

Skill building progression for herring bone

Step1: Prepare



Games and activities

In the circle explore ski surface; gliding surface, inner edge, outer edge.

Spreading peanut butter and jelly (use the ski edges as knife). Do it with one ski, with two skis (do it soft/hard, jump).

Make letters in the snow A, V, M, X, T.

Make a V with skis, make V with a “thing marker” , by putting ski on inner edge.

‘Duck duck goose’ and any other game that involves chasing in a circle.

Star turn.

Side step up a hill, up track berm Side slide.

Use this page when teaching:

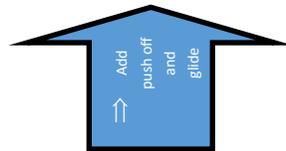
Chickadees, Chipmunks, Snowflakes all season.

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

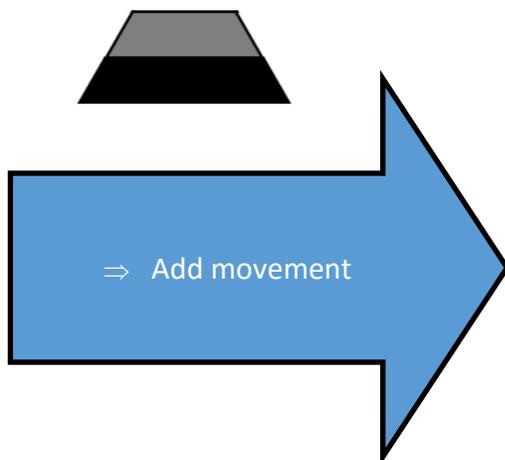
Polar cubs, Blue Jays, Snow leopards, Raven, Owls review on lesson 1, and/or as needed.

Skill building progression for herring bone

V0 (skate skiing)



Step2: Duck walk or Monster walk



Motion cycle:

Skiers slouch

Make a V with skis

Get on inner edge

Step forward with right ski, right ski tail clears left ski

Right ski lands on inside edge, maintaining the **V** pattern

Step forward with left ski, left ski tail clears right ski.

Left ski lands on the inside edge, maintaining the **V** pattern.

Result is continues forward motion with a herring bone pattern left on the snow, behind the skier

Games and activities (on flat):

Draw the best "herring bone"

Ducklings follow mama duck

Do duck walk or Monster walk obstacle course or relay race

Chariot buddies: kids pull each other, using bike tube chariot pullers

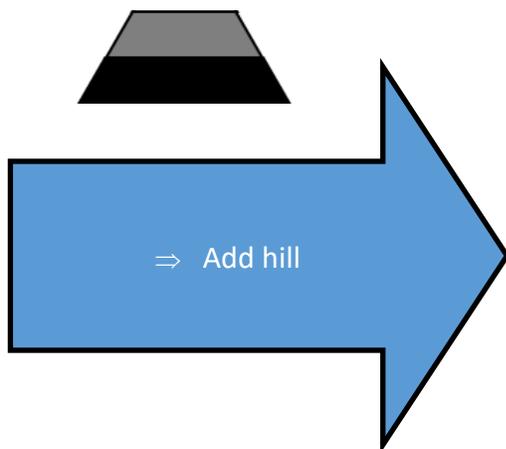
Use this page when teaching:

Chickadees, Chipmunks, Snowflakes all season.

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

Skill building progression for herring bone

Step3: Herring bone with no poles



Games and activities:

Slide down hill backwards, skis parallel, make a V to stop, by digging edges into the hill, climb up using herring bone step.

Jelly bean trail up hill. Remind skiers: "Don't lose your V!", "Find your edge!"

Red light—Green light up hill (eyes up, looking at light).

Climb hill around cones

Motion cycle:

Skiers slouch

Eyes up, looking at the hill top

Make a V with skis

Get on inner edge

Step forward with right ski, right ski tail clears left ski

Right ski lands on inside edge, maintaining the V pattern

Step forward with left ski, left ski tail clears right ski.

Left ski lands on the inside edge, maintaining the V pattern.

Result is continues forward motion with a herring bone pattern left on the snow, behind the skier

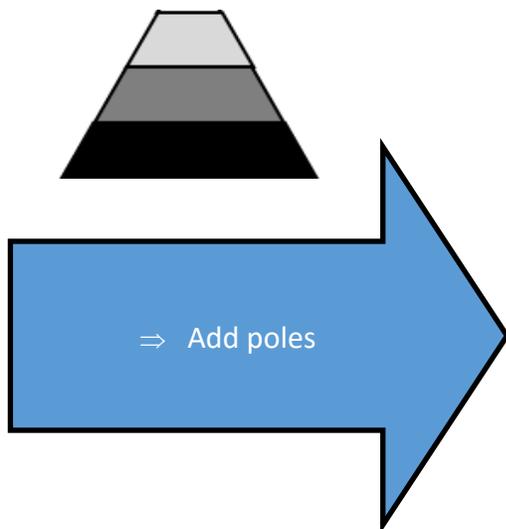
Use this page when teaching:

Chickadees, Chipmunks, Snowflakes, Polar cubs and Bleu Jays all season.

