

SKATING TECHNICAL



PROGRESSION

- **Level 1.** **Discovering the glide feeling**
 Learning to correct placements
 Development of the balance

- **Level 2.** **Improving the weights on the snow**
 Improving the weight transfers
 Improving the coordination of the movements

- **Level 3.** **Mastering every area of the technical**
 Skiing with ease

- **Level 4.** **Looking for the best efficiency in every part of the technical**

TECHNICAL STEPS

ACCORDING TO THE SPEED AND THE PROFILE OF THE COURSE

2TIMES STEP



Where : Used in uphill
Speed : Low speed

1TIME STEP



Where : Used in flat part, in part between flat and small uphill or in short uphill
Speed : Medium to fast speed

COMBINED STEP



Where : Used in flat part or in part between flat and small downhill
Speed : Fast to high speed

SKATING



Where : Used in flat part with speed, in small downhill or at the end of downhill
Speed : High speed

LOW SPEED

HIGH SPEED

WHAT IS NEEDED FOR A GOOD TECHNICAL?

- **Adapted equipment**
- **Good balance**
- **Good coordination**
- **Good adaptation to the course's profile**
- **Good physical preparation**
- **Good strength and power**

DESCRIPTION OF THE STEPS

- **2 TIMES STEP**

Skating where the 1st leg propulsion is reinforced by a simultaneous push of both arms, the 2nd leg propulsion being alone.

Used in low speed.

- **1 TIME STEP**

Skating where each leg propulsion is reinforced by a simultaneous push of both arms.

Used in quite high speed.

- **COMBINED STEP**

Group of 2 steps (phase 1 and phase 2) where the 1st leg propulsion is reinforced by a simultaneous push of both arms, the 2nd leg propulsion being alone. A glide phase is following each leg propulsion.

Used in high speed.

- **SKATING (without any arm push)**

Alternance of a leg propulsion and a phase of glide.

Used in high speed.

2 TIMES STEP

BIATHLON – SKI TECHNICAL



	Motricity phase 1		Motricity phase 1	
	Arms traction	Motricity phase arms/legs	Glide phase	Legs propulsion
GESTUAL ACTION	<ul style="list-style-type: none"> - Arm traction with hoarseness of the bust. Then put in tension of the abdominal belt - Put in tension of the weighted leg (with an angle of 60° to 90°) - Come back of the free leg 	<ul style="list-style-type: none"> - Complete extension of the weighted leg - Orientation of the shoulders in the future direction - End of the come back of the free leg 	<ul style="list-style-type: none"> - Recapture of the weight - Come back of the arms along the body - Come back of the free leg under the body - Beginning of bust recovery 	<ul style="list-style-type: none"> - Complete extension of the leg - Orientation of the shoulders - End of the come back of the arms and the free leg - End of the bust recovery
SYNCHRONISATION	<ul style="list-style-type: none"> - Pools are planted simultaneously when the ski touches the snow - The traction of the arms and the put in tension of the weighted leg are simultaneous 	<ul style="list-style-type: none"> - The weight transfer happens at the end of the propulsion 		<ul style="list-style-type: none"> - The weight transfer happens at the end of the propulsion
EQUILIBRATION (management of the un-balance)				
From Face	<ul style="list-style-type: none"> - The body weight is on the inside of the weighted feet - The Gravity Center moves to the free ski 		<ul style="list-style-type: none"> - The body weight is above the weighted feet 	<ul style="list-style-type: none"> - The body weight is on the inside of the weighted feet - The Gravity Center moves to the free ski
From Side	<ul style="list-style-type: none"> - The body weight is shared on the entire part of the weighted feet 	<ul style="list-style-type: none"> - The body weight moves to the forward part of the weighted feet 	<ul style="list-style-type: none"> - The body weight is shared on the entire part of the weighted feet 	<ul style="list-style-type: none"> - The body weight moves to the forward part of the weighted feet

