

# Skill building progression for diagonal stride

## STEP 1: Slouch



### Games and activities:

Pretend to be a soccer goalie, who is ready to catch a ball

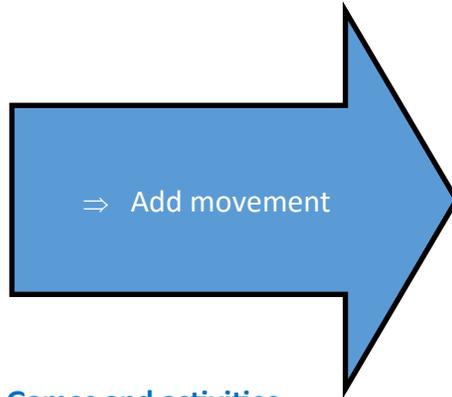
Penguin, monkey, gorilla

Jump up and down, landing softly, like a cat, then bend your knees a little more.

Dead bug

Ring - a round—a rosy

## STEP 2: Shuffle along



### Games and activities:

Be gorilla

Sprinkle fairy dust

Throw the water, pull the rope

Motor boat

Skunk on the track and / or slow skier

Go under a “bridge”

Ski like an animal

Ski like a person in front of you

Simon says

Red light—Green light, visual, make skiers to look up

### Motion cycle:

Get in the groomed track

Become a gorilla

Eyes up

Start moving forward

Get arms going

Find rhythm

Use step 1 and 2 when teaching:

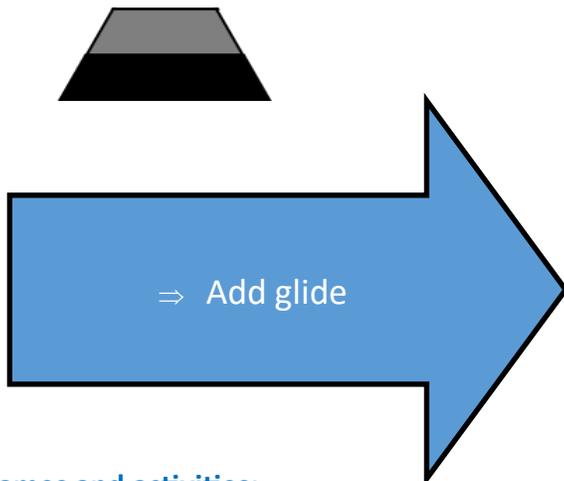
**Chickadees, Chipmunks, Snowflakes** all season.

**Foxes, Osprey, Wolves** lessons 1 and 2, after that review when needed.

**Polar cubs, Blue Jays, Snow leopards, Raven, Owls** review **step 1** on lesson 1, and/or as needed.

# Skill building progression for diagonal stride

## STEP 3: Diagonal Stride with no poles



### Motion cycle:

- Slouch
- Look ahead
- Start with feet side by side
- Kick with right foot
- Right arm swings forward
- Left arm swings backward
- Glide on left ski
- Right foot returns to side-by-side position next to left foot
- Kick with left foot
- Left arm swings forward
- Right arm swings backwards
- Glide on right ski
- Left foot returns to side-by-side position next to right foot

### Games and activities:

**Use this progression:** Shuffle, shuffle, glide; Shuffle, shuffle, glide, glide; Shuffle, glide, glide, glide; Glide, glide, glide, glide.

**Balance and weight transfer games:** put objects down on the snow or pick them up (Gathering nuts); tree pose; make circles in the snow, ski tips together; pound blocks of snow flat to the ground; Jumping on skis 90, 180, 270, 360 degrees; ski wide /ski narrow; off groomed trail skiing (sugar trail); run on skis, then Slow-Mo running on skis; ski like a fugue skater on one ski.

**Propulsion games:** scooters on one ski, swinging one foot w/o ski, swinging one foot w/o without ski and glide, one ski tag or Sharks and Minnows on one ski, obstacle course on one ski.

Throw the water, pull the rope, to get the arms going. Use this activity to get arms going and to prepare for next step.

**Fun games:** Simon says; Red light-Green light; Sharks and Minnows; glove ball; Pine cone biathlon.

Use this step when teaching:

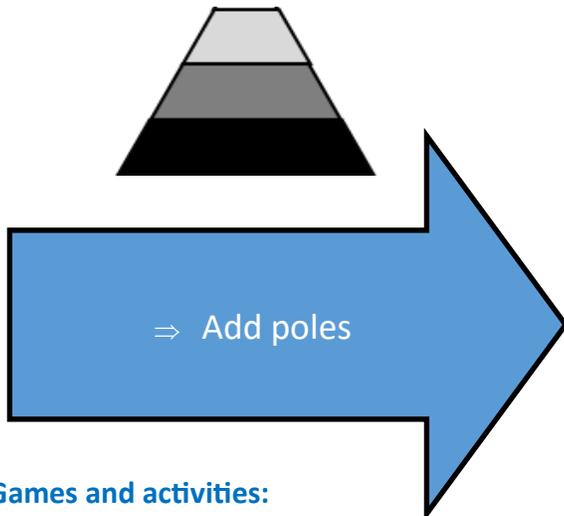
**Chickadees, Chipmunks, Snowflakes** starting lesson 3.