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

Skill building progression for herring bone

Step4: Herring bone with poles



Games and activities:

Alternate hill climbing with poles/ no poles

Climb in sync with skier in front

Climb around cones

Motion cycle:

Skiers slouch

Eyes up, looking at the hill top

Make a V with skis edging them inside

Poles angled slightly backward, elbows bent, hands are shoulder high and shoulder wide

Step forward with right ski, right ski tail clears left ski

Right ski lands on inside edge, maintaining the V pattern

Left pole set on the snow, even with right boot, elbows bent

Step forward with left ski, left ski tail clears right ski.

Left ski lands on the inside edge, maintaining the V pattern.

Right pole set on the snow, even with left boot, elbows bent

Result is continues forward motion with a herring bone pattern left on the snow, behind the skier

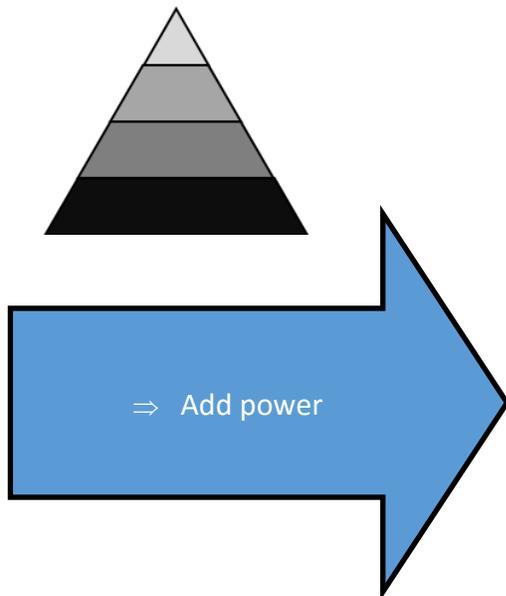
Use this page when teaching:

Snow Leopards, Owls, Raven, Blizzard, Avalanche, Storm, Ermines, Yeti, Minks all season.

Foxes, Osprey, Wolves staging lessons 3.

Skill building progression for herring bone

Step5: Faster herring bone with poles



Games and activities:

Double pole

Double pole up hill in groomed track

One pole herring bone

Up hill relay race

Uphill chase

Motion cycle:

Skiers slouch

Eyes up, looking at the hill top

Make a V with skis edging them inside

Poles angled slightly backward, elbows bent, hands are shoulder high and shoulder wide

Step forward with right ski, right ski tail clears left ski

Right ski lands on inside edge, maintaining the V pattern

Left pole set on the snow, even with right boot, elbows bent

Push off of left pole

Step forward with left ski, left ski tail clears right ski.

Left ski lands on the inside edge, maintaining the V pattern.

Right pole set on the snow, even with left boot, elbows bent

Push off of right pole

Result is continues forward motion with a herring bone pattern left on the snow, behind the skier

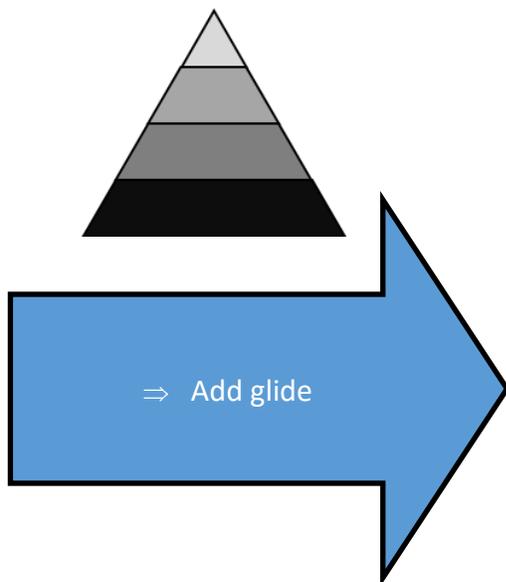
Use this page when teaching:

Blizzard, Avalanche, Storm, Ermines, Yeti, Minks stating lesson 3 or 4.

Owls, Raven lesson 6 or 7.

Skill building progression for herring bone

Step6: Herring bone skate



Games and drills:

Weight transfer games: glove ball, glove ball on one ski

Marathon skate

VO on flat

Doing herring bone skate on a hill with varied steepness

Use this page when teaching:

Blizzard, Avalanche, Storm, Ermines, Yeti, Minks if the group is ready.

Motion cycle:

Skiers slouch

Eyes up, looking at the hill top

Poles angled slightly backward, elbows bent, hands are shoulder high and shoulder wide

Make a V with skis edging them inside, transfer body weight on to left foot

Push off of left foot, as stepping forward with right foot

Right ski lands on outer edge, maintaining the V pattern, body weight transfers to right foot

Left pole set on the snow, slightly behind right boot, elbows bent

Push off of left pole

Briefly glide on right ski

Right ankle rolls inside, brining right ski on the inside edge

Push off of right foot, as stepping forward with left foot

Left ski lends on the outer edge, maintaining the V pattern.

Right pole set on the snow, slightly behind left boot, elbows bent

Push off of right pole

Briefly glide on left ski

Left ankle rolls inside, brining left ski on the inside edge

Result is continues forward motion with a herring bone pattern left on the snow, behind the skier