



Track Attack award: Double Pole

Purpose:

The double pole technique is used in situations when a skier is on a gradual downhill or flat terrain where double poling will generate more speed than the diagonal stride or the one-step-double pole technique.

Criteria for achieving the Double Pole award:

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

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

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

Evaluator Checklist for Double Pole:

Skier's Name: _____

SKILLS	YES	NO
The hips, upper body and arms are well forward and high to load the poles on pole plant (poles are planted in front of the bindings).		
The skier pulls down on the poles, engaging the back, shoulder, core and arm muscles.		
Legs are slightly flexed on pole plant, with flex increasing noticeably – but not excessively– during the poling action.		
Upper body compression ends before the horizontal position.		
At pole plant, the shafts are nearly vertical, with grips slightly ahead of pole tips to allow for lag time before applying significant force onto the poles.		
Poles are planted parallel to each other and at shoulder width for maximal power transfer into poles (straight back and down).		