



2018 Ski Race Coaches Guide

This guide has been created by the Beaver Valley Coaching Staff to develop, deliver and evaluate daily plans that contribute to athlete development in the following areas:

- Ski safety
- Cooperation
- Independence
- Listening skills
- Self -confidence
- Goal-setting
- Group/peer learning
- Task focused activities

The planning tips in this guide address the physical, mental, emotional, cognitive as well as the technical and tactical needs. These essential considerations follow the phases of athlete development, as per the AIM 2 Win document. This guide references the CSCF, CSIA, CAC, Alpine Canada, Aim to Win and Snow Stars.

Staff Roles

Head Coach

The Head Coach brings an overall vision for the race program and sees that it is implemented over the season. In order to ensure this happens the Head Coach will train all the coaches both on snow and through indoor sessions. The Head Coach focuses on a quality program being provided at each level and skills are being learned during the correct “windows of opportunity”. The Head Coach will support staff on hill as a mentor in coaching situations as well as technically when it comes to course sets and proper execution of exercises/demos. The Head Coach will manage the majority of electronic parent communication, along with the Alpine Programs Coordinator which will include sending parent updates with highlights of the weekend and plans for the upcoming weekend. On Thursdays the Head Coach will send results from the previous weekend and race event notices for all Southern Ontario Division races.

Program Lead Coaches

A program lead coach will be assigned to each of the U race brackets and will support their coaches specifically when it comes to athlete development and feedback. The Head Coach will ask the Program Leads to lead smaller, targeted sessions with the age group coaches to focus on specific skill

development applicable to each LTAD level. Program Leads and the Head Coach will help coaches with end of season reports so they are completed with consistency and the correct amount of feedback. Program leads will be expected to provide the Head Coach with a brief update, each week, covering what the group has done and worked on the past weekend, and what the group will be doing the following weekend. Each week the update will be due by Wednesday at 12 noon. Then every Thursday morning a newsletter will be sent to all parents and when appropriate a race notice will be attached if the group is due to race the following weekend.

Coaches

Coaches are to focus on the teams they are assigned and support other coaches in their 'U' category where needed. Coaches will follow and implement the seasonal plan laid out in this document as well as helping, where needed, with course sets, program flag set up, safety and B-Net installation and tear down.

Team Managers

Team Managers are parent volunteers who assist the coaches and program leads in delivering the overall coaching philosophy to other parents, help with race day organization, support race day as score writers, bib collectors, coat runners, gate keepers etc. Team managers are involved to support the team and help in the smooth implementation of the season.

Coaches Availability

Beaver Valley's competitive programs are at minimum 25 days over the season and when filling coaching positions we are looking for a commitment to the full season. Consistent coaching is key to team building and an athlete's success which is why this commitment is so important. We will be asking for coaching availability prior to the beginning of the season and will place coaches who can work the entire season first and fill in with "floating" staff.

Friday training will be sold on a first come first serve basis. We will run Fridays on a 1 – 8 ratio, if we do not have coaches available to accommodate athletes they will be put on a waiting list in case another coach becomes available. When providing your availability please include Fridays. If you become available on a Friday please let the Head Coach know by the Sunday before if possible so we can open up more spots to our athletes.

Coaches Daily Schedule

Coaches' daily attendance for the morning sessions during the season is crucial in the delivery of a consistent, quality program for your athletes. A coach session schedule will be made available well in advance. The goal will be to focus on the various skill sets that are outlined in the weekly plans and have a progression throughout the session. Other aspects that will be addressed are; coaches' personal performance of exercises, free skiing, course setting, video analysis delivery. With this being said, the head coach intends to remain inclusive with the coaching staff and provide a fun learning experience during each session.

Sample Daily Schedule

- 8:00 – Coaches Meeting

- 8:10 – Coaches Session On-Snow or Indoor and Environment Setting
- 8:50 – Program Meeting Area to Pick Up Group
- 11:25 – Return to Meeting Area to Drop Off Group
- 12:25 – Pick Up Group for Afternoon Session
- 2:55 – Drop Off Athletes for the Day
- 3:00 – Meet Coaches Interested in Afternoon Training Session

The above schedule represents a normal day when your group is training at the club. Times will vary if your group is racing at Beaver Valley or another club.

