

## Snowflakes+ Instruction Cheat Sheet for Nordic Kids

Skier Names	SKILL PROGRESSION	Practice	Next Steps
	<b>STAND</b> (Gorilla Body Position)	Get in position, make gorilla sounds: chase coaches; hunt for treasure; go to a destination	duck walk up hill
	knees bent		slide/ glide
	hands forward		kick/glide
	shoulders down		
	eyes look forward		
	<b>MOVE</b>		
	Throw water/ pull rope	Correct hand/arm swing	
	<b>Falling</b>	Simon says drill	<b>Simon says drill</b>
	fall = butt between skies or to side		fall
	<b>Getting up:</b>		dead bug
	1) Student Falls to the side and back in a sitting motion.		get up
	2) They bring their skis together, side by side and under their body.		
	3) Next they move onto their hands and knees and stand up.		
<b>Parent Coaches</b>	<b>EDGING/ HERINGBONE</b>		
	<b>Edging:</b> On Uphill, skies together, slide backward THEN: create V and STOP. This requires edging. Have kid explain the feel of the edge digging in.		Use edging to move up slope then do PIZZA Stops and turns on way down.
	<b>DOWNHILL: PIZZA (stopping, turning)</b>	Set up on top of hill, go down hill immediately (don't give them time to think about it )	ON/ OFF Pizza repeats
	make pizza shape/ dig edges in		press on one ski - turn
	imagine holding a ball between knees...		press on other ski - turn
	go down hill slow		press on other ski/ slide and stop
			press on one ski/ slide other and stop

### Beginner Destinations

- Day 1 Junction 1/ up hill/ down hill  
 Day 2 Junction 1/ up hill/ down hill  
 Day 3 Junction 1/ up hill/ down hill  
 Day 4 Junction 2  
**Day 5 Nova Hut**  
 Day 6 Nordic Games Skill Building  
 Day 7 Nordic Games

### **Typical Day One Progression:**

- 1) Warm up with hop up/down - fall down /get up, hop in circles.
- 2) Start out with the Gorilla - have all kids chase a parent. (coach cruses the class and uses "teachable moments" to correct form).
- 3) Fast kids go to a destination, make a snow ball and then chase coach/parent. Slow kids get in the chase as soon as reasonable.
- 4) IF possible, go to uphill slope and teach edging. If not possible, teach the pizza slice - all kids go down slope.

NOTE: When a kid falls - STOP - explain how to get up properly. Continue with Gorilla - progress toward kick/ glide (or push off one ski and onto to the other)

Day 2-7 emphasize STANCE and MOVEMENT while going on adventures, doing games of chase, etc. At terrain changes and teachable moments pop-up, give pointers on how to stop, turn, glide, herringbone, throw snowballs, etc.