

## LESSON PLAN GOALS

<p style="text-align: center;">Lesson Plan 1</p> <p>Free ski and warm up          Falling          Rising without poles          Ready position and skiing out with diagonal stride          Herringbone on flats          Star turn          Snow plow          Ski running up gentle slopes          Side step on flats          Ski on easy trail practicing skills</p>	<p>Activities for Play to learn skill building.          -Kick the ball up and down tracks as well as 1 ski on scooter races. This helps skiers to weight transfer to one ski. Critical skill.          -Ski out to stations on trails, skiing for a time on trails learning about the trails and then skill games at stations to develop star turns, balance and have fun on skis!</p>
<p style="text-align: center;">Lesson Plan 2</p> <p>Free ski and warm up          Snow plough          Side step up a slight slope          Herringbone up a slight slope          Diagonal stride- focus on weight transfer.          Falling and rising on a slight slope          Ski on an easy trail practicing skills</p>	<p>-Using the ski playground to learn to crouch, bend and duck on skis.          - going over bicycle bumps          - touch the flag going up and down hills- developing sidestep and herringbone and snowplow turning.</p>
<p style="text-align: center;">Lesson Plan 3</p> <p>Free ski and warm up          Snow plow          Snow plow turns          Straight running          Double poling on flat or slight downhill          Ski on intermediate trail practicing skills</p>	<p>Activities for Play to learn skill building.          Day 3 has been set up as a day with Games stations through the terrain where skiers can use the various skills to play team and individual games. This includes relays, 'time trials' with a prize for each skier and fun ski time on the adventure playground.</p>

The CSTC ski school has developed many 'games' for children to play on skis as we have found that children, in the K-3 especially, have done best when we develop their skills more intuitively through movements and games that encourage them to move on their skis. While some kids can follow a technical plan most of our young skiers have done best when they are concentrating less on their skis and more on having fun on their skis. As coaches it is our goal to have them playing and moving in such a way that they are skill building through play. It is truly amazing to see how well each of these students is doing by the third lesson!!

Older students and classes benefit greatly from play on skis as well. These older students with more stamina and attention span go out on longer trails and learn more about the ski culture as well as playing games at game stations on the trails to keep it fun and develop skills. With older students we do provide more adventure skis and less games through the sessions. Each group is different though so coaches adjust according to the needs of each group.