



Skating race

Objective: To go around every gate using skating and poling action of arms and legs.

Primary Skill: Balance and coordination

Justification: This drill enhances the movement off a working ski, while promoting coordination and teaching rotary and lateral balance, as well as edging skills.

Slope: On easy to easy intermediate terrain

Set-up: Using GS panels, set randomly from 4 – 10m apart, setting in all planes (vertical and horizontal). Skiers should not be able to rely on gravity alone to help them complete this course. Turn shape can vary from short chicanes to 180 turns (similar to figure 8 skating). This can be a timed evaluation.

Description:

- Skier starts at the starting gate – Gate should be set facing across the fall line
- Skiers use arms and legs to skate and push around all gates
- Course set should allow for full movement of arms and legs between gates

Criteria for perfect execution:

- Skier uses coordinated movements and maintains balance while consistently moving off a working ski to the next
- Skier uses arms for poling and skis for skating efficiently
- Skier travels around all gates

Scoring: Total score is based on time. Points are awarded incrementally and are curved based on field size