[Staff Room / Alpine Center](#)

Beaver Valley provides the coaching staff with a room at the top of the club with space to leave equipment, dry racks for boots and gloves and space to eat lunch. In order to keep the coaches room clean, for the over 50 staff that use the area, you must RETURN YOUR DISHES to the Keg once you have finished your meal and generally CLEAN UP after yourselves. If you are found leaving the coaches room a mess you will have to clean the entire room. At the end of the season please make sure to take all your equipment home with you as the coaches room is used for netting and race equipment storage.

[LTAD- Long Term Athlete Development and Where Racing Fits](#)

[Active Start ages 0-6 – Development Programs \(Recreational\)](#)

An Active Start is key to a child's healthy athletic development, starting as an infant all the way through their early school years. Parents need to provide opportunity for daily activity.

[FUNDamentals, Females 7-8, Males 7-9 – U10](#)

During the Fundamentals stage children should develop fundamental movement skills, including ABC's of Agility, Balance, Coordination and Speed. Children should participate in a fun and challenging multi-sport environment. Early elementary school age children need to participate in a variety of well-structured activities that develop basic skills. However, activities and programs need to maintain a focus on fun and formal competition should only be minimally introduced.

[Learn to Train, Females 8-11, Males 9-12 – U10/U12](#)

During the Learn to Train stage children should be covering their fundamental movement skills. This stage is "The Golden Age Of Learning" for specific sport skills. Children in this stage are ready to begin training according to more formalized methods. However, the emphasis should still be on general sport skills suitable to a number of activities.

[Train to Train, Females 11-15, Males 12-16 – U14/U16 Ontario Cup and Southern Ontario Division Cup](#)

During the Train to Train stage young athletes need to build an aerobic base and consolidate their sport specific skills. Towards the end of the stage, they need to focus on strength and the anaerobic alactic energy system. Increased training hours are needed at this stage to develop each athletes long-term potential.

Train to Compete, Females 15-21, Males 16-23 – U16/U18

In the Train to compete stage athletes choose one sport in which they will train to excel. Athletes will train to solidify their sport-specific skills and all of their physical capacities. These athletes are aiming to compete in national and international events. This is where competition becomes serious.

Train to Win, Females 18+, Males 19+

The train to Win stage is the final stage of the LTAD high performance stream. Medals and podium performances are the primary focus. In the train to win stage of LTAD, athletes with identified talent pursue high-intensity training to win international events. They are now full time athletes

Coaches Daily Check List

- Always have the guide on hand
- Use this guide to develop and modify daily training plans for your group. Include warm up, activation and cool down phases
- Set daily goals for your group, individual athletes and yourself. When appropriate, communicate and co-develop goals with your group, parents of athletes , co-coaches and supervisor
- Prepare for and participate in coach training sessions
- Communicate one on one with each athlete daily. Provide positive, descriptive and relevant feedback
- Provide daily wrap up information to your group to instill in the athletes what they have worked on and achieved in the session.
- Continuously remind your group of safe practices, including a daily reminder of EAP's for separated or injured athletes. Always follow the Alpine Responsibility Code
- Perform visual equipment checks prior to loading for the first run and throughout the day
- Record goals, successes and areas for growth in this guide
- Remember you are part of a team! Share concerns and ideas with peers, Program Lead, Head Coach or Alpine Programs Manager in a professional manner.

Early Season Thoughts

- Observe and assess the skills of your group and notify your Program Leads of any necessary changes. Record your observations whenever possible.
- Make sure equipment is correct for the athlete's skill level.
- Short turns effectively translate to the needs of our athletes early in the season. Equipment and physical capacities may not mesh with long turns unless a specific skill is being targeted.
- Use natural terrain and gate environments to target specific technical and tactical skill development. Be safe, creative and fun.
- A visual is worth a thousand words! Commit to demonstrating skills and drills for your group. Reach out to your peers if you need help.

- Apply the principles outlined in the initiation, acquisition consolidation and refinement phases of skill development. Consider the needs of each athlete and the learning momentum of your group before moving on to a new skill. Spend time on practice.
- Assess athletes from the feet up. Many issues that Coaches struggle with can be remedied by focusing on flow of movement and also control of rotational separation.
- Technical free ski with athletes as much as possible and encourage playful experimentation with extremes from day one. Build confidence by getting the athlete out of their comfort zone.
- Expect change, but remember athletes at this phase of development will often demonstrate regression as part of their learning progression. Skill development is fluid and it is your responsibility to guide long term athleticism.
- Familiarize yourself with the reference materials listed at the end of this guide, in particular, the AIM 2 Win document.
- Be engaged.
- Incorporate fun, competitive activities in your daily plan to promote a healthy atmosphere of ski racing.
- If you are having fun, your athletes will certainly absorb your enthusiasm and become lifelong skiers.

