

Agility, Balance & Coordination

- Agility practice increases balance, control, flexibility and coordination
- It also increases the mind body connection allowing movements to happen with less focus
- Helpful equipment: agility ladders, cones, chalk, Thera-Band Resistance tubing

Dryland (on foot) Agility

- Ladder Exercises: foot agility - great resources online:
<https://www.youtube.com/watch?v=iICTuTZCJyM>
- On foot obstacle courses - get creative!

Rollerski Agility : (<https://vimeo.com/135094723z>)

- Slaloms, slaloms on 1 foot, slaloms with 360° turns, play chase in a slalom, dual slalom races
- Wide feet - works on weight shift
- Ski backwards - works on weight shift
- 2 V2, 2 V2-alternate
- Hot feet, hot feet into V1 to right, then back to hot feet, then into V1 to left, etc.
- Circles to left, circles to right
- Poling on the cone varied distances apart
- Starts (in 2's or bigger groups), (skate and d-pole)
 - Forced technique in skate (e.g.V1 to left the whole way), V1 to a cone and then V2, d-pole into V1, V1 to left then switch to V1 right
 - Start facing backwards, start by doing a 360°, start lying on back, on stomach
 - Skate starts with no poles
 - D-pole start for a very short distance
 - Classic start with running (on skis) for a short distance and then transition to d-pole

Games - Keep away within a designated area with a soccer ball or handball

Drills with Therabands - (forces forward body position and also promotes good weight shift in skating): D-poling, skating without poles, V2

On Snow - Jumps, obstacle courses, fun stuff. D-pole on one foot. Go down a hill on one foot - one ski only. You can also do more dangerous things (e.g. sprint starts with a downhill component), where falling is ok :)