key Teaching Points:

❑ **Two Skate**

- ✓ Emphasize that the upper body bends while poling.
- ✓ Emphasize hips and same side shoulders should be aligned over the gliding ski.
- ✓ Common errors:
 - poling with arms only.
 - centre of gravity remains mainly in the middle of the track.

❑ **Offset**

- ✓ Skier places the right ski on an angle, and both poles (Double Poling motion) on the snow at the same time.
- ✓ The ski is placed on the snow with the knee in front of the ankle, and the right shoulder and hip aligned over the right ski.
- ✓ During the Double Poling action, the right ski is edged, and the leg pushes off so the weight is transferred onto the left ski, with the knee in front of the ankle.
- ✓ The skier balances briefly with the left shoulder and hip aligned over the left ski; the ski is edged; the left leg pushes off to transfer the body weight onto the right ski and the start of a new poling action.
- ✓ The skier never stops gliding.
- ✓ Pole plant occurs at the same time, but hand position is offset; the high arm pole is planted with a slight slant and the hand is between the shoulders and top of head; the low arm pole is planted with a big slant, with hand position in front of the chest.
- ✓ Weight is transferred quickly and does not linger over the ski as it does in One Skate and Two Skate.
- ✓ Common errors:
 - timing: when skiers learn One and Two Skate first, they tend to use Two Skate timing when they try Offset. If they are introduced to Offset first, they tend to use Offset timing when learning Two Skate.
 - there is an incomplete weight shift.

- elbows straighten in poling before they get to hips.
- -skis stop gliding before weight shifts off them.
- skiers sit back.
- skiers don't use trunk flexion when poling.
- low arm pole plants first, then ski, then high hand pole.

Teaching Aids Needed:

- ☐ Help from parents and other coaches.
- ☐ Cones or other markers.
- ☐ Enough old hockey sticks for each skier in the group; a soft ball; a soccer-sized coloured play ball.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.
Balance and Agility	<ol style="list-style-type: none"> 1) Skiers stand in place with skis in a "V" position. 2) Skiers balance on one ski, and touch the other ski with their hand. 3) Next the skiers balance on the other ski and touch the first ski with their hand. 4) Skiers edge the inside of one ski and then the other. 5) Repeat several times, occasionally edging both skis at the same time. 6) Skiers edge skis and sidestep. 7) Skiers sidestep or hop sideways as far as they can to see who can make the biggest mark in the snow when pushing off. Repeat several times and then reverse direction. 8) Skiers sidestep or hop sideways and slightly forward as far as they can. Emphasize turning the body in the direction of the hop and gliding after the hop. 	5 min.

Game Time	<p>Ball Tag: The coach identifies one skier as “It”. “It” tags the other skiers by hitting them with a soft ball. If one of the skiers catches the ball without the ball hitting the ground, the thrower (“It”) has to ski a small 100 metre circuit before he/she can return to the game. Variation: use more than one ball and more than one “It” – about a third of the skiers could be “It”. No poles.</p>	10 min.
One Skate (Review)	<p>1) Coach demonstrates and reviews keypoints.</p> <p>Double Double Skate: Skiers pole with toes, knees, hips, body and shoulders aligned in the direction of the gliding ski for the first double pole. The skiers pole again on the same side. Half way through the second poling, weight is transferred and leg pushes off ski.</p> <p>2) Emphasize long glide, under control.</p> <p>3) Return to normal One Skate, emphasizing that Double Poling starts in the direction of the gliding ski.</p> <p>4) Emphasize ankle and knee flexion on push off.</p> <p>5) Emphasize pushing to side and not back.</p>	10 min.
Game Time	<p>Snow Hockey: Use old hockey sticks (floor hockey or ball hockey, with plastic blades preferable), and soccer-sized coloured play ball. Coaches and parents need to closely monitor the safe use of the sticks.</p>	10 min.