Basic Skiing Skills Defined

Stance & Balance

- Stance describes a skier's natural position
- Balance involves forward, backward, vertical, lateral and rotational planes

Focus on developing:

A natural, athletic posture in varied environments

- Arms open and at chest height, shoulders ahead of the knees, width of stance to suit snow conditions and build of athlete
- Use of all joints
- Upper body slightly rolled through the spine, engage hips for power, knees for steering direction and ankles for edging Balance is felt through the arch of the foot

Timing & Coordination

- Timing describes the skier's ability to determine the precise moment for initiating or completing an action
- Coordination brings all motor movements into a common movement or action pattern

Focus on developing:

Pole plant at turn initiation, pressure building and release, varied turn shapes and sizes, sequence of movements

Steering & Edging

- Steering describes the athlete's ability to use the lower leg and feet to help guide the skis in a specific direction
- Edging combines inclination and angulation to place the ski on edge

Focus on developing:

Upper and lower body separation and use of all joints

Pressure Control & Carving

- Pressure control describes the athlete's use of extension/flexion in the legs to maintain, increase or decrease the pressure through the arc on varied terrain and conditions
- Carving requires the athletes to engage the edge of the ski at the appropriate time

Focus on developing:

Maintaining weight over the outside ski and use of all joints

Race Day

Race day can be very stressful for athletes. Here are a few tools to help with race day stress.

- Establish a meeting place with athletes and parents.
- Attend Coaches meeting.
- Arrive early - there is nothing worse than rushing before a race. Give yourself and the racers enough time to inspect and prepare without the stress.
- Let the parents know the plan well in advance.
- To avoid confusion explain extra tickets in advance so parents know extra tickets will only be going to parents that help the whole team with jackets and slipping. Free lift tickets are not for free skiing.
- Hand out bibs and remind athletes to have them visible at all times.
- Inspect the course and be confident in your delivery of feedback and the tactics needed.
- Remind athletes of the preparation they have done to be ready for this race. This will help instill confidence in the athlete.
- Have warm up runs prior to race to gain confidence.
- Recruit parents to help carry jackets, manage athletes, and watch kids inside while you attend to athletes with later numbers.
- Check DQ board between runs or at the very end depending on the host resort.
- Congratulate the team on a great day.
- Ski the resort the whole day. Even if the race is done early, ski till 3pm.
- Attend awards and model good sportsmanship and professionalism at all times.
- Have a meeting place and time for parents to meet athletes for pick up. Remember Duty of Care.
- Communicate race day rules.
- Discuss what to do when athletes fall or straddle.
- All athletes are different. Manage nerves individually.
- Promote individual positive self-talk with your athletes.

- Remind athletes to focus and what they can control rather than dwell on the uncontrollable.

Basic Decision Training and Tools

- Variable Practice: Requires the athlete to learn a number of variations of a skill in a competitive setting
- Random Practice : Combine different skills of the sport within game-like drills that simulate competition
- Bandwidth feedback : Feedback is gradually reduced or faded requiring the athlete to function more independently of external guidance
- Questioning: Ask questions that probe what the athlete understands about the drill, tactic or skill being trained
- Hard-first instruction: Complex technical and tactical information is present early in the season rather than later
- Modeling : Athletes view an expert or other athlete in order to learn what is required to perform; this allows the athlete to learn to analyze skills and strategies relevant to their sport

Team Building 101

One of the most valuable roles as a Coach working with young athletes is to nurture team spirit within your training group. Communicate and role model behavioural expectations with athletes and parents from the beginning, and incorporate team building activities throughout each day. Always present an attitude of approachability to your team and parents. Your efforts will decrease the amount of time spent addressing behavioural and group management issues allowing you to focus on skill development.

Team Building Cycle

Remember, one of our basic human needs is to feel we belong to something bigger than ourselves, and for kids, that need is often met by being part of a team. Have fun and work hard - your team will follow your lead.

