

Nordic Drills and Skills

1. Body Position: Home or Ready Position (athletic stance)

- feet shoulder width apart
- knees and ankles comfortably flexed
- eyes forward

2. Forward lean: work with partner “trusting and staying on top skis”

- hands behind back, start in home position
- flex forward from ankle (no bending at waist)
- try to keep heels down (no toe push no vertical motion)

3. Weight transfer I

- shift weight by flexing knee and ankle
- had behind back
- hold for 3 seconds

4. Partner pole crunches

- high hands, arms at 90°
- push on partners hands with elbows
- use core first, then shoulders
- good body position (not squat)
- head must drop
- keep knees and ankles flexed
- drive hips forward to retrieve poles
- work on speed, then tempo/cadence

5. Weight transfer II: skate ski

- shift weight by flexing knee and ankle
- use short, quick poling motion
- maintain high forward position
- increase intensity, explode
- work both V1 and V2 rhythms

6. Classic Weight Transfer

- quick impulses “squash bug”, then
- use long leg and arm levers to drive opposite ski forward
- maintain high forward position
- start easy, increase intensity, explode