Two Skate (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers begin with a One Skate, then Double Pole. 3) When the skiers transfer their weight, they should be finishing their arm push. 4) During the weight transfer to the original ski, the skiers drive the arms forward to Double Pole 5) Emphasize weight transfer on both skis. 6) Emphasize that the upper body bends during Double Poling. 	10 min.
Offset (Introduce)	Coach (or role model) demonstrates and reviews key points. For more information refer to section 4.3.7 of this manual.	15 min.
Game Time	<p>Spud: Each skier is given a number from one to ten. The coach throws a ball high as possible, calling out a number up to ten. All the skiers scatter except the skier whose number was called (the “ball catcher”). The “ball catcher” attempts to catch the ball. Once the “ball catcher” catches the ball, he/she yells out “stop” and all other skiers must stop. If the “ball catcher” catches the ball without it hitting the ground, the other skiers automatically earn three “strides”. The “ball catcher” tries to hit one of the skiers with the ball (who may now use the three strides if they earned them). The skiers are allowed to bend to dodge the ball but must not move their skis. If skiers get hit, they have to take a letter from the word Spud, and then they have to hit one of their team mates with the ball. If they miss, they have to take another letter from the word Spud, and try again to hit one of their team mates. No poles.</p>	10 min.
Ski Play	Skiers use the ski playground under the supervision of the coaches. Coaches provide one-on-one instruction.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time.	15 min.

PRACTICE PLAN 34 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review Diagonal Stride.
- 3) Review Parallel Side Slipping.
- 4) Review Free Glide and High and Low Tuck.

Teaching Aids Needed:

- ☐ Sufficient parallel sets of tracks to play Scooter games.
- ☐ Help from parents and other coaches.
- ☐ Cones or other markers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds	5 min.
Balance and Agility	Scooter Cops and Robbers: Everyone has only one ski on. One coach is the "cop". The skiers are "robbers". The robbers are safe as long as they are in a marked area (hideout). However they cannot stay in the hideout for more than five seconds. One of the marked areas is a prison. When robbers are tagged by a cop, they must go to prison. When captured robbers are tagged by a free robber, they can go free. Switch skis to opposite foot after five minutes.	10 min.

<p>Diagonal Stride (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Skiers practise the skill with an emphasis on kick starting early. <p>Measured Scooter: Mark off one track every 0.75 metres. Mark other tracks at 1 metre, 1.25 metre and 1.5 metre intervals. Have the skiers start in the first track. If they continually glide past each marker, they move to the next track, etc.</p>	<p>10 min.</p>
	<ol style="list-style-type: none"> 3) Repeat using Diagonal Stride with poles. 4) Emphasize recovery foot beside or in front. 5) Emphasize forward lean, keeping hips forward. 6) Next practise “arms only diagonal”. Keeping legs rigid, skiers stand upright and diagonally pole down the track. Repeat, leaning forward at an approximately 45 degree angle. Have the skiers think about which position is faster (leaning forward should be). 7) Repeat with a full extension of arms past hips. 8) Diagonal Stride with arms and legs back in the marked tracks again. 	
<p>Game Time</p>	<p>Glide and Slide: Prepare a circuit with a tracked uphill where the skiers can Diagonal Stride at least half way up, and a downhill where the skiers can make use of different downhill techniques. For each skier, set individual markers on the uphill tracks to indicate how far he/she can diagonal up with glide. The next time around the circuit, the skier tries to beat their mark.</p>	<p>15 min.</p>

<p>Parallel Side Slipping (Review)</p>	<ol style="list-style-type: none"> 1) Coach or role model demonstrates and reviews key points. <p>Red Light, Green Light: The coach is the policeman, and is positioned at the top of the hill. The skiers are positioned along a start line on the slope near the top of the hill. When the policeman says “green light” the skiers begin Side Slipping down the hill. When the policeman says “red light” the skiers stop. When caught moving on a red light, skiers have to sidestep back to the start line at the top of the hill. The game ends when the first skier crosses the finish line at the bottom of the hill.</p> <ol style="list-style-type: none"> 2) As skills become more proficient, move the skiers to areas that have bumps and hollows. 3) Following the game, have skiers side slip two metres and stop; redirect skis slightly downhill; Snowplow Turn, side slip in other direction. 4) Repeat. 	<p>10 min.</p>
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<p>Free Glide – High and Low Tuck (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. 2) Skiers practise Free Glide on a steeper slope than used previously. 3) Coach or role model demonstrates and reviews key points. 4) Skiers Free Glide with an emphasis on hands forward and knees bent. 5) Begin with a High Tuck, then a Low Tuck. 6) Switch from one to the other on the same run down the hill. <p>Streamers: Place two different coloured streamers or surveyors’ tapes above the tracks. The streamers should be at a height that would just touch the back of a skier in a High Tuck. Skiers go down the hill in a Low Tuck staying below the streamers. Then they ski down the hill in a High Tuck, touching the streamers with their back, but not their head. The next step is for the skiers to do one colour in a High Tuck and the other in a Low Tuck. The streamers must be set up in such a way that they do not pose any danger to the skiers.</p>	<p>10 min.</p>
<p>Game Time</p>	<p>Crows and Cranes. Divide the group into two teams: “Crows” and “Cranes”. Use a crepe paper flag, or have all of one team wear toques. On a signal, the entire group scatters over the playing area. On a signal from a whistle, the skiers freeze where they are. The leader now calls either “Crows” or “Cranes”. The team called is chased by the other team - e.g. if “Crows” is called, the “Cranes” chase the “Crows”. If caught, a Crow becomes a Crane. Freeze, chase, freeze, chase and so on, until one team is absorbed.</p>	<p>15 min.</p>
<p>Explore a Ski Trail</p>	<p>Skiers explore a designated trail under the supervision of the coaches. The coaches provide some one-on-one technique instruction.</p>	<p>20 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	<p>15 min.</p>

