BASIC CROSS COUNTRY SKIING PROGRESSION

HOW WE GET STUDENTS TO DEVELOP SKILLS TO REACH A GOAL

To develop new skills, teaching new information is delivered in a progressive manner, beginning with simple exercises and moving onto more complex exercises as you go. Introducing the skill starting from the ground up, making sure each student is competent before moving on to the next movement.

Static: goal or sensation is introduced at a basic level. The student is exposed to movements or sensations while standing still with or without skis on. This exercise highlights a skill, blended skill, or outcome.

Simple: in which the movements and sensations are introduced at the static level are set in motion.

Complex: create an environment in which students can improve skills at non-threatening speed on comfortable terrain.

Whole: applying all skills learned so far to student's free skiing

CROSS COUNTRY BEGINNER PROGRESSION

INDOOR INTRODUCTORY SESSION

For a beginner, it's important to give the skier a feel for the equipment before putting them immediately onto snow. Below is a list of exercises that you can utilize to get your skier familiar with the equipment and how it works

- One footed balance with boots on
- Rotation exercises with boots on
- One ski walking, lifting, balancing, rotating, turning
- Two ski (no poles) balance, walking, lifting, rotating, turning
    - Explain how boots and bindings work, take on and off
- Side stepping two skis, one ski up and move sideways, followed by the next ski, always in parallel
- 180 degree turns, forward lunges, basic wedge, herringbone (duckwalk)
- Pole use and practice

FIRST TIME ON SNOW

For every student's first time on snow, it's best practice to start on a flat, uncongested area. Below is a list of exercises that you can utilize to get your skier started on beginner terrain

- Review static skills from indoor practice (one foot ski balance, rotation, walking, lifting, etc.)
- Begin simple movements such as side stepping two skis, basic wedge (snowplow), herringbone, lunges
- Practice falling and getting up
- Practice edging skis in the snow
- Lunges, short strides, short glides
- Double poling

After practicing these skills, take your student to easy, flat, green terrain and begin cross-country skiing.

*****new skills, old terrain***** Teach new skills on familiar terrain, practice old skills on new terrain. Once students can link turns and control speed independently, moving to new terrain is appropriate. Does not have to be any steeper. Ski a longer similar pitch for practicing.