**Foxes, Osprey, Wolves** lessons 1 and 2, after that review when needed.

**Polar cubs, Blue Jays** all season.

# Skill building progression for diagonal stride

## STEP 4: Diagonal Stride with poles



### Games and activities:

Before skiing with poles review 'Throw the water, pull the rope'

Isolate arm motion with 'Frozen legs diagonal stride', when skier is just using arms and pole for forward propulsion. and Make it a relay race.

Alternate 'Legs, freeze'/'Legs unfreeze'

Balance, weight transfer and propulsion (same as step 3)

Ball games on skis: glove ball, flag football, Net ball

Frisbee golf on skis , use Hoola-Hoops as targets

Pine cone biathlon

Obstacle course

Tug, Cops and Robbers, Sharks and Minnows

Sugar trail

### Motion cycle:

Slouch

Look ahead

Start with feet side by side

Kick with right foot

Right arm swings forward

Poles held angled backward

Left arm swings backward

Right pole is planted even with left foot

Glide on left ski

Right foot returns to side-by-side position next to left foot

Kick with left foot

Left arm swings forward

Poles held angled backwards

Right arm swings backwards

Left pole is planted even with right foot

Glide on right ski

Left foot returns to side-by-side position next to right foot

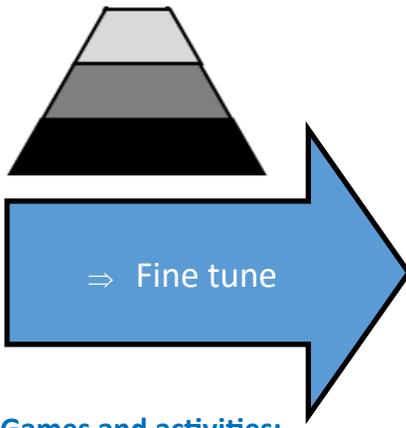
Use this step when teaching:

**Foxes, Osprey, Wolves** starting lessons 3.

**Snow Leopards, Ravens, Owls,** all season.

# Skill building progression for diagonal stride

## STEP 5



### Games and activities:

Slow Mo skiing

Changing tempo skiing: do as many steps, do as less as possible steps between two objects.

Ski blindfolded, guided by partner (go, stop, left, right).

Balance, weight transfer, propulsion and gliding games and drills

Ball and Frisbee games on skis

Orienteering on skis

Longer distance skiing in groomed track and of the groomed track

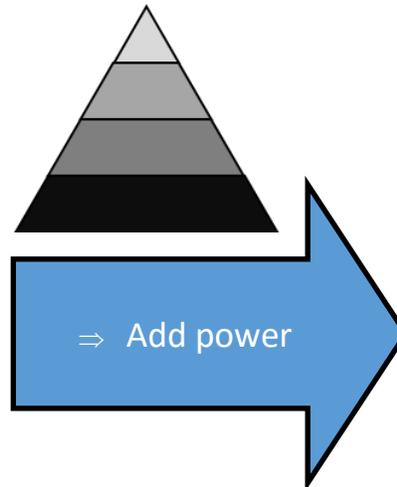
Endurance games (relay race, tag, cops and robbers)

Use this step when teaching:

**Blizzard, Frost, Storm, Avalanche, Minks, Ermines and Yeti.**

**Snow Leopards, Ravens, Owls, Foxes, Osprey, Wolves** if ready.

## STEP 6



### Games and activities:

Arm propulsion drills

One pole diagonal stride

Plus all the games and drills from step 5.

Use this step when teaching:

**Minks, Ermines and Yeti.**

**Blizzard, Frost, Storm, Avalanche** when ready.

## Motion cycle:

Slouch

Look ahead

Start with feet side by side

Kick with right foot

Right arm swings forward

Poles held angled backward

Left arm swings backward

Right pole is planted even with left foot

Skier pushes off of right pole

Glide on left ski

Right foot returns to side-by-side position next to left foot

Kick with left foot

Left arm swings forward

Poles held angled backwards

Right arm swings backwards

Left poles planted even with right foot

Skier pushes off of left pole

Glide on right ski

Left foot returns to side-by-side position next to right foot