

# Ski Specific Activity Menus

## Field Strength

- \* push-ups
- \* dips
- \* pull-ups
- \* stretch cords\*
- \* rollerboard\*
- \* double pole machine\*
  
- \* V-2 bounds (in place)
- \* step-ups
- \* double leg bounds or hurdles
- \* in place snaps
- \* Russian step drill
- \* Slide board
  
- \* "air poling" (double pole & diagonal)
- \* supermans
- \* leg raises
- \* crunches
- \* side situps
- \* Jane Fondas ("angry cats")

## Specific Foot Drills/Plyos

- \* V-skate bounding (without poles)
- \* V-1 arm motion bounding (no poles)
- \* side skate bound/step
- \* classic skiwalk, moosehuf, bounding
- \* classic imitation with poles (all 3)
- \* skipping (high arm/knee)
- \* Kick & Hold (classic)
- \* Double leg bounds (careful!)
- \* Single leg bounds (really careful!!)
  
- \* Push partner uphill
- \* Bungee resistance skating\*

## Field Drills

- \* V-2, V-2 alternate walk thru on flat.
- \* V-1 walk thru on gradual to steep hill.
- \* Low Walk (speed skater drill)
- \* Step & Hold (on flat...classic)
- \* Continuous Lunges
- \* Skipping on flat
- \* Running strides
- \* All above drills can be done barefoot on a safe grass or sand surface.
  
- \* curb skate "in & out" and step/hold
- \* Russian step drill
- \* walk thru in place in front of mirror
- \* double pole/diagonal with mirror
  
- \* ball/frisbee passes in small groups
- \* directional jogging changes  
(backward, forward, sideways)
- \* field "line drills" (quick back/forth)
- \* natural "obstacle course"
- \* bungee cord resistance drills\*

## Specific Strength (roll or snow)

- \* Double Pole Only (regular)
- \* Double Pole...arms only, no abs
- \* Double Pole...abs only, arms fixed
- \* Diagonal Arms Only (works best CL)
- \* Skate Legs only
- \* Diagonal Legs only (limited time)
- \* V-2 only on moderate uphill