

## Jackrabbit Level 3 Lesson#1

Activity	Description/ Location	Time
Warm Up  Balance	<p><b>Mirror the coach</b>-skiers are spread out facing the coach they copy the coach as if they are looking in a mirror (coach steps right skier steps left, coach moves forward skiers move forward, etc.)</p> <p><b>Stork stance</b> -skiers stand on one leg only then switch to the other leg</p> <p><b>Tippy toes</b> -skiers rock forward and back between their toes and their heels -skiers try to find the best balance point</p> <p><b>Reach for the sky</b> -skiers reach for the sky going up on their toes</p>	10 min.
Ski Destination	Ski to a flat training area with tracks	20 min.
Review Skill -kick turn,	<b>Kick turn</b> -On flat terrain skiers reach right arm backward to plant it on the outside of the left ski (both poles are here). Skiers lift their right ski, perpendicular to the snow and place it parallel to the left ski but tip beside tail. The left leg and arm follow around to bring the skis side by side tips and tails together.	5 min.
Review Skill -diagonal stride (gliding step), -double poling	<p><b>Diagonal stride</b> - the skier has to push down into the snow to get traction, skier balances on one ski to glide</p> <p><b>Scooter Drill</b> -skiers take off one ski and push with the boot foot and glide on the ski (make sure foot lands beside the other foot and not in front or behind)</p> <p><b>Double poling</b> -poles tips plant beside boots body flexes at the waist, poles extend behind</p> <p><b>Robot Drill</b> -skiers stand in place with poles planted beside boots, skier flexes at waist keeping arms stiff like a robot then comes back up (poles can be held slightly above snow to simulate motion without actually pushing into the snow)</p>	15 min.
New Skill diagonal stride (long step)	<p><b>Diagonal stride(without poles)</b> -recovering foot returns beside or slightly in front of gliding foot, upper body leans slightly forward, leg extends at hip and knee as pushing foot leaves the snow</p>	10 min.
Ski & Snack	<b>Nature ski</b> – skiers and coach look for interesting things in the forest –different tree species, snow types, wild life, wild life signs (tracks)	1h
Ski Play	<b>Spud</b> -Each skier is given a number. The coach yells “go” and the skiers scatter. The coach throws the potato (or ball) in the air and calls a number. The skier with that number skis back to get the potato and yells “spud”. Skiers must stop. The skier with the potato takes three strides, stops and tosses the potato toward a skier. If the thrower hits the skier, the skier gets a letter to spell a word “spud” or “ski”. If the thrower misses she or he gets a letter. Thrower will be the next to call a number.	10 min.

Notes or Comments on lesson:

## Jackrabbit Level 3 Lesson#2

Activity		Time
Warm Up Balance	<p><b>Tip over</b>-skiers lift one ski and tip forward to touch the other ski with both hands then tip back up</p> <p><b>Tail lifts</b> -skiers walk on the spot extending the leg backward. Skiers try to lift the ski tails off the snow.</p> <p><b>One-Leg Pops</b> –skier bends knees and jumps off snow from one ski to the other</p>	5 min.
Practice Skill Kick turn, double poling, diagonal stride	Ski to a moderate slope finding places to practice kick turn, double pole and diagonal stride.	20 min.
Review Skill -herringbone, -free glide, -snowplow stop, -snowplow turn	<p><b>Herringbone</b> -on inside edges, pole tips planted behind and to the side of the boots, hands below shoulder level.</p> <p>free glide- skier in ready position, skis parallel, body upright, knees and ankles slightly bent</p> <p><b>Snowplow stop</b>- as in snowplow braking skier applies pressure on the edges to come to a stop</p> <p>Skier applies more weight to the right ski to turn to the left ankle is rolled in, ski is edged</p> <p>Set up poles or pylons –skiers weave through the pylons snowplow turning right then left.</p>	20 min.
Introduce -skate turn, -downhill tuck	<p>Set up pylons: 2 pylons to double pole through, one pylon to turn beside and 2 pylons to double pole through</p> <p><b>Skate turn</b> –skier performs a double pole before the turn</p> <p>-as they recover their arms and upper body forward weight is transferred to the outside ski</p> <p>-the inside ski is pointed in the new direction</p> <p>-the skier edges and pushes off the outside ski transferring weight to the inside ski</p> <p>-skis are then parallel and evenly weighted.</p> <p>-another double poling action completes the turn</p> <p><b>Downhill tuck</b> – static –upper body bent horizontal, -poles held tightly under the arms hands in front</p> <p>-knees and ankles slightly bent</p> <p><b>Hold your icecream!</b> -At the top of a straight, moderate slope 10 metres in length, skiers are in a downhill tuck position and have a snowball, (or a bean bag), balanced on top of their hands. Skiers tuck down the hill without dropping their icecream.</p>	15 min.
Ski & Snack		50 min.
Ski Play	<p><b>Gliding</b> – on a gentle slope glide for distance, each skier tries to better their distance</p> <p>-glide on one foot (with knees bent) bend one knee forward to lift ski slightly off snow, compare distance with the other foot</p>	10 min.

