

Nordic First Time Classic Experience Goals 25-26

Goals & Location	Suggested Experiences/Activities	Skills/Body Movements
Connection Lesson Meeting Area	• Welcome/Introductions, find connections • Ask about motivations/interests (sports/hobbies) • Goals - why here, want to learn? • Check equipment - skis/poles fit, clothing? • Discuss ski equipment, usage & body connection	People Skills; teaching Skills
Basic movements Training area	• Athletic body position • Arm/leg swing • Jog in place, jump up and down, land hard/soft • Single foot balance, hop forward from foot to foot • Boot work, rotational movements & edging • Ski positions, A, V, H, X	Stacked body position; flex/extend ankles, knees, hips
Moving in the Flats Training Area or Flat Trail Area	• Double pole in tracks, plant poles by toes • Transfer weight foot to foot, set grip zone • Step in and out of tracks • Scooter drill, step and glide in track, & in circle • Pole push off: long arms, then 90-degree elbows	Weight transfer; engage core; flex/extend ankles, knees, hips
Getting back up Training area	• Dead bug drill • Option B: take off gear	Equipment management
Gliding on a Slope Gentle Slope	• Hold wedge • Turn tips to change direction • Step turn	Edging pressure & rotary, engage core
Controlling Speed Lower Upper Hanel flats	• One foot out of track in half wedge • One foot out of the track in a half wedge gliding downhill • Hands at sides baskets back • Stepping both skis out of tracks for full wedge	Weight transfer; edge skis; athletic body position
Gliding and Striding Lower Upper Hanel flats	• Step step glide...hold glide longer • Timing, alternate poles and skis while moving forward • One pole striding drill • Load ski, flatten grip pocket • Flexed ankle, knee, hip to grip and move to new ski	Leg/arm flexion and extension; alternating arms/legs; rhythm; weight transfer
Going Uphill Training area	• Gentle uphill: grip on weighted ski, then step • Steep uphill: up tempo, stomp; herringbone; sidestep use edges • Steepest uphill: skis off, sidestep using poles, watch for traffic	Alternating arms and legs; edging
Upper Hanel Tour Upper Hanel	• Explore techniques on the trail • Reading terrain & conditions • Trail etiquette, skate vs classic lanes	Timing; push off; weight transfer; stomp
Review and Preview Wrap Up Training area	• Recap the Experience: • Lesson and goals, review progress • Preview the next experience • Practice one thing, invite back for another lesson	People skills!

Nordic First Time Skate Experience Goals 25-26

Goals & Location	Suggested Experiences/Activities	Skills/Body Movements
Connection Lesson Meeting Area	• Welcome/Introductions, find connections • Ask about motivations/interests (sports/hobbies) • Goals - why here, want to learn? • Check equipment – skis/poles fit, clothing, etc. ok? • Discuss equipment, usage & body connection	People skills; teaching skills; group dynamics
Basic movements Training area	• Athletic body position • Arm/leg swing • Jog in place, jump up and down, land hard/soft • Single foot balance, hop forward foot to foot, & sideways • Boot work, rotational movements & edging • Ski positions, A, V, H, X	Body position; engage core; flexion and extension
Moving in the Flats Training Area/Flat Trail	• Pole push off: long arms, then 90-degree elbows • Basic double pole in tracks, then out	Flex/extend ankles, knees, hips; weight Transfer
Getting back up Training area	• Dead bug drill • Option B: remove gear	Equipment management
Gliding on a Slope Gentle slope	• Hold wedge • Turn tips to change direction • Step turn	Edging pressure; rotate legs; engage core; weight transfer
Controlling Speed Lower/Upper Hanel flats	• One foot out of track half wedge "A" to slow	Weight transfer; edging skis
Gliding on skate skis (w/o poles, w poles) Training Area/Upper Hanel flats	• Edged ski versus flat ski • Split skate on slight uphill • Marathon skate one ski in track • Freeskate	Athletic body position; leg flexion/extension; weight transfer
Timing Training area	• Double pole for skate: 90 degree arms, plant poles by toes • Intro V2 movement: double pole with a step	Balance, core stability
Going Uphill Training area or Upper Hanel	• V1 on gentle uphill, show 3:1 timing, try on both sides • Diagonal skate • Sidestep	Alternating arms/legs; edging
Upper Hanel Lesson Tour Upper Hanel	• Explore techniques on the trail • Reading terrain & conditions • Trail etiquette, skate vs classic lanes	Timing; push off; weight transfer; terrain transition skills
Review & Preview Wrap Up Training Area	• Recap experience • Review lesson and goals, progress • Preview next experience • Practice one thing, invite back for another lesson	People skills!