



PSIA-Rocky Mountain-AASI



Skate Improvement with Movement Analysis

Discipline: Cross country

Time: One day clinic

Setting: Nordic center -Groomed runs

Course Description: Skate Skier Improvement w/ & Movement Analysis

Movement Analysis is a valuable tool for skill improvement. How do we execute this process with success and build excitement for the learning process? We will practice Movement Analysis with each other in a safe and stimulating environment as we improve our skiing skills.

**If you choose this course a prerequisite for a Level 2 or 3 certification you must get prior approval from the XC Chairperson. Please contact the RM office for more info.*

Recommended Prerequisite Courses: None

Prerequisite skills: Intermediates skate skiing ability

Course Objectives:

- Learn to use the Cross Country Technical Model to improve skiing skills
- Build confidence and efficiency and learn tactics on varying terrain.
- Gain knowledge of people and teaching skills
- Work on Movement Analysis skills
- Learn how to use your phone for Video Analysis

Sample Activities:

- Emphasize participant centered questions for proper technique
- Participants practice video analysis on each other with and without using a phone
- Ski specific drills for technique improvement
- Tactics for various terrain and conditions
- Share feedback and discuss effective teaching and people skills related to lessons

Materials:

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