PRACTICE PLAN 35 (LEVEL 4 – ON SNOW)

SKI RACE

The purpose of this activity is to introduce young skiers to a traditional cross-country ski competition. This could be a formal inter-club competition, or it could be organized by your club/ group to simulate a real event in order to teach race rules and procedures. A formal competition is strongly recommended because it is much more exciting for the skiers and it provides an opportunity for the group to meet new ski friends.

Specific Objectives:

- 1) Have the participants involved in a special motivational activity.
- 2) Have the skier meet new ski friends.
- 3) Have the skier learn new sport skills.
- 4) Develop and improve the skier's balance and agility.

Key Teaching Points:

- ☐ Emphasize team work.
- ☐ Encourage and praise each child for taking part in and completing the task.
- ☐ Downplay winning, and emphasize an effective exchange, good technique and sportsmanship.
- ☐ Teach skiers the relevant rules and procedures:
 - ✓ Start procedures.
 - ✓ Tracking skiers on the course.
- ☐ Ski the course with the skiers prior to the race.
- ☐ Use the opportunity for one-on-one skill instruction.

Teaching Aids Needed:

- ☐ Refer to section 8 of this manual for tips on coaching a group at a competition.
- ☐ A wax box.
- ☐ Extra help from parents and other coaches (including transportation to and from the event).
- ☐ CCC Rules and Regulations.

PRACTICE PLAN 36 (LEVEL 4 – ON SNOW)

Specific Objectives:

- 1) Develop and improve the skier's balance and agility.
- 2) Review One Skate.
- 3) Review Two Skate.
- 4) Review and introduce Offset

Note: Skiers will require ski equipment for skating technique.

Key Teaching Points:

☐ **Offset**

- ✓ Emphasize transferring weight from ski to ski.
- ✓ Emphasize pushing sideways and not backwards.
- ✓ Emphasize faster turnover.
- ✓ Emphasize skis need to be moving at all times.
- ✓ Common errors:
 - centre of gravity stays mainly between skis.
 - skier glides too long (if they do they should be using one or Two Skate technique instead – body weight does not “linger” over glide ski as it does in One or Two Skate).
 - skis stop in snow – particularly on non-poling side.

Teaching Aids Needed:

- ☐ Help from parents and other coaches.
- ☐ Cones or other markers.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

<p>Balance and Agility</p>	<ol style="list-style-type: none"> 1) Skiers stand in place with skis in a “V” position. 2) Skiers balance on one ski, and touch the other ski with their hand. 3) Next the skiers balance on the other ski and touch the first ski with their hand. 	<p>5 min.</p>
	<ol style="list-style-type: none"> 4) Skiers edge the inside of one ski and then the other. 5) Repeat several times, occasionally edging both skis at the same time. 6) Skiers edge skis and sidestep. 7) Skiers sidestep or hop sideways as far as they can to see who can make the biggest mark in the snow when pushing off. Repeat several times and then reverse direction. 8) Skiers sidestep or hop sideways and slightly forward as far as they can. Emphasize turning the body in the direction of the hop and gliding after the hop. 	
<p>Game Time</p>	<p>Chain Tag: Establish a playing area with boundaries, with one skier as “It”. When “It” tags another skier, they hold hands and try and catch others. The skiers in the chain are not allowed to let go hands or move out of bounds, so the group must work cooperatively as the chain gets longer.</p>	<p>10 min.</p>
<p>One Skate (Review)</p>	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews keypoints. Double Double Skate: Skiers pole with toes, knees, hips, body and shoulders aligned in the direction of the gliding ski on the first double pole. The skiers pole again on the same side. Half way through the second poling, weight is transferred and leg pushes off ski. 2) Emphasize long glide, under control. 3) Emphasize ankle and knee flexion on push off. 4) Emphasize pushing to side and not back. 	<p>10 min.</p>