Skill Development is enhanced by

- Free skiing for many miles, in all conditions, both supervised and unsupervised
- Skillful course setting of specific environments to enhance a specific skill
- Athlete's knowledge of sport specific skills
- Utilizing mental training techniques
- A well planned training program with specific goals and objectives
- Terrain selection to challenge the skier at the skier's ability
- Training slalom in brushes and stubbies (progressing to full gates at end of U12, once the skier's body visibly takes a line inside the stubby %70 of the time)
- Coaching the performance of a movement vs coaching the look of a movement

Free Skiing as much as possible is the most simple and effective method to encourage skill development at the entry level.

Skill development

- Utilizing proper terrain for skill acquisition
- Utilizing a variety of terrain and snow conditions to build confidence and challenge the children
- Train all radius of turns
- Utilizing mental skill training techniques (breathing, goal-setting, focus, activation control, visualization, positive self-talk, motivating phrase while performing)
- Knowledge of the five planes of balance and movement (vertical, lateral, rotational, fore, aft)
- Knowledge of the performance factors (technical, tactical, equipment, environment, physical and psychological)
- Awareness of the children's abilities at the current level they are working on
- Terrain selection to enhance skill acquisition
- Drill selection (drill/skill matching)

Gates Come With Time

- Once the children are ready for gates, the Coach must provide a practice time that promotes a high success rate in order for the youngsters to perceive and pattern the specialized movements required for gates. While introducing gates, use brushes, dual competition and other tools.
- Successful coaching knowledge
- Enjoyment of the skier
- Looking ahead
- Line interpretation and execution
- Turn shape
- Rhythm and timing
- Introduction to mental training. Focus visualization
- Working on stance and balance and flow of movements throughout the season will be the focus; refine skills making sure athletes have a good understanding of skills. Use the matrix on the last page to help with skill development. Use the right drill or environment to promote proper skill acquisition.

U10 - 7, 8 & 9 Year Olds

The U10 program is aimed at providing athletes aged 7, 8 and 9 year olds the “FUNdamentals” of skiing as defined in the ACA LTSD Phases of Skier Essentials. U10 competitive events are to be focused on the development of ski racing skills while continuing to promote the development of overall skiing skills. This fosters the development of overall skills while maintaining participant enjoyment, focusing on the FUN of competition. The focus will be skill development through course environments while working on basic skills.

- Safety
- Control
- Experimentation of vertical and lateral movement
- Intro to mountain awareness
- Psychological skills
- Intro to competitive spirit
- Experimentation of fore aft movement
- Maintain vertical movement
- Intro to lower leg joint mobility
- Vertical explosiveness
- Intro to competitive spirit
- Experimentation of steering and sliding
- Maintaining fore aft movement
- Intro to lateral movement (lateral push)
- Pole touch refined

After U10, athletes should be able to ski parallel with a good pole plant, timing and with an understanding of turn shape. When using these bench marks we must keep in mind the number of days on snow, fitness level and commitment level.

Training to Race Start Ratio: 10 training days per 1 race day U7 and U8

9 training days per 1 race day U9

U12 - 10 and 11 Year Olds

The U12 Entry Level program is aimed at providing athletes aged 10 and 11 the “FUNdamentals” of skiing as defined in the ACA LTSD phases of Skier Essentials and Learn to Train. In coordination with the ACA Snow Stars program focusing on skill levels 3, 4 and 5, the AOA program is intended to foster the development of the athlete. U12 competitive events are to be focused on the development of ski racing skills while continuing to promote the development of overall skiing skills. Normal competitive events, (i.e. SL/GS/Kombi) should foster the development of overall skills while maintaining participant enjoyment, focusing on the FUN of competition

U12 athletes should demonstrate the following:

- Maintaining fore aft movement
- Intro to lateral movement to release edges
- Psychological skills
- Competitive spirit
- Maintaining lateral movement
- Maintaining steering and sliding
- Lateral explosiveness
- Linear quickness of feet
- Experimentation in all planes of balance

- Maintaining pole plant
- Timing, coordination, rhythm
- Control of rotational separation
- Intro to race disciplines
- Competitive spirit

The Goal of U12 is to refine skills and give athletes the opportunity for other disciplines. Use external cues like dye or brushes to force outcomes, create proper turn shape and line with the ability of the racer. Athlete should learn to adjust to all environments including speed. Athlete should begin to understand course inspection. When using these bench marks we must keep in mind the number of days on snow, fitness level and commitment level.

