

Jackrabbit Level Four Skills

Master fundamental movement skills, develop overall motor skills. Acquire basic cross-country ski skills; equal use of techniques; develop downhill abilities. Focus on balance, agility and rhythm.

One-step Double Poling

This technique should be practised on a slight downhill with set tracks.

- The skier stands in the Ready Position with body weight on the left ski
- The skier pushes off the left ski, and transfers all of the weight to the right ski, while reaching forward with the arms to Double Pole
- The skier then initiates a Double Poling action while recovering the push foot forward
- The skier glides on both skis, and then begins the cycle again, alternating the pushing leg (this time using the right ski)

Ideally, the skier should show a consistent fluid action with good balance at both the pole plant and the end of the pole push phase, and to continue with this technique for 50 metres.



Free Skate

This technique should be practised on flat terrain or a packed, gentle downhill slope. It's used when travelling fast enough that pole plants are superfluous.

- The skier is in the Ready Position demonstrating an obvious "V" shape with the skis
- The skier bends the left knee and ankle, pushing off with the left leg and transferring the weight onto the right ski
- The right hip and shoulder are aligned over the right ski. As the glide ski slows, the skier flexes the right knee and ankle and pushes off the right ski so the weight is transferred to the left ski
- The skier's left shoulder and hip then align over the left ski. The glide on the left and right skis is consistent
- During each glide, the feet come close to each other
- The skier swings the arms in front of the body (rotation movement)
- Poles are held with the tips pointing backwards, not touching the snow

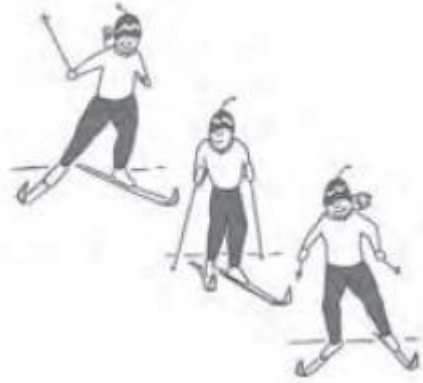
Ideally, there should be an obvious and complete weight transfer from ski to ski (the skier glides on one ski and then the other).



One Skate

The One Skate technique requires a poling action (arm push) with each leg push. This technique should be practised on a gentle downhill slope.

- The skier begins as if Double Poling
- The skier's weight is placed on the right ski, while the left ski is lifted and angled a bit to the side
- Ski tips should be kept 50 cm apart
- The right hip and shoulder are over the gliding ski until the leg push is initiated
- The skier plants the poles with the tips slightly ahead of the binding and initiates a complete Double Poling action
- As the skier pushes down with the upper body and arms, the skier begins to transfer the weight onto the left ski
- Knees and ankles bend before pushing off
- The leg pushes to the side, not back, and as the ski is pushed off it remains parallel to the snow
- The weight transfer is accomplished by edging and pushing off the right ski, and pushing with the arms
- The completion of the poling extension is synchronized with completing the weight transfer to the left ski
- As the skier shifts onto the new ski, the arms are recovered along with the right ski and the sequence is repeated using the opposite arms and legs
- The glide on the left and right skis is consistent
- During each glide, the feet come close to each other



Two Skate

The Two Skate technique is similar to the One Skate except the poling action only occurs with every second leg push. This technique should be practised on a moderate downhill slope.

- The skier begins as if Double Poling, gliding with the weight on the right ski and the right shoulder and hip aligned over it
- The left ski is lifted and angled a bit to the side.
- Ski tips should be approximately 50 cm apart
- The skier plants the poles with the tips slightly ahead of the binding, and completes a Double Poling push action
- As the skier pushes down with the upper body and arms, he/she begins to transfer weight onto the left ski by pushing off with the right leg
- The skier glides on the left ski, with left hip and shoulder aligned on the glide (left) ski as he/she starts to recover the arms forward
- The skier then skates off the new glide ski (left) using only a leg push
- The arms are recovered forward over the right ski in preparation for another double poling action after the skier has transferred the weight back to the right ski



Offset

This technique requires a poling action after every second leg push, and should be practised on an uphill slope.

- The skier begins as if initiating the Two Skate technique, but the ski tips are generally a bit wider apart
- The skier balances on the left ski and pushes with the left leg in order to step up the hill onto the right ski, planting both poles and the right ski at the same time (a three point landing)
- The right shoulder and hip should be aligned over the right ski
- The poles are planted in an “offset” position. The right pole is planted with a slight slant to the rear, with the tip beside the right binding. The left pole is angled more sharply back and to the side, with the tip at the left binding
- The skier continues with an action similar to the Double Poling motion but with less bend at the waist
- During the Double Poling action, the skier steps up the hill with the left ski
- The skating (pushing and weighted) right ski is then edged and the skier pushes off with the right leg and arms to begin the weight transfer to the left ski.
- The skier balances briefly with the left hip and shoulder aligned over the left ski. The ski is then edged and the skier pushes off the left leg and steps and shifts the weight onto the right ski, to start the cycle again
- The skier’s weight shifts quickly and does not linger over the ski as it does with One Skate and Two Skate techniques

The skier must be able to offset on both sides – i.e. with right hand leading and with left hand leading.


**Step Turn**

This technique should be practised on a packed, moderate, untracked slope. A good spot is the hill on 12A, making a right hand turn onto 12 going east...