Game Time	<p>Towing Game: Use One Skate technique. A rope is tied to a belt or backpack frame that the skiers wear to pull objects around (toboggans, tires, etc.). Skiers may also pull each other around. If a skier is being towed, one or two large knots should be tied to the trailing end of the rope to make it easier to hang onto. At first the skier being towed should be in a tuck with skis as flat as possible.</p>	10 min.
	<p>If this is too easy for the pulling skier, additional skiers can hang onto the rope, or the skiers being pulled can Snowplow (after they start moving and there is some momentum). Emphasize to the pulling skier that they need to bend their ankles and knees to give a strong pull.</p>	
Two Skate (Review)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. 2) Skiers practise the skill. 	10 min.
Offset (Review and introduce)	<ol style="list-style-type: none"> 1) Coach demonstrates and reviews key points. One Pole Offset: Skiers use pole on poling side, take the other pole off. Emphasize good weight transfer. Emphasize push is sideways and not backwards. Emphasize ski comes off snow flat (not tail first). Switch pole to the other side and repeat. 2) Next, using both poles, emphasize planting poles close to skis. Emphasize that elbows come to chest before straightening. 	10 min.

<p>Game Time</p>	<p>This exercise should take place on one of the ski trails. Skating technique.</p> <p>Tracking: Coordinate skiers in a tightly packed, single-file line along the trail. Begin skiing. Every 30 seconds, the coach calls “Track” and the skier at the front of the line steps out of the way. This skier continues to ski (may have to Double Pole so as not to interfere), but at a slightly slower pace until the line of skiers goes by. The skier from the front of the line then jumps back into line at the end of the file of skiers.</p> <p>Pass: Continue the line of skiers as above, but change the command to “Pass”. In this game, the last person in line jumps out of the line and skis as fast as possible to the front of the line. In order for the last skier to pass the line of skiers, the coach may have to control the speed of the group by skiing in front. The “passing” skier then jumps back into the line behind the coach. Note this can be done on appropriate downhill sections as well.</p>	<p>30 min.</p>
<p>Wrap Up (in day lodge)</p>	<p>Conclude the session with hot chocolate, snacks and a short social time.</p>	<p>15 min.</p>

PRACTICE PLAN 37 (LEVEL 4 – ON SNOW)

SPRINT GAMES

Specific Objectives:

- 1) Introduce skiers to a speed “game” using skating technique.
- 2) Have FUN!
- 3) Determine annual Program Awards for sprints.

A classic technique sprint, followed by a skating technique sprint, is recommended for the Level 4 Sprint Games.

Refer to Practice Plan 11 - Level 2, Practice Plan 37 - Level 3 and section 8.3.3 for detailed information. Note some exceptions to the previous activities are listed below.

Key Teaching Points:

- ☐ Have the skiers go through the full routine for a classic technique sprint, increasing the expectations from the previous year.
- ☐ Have the skiers prepare for a skating technique sprint with help from coaches and parents.
- ☐ Have the skiers go through the full routine for a skating technique sprint, increasing the expectations from the previous year.
- ☐ Emphasize the comparison between a skier’s classic and skating “times”, as well as the “time” for the same distance/technique in previous years.

Tasks:

- ☐ Arrange ahead of time for two courses, one for a “skating” sprint event and one for a “classic” sprint event. If space does not allow for two courses, the classic tracks can be set down the centre of each of the four skating lanes.
- ☐ Explain the “rules” before each event - classic and skating.

PRACTICE PLAN 38 (LEVEL 4 – ON SNOW)

SKILL EVALUATION SESSION #1

Specific Objectives:

- 1) Review and evaluate each skier's ability to perform the One-step Double Poling, Step Turn and Parallel Side Slipping techniques against the Level 4 standard.
- 2) Provide one-on-one assistance and re-evaluate skiers whose skill level is below the Level 4 standard.
- 3) Conduct the assessment in an informal environment so that the skiers are not intimidated.

Note: Skiers will require classic equipment for this session.

