

## **Junior Nordic Coaching – Important Skill Building for Polar Cubs**

### **Inside**

1. How to dress warmly:  
layers, hat, mittens, face warmer, hand warmers
2. How to put on skis
3. How to fall and get up
4. How to take off skis
5. How to hold and use poles

### **Outside**

1. Ski warm up loop
2. Divide large group into smaller groups by speed
3. Ask skiers to buddy up with a partner
4. Tell skiers what skill they will practice that day:  
kick and glide, up and down hills, turns

### **Skills**

#### **Kick and glide games.** No poles

1. Human train: get in tracks. Move arms and legs at same time.
2. Count down: count the number of strides it takes to cover a distance.  
Repeat and reduce the number of strides.
3. 2 x 2 pole relay: partners line up in one set of tracks and hold poles between them.  
Ski a length of trail, turn around and ski back.
4. What time is it Mr. Fox? Move one stride for every hour Mr. Fox calls out.  
When Mr. Fox yells “lunch time” everybody runs back to the start to avoid being tagged by Mr. Fox.
5. Sharks and minnows. One shark in the middle of the field tags minnows as they race to the other side. Those tagged become sharks.
6. Relay races
7. Relay race juggling snowballs
8. Relay race double poling

#### **Uphill and downhill games**

1. Red light, green light using herring bone pattern uphill and snowplow downhill
2. Red light, green light using side stepping to get uphill and downhill
3. Relay races

#### **Turning games**

1. Slalom using step turns
2. Slalom using full snowplow
3. Slalom using half snow plow
4. Relay races

**Trail etiquette**

1. Stay to right when skiing or stopping
2. Ski in the direction of travel
3. Don't stop at blind corners or on downhills
4. Don't skate ski or herring bone on classic tracks.
5. Throw sticks off trail
6. Yield tracks to faster skier who says, "track."

**Moose safety**

1. Don't approach moose. Go the other way.
  2. Don't look at the moose
  3. If a moose charges, go behind a tree
- Game: How fast can skiers safely hug a tree

**Songs**

1. Hokey Pokey
2. Ring around the Rosy
3. Limbo