



SKILLS



- Putting on and taking off skis
- Falling (sit down when out of control)
- Getting up
- Stopping with snow plow
 - Push heels apart and tips together
 - Bend knees, lower hips to the ground

DRILLS & GAMES

Drills:

- Dead bug (roll on back with skis up and together, lower skis to downhill side and push up)
- After falling face first, do a push up bending knees
- Jump into A, H, and V position (snow plow, parallel, herring bone)
- Spreading peanut butter (slide ski back and forth across snow)
- Scooter (take one ski off and ski with one ski)

Games:

- Scooter relay
- Red light green light
- Ski soccer
- Obstacle course





SKILLS



- Knees and ankles flexed
- Shoulders slightly rounded
- Head up
- Hands move with bent elbows (out front up high to beside hips)

DRILLS & GAMES

Drills:

- Robot, monkey, gorilla (ready)
- Jumping into ready position
- Jump in circle around tips, then around tails
- Running on skis
- Sprinkle fairy dust on tips (arm swing)
- Head up to count fingers coach is holding up (smell your favorite food)
- Move jacket zipper over one ski, then the other ski

Games:

- | | |
|----------------------|--------------|
| ● Sharks and minnows | ■ Freeze tag |
| ■ Chariot races | ■ Glove ball |



SKILLS



■ Diagonal stride without poles

- o Weight transfer (all weight on one ski)
- o kick (push down on snow)
- o Recovery (apply weight to forward-moving ski after your boot passes the other boot)
- o Arm swing (opposite arm and leg)
- o Grip and glide

DRILLS & GAMES

Drills:

- Run 2 steps then glide on one ski
- Stride while picturing grabbing snow with toes and throwing it behind you
- Position 1-2-3 (Goal is to get to Position 3)
 - o Position 1 - land ski behind other boot (hear tail slap)
 - o Position 2 - land ski beside other boot
 - o Position 3 - land ski in front of other boot

Games:

- Scooter relay
- Ski soccer
- Red light Green light
- How far can you go in 5, 10, 15 strides





SKILLS



■ Diagonal stride poling

- o Light grip (weight on straps)
- o Bent arms (90 degree)
- o Plant pole beside boot (not ahead of boot)
- o Visualize throwing a cup of water then pulling a rope
- o Point thumb down the track

■ Double poling

- o Reach high and forward
- o Flex ankles and knees
- o Release at thigh

DRILLS & GAMES

Drills:

- Pole Clinic (flat area, 50 ft)
 - o Swing arms with no poles while striding (opposite hand & leg)
 - o Swing arms with poles hanging by straps while striding (do not hold them)
 - o Swing arms holding poles, plant next to boot, release at hip while striding
 - o Without using legs, use poles to move forward

Games:

- How many poling motions to cover a set distance
- Relay Race
- Red lightGreen light
- How far can you go in 5, 10, 15 pole plants





SKILLS



- **Herringbone**

- Look up
- V matches steepness of pitch
- Hips forward
- Falling forward

- **Classic Uphill**

- Weight transfer
- Strong kick (stomp and smear)
- Look up

DRILLS & GAMES

Drills:

- Jump into A, H, and V position (snow plow, parallel, herring bone)
- Count how many fingers the coach is holding up
- Slide backwards widening V position till you stop to find optimal V for pitch
- Stomp and smear (pick your favorite bug to stomp)
- Run up hills

Games:

- Donkey Kong
- Relay on a hill
- Off-piste adventure



SKILLS



- Relaxed position (arms forward, head up, knees and ankles bent)
- Turning with snow plow (weight ski going direction you want to go)
- Tuck
- ◆ Step turns (small steps changing direction of skis)

DRILLS & GAMES

Drills:

- Jump into A, H, and V position (snow plow, parallel, herring bone)
- Standing still, keeping tips together, slide one tail out
- Standing still, keeping tips together, slide both tails out
- Starting low on a gradual hill stop at bottom, move start up the hill after each stop
- Slalom course

Games:

- Obstacle course on hill
- Red light Green light
- Off-piste adventure



SKILLS



■ Marathon skate

- One ski in track, one ski pushing

◆ V2

- Pole every skate and land on a flat ski
- Focus in direction of skate movement

◆ V1

- Pole every other skate (same side)
- Land on flat ski
- Head up

◆ V2 Alternate

- Pole every other skate
- Follow through with arms

DRILLS & GAMES

Drills:

- Skate in circle without poles
- Touch inside of boots during recovery
- Bring recovery ski back to center (almost clicking boot heels)
- Skate down and back

Games:

- Glove ball (ultimate frisbee with a ball or a glove)
- Ski soccer
- Relay Race
- Dodgeball





● Sharks and minnows:

- Create an area 40' long and 40' wide
- Starting at one short side try to ski to the other side without being tagged
- One person is the shark and tries to tag the minnows. Tagged minnows help the shark
- Keep skiing back and forth till only one minnow remains. They become the next shark



● Ski soccer:

- Set up a 40' x 20' field with 2 poles 4' apart for goals
- Wearing only one ski play soccer, kick small ball into an opponent's goal
- Switch skis



■● Relay:

- o Set up a cone course
- o Ski course one at a time and tag your partner
- o First team through course wins

To Increase Difficulty:

- o Ski course with one ski, trade which leg has ski and direction of course
- o Set up course on a hill

■● Obstacle course:

- o Set up a course of cones and poles to go under

To Increase Difficulty:

- o Add catching a ball and throwing it at a target
- o Set up course on a hill



■● Red Light Green Light:

- o Start on one line and ski on green light to other line, first one to cross wins
- o Stop on red light, child restarts if still moving after a red light
- o Use hand commands for advanced (forces them to look up)
- o Set up course on a hill to practice climbing and stopping



■ Freeze tag:

- o Create an area 40' long and 40' wide
- o One or more ice monsters tag the other skiers till all skiers are tagged
- o Tagged skiers must freeze
- o To be unfrozen another skier must ski between their legs



■ Glove ball (ultimate frisbee on skis with a ball or a glove):



- o Set up an area 40' long and 40' wide
- o Goal is to get a glove or ball across the goal line
- o Throw a ball to a teammate. When you have the ball you cannot ski forward. You must pass the ball to advance down the field
- o If dropped or out of bounds the other team gets the ball at that position

■ Off-piste adventure:

- o Take kids off the groomed run into the trees (great for powder days)
- o Important to keep group together



■ Donkey Kong:

- Kong(Coach) at top of a hill rolls balls down at kids while they try to climb up a hill. If they get hit they start over at the bottom. Once Kong is out of balls, the kids get a free pass up the hill to Kong



■ Chariot Races:

- With two bike tubes tied together, one child puts one hoop around waist and pulls another skier holding onto the other tube. Two or more teams race around a cone course

■ Dodgeball:

- Divide teams evenly. Draw a line in the snow. Teams must stay on their side. Team members throw balls at the other team. If you get hit with a ball you are out. If you catch the ball, the person who threw it is out



PSIA PYRAMID

