

DRILLS/GAMES FOR SKATE SKIING

Balance

1. Pole twice on each ski
2. Fold arms and ski. Then add arm drive.
3. Glide on one ski for as long as you can
4. Stand in a circle, make everyone stand one foot, on no feet, turn around, jump and turn, step turn, stand on one ski and touch the ground, stomp lightly, stomp hard, kick high, kick medium, kick low. Go around circle everyone lead one exercise.
5. Skate, skate, skate and then glide on one foot

Body Position

6. Slide and stop backwards down a hill
7. Step turns around different **pole** configurations
8. Step turns around different **people** configurations
9. Step turns around obstacles holding a cup of hot chocolate
10. Skate backwards
11. Hold poles against waist / over your shoulder / behind your legs and ski
12. Push a skier down the track
13. Herringbone up a hill
14. Teach the tuck
15. Ski then stop! Are you in the same body position?
16. Ski like a doll connected to strings that have been cut.
17. Ski like a thief or a sniper.

Active Skis

18. Marathon Skate
19. Belly button line drill
20. Frog skate or split skate
21. Marathon skate with a pole on the ground laying in-front of your feet. The toes of each foot should touch the pole. Try marathon skating while keeping the length of the pole underneath your body. The idea is to try and keep your feet parallel to your hips, neither too far ahead nor too far behind.
22. Ski with “really, really, really” bent knees
23. 1000 steps or 1000 glides (then 100, then 50, then 20, etc)
24. The “too short and too wide” tunnel
25. Drive your knee like an elephant, then like a rhino.
26. Ski on spoons then on knife edges
27. Ski with your hands on your knees

Poling

28. V-1 with one pole
29. V-1 no poles
30. V-2 no poles
31. V-2A no poles

32. Finger tip poling
33. Emphasize pole extension (pushing the pole all the way behind you at the end of your poling phase).
34. Feet together, double pole
35. Put your arms in imaginary casts so that they can't move and pole using only your upper body.
36. Pole without straps all the way through
37. Touch the sky when you pole through
38. Stretch your body when you ski

Timing (Rhythm and Flow)

39. Skate racer arms
40. Timing Exercises: stand together in a circle. Chant the timing aloud, like, "Pole, step, pole, step" for V1 timing. Once everyone has the timing start skiing down the track.
41. V2 timing: skis together, double pole once. Step, step with both feet to the right. Pole again. Step, step to the left. Double pole again. Repeat. Next, try to pole then step with only one foot and glide on that foot only. Pole onto the other foot and glide. Pole, glide, pole, glide.
42. Emphasize arm drive. "Stress" or syncopate the arms in all poling cycles
43. Ski fast, ski slow / ski short, ski long
44. "Pacer"
45. Lead skiers, call out gears (V0, V1, V2A, V2) and have every person in line shout-out the command so everyone can hear it. Switch, let each skier lead.
46. Ski in slow motion to emphasize any movement pattern (it helps technique and tempo).
47. Synchronize arms and legs

Games

48. Back Stabber with clothe pins or duct tape
49. Cops and robbers
50. Crack the whip
51. Keep away
52. Catch the rabbit
53. Slow-poke revenge (ski to point, then back to last person, then back to point, the back to last person until everyone has reached the point.
54. Dribble a soccer ball with your feet down and back or play a soccer game with your hands
55. Dodge ball but you have to role the ball. Throwers stand at each end of the court, skiers are in the middle.
56. Smack a soccer ball with your hands down and back
57. First person carries the soccer ball to the poles, places it beside the pole & skis back. Next person skis to the soccer ball, picks it up, and skis it back to the next person in line. Repeat the whole cycle till everyone has gone.
58. Red light, green light
59. Fast light, slow light
60. Pole limbo—ski under pole
61. Video record without the camera

- Ski with a partner and focus on one movement pattern and show that person how they ski
62. Follow the leader—anything goes!
 63. Sharks and minnows
 64. Octopus
 65. Capture the flag
 66. Ravens and Hawks
 67. Rock, Paper, Scissors
 68. M.A.D. (Movement Analysis Development)
 69. Circle chase (leader is “it,” can only tag the person in front of them not the person behind them. Coach should call “reverse direction” sometime during the game to keep it interesting)