

**Skate & Classic Techniques**  
**Similarities from Ontario Coaches meeting at Hardwood Hills**  
**Lead by Jack Sasseville**

1. **WEIGHT SHIFT**
2. **PRELOAD**
3. **FORWARD BODY POSITION**
4. **TRUNK COMPRESSION**
5. **HANDS IN FRONT OF SHOULDERS**
6. **POLES VERTICAL & ANGLED**
7. **STEP FORWARD**
8. **CONTINUOUS MOTION**
9. **RIDE A FLAT SKI**
10. **QUICK & LIGHT**