

According to USSA-USST there are:

5 Fundamental Movements of Skating:

1. Fundamental Position
2. Core Compression
3. Pendulum arm swing (front and back even in V1; no twisting motions, etc. even in V1)
4. Lateral weight shift (totally from the hip and below, not upper body and totally laterally, i.e. no stepping forward)
5. Extension (relaxation of arms and legs in follow through for venous blood return)

(In addition, we worry a lot about lower body symmetry, i.e. equal pushes off both legs--not quite possible in V2A but almost)

6 Fundamental Movements of Classic Skiing:

1. Fundamental Position
 2. Core Compression
 3. Pendulum arm swing (this means as in skating, from the shoulder with an active return of the hands forward/recovery--not just active in the pushing phase)
- (4 and 5 are simultaneous, which is why classic is harder than skate – 2 things at once)
4. Swinging leg through from the hip
 5. “Kicking” down--not up, back or forward!
 6. Extension (relaxation of arms and legs in follow through for venous blood return)

Videos to Review

http://youtu.be/Cp8m8XHY1CA?list=PLeNa0kCLJZJUCuzmkrdeA_UhwZ6kvMvi9

Bryan Fish, USST series of 8 (actually 7) videos on fundamental classic movements, etc. drylands

<http://youtu.be/qCmhtSzAq78?list=PLeNa0kCLJZWHSmudUrHSHu463ZGEL2f>

Bryan Fish, USST series of 17 videos on fundamental skate movements (no. 1 same as classic), drylands

Some of the same stuff on snow:

<http://youtu.be/leUMV74xUxk> Skate, on snow, Fundamental Body Position

<http://youtu.be/5F7eKe7kNjo> Classic stride drills, overstride

http://youtu.be/d5asr3N3n_8 Double Pole drills on snow

<http://youtu.be/gi0FUY6hUCo> Locked and loaded on skis

<http://youtu.be/1hTW6fjMJzg> Bathroom drill on snow, Bachelor 2014

And general technique examples:

<http://youtu.be/yrUktzRdPro> Our best male distance skier Noah Hoffman classic and DP, 'modern technique'

<http://youtu.be/nBr9uQG52a0> One of the most famous relay finishes of all time with Oddvar Bra, who is considered one of the best technique skiers in classic of all time, in perfect 'old school' technique.

<http://youtu.be/Ba7cicPZxB4> WC stride technique on snow (including running) 2013/14

<http://youtu.be/ctyQ449qGJg> Agility courses from regions around the country

<http://youtu.be/qfH1IEB9txA> agility course, western region on roller skis-sprint