



## USA Nordic Physical Education Recruiting Program

The USA Nordic Physical Education Recruiting Program teaches youth what Ski Jumping and Nordic Combined are and shows them the skills necessary to be a ski jumper including strength, balance, agility and technique.

### Target Audience:

- 1<sup>st</sup> – 6<sup>th</sup> grade classes
- 20 – 50 students
- 40 minutes

### Resources Necessary:

- 1-3 Presenters preferably from the categories below and a PE teacher
  - Current coach (preferably from local club), and current teenage athlete (preferably from local club), Ski Jumping or Nordic Combined Olympian or former National Team athlete
- Projector and computer or screen of some sort to show video
- Internet access for the following video <http://www.usanordic.org/clubs/>
- Speakers
- Balance discs, Bosu Balls, or the Woggler (see below)
- Agility Ladder
- Small hurdles
- Roller jump (if you have one that can be transported and there is time in the class)

### Before the Class:

- Contact School Principal and PE Teacher and gain permission to visit classes
- Adapt generic flyer with appropriate information
  - Flyer must be approved by the appropriate individuals within the school system

### Format:

- Each class starts with an introduction for the leading presenter including:
  - An introduction of themselves, where they are from, the age they began jumping, and their accomplishments
  - Ask students if they are skiers
  - Ask students if they know what ski jumping is
  - Allow other presenters to introduce themselves
- Show students the video in the link above
  - Following the video ask the students, “Do you want to learn how to fly?”
- Have students stand and put their arms out beside them. They should spread out in the gymnasium so that their hands are not touching the person next to them with their arms out to the side.
- Have students learn how to get into an inrun (demonstrate the skills first)
  - Arms by their sides, bend knees, keep knees bent and bring chest down over the legs
    - Have other presenters walk around and help students with their inruns
    - Try this 2-3 times

- Next have them practice a takeoff from the inrun position (show them first)
  - Do 2-3 takeoffs
- **Stations:**
  - Now students should be divided into 3-4 groups to practice skills necessary for being a ski jumper. Each group begins with a different activity. Groups rotate stations after each students has gotten two-three turns at each activity. (See Stations below)

**Explosive Power Options:**

- **Individual Hurdle Jump** – Students stand on the bottom seat of bleachers or on a chair then drop to the floor, landing with both feet together. They immediately jump over a hurdle (without pausing on the floor). Have Hurdles of three heights. Kids start at the lowest height and work their way up.
- **Consecutive Hurdle Jumps** – Five consecutive hurdles. Space depends on the height of the hurdle.
- **Consecutive Broad Jumps** – Stand behind a line and take five consecutive broad jumps without pausing. Students should mark where they land with an object and try to beat this mark on their next attempt. They can also do single leg hops or bounding.



**Balance & Agility:**

- **The Woggler** – This tool is fantastic for improving balance and agility. One Woggler is all you should need for an entire class. Kids take turns. This unusual, simple device gets lots of attention.
- **Balance Discs** – Two or three “balance balls” are best. Place low cones on each side and in front of the participant. While balancing on one leg, participants reach down and touch the cone to the right, then stand up. Reach down and touch the cone to the left and stand up. Reach down and touch the cone in front and stand up. Try not to put the other foot down until finished. Switch legs and repeat
- **Agility Ladders** – Students can try different patterns with their feet, starting with more simple patterns and moving to more complex



**Technique: (If there is time and someone experienced with running the roller jump is available)**

**Roller Jump** – While the roller jump is slow moving and low to the ground, it is highly effective in improving ski jumping



technique. The roller board is locked in place while the instructor helps the participant find a proper inrun position. Once ready, the instructor holds the individuals arm to support them and gently flips a lever and releases the roller board. The instructor walks next to the participant as the roller board rolls down the ramp spotting as necessary. At the end of the ramp, the participant jumps into a pile of pads/mattresses.

- **Vinyl Pads and/or Mattresses** – Most public schools have soft pads for physical education classes. It's best to position these pads against a wall so they don't move. Here is a good arrangement of pads for proper height and angle:



Finally, presenters can give a quick explanation of the local ski jumping program and pass out the flyers to students and explain what is available to students. It can also be good to explain, "If you can ski off a bump this high and jump four feet than you can ski jump. You can work your way up to our larger hills that you saw in the videos when you are ready."

This Program has been adapted from Mike Holland's Ski Jumping Program. Thank you to Mike for allowing us to use his resources and for developing the program. For more information you can contact:



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