

## DRILLS/GAMES FOR CLASSIC SKIING

### Balance

1. Stand in a circle: everyone stand one foot, the other foot, no feet, turn around, jump and turn, step turn, stand on one ski and touch the ground, stomp lightly, stomp hard, etc. Go around circle everyone lead one exercise. While standing still, make letters with your skis (A, H, V, X, etc.)
2. Slap your ski on the snow while you ski.
3. Line-up in pairs of two facing each other. While standing on one foot, pass an object back and forth, move further back until you can just pass the object without throwing it.
4. Step turn around items scattered on the ground.
5. Line your belly button over each ski as you ski.

### Body Position

6. Ski like Gorillas, soldiers, slouchers, elephants and rhinos, Dr. Jekyll and Mr. Hyde.
7. Ski like a thief sneaking underneath laser beams.
8. Glide on one leg while polling with the opposite hand—lean forward as you pole. Switch legs.
9. Give yourself a hug and ski.
10. Balance a snowball on your neck and ski.
11. Red light, green light
12. Fall out of a helicopter that is five feet off the ground to emphasize stance
13. Teach the tuck
14. Try to smell what's for lunch when you ski.

### Grip

15. Jump from one foot and glide on the other foot.
16. Jog on skis
17. Think of a claw attached to your heel and step off of your heel for greater kick.
18. Draw a foot on the ground and show your students where they should step off of their foot.
19. Ski with “springs” in your legs.
20. Jump and land quietly
21. Kick double pole without poles.

### Drive

22. Ski with small shuffling steps. Next ski with small shuffling steps but with a little glide between each step. Increase glide until you get long glides with each step.
23. Cha, cha, cha; step, step, glide; quick, quick, slow; say it while you ski.
24. Ski with “really, really, really” bent knees.
25. Point your hip down the track with each glide.

### Poling

26. Arm Races: ski with your legs together and just use your arms in a diagonal stride. Don't just pull yourself down the track, but aggressively apply your stomach muscles and “crunch” over the poles down the track.

27. Hold your poles on the center of the shaft and ski to emphasize parallel arm swing.
28. Let your poles hang on your wrists, baskets behind you and ski. Don't grab the poles but let them swing freely with your arms.
29. Emphasize pole extension (pushing the pole all the way behind you at the end of your poling phase).
30. Hide your pole baskets behind your feet when you ski.
31. Reach for the sky behind you when you ski.

## **Rhythm & Flow**

32. Ski fast, ski slow / ski short, ski long
33. Count Steps: ski a section, see how many steps it takes; ski the same section with fewer steps; do it again until you are taking as few as steps as possible.
34. Gently jog down the track to get proper rhythm and flow.
35. Fast light, slow light
36. Transition Relays—set up poles or markers that indicate new ski phase or movement pattern as you ski from point A to B.
37. “Pacer”: lead skiers, call out gears (double-pole, kick double pole, stride fast, stride slow) and then let each skier lead.
38. Ski without poles

## **Games**

39. Pole limbo—ski under pole
40. Ski like animals and make noises
41. Video record without the camera: ski with a partner and focus on one movement pattern and show that person how they ski
42. Follow the leader—anything goes!
43. Ski in slow motion to emphasize any movement pattern (it helps technique and tempo).
44. Without skis play “follow the leader”, emphasizing ski technique.
45. Without skis on, bound with poles—teaches proper pole placement and complete arm swing
46. Ski no poles all terrain
47. Synchronize arms and legs
48. Simon says.
49. Line everyone up. Last person skis pass the group. Each person in line rates how bent the skier's knee's are by number or a shout or something. Then the new last person goes.
50. Sharks and minnows
51. Keep away with a glove.
52. Cops and robbers. Designate half the team as robbers and half the team as cops. Send the robbers in some small loop, give them a 10 second head start, then send the cops. The robbers are trying to get halfway around the loop then back to the “get away car” before being tagged by the cops. Guess what? You're the “get away car.”
53. Down and back: double pole, stride, kick double pole, ski without poles, run, push another skier down the track and around the poles, ski backwards, etc.