



Track Attack Achievement: One Skate

Purpose:

One Skate is used on flat and gradual uphill terrain and is the most powerful skating technique. It is used when the skier is moving too quickly to use Offset but still too slowly to be using Two skate. In competitive skiing, the One Skate technique is usually used to accelerate (for instance, at the start and finish of a race) or to maintain a high speed in situations that permit this powerful technique to be used effectively and efficiently. This technique should be practiced and assessed on flat or a gradual uphill terrain.

Criteria for achieving the One Skate award:

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

Side view: <https://www.coachseye.com/t/D1QG>

Front view: <https://www.coachseye.com/t/5JgR>

Evaluator Checklist for One Skate:

Skier's Name: _____

SKILLS	YES	NO
The skier plants the poles (two points) when the feet are closest.		
The skier assumes a "high" position for the initiation of each Double Pole.		
The Double Pole action and the leg push are completed almost simultaneously as the skier's weight shift to the gliding ski is completed.		
The follow-through of the arms generally stops just past the hips. (but varies with tempo)		
During the recovery of each leg, the foot passes underneath the hip of that side (feet come close together).		
Maximum leg push on each side resulting in full extension of the pushing leg.		