



VARA YOUTH ON SNOW IDEAS DECEMBER 22 (U10-U12 GROUP)

Some of you may be in your 4th weekend of training and some might just be starting out. It will vary a lot but one thing that shouldn't vary is the fact that everything you plan out for your time with the athletes follow a progression. This is important. Wherever you are in your progression you can either use these drills now or tuck them away for the right time.

Before we get started let's visit another [Kristoffersen video](#). He talks about some of the reasons he is the best in the world. Things didn't come easy for him, he has had to work for everything he has accomplished. He says growing up he was the weakest which made him work that much harder. He pays attention to details and he always tries to EAT and train the right way. He attributes a part of why he is better than others to his mental strength. We are going to talk about some topics that pertain to this next week, this was just to get the mind thinking!

Now to our skiing. Set environments that force athletes to be active with their ankles and knees. This allows you to talk less and have them DO more, let them figure it out and feel it on their own without you having to tell them what to do. To start try having them buckle their boots a little looser than normal. Here are some suggestions (and not in a particular order):

- [Straight run to edge sets](#)
- [One ski edge sets](#) (advanced drill) video courtesy of Sasha Rearick
- [Pivot Slip edge set](#)
- [Backward Skating](#) video courtesy of Ashley Sargent BMA
- [Hop turns](#)
- [Free-ski lane change](#) (keep lanes tight, even the longer radius turn, much tighter than the video!)
- [Brush course SL](#) (use brushes not gates, moderate terrain, fair amount of off set, have them visually focused straight ahead-place a very brightly dressed coach at the bottom of the hill, minimize upper body movement)
- [Terrain brush course SL](#) (if you don't have a half pipe just find any piece of terrain)

(some videos courtesy of Ski Coach-Alpine Canada)

Some of these drills can also be found in the [SkillsQuest](#) videos and the [Center of Excellence TV](#)

Let's work towards: Duals! [Dual video 1](#) and [Dual video 2](#)

Last but not least, EQUIPMENT! Very important to take care of equipment. Impress upon athletes why they not only need to come to races with tuned and waxed skis but ALSO to practice. It can be frustrating for everyone if they can't hold an edge and defeats the purpose of many of the drills. Go over the proper way to carry their skis and usage of ski straps. Always use the ski racks and get in the habit of separating skis at their home mountain and away. Dry boot liners at night and keep the shells buckled. The best way to avoid cold feet is to have dry liners. Encourage athletes to keep an extra pair of socks in their pack and change them at lunch time.

Next: Holiday week suggestions

Alexandra Krebs: VARA Youth Coordinator

<https://www.vara.org/resources/youth-coordinator/12/>

Email: Alex@vara.org

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