



Track Attack award: Diagonal Stride

Purpose:

Diagonal stride is one of the main classic techniques and is mostly used for climbing hills. At the L2T stage, this technique can be practiced on flat or gradually rising terrain with set tracks but should be assessed on gradual uphill.

Criteria for achieving the Diagonal Stride award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the diagonal stride technique. L2T stage skiers are not yet expected to perform each of those skills perfectly, but they should be able to perform the technique well overall, ie with ease for a prolonged time.

The technique checklist below is meant to assist you in your assessment of your participants' skill level. **To deserve the award, a skier should be able to perform most skills autonomously and on a regular basis. Not more than two particular skills may necessitate corrective feedback from the coach in order for the skier to perform the skill adequately.**

For visual benchmarks of the diagonal stride technique, please check the following technique videos from CCC's Athlete Development Matrix:

Side view: <https://www.coachseye.com/t/Es8B>

Front view: <https://www.coachseye.com/t/9o3Y>

Evaluator Checklist for Diagonal Stride:

Skier's Name: _____

SKILLS	YES	NO
The skier commits weight fully to the gliding/supporting ski in the gliding phases.		
The glide leg is extended just before becoming the pushing leg to generate a powerful pre-loading motion.		
Forward body lean comes from a flexed ankle so that the middle of hips is over toes at initiation of leg push.		
Complete extension of the leg and arm at the end of their respective pushes.		
On pole plant, hands are at or below shoulder height with a 90° angle at the elbow.		