

LTAD stages	Videos with analysis	Videos without analysis
<p style="text-align: center;">Fundamentals female 7-8 male 8-9</p> <p>NB: technique videos represent expected standards for the end of the Fundamentals stage</p>	<ul style="list-style-type: none"> ▶ diagonal stride -gradual ▶ diagonal stride - steep ▶ herringbone ▶ double poling ▶ one step double poling ▶ offset (side front) ▶ one skate ▶ two skate ▶ free skate ▶ downhill step turn ▶ tuck (side) 	<ul style="list-style-type: none"> ▶ diagonal stride -gradual (side front) ▶ diagonal stride - steep (side front) ▶ herringbone (side front) ▶ double poling (side front) ▶ one step double poling (side front) ▶ offset (side front) ▶ one skate (side front) ▶ two skate (side front) ▶ free skate (side) ▶ downhill step turn ▶ tuck (side)
<p style="text-align: center;">Training to Train female 11-15 male 12-16</p> <p>NB: technique videos represent expected standards for the middle of the T2T stage (juveniles)</p>	<ul style="list-style-type: none"> ▶ diagonal stride - gradual ▶ diagonal stride - steep ▶ herringbone ▶ double poling ▶ one step double poling ▶ offset ▶ one skate ▶ two skate ▶ free skate ▶ downhill step turn ▶ tuck (side) 	<ul style="list-style-type: none"> ▶ diagonal stride - gradual (side front) ▶ diagonal stride - steep (side front) ▶ herringbone (side front) ▶ double poling (side front) ▶ one step double poling (side front) ▶ offset (side front) ▶ one skate (side front) ▶ two skate (side front) ▶ free skate (side front) ▶ downhill step turn
<p style="text-align: center;">Learn to Compete and above female 17+ male 18+</p> <p>NB: technique videos represent expected</p>		<ul style="list-style-type: none"> ▶ diagonal stride -gradual (side front) ▶ diagonal stride - steep (side front) ▶ herringbone (side front) ▶ double poling (side front) ▶ one step double poling (side front) ▶ offset (side front) ▶ one skate (side front)

standards for the middle of the L2C stage
(junior men/women)

- ▶ two skate ([side](#) | [front](#))
- ▶ free skate ([side](#) | [front](#))
- ▶ [downhill step turn](#)
- ▶ tuck ([side](#) | [front](#))

Technique lessons and drills (on snow)

General Agility	General balance	Classic	Skate	Dowhhill (new!)
<ul style="list-style-type: none"> • Agility: Hopping and Spinning 	<ul style="list-style-type: none"> • Balance: Behind the Back • Balance: Half-Skate • Balance: One Foot Glide • Balance: One Foot Hop • Balance: Pole Tap 	<ul style="list-style-type: none"> • Classic Glide: Downhill Striding • Classic Glide: Kick Kick Glide • Developing Classic Kick Drills Part 1 • Developing Classic Kick Drills Part 2 • Classic Grip: Steep Bounding with Poles • Double Pole Drills - Ball Smash • Double Pole Pause Drill 	<ul style="list-style-type: none"> • Free Skate Drills • Offset Step Drill • One Skate Timing • Two Skate: Using the Arms • Gliding offset: flat to uphill (new!) • Offset: hips back, hips forward (new!) 	<ul style="list-style-type: none"> • Snowplow • Snoplow turn • Stem christie • Step turn on flat • Step turn on downhill • Skid traverse • Skid stop • Skid turns • Skid into step turn • High speed DH turn • Tuck

		<ul style="list-style-type: none"> • Dryland legdrive (new!) • Kick double pole: stationnary timing drill (new!) • Kick double pole: in motion timing drill (new!) • Striding on skate skis (new!) • Transition: double pole to striding (new!) • Transition: kick double pole to striding (new!) • Uphill double pole (new!) 		
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Ski Bounding Drills

Ski Bounding Teaching	Ski Bounding Drills, Common Errors	Analysis	Demo Videos
<ul style="list-style-type: none"> • Fundamental Positioning • The First Step • Linking Steps 	<ul style="list-style-type: none"> • Simple Transitions • Complex Transitions • Two Skate Bounding • Reducing Risk 	<ul style="list-style-type: none"> • Ski Bounding Analysis • Ski Walking Analysis 	<ul style="list-style-type: none"> • Ski Walk Demo • Ski Bounding Demo

Ski Bounding Teaching	Ski Bounding Drills, Common Errors	Analysis	Demo Videos
<ul style="list-style-type: none"> • Ski Striding • Ski Bounding 1 • Ski Bounding 2 • Plyometric Bounding • Offset Bounding 	<ul style="list-style-type: none"> • Common Errors 		<ul style="list-style-type: none"> • Plyometric Bounding Demo • Offset Bounding Demo • Two Skate Bounding Demo

Rollerski drills

Braking techniques	Balance	Agility	General
<ul style="list-style-type: none"> • Roller Ski Snowplow • Stepping Snowplow • Step Turn Braking • Rolling Onto Grass • Skid Braking • Running Onto Grass 	<ul style="list-style-type: none"> • Sideways Hops • Forward Hops • One Leg Stand Up • Single Leg Correction Hops • Outrigger Drill • Airplane Drill • Single Leg Stability Drill 	<ul style="list-style-type: none"> • Spin and Stick • Continuous Spins • Spins-Moving Forward • Basic Vaulting • Advanced Vaulting • Curb Skills • Roller Skiing-Backwards • Roller Skiing-Slalom 	<ul style="list-style-type: none"> • Roller Skiing-Risk Mitigation

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| | | <ul style="list-style-type: none">• <u>Roller Skiing-
Obstacle Course</u> | |
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Jackrabbit Games Videos

<https://xcskination.com/cross-country-ski-games-for-kids/>