1 TIME STEP

BIATHLON – SKI TECHNICAL



	Motricity phase		Glide phase
	Arms traction	Propulsion phase arm/legs	
GESTUAL ACTION	<ul style="list-style-type: none"> - Arm traction with hoarseness of the bust. Then put in tension of the abdominal belt - Put in tension of the weighted leg (with an angle of 60° to 90°) 	<ul style="list-style-type: none"> - Complete extension of the weighted leg - Extension of the arms (limited depending of the speed which cause the movement frequency) 	<ul style="list-style-type: none"> - bust recovery but not complete - Come back of the free leg under the body - Come back of the arms forward
SYNCHRONISATION	<ul style="list-style-type: none"> - The traction of the arms and the put in tension of the weighted leg are simultaneous 	<ul style="list-style-type: none"> - The arm propulsion ends before the leg propulsion which is complete - The body transfer happens at the end of the propulsion 	
EQUILIBRATION (management of the un-balance)			
From Face	<ul style="list-style-type: none"> - The body weight is on the inside of the weighted feet - The Gravity Center is continuing to move above the free ski 		<ul style="list-style-type: none"> - The body weight is above the weighted feet and moves to the inside of the feet
From Side	<ul style="list-style-type: none"> - The body weight moves from the forward part to the entire part of the weighted feet 	<ul style="list-style-type: none"> - The body weight is moving to the forward part of the weighted feet 	<ul style="list-style-type: none"> - The body weight is moving to the forward part of the weighted feet

COMBINES STEP

BIATHLON – SKI TECHNICAL



	Motricity phase 1			Motricity phase 2	
	Arms Traction	Propulsion phase arm/legs	Glide phase 1	Propulsion phase leg	Glide phase 2
GESTUAL ACTION	<ul style="list-style-type: none"> - Arm traction with hoarseness of the bust. Then put in tension of the abdominal belt - Put in tension of the weighted leg (with an angle of 60° to 90°) 	<ul style="list-style-type: none"> - Complete extension of the weighted leg and of the arms - Orientation of the shoulders to the future direction 	<ul style="list-style-type: none"> - Recovery but not complete of the entire body - Come back of the free leg under the body - Come back of the arms along the body 	<ul style="list-style-type: none"> - Put in tension and complete extension of the weighted leg - Orientation of the shoulders to the future direction - Dynamic come back of the arms forward - Recovery of the bust is ending 	<ul style="list-style-type: none"> - Recovery but not complete of the entire body - Come back of the free leg under the body - Come back of the arms forward is ending
SYNCHRONISATION	<ul style="list-style-type: none"> - The traction of the arms and the put in tension of the weighted leg are simultaneous 	<ul style="list-style-type: none"> - The arm propulsion ends before the weighted leg propulsion which is complete - The body transfer happens at the end of the propulsion 		<ul style="list-style-type: none"> - The leg propulsion and the forward movement of the arms along the body are simultaneous - The body transfer happens at the end of the propulsion 	
EQUILIBRATION (management of the un-balance)					
From Face	<ul style="list-style-type: none"> - The body weight is on the inside of the weighted feet - The Gravity Center is continuing to move above the free ski 		<ul style="list-style-type: none"> - The body weight is above the weighted feet 	<ul style="list-style-type: none"> -The body weight is on the inside of the weighted feet - The gravity center is moving to the free ski 	<ul style="list-style-type: none"> - The body weight is above the weighted feet and it moves to the inside of the weighted feet
From Side	<ul style="list-style-type: none"> - The body weight is moving from the forward part of the weighted feet to entire part of the weighted feet 	<ul style="list-style-type: none"> - The body weight is moving to the forward part of the feet 	<ul style="list-style-type: none"> - The body weight is shared on the entire part of the weighted feet 	<ul style="list-style-type: none"> - The body weight is moving to the forward part of the feet 	<ul style="list-style-type: none"> - The body weight is moving to the forward part of the feet



	Motricity phase (leg)	Gliding phase
GESTUAL ACTION	<ul style="list-style-type: none"> - Put in tension of the weighted leg (with an angle of 60° to 90°) - Light orientation of the shoulders to the future direction - complete extension of the weighted leg 	<ul style="list-style-type: none"> - light recovering of the body on the gliding leg - come back of the free leg
SYNCHRONISATION	<ul style="list-style-type: none"> - the put in tension, the orientation of the shoulders and the torsion of the ski on the inside edge are simultaneous - The weight transfer happens at the end of the propulsion 	
EQUILIBRATION		
From Face	<ul style="list-style-type: none"> - The body weight is on the inside of the weighted feet - The gravity center is moving to the free ski 	<ul style="list-style-type: none"> - The body weight is above the weighted feet
From Side	<ul style="list-style-type: none"> - The body weight is shared on the entire part of the weighted feet 	<ul style="list-style-type: none"> - The body weight is shared on the entire part of the weighted feet