

Rochester Nordic Ski Practice Ideas - Darald

Procedures

1. Attendance/names/health/inhalers/inform coaches.
2. Easy ski/run
3. Stretch/Exercises
4. Instruction
5. Work out-Intervals/Exercises/Ski specific ex./Games
6. Social activity
7. Debrief at end/checkout

Form

- Home position
- Double pole
- V1
- V2
- V2 Alternate

Fundamental movements

- Stand loose/bend at ankles
- Pole position
- Arm swing
- Crunch/zipper
- Weight shift

Stretches – Dynamic or static

- Toe touch
- Quad stretch – Pull one leg up to hamstring
- Hamstring – one leg back and one forward
- Lateral stretch-hands behind head, twist in place
- Lunge
- Squats
- Chester opener- bring shoulder back/hold 5 sec
- Balance on 1 leg at a time

Exercises

- Jumping jacks
- Burpees
- Push-ups
- Dips
- Side lunges – 5 sec hold
- Core work –repeat 10+arm & leg extend repeat 10
- 1 leg balance forward lean
- 1 leg balance with leg swing
- Side to side hop, balance 4 sec each, move 2 & 1/2 feet
- V2 with double hop
- Bunny hops 30 feet/ one leg too
- Lunges in place
- Jumping lunges to other leg
- Walking lunges
- Keep kids in a loop for teaching

Intervals – (with or w/o poles)

- 100-440 yard run/ski (1 minute/120 pulse)
- Hill Bounding
- V1 bounding
- V2 bounding
- V2 bounding with double hop
- Step over (no poles)
- 1 leg hop for 30-40 feet
- 2 leg hop for 30-40 feet

Games & think of more

- Relays of the boundings above
- Backwards 1 leg or two leg-hop

Debrief with Social

- Learn names/schools/grade/food/activity

End of work outs

- Debrief end with “what did you learn?”