



VARA YOUTH ON SNOW IDEAS-INTRODUCTION DECEMBER 1st (U10-U12 Group)

It can be a little intimidating to walk out Saturday morning to meet your group of U10 or U12 athletes without having already put together a plan for your day with clearly defined goals and objectives. Over the next six weeks these weekly emails will provide you with some direction and focus for your group of young ski racers. Areas of focus will be athletic stance, balance, lower leg engagement, weight transfer, stable upper body and pole plant. Many of the skills ideas will be a combination of 2 or more of these areas. Emails will include ideas, drills, images, videos and links. It is important that we challenge skiers so they learn and improve, while keeping them active, lots of repetition and making sure the activity is appropriate for the age and fitness level.

Next week we will begin the fun on snow planning! For now, here are things coaches need to think about when planning a training session:

SAFETY, GOALS, COACH BEHAVIOR, EFFECTIVE SESSIONS



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