



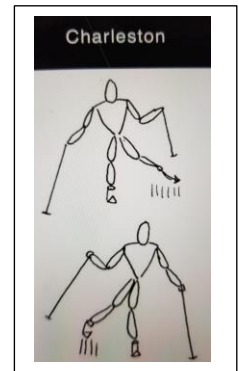
VARA YOUTH ON SNOW IDEAS JANUARY 12 (U10-U12 GROUP)

We are just over half way through the 8-week youth session. Let's quickly revisit the first introduction email to make sure we haven't lost sight of some of the important coaching goals and principles laid out in that first week. Unfortunately, mid-way through the season it is not uncommon to stop planning ahead, adhering to your set out goals and just sort of "go with it" for that weekend's practice.

- Are you varying your teaching method? Providing constructive feedback? Are sessions active? Are you promoting enjoyment and fun? Are the skills and terrain suitable for the age and ability? Do your drills match the skill? Are you reflecting on your sessions? Is your group getting enough free skiing? Remember a U10 is approximately 90% and a U12 is 70%. As long as all of this is continuing, we can move on to the on-snow activities. If it's not, take a step back and get organized again.

Weight Transfer-movement from one ski to the other

- **The Charleston Drill:** Hop from inside ski to inside ski, "dancing" while moving down the hill.
- **Pole Hoppers:** Use bamboo or dye. Have athletes jump from one leg to the other. Start on two feet, jump over pole and land on left leg then jump over pole and land on right leg etc.
- [Step Over Drill](#)
- [Figure 8 Skating Drill:](#)
- [One Ski Tag](#) or 2 Ski Tag
- [Garlands](#) (video courtesy of Ashley Sargent BMA)



Let's work towards: Kombi! [Fun video on kombi](#) and how to set it.

Continue using the [SkillsQuest](#) videos and the [Center of Excellence TV](#)

Next Up: Pole plant

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