



Track Attack award: Two Skate



Purpose:

Two Skate is the technique used when the slope of the terrain varies from flat to slightly downhill and the skier has already generated quite a bit of speed. It is a technique that is commonly used when the skier is interested in maintaining speed as opposed to accelerating. This technique should be practiced and assessed on flat or gradual up/downhill terrain.

Criteria for achieving the Two Skate award:

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

Side view: <https://www.coachseye.com/t/dBB0>

Front view: <https://www.coachseye.com/t/g7Gv>

Evaluator Checklist for Two Skate:

Skier's Name: _____

SKILLS	YES	NO
Timing is the same as for One Skate, with poles being planted when weight shift is initiated.		
The skier assumes a "high" position for the initiation of the Double Pole on the poling side – hips are high, legs relatively straight, upper body is erect with slight forward lean.		
Body compression results in a lowering of the body by the end of the poling motion (more than for one skate because of faster speed and longer gliding phase).		
The follow-through of the arms and hands is longer than for One Skate because of two leg pushes for one poling motion (arms usually fully extended back).		
During the recovery of each leg, the foot passes underneath the hip of that side (feet come fairly close together).		
Maximum leg push on each side resulting in full extension of the pushing leg.		