Training to Race Start Ratio: 7 training days per 1 race day

U14 - 12 and 13 Year Olds

The U14 age program is aimed at providing athletes aged 12 and 13, the “FUNdamentals” of skiing and truly progressing into the Learn to Train phase as defined in the ACA LTSD phases of Skier Essentials and Learn to Train . The ACA SnowStars program continues to offer athletic guidance at levels 6 and 7. U14 competitive events are to be focused on the development of ski racing skills while beginning to promote performance on demand. Athletes will ski SL, GS, Speed.

U14 athletes should demonstrate the following:

- Experimentation in all planes of balance
- Maintaining pole touch in slalom
- Timing, coordination, rhythm
- Control of rotational separation
- Intro to race disciplines
- Competitive spirit
- Experimentation of environments
- Intro to tactical awareness
- Rhythm and fluidity
- Lower leg joint sensitivity
- Precision and dexterity
- Awareness of gliding and acceleration in turn
- Competitive spirit

The goal for U14 is to have the athlete with good technical skiing participate in and out of competitive situations; the athlete needs to be able to use all four planes of balance throughout the turn. Athlete needs to be able to glide and tuck as well as adjust turn shape when needed. When using these bench marks we must keep in mind the number of days on snow, fitness level and commitment level.

Training to Race Start Ratio: 7 training days per 1 race day U14 SOD Cup

6.5 training days per 1 race day U14 O Cup

U16 - 14 and 15 Year Olds

The U16 age program is aimed at providing athletes, aged 14 and 15, the continuation of the ACA LTSD Learn to Race phase and progress into ACA LTSD Train to Race phase. U16 competitive events are to be focused on the development of ski racing skills and promoting the performance on demand.

U16 athletes should be able to demonstrate the following:

- Experimentation of environments
- Continual control of rotational separation
- Intro to tactical awareness
- Rhythm and fluidity
- Lower leg joint sensitivity
- Precision and dexterity
- Awareness of gliding and acceleration in turn
- Competitive spirit
- Event specific race skills
- Generating and maintaining speed
- Rotational quickness
- Competitive spirit
- Control of lateral movement to release edges

The Goal of U16 is to have the body inside the arc, and understanding the five planes of balance. Athletes need to be able to glide and tuck as well as adjust turn shape when needed. When using these bench marks we must keep in mind the number of days on snow, fitness level and commitment level.

Training to Race Start Ratio: 7 training days per 1 race day U16 SOD Cup

6.5 training days per 1 race day U16 O Cup

Seasonal Training Plan

Day 1 – 7: Stance and Balance

Goal: Focus on stance and balance, look to make sure athlete have a natural stance. Focus on technical free skiing to get athlete comfortable on skis. Identify and improve technical problems. Focus on rotational separation as a skill set to achieve proper balance and flow from arc to arc.

Include the following daily throughout the program:

- Morning warm up
- Technical free ski and drills (supervised and unsupervised)

- Training environment to achieve targeted skill acquisition, whether in drill courses, courses or free skiing
- Use brushes and other equipment available to achieve technical skills
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times
- Force outcomes with external cues
- Use decision training to include the athlete in their skiing progression
- Use visualization and focus

Drills for stance and balance: Thousand steps, hands all over, fall line skiing, power plow, boots undone, one ski turns , wide to narrow stance, jump turns , bumps, follow the leader, banana turns , double pole plant, braquage, tall or small , drag the outside pole, tapping inside ski, airplane turns and javelin, ski with no poles .

Courses and Environments: Skating around brushes, apex drills, modified GS and SL courses, pole out in front (for separation), gates on angle to promote separation.

With our season being so short we often try to get athletes in GS and SL courses much too early. As Coaches we need to look long term, and concentrate on skills so the athletes are ready. Even with slalom and GS courses we can use drills to make positive change in an athlete's development.

Tactics

- Turn shape, type of turn, speed of travel, environment, video, mental training, course inspection and visualization

Sessions and Drills for Coaching Education

- Stance and balance making sure Coaches can show a good picture to the athletes
- Open dialog for all Coaches to contribute
- Fundamental stage drills for all athletes. Thousand steps, hands all over, fall line skating , one ski turns, wide to narrow, jump turns , bumps, follow the leader, roller blade turns, pole in front, braquage, power plow
- Reintroduce drills to promote stance and balance
- Address drills that promote control of rotational separation and flow from arc to arc

Keep in mind, athletes will progress at different rates throughout the season based on a number of factors. Continue to work with all athletes, but you need to start looking at individual needs, in and out of the course. Before moving forward athletes should have a good natural stance and flow.