- The skier starts in a “high” tuck position and glides down the hill
- The skier completes several Step Turns in one direction, using small, quick steps, and consistently maintaining the tuck position
- The skier keeps the weight on the heels
- During this exercise there is a complete weight transfer from one ski to the other
- Skis are edged when weight shifting

The skier can Step Turn both to the left and right



<p>Parallel Side Slipping</p> <p>This technique should be practised on a steep well-packed downhill slope.</p> <ul style="list-style-type: none"> • The skier maintains the Ready Position throughout • By moving the knees and rolling the ankles in and out, the skier shifts the weight alternately on the uphill and downhill edges • Skis remain parallel while slipping down the hill sideways • The skier demonstrates control by stopping mid-slope • The skier should be able to sideslip at least one metre down the hill <p>The skier is able to demonstrate this skill facing both directions.</p>	

Fun Drills and Skills	
<p>Agility:</p> <p>Jump turns. Keep skis parallel. Turn your head in the direction you want to jump. Rotate and hop as high you can, twisting lower body to 90°, 120°, 180° or even 360°</p>	<p>Skill Videos - Agility Hopping and Spinning.mp4 (coachseye.com)</p> <p>rollerski drills - 8. Spin and Stick.mp4 (coachseye.com)</p>
<p>Balance:</p> <p>One leg with outriggers. Using poles for balance as needed, try to glide down a mild descent on one leg as far as possible. Then repeat on alternate leg</p>	<p>rollerski drills - 5. Outrigger Drill.mp4 (coachseye.com)</p>
<p>Balance:</p> <p>Glide on one ski as long as possible on a mild downslope; then ski back up and alternate the leg</p>	<p>Skill Videos - Balance One Foot Glide.mp4 (coachseye.com)</p>
<p>Balance</p> <p>Glide on one ski down a mild downslope and intermittently hop up and land on the same ski. Repeat with the alternate leg.</p>	<p>Skill Videos - Balance One Foot Hop.mp4 (coachseye.com)</p> <p>rollerski drills - 7. Single Leg Stability Drill.mp4 (coachseye.com)</p>
<p>Ski Ballet (no poles):</p> <p>Try gliding on one leg but raise the other behind with arms wide to mimic an airplane down the hill as far as possible.</p>	<p>rollerski drills - 6. Airplane Drill.mp4 (coachseye.com)</p>

Ski Exercises

These activities are designed to improve the balance, agility, coordination, rhythm and confidence on skis that will establish the foundation on which ski technique skills can be developed. The exercises are generally listed in order of difficulty. Some are appropriate for children under six while others are more suitable for older novice skiers.

Flea Leaps. The skiers jump into the air (on their skis) and land softly in a balanced position.

Stork Stance. The skiers practice standing on one leg while remaining balanced. They are allowed to extend their hands sideways to steady themselves. Alternate legs. Definitely no poles.

Rubber Leg. The skiers first stand tall on one leg/ski, and then relax it, letting it slump into a flexed position at the ankle and knee. Alternate legs.

One-Legged Pops. The skiers pop/spring off one leg, which is bent, and then land on the same ski. Alternate legs

Back Leg Lifts. The skiers extend one leg/ski rearward and off the snow while bending forward at the waist. They then move the same leg/ski forward, without weighting it, and return their upper body to an upright position. Repeat with the opposite leg.

Poison Peanut Butter. The skiers lift one ski and then the other off the snow so that the “poison peanut butter” (i.e. the snow), doesn’t stick to their skis. The coach encourages the skiers to keep moving by saying “quick, don’t let the peanut butter stick!”

Stepping Movements. These movements are the basis of the Side Step and Star Turn. They follow on from the “Poison Peanut Butter” exercise above. This exercise should be introduced on packed snow, but it can also be practised in deeper snow when the skiers are ready for the challenge.

To begin with, have the ski poles lying on each side of the skier, parallel to their skis. The skiers step over the poles going first in one direction, and then the other. As the skiers gain competence, several poles can be lined up for them to step over, or they can be placed farther apart to require a longer step. The skiers can also try to jump over the poles with both feet.

Pushaways. Two skiers (partners) face each other, standing on their skis with their feet wide apart for solid balance. One ski is placed between the partner’s skis, with the tips reaching behind the partners’ heels. The skiers can improve their balance and agility skills by trying to push their partner off balance.

Snakes. Skiers form a line, one after the other, with about two metres between each. The skier at the end of the line weaves between the other skiers until he/she comes to the front of the line and then becomes the new leader. For advanced skiers, this exercise can be practised with all the skiers moving slowly forward while the skier from the end of the line is trying to weave forward to the front of the group. Variations can be done on the flat, on a slight downhill, or by skiing around other skiers or other objects.

Rubber Knees. The skiers descend a slight incline using rubber knees and ankles to help absorb bumps.

Tip and Tail Touch. While skiing down a gentle slope, the skiers alternate between touching the tips and tails of their skis with their hands.

Slide Tall and Slide Small. The skiers descend a slight slope, exerting pressure on the tongues of their boots by bending their legs slightly. *Easy* - they alternate between putting a lot of pressure on the tongues (slide small) and a little pressure (slide tall). *Novice* - Challenge the skiers to touch the ground and lift their arms in the air while coming down the hill. *Medium* - Ask them to throw their mitts in the air and catch them while coming down the hill. *Harder* - ask them to catch a glove and throw it back to you (the coach) when they get to the bottom of the hill.

Hinge Hop. While skiing down a gentle slope, the skiers hop, lifting their ski tails and leaving their tips on the snow. [rollerski drills - 11. Basic Vaulting.mp4 \(coachseye.com\)](#)

Luge. While skiing down a gentle slope, the skiers first lie back on their skis. Next they practise squatting on their skis until they almost touch the snow with the seat of their pants.

Terrain Leap. Using their poles, the skiers practise a small upward and forward jump, tucking their knees up towards their chest. Can try a soft obstacle like a pool noodle for a bigger challenge [rollerski drills - 12. Advanced Vaulting.mp4 \(coachseye.com\)](#)