

Junior NORDIC Group "SKILL REQUIREMENTS"

OTTERS (minimum 3-6 min instruction Then go HAVE FUN !)

1. Diagonal Stride

- Kick + glide with & without Poles
- Diagonal stride uphill
- Downhill tucking
- Downhill & FLAT corners
- Double pole / Kick double pole
- ability to Kickwax their OWN SKIIS properly

2. Common Sense

- Politeness on Trail / Knowledge of Trail Etiquette
- How to DRESS RIGHT
- listen to Coaches instructions

3. SKATING

- V₁ skate - intro on use of both sides
- V_{1 1/2} And V₂ (introduction) (V_{1 1/2} also called Open field skate)
- Diagonal skate
- Turbo skate (downhill + flats)
- Marathon skate
- Ability to transfer from one technique to another
- Intro to Hot waxing