



2009 U.S. Coaches Education Conference

Minneapolis, MN
September 25-27, 2009

Overview

- *Lots of different techniques-none are “the right” one
- *Nothing trumps fitness and determination
- *Be positive-point out things that are not good, but say it in positive way
- *Look for the big things that increase efficiency and power
- *Try to pick one or two things at a time to work on with athlete
- *Use other video examples if athletes are OK with it (side by side shot)
- *Be aware if athletes have issues with analyzing in group situations
- *Shoot video using short time clips with specific angles in mind
- *Moving along with athletes (skiing, driving, snomo)
- *Shoot full screen if possible

Classic

Double-Poling

**Side angle*

- Starting arm position
- Initiating with upper back-keeping hips forward
- Finishing with “straight” arms
 - Coming out of the hole with the hands
- Good forward body position
 - Letting hands bring hips up (Don’t jump with calf muscles)
- Use of legs in sprint DP
- -When to initiate

**Front angle*

- “A” framing
- Arm carry-elbows
- Head position-initiation

Classic striding

**Side angle*

- Starting arm position ~60-85 degrees at elbow angle
- Keeping good forward upper back position
- Good take off position-timing of kick
- Looking at hip position during the whole phase-forward?
- Finish with straight-arm position and good leg extension

**Front angle*

- "A" framing
- Rotation/relaxation with shoulders/hips

Sprint Starts classic

**Side angle*

- Stay low for a few strides before gradually coming up
- Start with short DP push
- Look at optimizing striding vs. DP

Skating

V2

**Side angle*

- Same application of upper body as in DP
 - Initiate with upper back
 - Tight arm angle
 - Good use of core
- Good knee drive as foot hits ground ~ 60-70 degree angle
- Good "tall" forward starting position

**Front angle*

- Full weight transfer from side to side
- "Double pole" motion down the middle

V1

**Side angle*

- Good forward lean-staying into the hill
- Power and weight directly onto the hang arm
- Good sharp shin angle as soon as the ski sets down, then pressing more into the hill

**Front angle*

- Keeping wide with the feet, but having the hips move side to side over the feet
- Head, shoulders and hips move together from side to side ~ 5-10 degrees
- Hang arm parallel to track and good weight on it

V2 Alternate

**Side angle*

- Same application of upper body as in DP
 - Initiate with upper back
 - Tight arm angle
 - Good use of core
 - Good relaxed arm swing
- Good knee drive as foot hits ground ~ 60-70 degree angle
- Good “tall” forward starting position

**Front angle*

- Full weight transfer from side to side
- “Double pole” motion down the middle

Sprint starts skating

**Side angle*

- Like classic starts, stay low during V1. Pop up when up to speed and transitioning to V2.
- Pre-load legs. First motion should be forward, not backwards in order to load legs.

**Front angle*

- Watch pole position. Keep right hand pole out of the way of the wand.

Finish lunges

**Side angle*

- Look for lunge starting too early
- Full extension

