

Rochester Nordic Ski Team

Technique Coaching: Tips and Exercises

Version 0.5

11/21/2009

Body Position	Forward, Flexed, Ready to react in any direction... but <u>not</u> tense
Core Crunch	Shorten the string from Chin to Navel

	Double Pole	V1	V2	V2 Alt
Head	Neutral on spine - looking forward 10 - 20+' 'Line of sight' will be closer when executing the <i>core crunch</i>			
Shoulders (Arms)	~90 degree bend, open armpit, elbows mostly 'in' bones transfer the body weight to poles - not muscles			
Hips	Always Forward If Not, then buttocks is stuck out and weight is on the heels			
Knees	A bit more flex w/ crunch	Always 'loose' when weighted (not straight) Flex > load ... then <Explode> let the muscles extend to rest when unweighted		
Ankles (Flexed!)				
Toes (Feet)	Weight on the balls of the feet			
	Double Pole	V1	V2	V2 Alt
Timing				
arms	— —	—	— —	— —
legs	————	— —	————	————
		3:1		ski-pole-ski
Tempo	med-to-fast	med-to-fast	slow-to-med+	slow-to-med
	accelerate	moderate to steep uphill	slight to moderate hill	slight downhill - flats - to slight uphill

On Snow Technique Practice Options

Double Pole	Slow - dist	Fast - short	Uphill	Accel into slight V2
V1	Uphill - no poles/1 pole	Both Sides	Change Tempo	Switch Sides on turn
V2	dbl pole into V2	Hill workout	Mix up Tempo	
V2 Alt	no poles	focus on timing		
Legs only	poles over head	poles behind neck/back	arms folded & forward	speed skater
Cornering	practice light feet step turns - downhill at speed			
Transitions	find a up/down grade w/ turns and focus on transitions			
Tuck	practice it on straights and turns with proper transitions into and out-of			
Try in-line synchronized group skiing: change technique/tempo every 1 min. Stay together!				

Dryland Basic Skills Exercises	
Arm Swing	Single Stick
Arm Swing	Double Pole
Arms/Leg Swing	like 'classic' both sides
1 leg dips (knee/ankle flex)	both sides
Lateral weight shift w/ load/explode	
Lateral hops	

General Tips
1) Focus on 1-2 concepts at a time.
2) Make exercises into a game (but not a competition)
3) Design drills for success - work with what you have (snow, terrain, skills, etc.)
4) Always keep 'em active. Lectures are boring!
5) Encourage... Encourage...!
6) and Know when to be quiet.