

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

GAMES, DRILLS & SKILLS for KIDS

Discipline: Cross Country

Time: 1 day clinic

Setting: Outdoors - wide green trails and other suitable moderate terrain

Indoors – (if allowed) large table for viewing video monitor

Course Description: Discovering ways to keep kids engaged and having fun on skis through games, drills, and skill development. Introduction to the CAP Model.

Recommended Prerequisite Courses: None

Prerequisite skills: Must be adept at both classic and skate technique on green trails

Course Objectives:

- Develop new ideas for teaching children to ski
- Learn about the CAP model
- Learn games and drills that will assist your instructing and help kids enjoy learning
- Have fun skiing and sharing ideas with peers with a passion for cross country and working with kids
- Learn skills from the Technical Model to become better instructors
- Possible bonus of improving your own ski skills

Sample Activities:

- Various drills to focus on a specific skill, such as scooter ski for balance and push off
- Games will be introduced to help with ski skills, such as tag for turning and stopping
- Tactics for terrain changes will be developed through practice on skate and classic skis
- Brief discussion regarding different ski equipment and what is best for different ages

Materials:

- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- Skate ski equipment and classic equipment suitable for groomed tracks (rentals available)
- Optional: small notebook and pencil for notes outside, paper and pen for indoors