



SKATE Foundations Ski Lessons –Course curriculum

Prep before:

- Ensure everyone has functional equipment
- Send videos on waxing: Video on set-up and tools & video on glide wax
- Clothing guide
- Meeting location and time, coach contact info confirmation
- Weather general info – how we check, which website, explain that we ski in all conditions (ice, new snow, warm, cold up to -18C., etc.)

At the lessons:

- Show up early if you need to learn how to put on and adjust your equipment (attaching boots to bindings, adjusting pole straps and putting on poles)
- Our goal for you is to learn, grow our skill set, and move beyond our comfort zone. If you're feeling challenged and uncomfortable, then you're learning something new = great. If it feels easy – you're not challenged enough and not learning.

Lesson 1 – How to be nimbler and safer on skis, downhill control, skate mechanics overview

- Ready Position
- **Warm-up**
 - o Star Turns
 - o Balance & Bounce
 - o Getting up on flats and downhills
 - o Moving forward double pole review
- **Controlling speed**
 - o Snowplow on flats & mastering stopping.
 - o Snowplow S-turns
- **Safety**
 - o Stepping in and out of tracks.
 - o Side stepping & Side sliding – move skis from flat to edge and scrape with both skis across
 - o Herringbone –Wider & narrower V-shape practice. “cut the rope” analogy.
- **Basic downhill practice**
 - o Getting up on a downhill
 - o Snowplow & Snowplow turns on downhill
 - o Half snowplow - Controlling speed in classic tracks

- **Overview of skate ski mechanics / discussion and demo:**
 - V-shape on flats and uphill
 - Bringing feet back in various terrain
 - Edging in various terrain
 - Bonus balance challenge – practice kick turn (180-degree turn on a downslope)

Lesson 2 – Skate skiing mechanics deep dive

Warm-up:

- Balance
- Downhill practice
- Downhill S-turns

Skate skiing on flats (no poles)

- Box drill
- Free-skate, emphasis on push off at 90-degrees
- Marathon
- Key learnings: How to use / edge the ski against the snow. Build up comfort, get control of the skis

Skate skiing gentle uphill (no poles)

- Create momentum to glide forward. LEARN HOW TO GET OFF THE SKI. “Flick ski forward” action reminder. Lean forward, slight turn from ski to ski in the trunk & hips, not just turning in shoulders only.
- Diagonal Skate (Coach skate)

Ski with poles – TIMING drill

Lesson 3 – Adding poles & work on Offset, 1-Skate and 2-Skate techniques

Warm-up & review:

- Star & Balance
- Downhill practice
- Half snowplow - Controlling speed in classic tracks, taking 1 foot out of the tracks
- Box drill on flats
- Coach skate uphill review

Review & practice offset, 1-Skate and 2-Skate techniques theory - Learn how to distinguish b/w techniques, and which technique is used on which terrain.

Elastic elbows drill – learn to lead pole stroke from the elbow

Bonus “Games”

1. Disappearing steps (no poles or skate skiing)
2. Juggling balls (no poles) – tennis balls, soccer balls. On your own or passing to a partner skiing next to you.
3. Ski ballet on downhill – arms out and up like a ballerina, downhill balancing on 1 foot, hops, step turning around a cone, etc. Having fun is key.

Lesson 4 – Review & Having fun on skis

Warm-up

- Box drill
- Offset, 1-skate and 2-skate review
- Downhill practice

Review concepts – ask what people would like to work on – work on that for ½ the course.

Ski tour around Confed trails