



## Track Attack award: One Step Double Pole

### Purpose:

The One Step Double Pole classic technique is usually used on flat terrain or gentle uphill. One Step Double Pole is the technique used when the skier's speed is too great for an effective Diagonal Stride and too slow for using Double Poling. It is a powerful technique that incorporates both a strong leg push and a strong poling action.

The skier should first be able to execute the Diagonal Stride and Double Pole techniques correctly, as the main components of these techniques are combined in the One Step Double Pole technique.

### Criteria for achieving the One step double pole award:

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

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

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

### Evaluator Checklist for One Step Double Pole:

**Skier's Name:** \_\_\_\_\_

SKILLS	YES	NO
As the kick is initiated, the push leg is fully weighted with weight shifting dynamically to the striding leg as the push ends.		
The upper body and arms are well forward and high to load the poles for pole plant (poles are planted well in front of the binding of the gliding ski).		
There is a pre-load of the push leg before the push.		
Arms and legs are moderately flexed on pole plant.		
Upper body compression ends well before the horizontal position (i.e. there is less compression than in Double Pole).		