

JR3 or JR4

## SAMPLE Lesson Plans

### Skills:

- Diagonal Stride - weight transfer, ski lifting, recovery foot lands beside glide foot, hands at shoulder height, ankle and knee bend, forward body lean, pole plant beside opposite boot
- Double Poling - forward lean, crunch, crunch to shoulders to elbows, fast arm recovery
- One-step double poling
- Free Skate - weight transfer, ankle/knee flex, poles not flailing
- Downhill Tuck - low tuck and high tuck
- One Skate - weight transfer, flat ski, poling rhythm
- Step Turn - small quick steps
- Kick Turn

### Lesson 1

- Quick review of last season Classic skills, working on one point with each skill: Diagonal stride (weight transfer), Double Poling (forward lean), Downhill Tuck, Snowplow turns.
- Downhill Lanes: Make a V pointing down a hill with dragon juice. Skiers must do turns within the V not touching it as it narrows. Set up a second one with the V pointing up the hill. Skiers practice their herringbone coming up to the top each time.
- Game: Obstacle course requiring motions including herringbone, diagonal stride, kickturn, snowplow turn and stop, double pole, jump.
- Game: Drum Stalk

### Lesson 2

- Diagonal Stride Focus
- Warm up - One leg Pops (flex ankle and knee, jump up off one leg, land on same leg), Back Leg Lifts (extend one leg backward and off the snow while bending at the waist, then return it without weighting it), Hinge Hop (down a small slope, hop leaving tips on the snow).
- First introduce ankle flex - practice
- Second introduce weight transfer - practice
- Give individual feedback on rhythm, forward lean, putting weight on ball of foot, pole position, rear ski lifting off of snow, etc.
- Game: Catch the Dragons Tail: Skiers line up with arms around waist of person in front. Tuck a bright pinny into back of last skier. Then the dragon head tries to catch the dragon tail. OR make two dragons and each head tries to catch the other dragon's tail.
- Stations in groups of 2: 1-one ski skooter from cone to cone, switch feet and come back on the opposite track, 2-Throw snowballs through hula hoop (snowball pile is a small distance from hula, and they can only carry one snowball at a time, so they need to ski back and forth), 3-with a loop of rope, or an old tube, one skier pulls the other skier down a track. Switch 4-Kick a ball from one cone, around another and back to the first cone. Switch. 5-Trays: a skier carries a tray with two water bottles on it, keeping a still upper

body and trying not to drop the bottles, around a cone and back, passing it to their partner.

### Lesson 3

- Skate Focus: No poles: 1st introduce weight shift, practice. 2nd introduce flat ski, practice. Give individual feedback, particularly on ankle flex and pushing off from ankle.
- Game: Hockey
- Introduce poles and poling rhythm for one skate. Pole between each stride. Practice.
- Double double skate - skiers double pole twice on each side to force long glides!
- Figure 8 Relay: Set up two large figure 8's Divide into two teams. Each person must skate the figure 8 and tag the next person.

### Lesson 4

- Double Poling Focus
- First introduce forward lean, practice.
- Second introduce crunch: Try double poling only with arms, and then try only with body.
- Give individual feedback: fast arm recovery, pole planting at toe of boot, order of operations: crunch to shoulders to elbows, poles planted on small slant.
- 100m sprint with timing on Roadway Ramble
- Game: freeze tag with only double poling allowed
- Talk about where you would use double poling
- Challenge, ski up a small hill only double poling
- Game: skiers take turns skiing down a small hill. After a few meters, a coach throws a ball to the downhill skier. The skier catches it and holds it, and throws it to a different coach while still skiing after a few more meters.
- Game: Kick turn relay: two teams: a team member must ski from start to a cone in the tracks, do a kickturn and ski back to tag the next partner.

### Lesson 5

- Distance day
- Try to get whole group to Ole Sandberg.
- Have HC at Ole Sandberg.
- Faster skiers can do an extra loop of log roller, our and back or right around and up creek crawl.

### Lesson 6

- Little Dippet Loppet

### Lesson 7

- Skate Focus
- Begin with no poles on flats above stadium. Work on full weight transfer, flat ski, and using the knee as a pendulum. Practice, giving individual feedback.
- Next, work on the crunch. Think of trying to touch your belly button with your chin. Show the difference between this and just flexing your body at your hips. Practice, giving individual feedback.
- For individual feedback: driving with the knee, flexed ankle, forward hips

- Game: Skier squares: two teams, with a centre dividing line. A square of cones at the back of each teams zones. All skiers from one team must get in the opposing teams box without being tagged.
- Double Double skating: pole twice on each side of a one skate, forcing skiers to really commit to the balance.
- Introduce offset, focusing on the rhythm (three point landing), on a small up hill. Give individual feedback including kicking out from the knee for power, crunch, pole position.
- Ski the race course! Show the skiers what loop they will be skiing in the BC Cup next week.

#### Lesson 8

- BC Cup

#### Lesson 9

- Warm up with a short ski.
- Focus on diagonal stride.
- Video each child doing diagonal stride.
- Send each family the short video, with a few points of constructive feedback.

#### Lesson 10

- Step Turn Focus
- 1st, talk about ways to descend: snowplow, turning
- Introduce step turning. Practice very little steps on a flat surface. Practice star turn very quickly with lots of steps.
- Begin in stadium, using downhill curve, one at a time trying a combination of snowplow and step turns.
- Next head up to Titan and try step turns on the Titan corner, one coach at top, one coach at corner, one at bottom to collect them and herring bone back up.
- Snack
- Group Orienteering: Follow a map with numbers to find the stuffies! Print off 10 or so maps so lots of people can read them. Work together, or break into 2 or 3 groups to find them spots in order, working on step turns on downhills, and practicing our good diagonal stride on flats.

#### Lesson 11

- Diagonal Stride Focus
- First: Forward lean: starting from ankle, straight line all the way up the body. High, forward hips.
- Second: Preload and explosive leg push.
- Video each athlete. Share their videos with individual feedback in email.
- Fire at JR flats
- Bring up nets, balls for European Handball
- Bring up flags for Hounds and Hares (Two hares have a flag tucked in their jacket, Hounds try to get the flags)
- Bring up cones for the Square game.
- Bring up shovels.
- Jumps

#### Lesson 12

- Team Scream

#### Lesson 13

- One step Double Pole Focus/Swamp ski
- First practice no body movement, just arms for double poling = bad
- Next try t-rex arms and using body for double poling = way better!
- Head out on dog loop, and practice double poling along flatter areas and slight downhills.
- Ski down to lower dog loop, and introduce one-step-double-pole.
- Look for rhythm, getting tall between strides, alternating legs, forward lean, ankle flex
- Use **cones** for double poling relay around swamp area.
- Go for a swamp ski!
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#### Lesson 14

- Mini Olympics

To include somewhere: ski waxing