

Activities to Connect Skills and Drills to Fundamentals of Nordic skiing

SKILLS & DRILLS / Activities	What is the objective of the Activity?			
	Body Position	Weight Transfer	Propulsion	Glide
Jumping on skis, running in place	X	X		
Split skate	X	X		X
No pole skiing & games w/o poles	X	X		
One pole skiing	X	X		
Ski forward (ball of foot), Ski Back (heel of foot)	X		X	
Downhill on two skis / downhill on one ski	X			X
Tempo changes	X		X	
Hop on skis / skipping	X		X	
Lateral line		X		X
Hot feet - W	X	X		
Marathon skate		X	X	
Extend!		X	X	X
Iron cross		X		
Vertical poles – hold in front of body		X		
V4	X		X	X
Double push drill – skate	X	X	X	
Look down ski track classic		X		X
Flex / Extend			X	
Scooter drill ski off / ski on	X	X		X
Locked and loaded	X		X	
Squish the bug	X		X	
Uphill terrain	X		X	
“Soar” position	X			X
Binoculars	X			X
Count your glides				X
Slow tempo skiing	X			
Trail edge to edge - skate	X			X
Ski it “right” / ski it “wrong”	X	X	X	X
Slalom	X	X	X	
1 ski double pole	X	X		
Cone progression – on and off skis	X			
Up Down Over Drill		X	X	

