

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Learn to Skate / Creating a Positive Learning Environment for Beginner Skate Skiers

Discipline: Cross Country

Time: 1 day clinic

Setting: Outdoors – Cross Country groomed green trails and other suitable terrain
Indoors – (if allowed) large table for viewing video monitor

Course Description

This is a combined clinic for both novice skiers looking to learn how to skate ski for the first time and ski instructors wanting to learn new ways to develop effective beginner teaching progressions. We will develop progressions foster learning in a welcoming learning/teaching environment for everyone.

Recommended Prerequisite: None

Prerequisite skills: None

Course Objectives:

- Learn the basics of skate skiing using the Cross Country Technical Model
- Learn how to teach a beginner lesson using people skills and teaching skills
- Learn how to build progressions for beginner students
- Build confidence and efficiency
- Have fun skiing and sharing ideas with peers who enjoy Nordic skiing

Sample Activities:

- Ski specific drills such as marathon skate with one ski or both skis
- Build a progression for weight transfer
- Double pole practice including timing
- Encourage and answer participant questions
- Practice on varying easy terrain

Materials:

- Skate skis, poles, and boots (rentals available)
- Proper clothing for extended outdoor periods, sunscreen, water & snacks
- Optional: small notebook and pencil for notes outside; paper and pen for indoors