Junior Nordics Skills Chart - Stripes Group

Season: **Day:** **Coach:**

Skier Name	Putting on Equipment	Falling and Getting Up	No-pole CL Stride	Balance on One Ski

Junior Nordics Skills Chart - Green Group

Season: **Day:** **Coach:**

Skier Name	Putting on Equipment	Falling and Getting Up	Athletic Position	Classic Stride (w & w/o poles)	Herringbone	Snowplow

Junior Nordics Skills Chart - Yellow Group

Season: **Day:** **Coach:**

Skier Name	Classic Stride	Herringbone	Snowplow (Brake & Turn)	Double Pole	Step Turn	No-pole Skate	Herringbone Skate	V1

Junior Nordics Skills Chart - Orange Group

Season: **Day:** **Coach:**

Skier Name	Classical Stride	Kick Double Pole	V1	V2	V2 alternate	Downhill Tuck	Skid Turn	

Junior Nordics Skills Chart - Purple Group

Season: **Day:** **Coach:**

Skier Name	Classic Stride	Double Pole	Kick Double Pole	No-pole Skate	V1	V2	V2 alternate	Skid Turn	Hockey Stop

Junior Nordics Skills Chart - Red Group

Season: **Day:** **Coach:**

Skier Name	No Pole CL stride	Herringbone	Classic Stride	Kick Double Pole	Double Pole	No-pole Skate	Herringbone Skate	V1

Name	V2	V2 Alternate	Tuck SK/Free SK	Sidestep	Snowplow	Step/SK Turn	Skid Turn/ Hockey Stop	Telemark Turn