



## CLASSIC 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, video on kick 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, kick wax)
- 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, and basic downhill

- Review “Ready Position”
- **Warm-up**
  - o Star Turns L-R
  - o Learn the Wedge Shape
  - o Balance & Bounce
  - o Learn how to get up
  - o Double pole
- **Controlling speed**
  - o Snowplow & learning to stop.
  - o “Scraping snow” practice, then add speed & motion
  - o Practice snowplow turn with 1 ski at a time
- **Safety**
  - o Stepping in and out of tracks
  - o Side stepping & Side sliding
  - o Review herringbone. “cut the rope” analogy.
- **Basic downhill practice**
  - o Using poles to control / stop at top of the hill
  - o Getting up on a downhill

- Master Snowplow & Snowplow turns on downhill –learn to stop on demand and learn to link the snowplow turns together into S-turns.
- Half snowplow - Controlling speed while in classic tracks.

**Bonus** balance challenge – practice kick turn (180-degree turn on a downslope, swing skis around)

## **Lesson 2** – Learn and practice diagonal stride and glide

- **Warm-up & review:**
  - Balance
  - Stepping in and out of tracks
  - Basic downhill practice
  - Downhill linking S-turns
  - Half snowplow - Controlling speed in classic tracks
- **Diagonal stride practice**
  - Arms explainer
  - “Walk to glide” - initiate glide of ski forward
  - Scooter drill / practice balance & glide on the single ski leg.
  - “Gorilla” drill, tippy-toes cue.
  - With poles – practice “catching snow”
  - Pay attention to planting poles position
- **Kick practice / weight transfer practice**
  - Practice “setting the pressure” on one ski at a time, while gliding
  - Weight transfer / weight shift explainer
  - Baby-steps drill. Avoid “slapping” ski to the ground on the swing-back behind.
  - Longer stride / leg finish at the back review

## **ADVANCED**

- no poles / “Wings Away” drill
- no poles striding on slight uphill
- no poles “Step-Step-Glide”

## **Lesson 3** – Adding upper body power to your ski

- **Warm-up & review:**
  - Star & Balance
  - Scooter drill
  - Stride & weight transfer – Baby steps, drag the poles to gorilla to stride progression

- Downhill practice – master stopping and turning on demand & at speed
- Half snowplow - Controlling speed in classic tracks
- **Elastic elbows** – learn to lead pole stroke from the elbow
- **Switching tracks**
- **Changing d.pole stroke length** on demand practice

**ADVANCED:** intro to kick-double pole practice

### **Bonus “Games”**

1. Disappearing steps (no poles or double poling)
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 & review:**
  - Star & Balance
  - Scooter drill
  - Stride & weight transfer – Baby steps, drag the poles to gorilla to stride progression
  - Double pole & switching tracks
  - Downhill practice – master stopping and turning on demand & at speed
  - Half snowplow - Controlling speed in classic tracks

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

**Ski tour** around Confed trails