Key Teaching Points:

- ☐ Plan the session so that areas with suitable terrain are available when needed, and the grooming is appropriate for this purpose.
- ☐ Coordinate the evaluation so that the skiers stay active.
- ☐ When evaluating skiers, the emphasis should be on the successful accomplishment of a skill. The standard should be achieved only if it is truly deserved.

Teaching Aids Needed:

- ☐ Extra help from parents and other coaches, including experienced colleagues who can assist with the evaluation.
- ☐ Clipboards and paper with plastic protection; pencils.
- ☐ Frame by frame video replay camera.
- ☐ *"Skill Criteria and Evaluation Benchmarks - Level 4"* (section 4.3.7) and *"Skill Checklist - Level 4"* (section 4.3.8), prepared ahead of time for finishing off the evaluations.

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

Balance and Agility	<p>Flea Leaps: Skiers jump into the air (on their skis) and land softly in a balanced position.</p> <p>Rubber Leg: Skiers first stand tall on one leg/ski and then relax it, letting it slump into a flexed position at the ankle and knee. Alternate legs.</p>	5 min.
Assess Level 4 Skills	<ol style="list-style-type: none"> 1) Coach demonstrates a technique. 2) Skiers practise the technique while receiving on the spot feedback via video camera replay. 3) Coach evaluates the skiers' skills and records their evaluation on the Skills Checklist. 4) Assistance and re-assessment provided to skiers that did not meet the Level 4 standard (by experienced assistant coaches) 	65 min.
Ski Play	Ski playground under the supervision of the coaches. Some one-on-one instruction in areas where skiers need improvement to meet the skill criteria.	20 min.
Wrap Up (in day lodge)	Remind the group to come prepared for skating technique at the next practice session. Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 39 (LEVEL 4 – ON SNOW)

SKILL EVALUATION SESSION #2

Specific Objectives:

- 1) Review and evaluate each skier's ability to perform Free Skate, One Skate, Two Skate and Offset techniques against the Level 4 standard.
- 2) Provide one-on-one assistance to skiers whose skill level is below the Level 4 standard.
- 3) Conduct the assessment in an informal environment so that the skiers are not intimidated.

Note: Skiers will require skating equipment for this session. As a minimum, the skiers will require skating length poles and classic skis with glide wax from tip to tail (i.e. the grip wax removed from the grip zone).

Key Teaching Points:

- ☐ Plan the session so that areas with suitable terrain are available when needed, and the grooming is appropriate for this purpose.
- ☐ Coordinate the evaluation so that the skiers stay active.
- ☐ When evaluating skiers, the emphasis should be on the successful accomplishment of a skill. The standard should be achieved only if it is truly deserved.

Teaching Aids Needed:

- ☐ Extra help from parents or other coaches, including experienced colleagues who can assist with the evaluation.
- ☐ Clipboards and paper with plastic protection; pencils.
- ☐ Frame by frame video replay camera.
- ☐ "Skill Checklist" (section 4.3.8) prepared ahead of time for finishing off the evaluations.
- ☐ "Skill Criteria and Evaluation Benchmarks - Level 4" (section 4.3.7).

Skill	Description	Time
Ski Play (to warm up)	Varied speeds.	5 min.

Balance	Snakes: The skiers follow the coach, who leads the group through the ski playground, changing directions frequently, going over or around obstacles and using different terrain. The coach might also include different skills such as Step Turn, Offset, and Kick Turn.	10 min.
Assess Level 4 Skills	<ol style="list-style-type: none"> 1) Coach demonstrates a technique. 2) Skiers practise the technique while receiving on the spot feedback via video camera replay. 3) Coach evaluates the skiers' skills and records their evaluation on the Skills Checklist. 4) Assistance and re-assessment provided to skiers that did not meet the Level 4 standard (by experienced assistant coaches) 	60 min.
Ski Play	Ski playground under the supervision of the coaches. Some one-on-one instruction in areas where skiers need improvement to meet the skill criteria.	20 min.
Wrap Up (in day lodge)	Conclude the session with hot chocolate, snacks and a short social time at the day lodge.	15 min.

PRACTICE PLAN 40 (LEVEL 4 – ON SNOW)

YEAR END ACTIVITY

Specific Objectives:

- 1) Provide a fun finale to the season's activities.
- 2) Encourage teamwork through adventurous, cooperative activities.
- 3) Further develop the skier's cross-country ski skills.
- 4) Recognize enthusiasm, effort, skill achievement and respect for others.

