



BALANCE AND EDGING



VARA Youth Coaches!

This is skills email number 2 out of a series of 3. This month balance and edging are being addressed. As said last month BALANCE is the cornerstone of all drills and now we are adding edging. Once again many of these drills that the VARA Youth Committee likes and uses frequently are from the USSA SkillsQuest, a great resource for coaches and athletes. Drills for the U10, U12 and U14 age groups will be included in this email. Links to drill description, goals and set up as well as video are linked to most of the below skills. Remember that these drills can be used in a progression by using the same drill but modifying the difficulty of the drill or terrain. Also, although the drills are categorized by age groups they are not necessarily limited to that particular age group. Some drills are repeats in last month's email because they address one or more of the 4 skill focuses.

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

[Outside Ski Turns](#)- Balance and Edging

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

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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

One Ski Skiing-Balance and Edging

Free Skiing Lane Change-Balance, Edging, Rotary, Pressure and 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

One Ski Skiing with Lane Change-Balance and Edging

Free Ski Hourglass-Balance, Edging, Pressure, Rotary and Speed Control

1000 Steps-Balance and Edging: Step uphill throughout the arc to control speed. This keeps athletes moving from foot to foot and from edge to edge. (U12-U14)

Alexandra Krebs

VARA Youth Coordinator

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