

**WARM-UP**

Lead skiers on an easy ski to get moving and slowly warm-up muscles.

**STRETCHING**

Lead skiers through a series of stretches to further prepare them for the day's lesson.

**REVIEW**

Lead skiers through a review of side stepping on the flat with complete weight transfer from ski to ski. Review gliding on one ski by doing scooters. Encourage lengthening of glide by balancing on one ski for as long as you can.

**LESSON: Pushing off, herringbone, double pole****GOALS:**

Skiers will be able to:

1. push off with each foot resulting in forward movement on the flat and in the track without the use of poles.
2. try this without skis, walking with exaggerated arm swing: swing their arms in the correct diagonal stride pattern (right arm backward as the right leg moves forward and left leg moving backward as the left arm moves forward)
3. now try swing their arms in the correct diagonal stride pattern (right arm backward as the right leg moves forward and left leg moving backward as the left arm swings forward) while walking with skis on in a track, without poles.
4. herringbone up a slight incline with poles.
5. glide downhill in a tuck position balanced on two skis with poles tucked underneath their arms.
6. perform double poling on the flat in a set of tracks.

**ACTIVITIES:**

1. **Cats and Cougars.** Skiers spring forward softly like cats, then spring forward more aggressively like pouncing cougars.
2. **One legged-Scooters.** Skiers take off one ski and glide on the other one, pushing off with the free foot. Skiers experiment with pushing off when the feet are in a side-by-side position and with big and little pushes, noticing what happens to balance, gliding, and tempo. Balance will be better with little pushes, but tempo increases. Glide increases with bigger pushes and tempo decreases.
3. **Ski Jumper.** Skiers lean like ski jumpers (from the ankles) from a stationary position. One foot automatically steps forward as the other pushes off.
4. **Push offs.** Skiers experiment, finding the best spot for pushing off by taking small, medium, or large steps forward. The large step will be best if the feet are in a side-by-side position for a good push and the skiers upper body is over the leading foot.
5. **Half Herringbone Traverse.** Without poles, using a broad hill, climb the hill from one bottom corner to the opposite corner on top. Glide downhill, balanced on 2 skis in a relaxed position. Do this again with poles.
6. **Tuck.** Demonstrate a glide straight down hill, poles tucked under arms and knees bent.

**GAMES:**

1. **Duck, Duck, Goose.** Skiers line up at the bottom of a hill facing uphill. Each skier extends a hand backward over the tails of the skis. One person shuffles behind the skiers (downhill side), slapping their hands saying "duck, duck, duck" and finally slaps a hand while saying "goose." The goose begins to herringbone uphill, while the person who slapped the goose's hand squeezes through the goose's vacant spot, and chases the goose uphill, throwing a hat or mitten to tag the goose.
2. **Scooter Soccer.** With one ski off, players try to move the ball down the field and score a goal (field and goals marked by cones or poles). Players can only move the ball by passing to a teammate. They cannot run with the ball or kick the ball. Players score by throwing the ball between the cones or poles marking the goal.

**LESSON CLOSING**

Draw group together. Review what you covered today. Check for understanding by asking questions. Tell skiers what you will be doing next lesson. Have you accomplished your goals for today?