Teaching Aids Needed:

- ☐ Technique and Program Awards, Progress Reports.
- ☐ This depends entirely on the activities that are used.
- ☐ Refer to sections 4.3 and 5.5 of the Introduction to Community Coach Reference Material, and sections 4.3.9 and 8.3.3 of this manual for a selection of suitable activities.

5.7 Nature and Environment

One of the objectives of CCC's skill development programs is to raise awareness and educate children with respect to nature and the environment. With a little creativity, educational information of this kind can be incorporated into practice sessions in ways that appear seamless. For example, the information on animal tracks can be smoothly integrated with the Orienteering Poker Ski game outlined in section 5.5 (Practice Plan 35); and information on the properties of snow can be introduced during a Backwoods Adventure as in section 5.4 (Practice Plan 14), section 5.5 (Practice Plan 30) and section 5.6 (Practice Plan 30).

Snow Crystals and Snowflakes

Snowflake observation will be of interest to your group and will provide your skiers with a better appreciation of nature as well as a better understanding of how waxes work. You may require a magnifying glass for this activity, as snow crystals are typically quite small.

Interesting Facts:

- ☐ **Snow crystal** - a single crystal of ice. The classic snow crystal has six-fold symmetry due to the crystalline nature of ice. On occasion this can be twelve-fold symmetry if two six- branched crystals form and grow together. Snow flakes/crystals never develop with five-fold (or other) symmetry.
- ☐ **Snowflake** - a more general term that can apply to either single or multiple snow crystals.
- ☐ Snow crystals form in the clouds, typically on a minute dust particle, when water vapor condenses directly into ice. The elaborate patterns of a snowflake form as the crystal grows. Snow crystals stay and grow in the clouds until they become too heavy, or, for other reasons, fall out of the clouds.
- ☐ **Sleet** – a frozen raindrop (snowflakes are not frozen raindrops).
- ☐ The biggest influence on snowflake structure is temperature. Different types of snowflakes are formed as a result of different temperatures and different humidity.
- ☐ On cold days small, flatter snowflakes are formed with a flatter crystal structure.
- ☐ As the temperatures and humidity rise, larger snowflakes, with many-sided branches, are formed. As temperatures increase, the snow crystal takes on more of a six-sided columnar (or needles-like) shape, rather than the classic snowflake form.
- ☐ Fluctuations in temperature and humidity as well as bouncing around in the clouds can further influence the development of snow crystals.
- ☐ As fallen snow “ages” it undergoes a transformation. The points of the snow crystals begin to wear down and the snow becomes more compact. At first, when the points of the snow crystal are sharp, a harder wax can be used because the points stick into the wax easily. As the snow ages and the snow crystals become more rounded, a softer, stickier wax is required in order to get grip.

More information on snowflakes can be found on the internet.

Animal Tracks

Animals that skiers share the forest with during the winter season will vary from one region of Canada to another. Below is a description of some animals that are found in one region. To ensure the animals you identify for your activities actually represent the wildlife in your area may require some additional research on your part.



- ❑ **Lynx:** The elusive lynx is a specialized snow-belt cat with large fur-covered paws that are well adapted for travel in deep snow. Lynxes hunt by stealth, by ambush and by slow, careful stalking. Their usual hunting method is to sit patiently beside a snowshoe hare trail waiting for a hare to race by. Once they capture prey, they'll often build a snow cover or shelter over uneaten portions to protect it from other predators.

Distinguish lynx tracks from canine tracks (wolves, coyotes, foxes) by noting the round shape of the track and the absence of claw marks in the snow; the claws are drawn up into the toe pads when the animal is running or walking.



- ❑ **Moose:** Notice a series of large holes along the ski trails? These are the tracks of moose, the largest member of the deer family. In the winter, moose feed on the twigs of shrubs and trees. Each moose eats 10-20 kilograms of twigs every day. Red-osier dogwood and highbush-cranberry are their favorite foods. Twig ends browsed by moose have a ragged, ripped appearance because moose don't have upper incisors (in contrast to snowshoe hares which leave a clean cut when they browse). Small mammals that feed on conifer seeds help moose by keeping down the conifers that would crowd-out good moose food. Due to their large size, healthy moose have few predators except wolves that can hunt bulls, cows and calves during the winter months.

The neat pattern of alternating large holes you see along the ski trails are the tracks of moose.