Use video as much as possible, show athletes video and detect and correct. Show World Cup racers on video to show a perfect picture.

Skill: Stance & Balance

Goal: Review and follow "Early Season Thoughts" page and have a safe and fun first day with your team.

Athletes need to explore balance on all planes and begin to find their natural, athletic stance. Stance and Balance work continues every day throughout the season with this age group

Day 8 - 14: Timing and Coordination and Flow

Goal: Continue working on stance and balance and control of rotational separation. By this time athletes should be comfortable and well balanced ready to move to other skills such as timing and coordination. Athletes need to understand how and when to pole plant. Pole planting must be to the side and forward near the front of the ski but keep in mind the pole plant is forty five degrees from the ski, so the athlete is able to separate. An effective pole plant should not create unnecessary rotation or aft movement.

Athletes need to bring motor movements into a common movement or action.

Include the following:

Continue with morning warm up

- Technical free ski and drills (supervised and unsupervised)
- Training environment to achieve skill acquisition
- Use brushes, gates and other equipment available to achieve technical skills
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times

Drills and Course Environments

Drills have one major purpose: to isolate skills that need to be patterned, adapted and then refined in order to enhance performance. Remember use the proper terrain to further develop the athletes.

Drills for timing and coordination: Double pole plant, pole swing, spiess, synchro, linked 360's on snow, hop turns, Texas two-step, skating around obstacles, lifting the inside or outside ski, skiing on one ski, follow the leader, skiing in bumps, bamboo jungle, side slip drills.

Courses and Environments: Skating around brushes, apex drill, pole planting on line, picket fence, flush courses, agility courses with change of rhythm, brushes markers, use dye, obstacle courses, course through rough terrain or on side hills

Remember to continue using environments to develop skill. Create environments that put the athletes in the right position. Using drills and environments to put athletes in the correct positions so athletes can feel change. Allow athletes to pattern; don't move from drill to drill. Keep in mind that deliberate training is to learn a skill and random training is to develop efficiency to enhance the skill.

Skill: Timing and Coordination

Tactics

Turn shape, type of turn, speed, environment, video, mental training, course inspection and visualization

Sessions and Drills for Coaching Education

During the session Coaches need to work and practise drills. Coaches need to demonstrate for the athletes. Coaches should also be creative and if they have an idea for a drill or environment they are encouraged to contribute and share with fellow Coaches.

Drills for Coaches to Demonstrate

- Safety will be reinforced, where to stop, proper terrain and hill space that is skill appropriate
- Double pole plant, pole swing, spiess, synchro, linked 360's on snow, hop turns, Texas two-step, skating around obstacles, lifting the inside or outside ski, skiing on one ski, follow the leader, skiing in bumps, skiing in trees, slide trip drill
- On week 3 Coaches can set up an environment based on timing and coordination to run and practise
- Dye line, picket fence, brushes for markers, spiess in a corridor

Keep in mind, athletes will progress at different rates throughout the season based on a number of factors including, physical maturation and emotional threshold. Continue to work with all athletes but you need to start looking at individual needs in and out of the course. Before moving forward athletes should have a good natural stance and control of rotational separation

Use video as much as possible. Show athletes video and detect and correct. Show World Cup racers on video to show a perfect picture and explain why it is effective.

Notes: Week 2, 3, 4

Day 15 - 20: Steering and Edging

Goal: Continue working on stance and balance, control of rotational separation and a proper pole plant. By this time the athletes should be comfortable and well balanced and be ready to move to other skills.

Athlete in a natural stance, understanding of pole plant, being able to bring motor movements into a common movement or action, with the combination of inclination and angulation to place the ski on edge, using the feet to steer along with the side cut of the ski.

Athletes may be at different skill levels. Continue to individualize feedback to maximize skill acquisition.

Include the following:

- Continue with morning warm up
- Technical free ski and drills (supervised and unsupervised)
- Training environment to achieve skill acquisition
- Use brushes, gates and other equipment available to achieve technical skills
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times

Sessions and Drills for Coaching Education

During the session Coaches need to work and practise drills. Coaches need to demonstrate for the athletes. Coaches should also be creative and if they have an idea for a drill or environment they are encouraged to contribute.

