

LESSON PLAN GOALS

Lesson Plan 1	Lesson Plan 2
Free ski and warm up Falling Rising without poles Ski walking Herringbone on flats Falling while moving Star turn Snow plough Side step on flats Ski on easy trail practicing skills	Free ski and warm up Snow plough Side step up a slight slope Herringbone up a slight slope Diagonal stride without poles Falling and rising on a slight slope Ski on an easy trail practicing skills
Lesson Plan 3	Lesson Plan 4
Free ski and warm up Snow plough Snow plough turns Straight running Double poling on flat or slight down hill Ski on intermediate trail practicing skills	Free ski and warm up Balance and agility Snow plough Diagonal stride without poles Snow plough turns Rising and Falling on a hill Diagonal stride with poles Ski on intermediate trail practicing skills
Lesson Plan 5	Lesson Plan 6
Free ski and warm up Diagonal stride with poles Step turn Double poling on flat Braking half snow plough Straight running, high/ low tuck Herring bone up hills Ski on trail practicing skills	Free ski and warm up Balance and agility Diagonal stride with poles Step turn Step in and out of track Double poling on slight hill Snow plough turns Half snow plough Ski on trail practicing skills