



Track Attack award: Offset technique

Purpose:

Offset is the technique used to climb hills in skate skiing, when a skier's speed is too slow to use the One skate technique efficiently. This technique should be practiced and assessed on gradual and increasingly steeper uphill terrain, as much as the strength of the skier permits.

Criteria for achieving the Offset award:

Below is the list of the most important skills and benchmarks that make up perfect execution of the Offset 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 offset technique, please check the following technique videos from CCC's Athlete Development Matrix:

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

Front view: <https://www.coachseye.com/t/qNO3>

Evaluator Checklist for Offset:

Skier's Name: _____

SKILLS	YES	NO
Both poles are planted as new gliding ski touches snow.		
Double Pole-type motion on the lead side with staggered pole placement.		
Knee and hip are driven up the hill and are aligned over the gliding ski.		
Ankle, knee and hip joints are flexed as required by terrain.		
Maximum leg pushes on each side resulting in full extension of the pushing leg.		
At the completion of the leg push, the ski is raised slightly off the snow. The tip and tail of the ski leave the snow at the same time.		
Follow-through of the arms and hands is short, and generally stops at or just past the hips.		