



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Learn to Skate Ski Teaching Beginner Skate Skiers Edited 7/23

Discipline: Cross Country

Time: 1 day clinic

Setting: Outdoors – Cross Country groomed green trails
Indoors – (if available) large table for viewing video

Course Description

This is a combined clinic for both beginner 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. Participants and Clinicians will work together to learn and develop progressions that foster learning in a welcoming learning/teaching environment.

Recommended Prerequisite: None

Prerequisite skills: None

Learning Outcomes:

- Learn the basics of skate skiing using the PSIA Cross Country Technical Model and the PSIA Cross Country Skiing Fundamentals
- Learn how to teach a beginner lesson utilizing effective people, teaching and technical 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

Learning Activities:

- Ski specific drills to develop one ski balance such as skiing without poles
- Build a progression for weight transfer
- Double pole practice including timing
- Encourage and answer participant questions
- Practice on varying easy terrain
- Video analysis will be available

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