

# Junior Nordic Group "SKILL REQUIREMENTS"



## Polar cubs (2 minute attention SPAN - JUST HAVE FUN)

1. To HAVE Fun on skis!
2. Independence on skis
  - a) get up by THEMSELVES
  - b) Put skis on by THEMSELVES
  - c) How to STOP / How to slow down
  - d) Moving on skis - NO poles (games)
  - e) side stepping, herringbone - NO poles
  - f) Diagonal stride - NO poles
  - g) Awareness of what Kickwax is
  - h) how to dress right
3. Constant Education on Trail ETIQUETTE
4. Poles
  - a) learn NOT to lean on them
  - b) how to hold correctly
  - c) how to plant and push
5. MORE Advanced
  - a) Turning on downhill - full +  $\frac{1}{2}$  snowplow (slalom)
  - b) Tucking
  - c) Uphill diagonal
  - d) Intro to Marathon skate and Diagonal skate