



# VISAS Nordic Pre-ski Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

Balance feet together eyes open:                      Yes                      No

Balance feet together eyes closed:                      Yes                      No

One leg balance:    Right \_\_\_\_\_secs    Left \_\_\_\_\_secs

Knee bends - feet apart:                      Yes                      No

Squat down and rise:                      Yes                      No

Get down onto floor and up again:                      Yes                      No

One leg stand small knee bend:                      Right                      Left

March on spot with arm movement:                      Yes                      No

Grip strength:              Weak                      Moderate                      Strong

## Notes:

If the person is unable to perform the easier tasks, you would not ask them to do the harder ones.

If the person is able to complete all these tasks, they will probably be able to manage skiing standing up.

If the person can not balance on one leg at all, they will have a hard time skiing - if arm strength is good they could try sit skiing.

If the person can not get up from the ground without skis on, they will not be able to get up by themselves with skis on!



# VISAS Nordic Beginner Skier Drills

## Drills

### Drill 1:

Move around on skis  
Marching /stepping  
Side step  
Star turn

### Drill 2:

Fall down, dead bug  
Get up by going onto knees

### Drill 3:

Jump  
Stand on one leg  
Putting poles on correctly

### Drill 4:

Herring bone  
Ready position  
Gliding/double poles  
Snow plow/stopping

## Games

- Tag
- British bull dog
- Throw bean bags
- Down slight hill – picking things up
- Touching the ground and reaching up
- Catching something
- Duck-duck-goose