



VARA YOUTH ON SNOW IDEAS JANUARY 19 (U10-U12 GROUP)

A reminder last week was the importance of free-skiing and making sure time is built in to the training session to allow for it. Let's take a listen to what Ted Ligety has to say about [Free-Skiing!](#) Points Ted makes:

- He didn't really start training gates full time until he was 14.
- At age 10 & 11 the majority of his time on snow was free-skiing.
- As a U10 he trained gates once a week or once every other week. Instead he worked on overall skiing skills which made him cherish the time in gates. Gate training was a privilege.
- Most important thing is to have fun and ski as much as you can.
- If you are having fun it's easier to want to work hard to develop your skiing skills.

"Too often learning the proper use of the poles, pole plant mechanics and timing is neglected in the coaching of younger athletes. This is a mistake, because it limits their long-term development as skiers and their total skill package they bring to competition."

Now for our training session this week- Pole Plant. The [Level 100 Ski Fundamentals Manual](#) states:

Why do we pole plant? Pole plant helps with timing of the new turn, balance, stabilization of the upper body. Set environments that force the athletes to use their poles. In other words, the drills are easier with a pole plant. Use short courses combined with free skiing to create the muscle memory of a pole plant or pole touch. Here are some environments to try:

- Walk with pole plant. Have young athletes take their skis off and walk, this will get them used to the timing and movement of a pole touch.
- [Brushes in moguls](#) (video courtesy of Ski Coach Alpine Canada)
- [Snake Drill](#): (Video courtesy of Kathy Okoniewski) Use moderate terrain.

- **Fred's Drill** (stubby SL with pole plant indicator) Use one color for the turn and another color for the pole plant indicator. Pole plant indicator should go $\frac{1}{3}$ rd of the way between the two gates and just inside. Setting the indicator brush in the right spot can be difficult but keep trying and make adjustments, practice makes perfect! Athletes need to be looking ahead (blue-blue, red-red) otherwise this drill won't work. They will be below the line and below the brush indicator.

<https://vimeo.com/306575309> (video courtesy of Christine Booker BMA)



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If you are still looking for more drills, here is a list from the [Level 100 Ski Fundamentals Manual](#)

Exercises	Rotary	Edging	Pressure
Airplane turns	****	**	***
Arms crossed across chest with short turns	****	*	*
Angulation (aka Schlopy) drill	*	***	**
Backward skiing	**	****	*
Backward skiing short turns	****	**	*
Bunny hop turns	*	**	****
Camel jump in wave track	*	**	****
Carving leapers	***	***	***
Charleston	***	*	**
Corridor drill	*	***	***
Double pole plants	****	***	**
Edging drill	*	***	**
Freeski hourglass	**	**	**
Freeski moguls in "V" shaped corridor	**	**	**
Freeski with pole plant	**	**	**
Freeski - varied terrain and snow conditions	**	**	**
Garlands	**	****	***
Hands held in front without poles during short turns	****	**	**
Hands in front holding pole shafts horizontally like a tray	****	**	**
Hands in front holding pole shafts vertically	****	**	**
High tuck turns	***	**	**
Hockey stops	****	**	**
Hop turns switching between tip and tails on snow	****	**	***
Hop turns with tails on snow	****	**	***
Hop turns with tips on snow	****	**	***
Hop turns, Zottos, Pole walk, Speiss	****	**	**
Javelin turns	****	**	***
Linked turns in wave track	**	**	****
Long radius turns in moguls	**	**	****
Moguls	****	**	***
One ski skiing	***	****	**
One ski skiing hourglass	***	****	**

One ski skiing with lane changes	**	****	*
One ski skiing without poles	***	****	**
One thousand pole plant drill	***	*	**
One thousand steps	*	****	**
Outrigger drill	*	**	***
Outside ski turns	**	*	****
Patience turns	*	**	****
Pole jumpers	*	*	****
Pole jumpers in tuck	*	*	****
Pole plants with bamboo gates	****	*	*
Shuffle turns	*	*	***
Sideslip	*	****	**
Sideslip to pivot	****	**	**
Sideslip to straight run to sideslip	****	**	*
Sideslips with edge sets	*	****	**
Skate down fall-line	*	**	***
Skate turns	*	**	***
Slow as you can go turns	**	****	**
Step turns	*	***	**
Straight run in wave track	*	*	****
Straight run to side slip with edge set	****	***	**
Synchronized skiing	**	**	***
Traverses	*	***	*
Turn on the flexion	**	*	****
Turn on outside ski only	**	**	****
Turn shape drill	*	***	***
Two steps and turn	*	***	**
Up and over drill	*	***	**
Vertical brush quickness course	****	**	**
Wedge swing hops	***	**	*
White Pass turns, Hangers	**	****	***

Still don't have enough? Continue using the [SkillsQuest](#) videos and the [Center of Excellence TV](#)

Remember to **Keep It Simple!**

Next Up: Stable Upper Body

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