Drills for Coaches to Demonstrate:

Safety will be reinforced: where to stop, proper terrain and hill space that is skill appropriate

- Side slipping, thousand steps, one ski turns, bump skiing , linked 360 on snow, banana turns, rollerblade turns, fall line skating , tuck turns, power plow, outside boot touch, hope turns, edge sets , ski on varied terrain, double pole plant
- In weeks 4, 5, 6 Coaches need to set up environments to create outcomes
- Dye line, picket fence, brushes for markers, spieß in a corridor

Remember that just because this guide says you need to be working on this particular skill, it does not mean athletes will be at this skill level. Work on what the athlete needs. All this depends on days on snow and athletic ability. Continue to work on what is best for your athlete's skill development.

Encourage athletes to watch World Cup racers and learn who the racers are. Add excitement by promoting big World Cup events like the Olympics.

Use video as much as possible. Show athletes video and detect and correct. Show World Cup racers on video to show a perfect picture.

Day 21 - 25: Pressure and Carving

Goal: Continue working on stance and balance, control of rotational separation and a quality pole plant. By this time the athletes should be comfortable and well balanced ready to move to other skills.

Athlete should have a good pole plant while being able to bring motor movements into a common movement or action. They should be able to combine inclination and angulation to place the ski on edge, using the foot to steer along with the side cut of the ski, and be able to turn the ski on edge and slide when necessary, being able to adjust pressure and speed of movements for the type of turn shape and the speed of travel.

Athletes will be at different skill levels. Continue to individualize coaching to maximize skill acquisition.

Include the following:

- Continue with morning warm up
- Technical free ski and drills (supervised and unsupervised)
- Training environment to achieve skill acquisition
- Use brushes, gates and other equipment available to achieve technical skills
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times

Drills and Course Environments

Drills have one major purpose: to isolate skills that need to be patterned, adapted and then refined in order to enhance performance. Remember use the proper terrain to further develop the athlete's skills.

Drills: side slipping, thousand steps, one ski turns, bump skiing, linked 360 on snow, banana turns, rollerblade turns, tuck turns, power plow, outside boot touch, hop turns, edge sets, ski on varied terrain, pole drag, hands on knees.

Courses and Environments: skating races with brushes to make athletes turn, picket fence, obstacle course, sideslip drill, agility training drill with flushes and offset gates, turn shape course (use brushes), agility training, slalom training, giant slalom training with line indicators to get ready for race day, pole drag, duels for competition and the apex drill.

Tactics

Turn shape, type of turn, speed, environment, video, mental training, course inspection and visualization, hold an end of the day debrief with athletes.

Sessions and Drills for Coaching Education

During the session Coaches need to work and practise drills. Coaches need to demonstrate for the athletes. Coaches should also be creative and if they have an idea for a drill or environment they are encouraged to contribute.

Skill: Pressure and Carving

Drills for Coaches to Demonstrate:

- Safety will be reinforced: where to stop, proper terrain and hill space that is skill appropriate
- Side slipping, thousand steps, one ski turns, bump skiing, linked 360 on snow, banana turns, rollerblade turns, fall line skating, tuck turns, power plow, outside boot touch, hop turns, edge sets, ski on varied terrain, double pole plant, inside outside drill.

Coaches can set up an environment based on steering and edging. Demonstrate drills for athletes and allow athletes to practise. More specific training can be applied more often. Continue to use and train in training environments. Remember the goal for these athletes are the Club Championships and Spring Series races.

March Break to End of Season

At this point we are coming into the final weekend. Athletes should be well balanced and moving through the skills you have coached all season. Don't be frustrated if some athletes have not come as far as you thought. As we have said athletes are not alike, and everyone develops at different points based on a number of reasons. Continue to work hard and instill the love of skiing into all athletes you coach.

Use video as much as possible. Show athletes video and detect and correct. Show World Cup racers on video to show a perfect picture. Show video of athletes in gates and races.

- Athletes should warm up on own, depending on age (supervise at first and allow for the athlete to warm up on own)
- Activities and drills needs to be fun and varied to keep athletes interested
- Consolidate and refine skills
- Work towards next seasons goals and desires of the athlete and parents
- Use lots of fun & competition
- Duals
- Skating races
- Spiess
- Synchro
- Enter athletes in year-end races (Spring Series, Invitational, etc .)
- Ski on varied conditions , good and bad snow, including bumps
- Use Terrain Park