

## Training Environment – USSA Fall Coaches Presentation

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#### Setting up Environments for Success

Set up a training environment that promotes “Self Learning”

A successful training environment requires proper planning. It requires appropriate terrain and conditions for the goal, appropriate time to challenge and to create confidence, appropriate amount of volume, and a system of support needed for protection and set up. This requires open lines of communication with all involved.

Important factors to consider:

- Grooming and hill prep
- Lift times and turnaround time
- Equipment needs and locations – stations and prep
- Weather and conditions
- Help and personnel-coaches and assistants, patrol and course crew
- A training plan for the training space
- Radio and safety protocol – for athletes and coaches
- Warm up
- Being creative and adaptable when needed

“Coaches are more successful if the training environment or session is excellent”

Key tips for success:

- Warm up! Make it mandatory and have a protocol.
- Warm up courses should be easy 5-10 gates, creating a mini “success-enhancing” environment.
- Have a plan- who’s on video? Who’s on slipping? Who’s on radio? Who’s on timing?
- Create a smart slipping protocol ahead of time, if needed (i.e.: alternate race runs with slip runs)
- Review slipping education/protocol with the athletes
- Review safety of course maintenance with athletes and coaches
- For larger groups: Multiple courses, shorter sections, “\*chunking”, staggered sets, dual sets, “PUP” courses – (‘pick up the pieces’- easy sets 8-10 gates after a hard course)

“It’s very important to challenge your athletes, but also important to create environments for success. Confidence and the psychological status of an athlete can be fragile and hard to repair. Knowing when the appropriate time to challenge the athletes is important.”

\*“chunking “ – from the book The Talent Code.

“We all know that there are many days when the training environment is beyond challenging. Some days are lost, and some days are highly productive. It’s important to be flexible, adaptable, creative, and organized.”