- ❑ **Spruce Grouse:** Listen for the loud fluttering of wings and look carefully for a brown, chicken-like bird perched on a branch close to the trunk of a tree. Protectively coloured adults will often "freeze" in the trees leading to the name "fool hen". In winter, this species browses only in conifer trees requiring its gastrointestinal tract to increase in size to digest conifer foliage. Look for the three-toed pattern or chain of grouse tracks in the snow between the trees. The main predator of this forest-dwelling grouse species is the Northern Goshawk.

Look for the three-toed pattern or chain of grouse tracks in the snow between the trees.



- ❑ **Marten:** This species has golden brown fur and is often seen sitting on tree branches or stumps. It hunts in trees for squirrels and on the ground for small rodents, especially red-backed voles. Marten are very active during the winter, investigating rock crevices, debris piles and subnivean entrances beneath the snow.

The most common marten trail is the 2x2 loping pattern with hind prints registering over the fore prints. Palm and heel pads are rarely seen. Although they have five toes, only four show in the tracks.



- ❑ **Red Squirrel:** Red squirrels are noisy, feisty, energetic and protective. It is not uncommon to see a squirrel scolding and chasing intruders that wander into its territory (this includes you!). A food cache is stored on the ground under tree roots and inside crevices and holes to form large middens, which are easily identified by the large piles of cone scales and shafts nearby. On sunny warm days during the winter, squirrels will nip off terminal buds and search for cones on conifer trees, while on miserable days they will rely on their cached cones or look for small piles of cone bracts on stumps or logs. In an odd display of generosity, female red squirrels sometimes give their territories and middens to their young.

When a red squirrel hops, its smaller front feet land first with the larger hind feet landing in front of them.



- ❑ **Otter:** The weasel family is a diverse group of carnivores comprising small weasels like the least weasel and short-tailed weasel, as well as larger species like the marten, river otter and wolverine. The otter species spends most of its time in the water looking for fish, but it also goes ashore and can travel great distances overland. Otters are often seen in groups consisting of a female and young or a group of males of various ages. While beavers create a large amount of otter habitat (ponds, lodges and burrows), otters repay them by tunneling through beaver dams so that they can move between ponds and streams under the ice.

River otters have many trail patterns but the most common in winter is the slide. Look for a few bounding steps and then a long belly slide (nearly 30 cm wide) leading straight down a hill into the water.



- ❑ **Porcupine:** In winter, porcupines can be found perched high in conifer trees, slowly chewing on the bark. For signs of their whereabouts, look for porcupine quills on trails or at the bases of the trees frequented by these animals. Another sign of their presence is trees with large square/rectangular bare patches filled with running sap. Porcupines will taste-test trees resulting in many small patches at variable heights on one tree. The main predator of this large prickly rodent is the fisher, who will climb high into the tree, pull the porcupine from its perch and then flip it over to expose its quill-free tummy.

In deep snow, the short-legged porcupine turns into a snowplow, making a deep trail with the hind prints registering on or just in front of the fore prints. Look carefully at the trail drag and you will see tiny lines made by the quills.



- ❑ **Snowshoe Hare:** Snowshoe hares have large feet with fur between the toes to enable them to hop across the snow in winter so they can browse on twigs and bark. Their fur changes from white to brown in summer (hence their other common name – the Varying Hare). The main predator in winter is the lynx, but surprisingly the main predator of very young hares (those less than ten days old) is the red squirrel.

The characteristic “Y” pattern of the snowshoe hare shows two small fore prints, one in front of the other, and two large hind prints (side by side) ahead of the fore prints.



- ❑ **Small Mammals:** Small mammals like mice, voles and shrews are active during the winter beneath the snow (subnivean area). Watch for them emerging from their tunnel entrances in the snow and racing across the trail in front of you. Forest dwelling carnivores like owls and weasels are well adapted to hunt these species in winter. Owls use their sensitive hearing to detect small mammals beneath the snow, while weasels use their small size to tunnel under the snow and follow their prey (look for a tunnel entrance near a stump or log).
- ✓ **Deer Mouse:** The bounding tracks of a deer mouse in soft snow will show hind and fore prints

merging together to form larger pairs of prints, with a tail drag between them.

- ✓ **Meadow Vole:** The bounding tracks of a vole show prints in pairs, with the hind foot registering on top of the fore print.
- ✓ **Common Shrew:** Look for the small trail pattern of a shrew with the larger, widely spread hind prints preceding the fore prints, and a trail drag following behind.

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