Notes or Comments on lesson:

### Jackrabbit Level 3 Lesson#3

Activity	Description	Time
Warm Up/ Practice	<b>Colours</b> -Place blue stickers on left ski of all skiers and orange stickers on right ski of all skiers. Coach calls orange and skiers lift right ski to do a kick turn. Coach continues calling "blue" or "orange".	5 min.
Practice Skill double poling, diagonal stride (long step), snowplow turn, skate turn, downhill tuck.	Ski to a good technique location allowing time to practice drills along the way. <b>Tail lifts &amp; One-Leg Pops</b> <b>Bobbing stork</b> -skier stands on one ski and tips forward, then comes upright again with hips ankles and shoulders lined up one on top of the other	25 min.
Review Skill  diagonal stride	<b>Diagonal stride</b> 1.Remind skiers that -recovering foot returns beside or slightly in front of gliding foot, upper body leans slightly forward, leg extends at hip and knee as pushing foot leaves the snow 2.Demonstrate adding poles -pole tips always behind hands, poles provide propulsion	10 min.
New Skill Double poling one-step double poling	<b>Double poling</b> <b>There are 3 phases:</b> pole plant, push and recovery <b>Pole plant</b> -skier is leaning slightly forward, hands are at shoulder level, elbows slightly bent <b>Push</b> -skier is pushing by bending at the waist to horizontal position, elbows do not collapse arms extend and follow through <b>Recovery</b> - arms and upper body recover at the same time, legs remain fairly straight throughout <b>Pole Drag drill</b> -skiers drag their poles in the snow while recovering and plant them when they are beside their boots  <b>One-step double pole:</b> Weight on left ski, push off left ski transferring weight to right ski while bringing both hands forward for a double pole action. Skier starts double pole action while recovering their push foot to glide on both skis. <b>without poles</b> -pushing off with one foot and gliding with feet together (repeat with same foot) <b>Fly-Glide drill</b> 1. Static: move through the motion of one-step double pole. "Fly" when hands come forward and leg extends back "Glide" when feet come together and pole push occurs. 2. dynamic: start by double poling	15 min.
Ski & Snack		55 min.
Ski Play	<b>snowboard drill</b> - skiers take one ski off and glide down the hill (gentle slope) placing boot on ski behind the boot attached to the ski -switch ski to other foot -skiers mark their distance and try to improve over several attempts	10 min.

Notes or Comments on lesson:

## Jackrabbit Level 3 Lesson#4

Activity	Description	Time
Warm Up/ Waiting	<p><b>Sizzling snow</b> -skiers stay in one place and quickly step from ski to ski trying to have only one ski on the "burning" snow at one time, skiers "hiss" when their ski is on the snow</p> <p><b>Freeze and glide</b> -skier takes 4 or 5 strides and freezes on one leg and glides to a stop</p>	5 min.
Practice	<p>Ski to an open flat section of trail practicing along the way</p> <p>-kick turn, double poling, diagonal stride (long step), herringbone, skate turn</p>	20 min.
Review Skill - one-step double poling	<p><b>One-step double pole</b> -describe as ½ of a diagonal stride Skiers diagonal stride without poles, when they reach a point in the tracks (a pylon) they pause with leg extended back then do a double pole motion while bringing skis together to glide add in poles</p> <p><b>Fly-Glide drill</b>- skiers "fly" hands extended forward leg extended back and "glide" double pole action, skis together to glide</p>	10 min.
Introduce: free skate, diagonal skate.	<p>In an open area with a slight downhill slope demonstrate <b>free skate (no poles)</b> -tips of skis 30cm apart or more -shift weight from one ski to the other -skier glides forward</p> <p><b>Tick Tock</b> -skier stands on a slight slope with fairly straight legs the skier rocks from one ski to the other with skis slightly edged, skier will move forward</p> <p><b>Towing with a pole</b> -coach removes skis and gives pole strap to skier. Coach tows skier while they free skate</p> <p><b>Diagonal skate</b> -describe as herringbone with glide</p> <p><b>Skate March</b> -march on the spot in herringbone position, then start up the slight slope in herringbone position, skiers push with pole and glide onto opposite ski, glide ski fairly flat on snow</p>	20 min.
Snack		10 min.
Ski	Ski encouraging skiers to try free skate on slight downhill and diagonal skate on slight uphill	45 min.
Ski Play	<p><b>Downhill Catch</b> Skiers try to touch the snow then lift their arms into the air while skiing down a slope progress to throwing a bean bag and catching it as they glide. Then try having the coach throw a glove to them which they catch and throw back as they are gliding.</p>	10 min.

Notes or Comments on lesson:

## Jackrabbit Level 3 Lesson#5

Activity	Description	Time
Warm Up/ Balance	<p><b>Pendulum swings</b> -stand on one leg while swinging the other leg back and forth</p> <p><b>Combo swing</b> -when the skier stands on their left leg, the left arm swings in the same direction as the right leg and the right arm swings in the opposite direction (like walking)</p>	5 min.
Practice	Ski to a practice area. Along the way skiers will practice: diagonal stride, double poling, one-step double poling.	15 min.
Review Skill -free skate, -diagonal skate	<p><b>Free skate</b></p> <ul style="list-style-type: none"> <li>-skiers have their poles in their hands</li> <li>-poles are held with pole tips pointing backwards</li> <li>-skier transfers weight from ski to ski</li> <li>- opposite hand comes forward with each stride</li> </ul> <p><b>Waiver</b> -skier holds poles shafts with hands shoulder width apart and elbows tight to body. Skier free skates with shoulder lined up with glide ski. Poles are kept level at all times (don't spill the drinks!)</p> <p><b>handshake drill</b> -skiers reach toward ski tip with opposite hand and pretend to shake hands continue for each stride</p> <p><b>diagonal skate</b> -on a moderate slope</p> <ul style="list-style-type: none"> <li>-start to diagonal skate just before the hill</li> <li>-keep momentum while climbing hill</li> <li>-herringbone when it gets too steep</li> </ul>	15 min.
Game	<p><b>Figure 8 relay</b> -using cones set up 2 figure 8 courses. Divide group into two. At the signal skiers free skate around cones one at a time after everyone has gone once switch directions</p> <p><b>Extra challenge</b> -reduce the size of the loops</p>	15 min.
Ski & Snack	Ski to snack location while skiing alter the terrain by: <ul style="list-style-type: none"> <li>-taking group off trail,</li> <li>-skiing around a tree,</li> <li>-find off trail bumps and jumps</li> </ul>	1h
Ski Play	<p><b>Mines</b></p> <ul style="list-style-type: none"> <li>-spray coloured dots on tracks, but not left and right track directly side by side.</li> <li>-skiers glide down the tracks lifting a ski over the "mines".</li> </ul>	10 min.
Extra activity	<p><b>Toe Lifts</b></p> <p>Skiers glide down a slight slope lifting the tip of one ski by raising their toes then alternate sides. Where there are two sets of tracks close together skiers step from one set of tracks to the other as they are gliding down the slope.</p> <p><b>Freeze scooter tag</b> -skiers take off one ski. When tagged they balance on one ski. Frozen skiers can be unfrozen by being touched by a free skier.</p>	

Notes or Comments on lesson:

**Chelsea Nordiq**

## Jackrabbit Level 3 Lesson#6

Activity	Description	Time
Balance	<b>Treadmill</b> 1. skiers run in place on their skis starting slowly and gradually getting faster. 2. walk on spot extending leg backwards 3. skiers balance on one leg with the other extended backwards –hold for 3 seconds –switch.	5 min.
Practice	Ski to moderate slope practicing along the way: diagonal stride, double poling, one-step double poling, diagonal skate, free skate <b>Punching drill</b> (free skate) -skier punches right hand toward left ski tip as they stride onto the left ski then left hand toward right ski <b>Pole Drag drill</b> –to help skiers who are swinging their pole tips ahead of the pole grips <b>Fly-Glide drill</b> –timing for one step double pole	15 min.
Review Skill  -skate turn, -downhill tuck	<b>Skate turn</b> -Find a spot on the trail with an appropriate skate turn corner remind skiers to: double pole, skate/step together, double pole <b>Downhill tuck</b> –upper body bent, poles tightly under arms, hands in front, knees and ankles slightly bent	10 min.
Introduce *supplementary techniques: -herringbone, -marathon skate, -snowplow turn.	<b>Snowplow turn</b> Set up 4 pylons in a straight line then move pylons into a zig-zag pattern so that skier must make larger radius turns -four consecutive turns, body is stable, turns are smooth <b>Herringbone</b> – set out pylons so that skiers have to herringbone and link up turns (by taking larger steps with one foot and smaller steps with the other) while weaving their way up the hill <b>Marathon skate</b> -on a slight downhill slope -skier is in the tracks, poles in ready position, skier steps to skate position with right ski (transferring weight to right ski) planting poles and pushing off with right ski at the same time then transferring weight back to left ski for the glide phase repeat on same side then switch skate legs	20 min.
Ski & Snack	Stop to do balance activities along the way (and to keep group together)	1h10min
Extra activity	<b>Pursuit Tag</b> –one skier starts skiing around a loop, second skier tries to catch the first, when caught both skiers turn and race back to the starting point <b>Quick thinking</b> –skiers spread out and face the coach. Coach points in different directions and the skiers move in that direction (forward, backward, left and right) <b>Cops and Robbers</b> –Coach is the cop and the skiers are the robbers. Robbers are safe in their hideout (a marked area) for 5 seconds. If caught skier must go to prison (another marked area). Captured robbers can be set free by a free robber.	

Notes or Comments on lesson:

**Chelsea Nordiq**

## Jackrabbit Level 3 Lesson#7

Activity	Description	Time
Warm Up	Favourite warm up Review balance activities	5 min.
Evaluate -kick turn -diagonal stride -double poling -one-step double poling	<b>Kick turn</b> -poles behind first, poles wide for balance, attempted in both directions, able to turn without assistance <b>Diagonal stride (long step)</b> -recovering foot returns beside or slightly in front of the gliding foot, upper body leans slightly forward, pole tips are always behind hands and point backwards, poles are used for propulsion, leg extends at hip and knee when foot leaves the snow <b>Double poling</b> Pole plant-skier is leaning slightly forward, hands are at shoulder level, elbows slightly bent Push –skier is pushing by bending at the waist to horizontal position, elbows do not collapse arms extend and follow through Recovery- arms and upper body recover at the same time, legs remain fairly straight throughout <b>One-step double poling</b> -some weight transfer is visible, both hands are coming forward as one leg extends back, general concept is demonstrated	20 min.
Evaluate -diagonal skate, -skate turn, -downhill tuck	Ski to a moderate hill set up a loop so that the skiers can keep moving up then down the hill demonstrating all of the techniques <b>Diagonal skate</b> -alternating pushes, glide is visible, glide ski is flat on the snow <b>Downhill tuck</b> -able to tuck for a 10 metre distance, upper body bent almost horizontal, poles tucked under arms, knees and ankles slightly bent	15 min.
Evaluate -free skate	<b>Free skate</b> On a slight downhill slope -skis tips are 30cm or more apart, clear weight transfer from ski to ski, poles are held pointing backwards without touching the snow	10 min.
Snack		10 min.
Game	<b>Shark and Squid</b> - The shark has a feather duster and tries to tag skiers who pass from one side of the playing field to the other, once tagged the skiers stay in place and try to touch passing skiers make the playing field smaller to make it easier to catch skiers	10 min.
Ski Play	<b>Adventure Ski</b> <b>Soccer</b> –challenge another group –play with one ski, no goalies	40 min. 10 min.

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