



VARA YOUTH ON SNOW IDEAS-DECEMBER 15 (U10-U12 Group)

Back on snow and ready to start the 2018-2019 ski season! Over the next several weeks these emails will include links to drills and videos. You might not be ready for that particular drill with your group, but save it for another weekend, create your own “tool box” of drills and activities to do with your group.

This week our main concentration will be on athletic stance and balance. This won't be the only thing to focus on but it will be a theme. As most programs are just starting on December 1st the most important thing is to get out there and SKI! Get mileage! Have athletes bring “rock skis” or last year's equipment. Meet the group a few minutes early to give coaches some time to check athletes' equipment.

The first weekend will be difficult with the crowds and limited terrain but arrange your schedule so that you are out there first, take an early lunch and head back out while the majority of skiers are dining on hamburgers and french fries! It will be nearly impossible to do many of the drills you would like to do such as traverse drills but you can ski, ski, ski and get your balance back. Review the link to U.S. Ski & Snowboard [SkillsQuest](#) drills. Find drills pertaining to stance and balance and choose the ones you are likely to have room on the hill to accomplish. It's counterproductive to do a drill when you don't have the proper environment to do it in.

To start the season off I want to share a video of Henrik Kristoffersen (decorated Norwegian World Cup racer) created by Rossignol called [“Band of Heroes”](#) Listen carefully to these things said in the video.

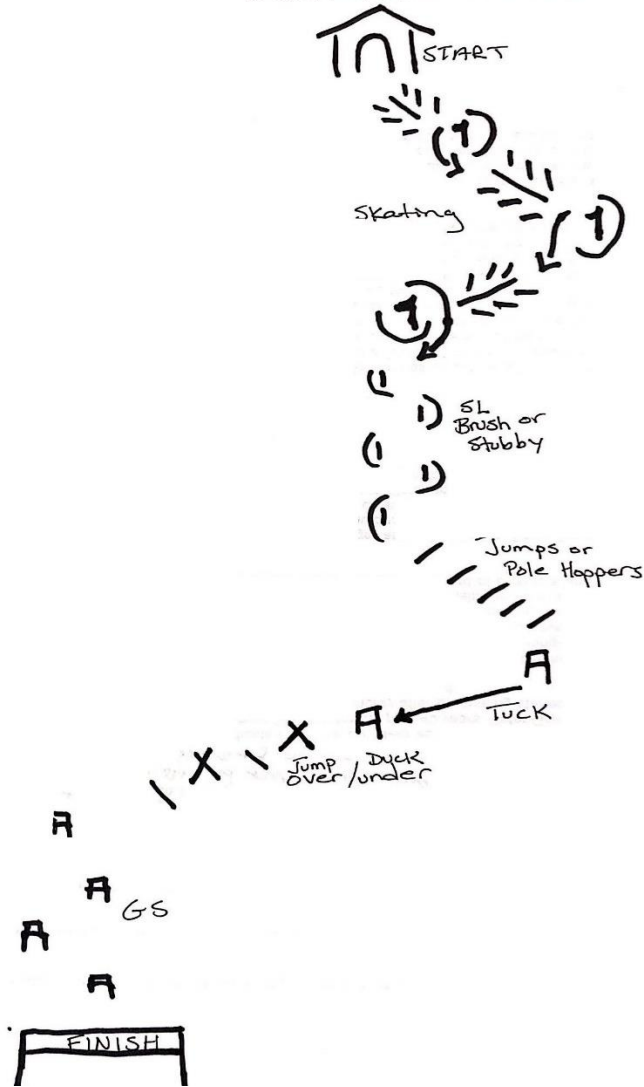
- Henrik played lots of sports when he was younger
- He was a very active child, very determined, great work ethic, lots of motivation
- Many of the best ski racers come from very small hills
- Most race days he would train in the morning before the race or after the race
- He focused a lot on technique

Let's get skiing!

1. All Terrain Skiing-flat, steep, jumps, bumps, side hill, terrain garden etc. As they progress increase the difficulty of terrain. Ski long and short radius turn shapes. Look for natural and dynamic movements, stability with mobility. (following videos courtesy of “Ski Coach-Alpine Canada)
 - a. [U10 FreeSki](#) Variations-how many turns between here and that tree? Count your pole touches. Follow the leader. Look ahead.
 - b. For when your skiers are ready try these: [Duck Under Drill](#) and [Blue Line Hop Drill](#)
 - c. Obstacle courses are always fun and can be incorporated throughout the season. Create one that pertains to your athletes' ability/skill level as well as skill focus.

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SAMPLE OBSTACLE COURSE



Let's work towards these that address stance, balance, adaptability, looking ahead

- [Obstacle Course Video](#) (Courtesy of Anje Worrell)
- [Skier Cross](#) (Courtesy of Alpine Canada)

As I said above, these drills won't be for every group and at the same exact day or time. But keep them where you can access them for when the timing is right for your U10's and U12's.

One more link full of drill suggestions is the [U.S. Ski & Snowboard Center of Excellence TV](#).

Next: Holiday week suggestions!

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