



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

SKIING PATTERN BREAKERS

Discipline: Cross Country

Time: One day clinic

Setting: Groomed Trails at a Nordic Center

Course Description:

Skiing skills develop over hours, days, and years of practice. Over time everyone develops movement patterns that are both productive and unproductive for efficient skiing. Changing movement patterns can be one of the most important, and often the most frustrating things to do to improve your skiing. In this clinic we will explore unconventional ways to change your perception and your performance on both Classic and skate equipment. Classic in morning, Skate in afternoon.

Prerequisite skills:

- Intermediate level skate and classic skiing skills
- Willingness to experiment and try new approaches for skiing improvement, teaching methods, and people skills.

Course Objectives:

- Analyze individual skiing patterns
- Identify positive patterns and those patterns in need of breaking
- Identify positive people skills
- Identify positive teaching methods

Sample Activities:

- Skate and Classic Skiing drills for technique improvement
- Agility courses
- Utilizing terrain variations for ski improvement
- video

Materials:

- Classic ski equipment (waxable, skins or fish scales) and skate equipment