



BALANCE AND ROTARY



VARA Youth Coaches!

This is the 3rd email in the skills series. Hopefully we introduced a new drill, reminded you of one or at least “jogged” some brains back in to the ski racing mode! Remember these drills are not limited to specific age groups, these are just a general recommendation and be creative! Think outside of the box! Use them as progressions and increase the difficulty. But remember do the drills to mastery, it is really important to stick with a drill before moving on to another one, don't just have your athletes do them, have them perfect them. See you on the hill!

SkillsQuest

Phase 2-U10 (6-10 years old) Phase 2 skiers should spend time working on:

- Skiing with balance and control in a variety of terrain and snow conditions
- Learning how to move their lower body independently of their upper body
- Learning edging and carving skills
- Pressuring the skis independently
- Learning pole plant mechanics and using pole plants consistently
- Making a variety of turn shapes in free skiing and drill courses

[Straight Run to Side Slip with Edge Set](#) – Rotary and Edging

[Free Ski with Pole Usage](#)-Balance, Rotary, Pressure, Speed Control

Phase 3-U12 (Girls age 10-13, Boys age 11-14) Phase 3 skiers should spend time working on:

- Linking carved turns in a variety of terrain and snow conditions
- Using proper gate clearing skills for slalom without disrupting carving or turn shape
- Refining edging and carving skills
- Pressuring the skis independently
- Using both single and double pole plants consistently
- Making a variety of turn shapes in free skiing and drill courses

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[Pivot Slips](#)-Rotary and Balance

[Free Ski Lane Change](#)-Balance, Rotary, Pressure, Edging, Speed Control

Phase 4-U14 (Girls age 11-14, Boys age 12-15) Phase 4 skiers should spend time working on:

- Refining previously learned skills in a variety of terrain and snow conditions
- Tactics exercises in gates to learn the fastest line
- Speed and terrain elements
- Regularly working on skiing skills outside of gates and then bringing those skills into gates

[Side Slip to Straight Run](#) to Sideslip-Rotary and Balance

Arms Across the Chest- Ski like this with a variety of turn sizes, GS to SL to GS (hourglass), lane changes, moderate to more difficult terrain. This drill helps to discipline the upper body and is very helpful for kids with inconsistent pole swings.

Alexandra Krebs

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