



## PHASE 2

Ages 6-10  
1-4 years in sport

### Pole jumpers

**Objective:** To clear a series of poles placed on the ground at 90 degrees to the skier's direction of travel.

**Primary Skill:** Pressure

**Justification:** Pressure along the fore/aft axis of the ski as a primary area of reference is important to the emerging ski racer. Clearing a series of poles while maintaining a straight path down the hill is only possible if the skier has fore/aft pressure control skills.

**Slope:** Beginner groomed terrain that is even from side to side, without sidehill or fall-away.

**Set-up:** Eight poles are laid flat on the ground at 90 degrees across the fall-line at eight meter spacing. The poles can be secured or unsecured to the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.

#### Description:

- Ski in a straight run down the fall-line
- Skier jumps once to clear each pole in the snow

#### Criteria for perfect execution:

- Skier maintains a straight path down the fall-line
- Equal distance is maintained between both skis and knees
- Jump off both feet simultaneously
- Land on both feet simultaneously
- Skis do not touch poles
- Economy of movement from the jumping skier

#### KID-FRIENDLY START INSTRUCTIONS:

- Ski straight down the hill
- Jump over the poles without your skis touching the poles
- Keep your skis and knees the same distance apart even when you jump and land
- Jump and land with both feet at the same time
- Jump from your legs, keeping the rest of your body quiet



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### Scoring Scale:

SCORE	SKILL	TASK	
10	Perfect	Flawless execution	Nothing to change
9	Outstanding	Smallest of change needed	Smallest of alteration desired
8	Excellent	Couple small changes needed	One turn or dimension may need slight refinement
7	Very Good	Skills are refined	Several turns or dimension may need slight tuning
6	Good	Skill level is above average	Task is performed above average
5	Average	Skill level is average for this level	Average performance of task
4	Fair	Adequate skills	No problem identifying the task although needs refinement
3	Mediocre	Substandard skills	Slight problem identifying the task although need improvement
2	Poor	Vague demonstration of skills	Task performance is vague
1	Very Poor	Grossly deficient skills	Task performance is difficult to distinguish
0	Inability	Nothing resembling the skills	Task is unrecognizable

### Skill-Specific Deductions:

#### Pole Jumpers

Starting with a perfect score of 10, subtract up to:

- 2 points for not maintaining straight run down fall-line
- 1 point every time skis touch a pole
- 1 point for every jump off one leg or every landing not on both feet simultaneously
- 1 point for a widening or narrowing of stance
- 1 point for not maintaining flat skis on the snow
- 1 point every time skier uses their upper body to assist in jumping
- 1 point for extra leg flexion or pump between each jump