

COACHES' CORNER



VARA YOUTH ON SNOW IDEAS JANUARY 26 (U10-U12 GROUP)

This is the last of the 8-week email session. All of your athletes have perfect fundamentals and are ready for the World Cup! We know that isn't the case. We know that working on your skiing is a daily task that never ends and is hard work. Remind your athletes that the best skiers in the world are constantly working on their skills, that's how they continue to be successful.

Over the past 8 weeks we have addressed athletic stance, balance, pole plant, weight transfer, lower leg movement and soon to be discussed-stable upper body. Drill ideas and suggestions have been provided to compliment your own individual training plans for your athletes. Remember that everything should be a PROGRESSION. Use the drills when you believe your group is ready for them and add your own creativity. Increase the difficulty when your athletes are ready for another challenge. Revisit the drills you have had good results with and remember to keep the sessions active and fun!

Our last area of focus is stable upper body. Without a stable upper body you lose balance and the ability to pressure and edge. One athlete that has exceptional upper body discipline is Austrian World Cup racer [Marcel Hirscher](#) Check out this video of him training SL. Watch his upper body and take note of the offset. Setting courses with offset is something we need to do with our young ski racers.

Here are some suggestions:

- Brush picket fence: With poles, without poles, arms crossed ([U10 no poles](#))
- Straight pole picket fence:
- [One ski brush picket fence](#) (video courtesy Ashley Sargent BMA)
- [Hands on hips](#) (video courtesy of Ashley Sargent BMA)
- [Picket Fence fun variation](#)

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Level 100 Ski Fundamentals Manual

- Double pole plants
- Hands in front holding shafts of poles horizontally like a tray
- High tuck turns
- Hockey stops
- Wedge swing hops
- Counter rotation emphasis
- Emphasis on facing down the hill
- Garlands
- Hands folded across chest
- Hands in front
- Hands in front as if holding a tray
- Hands in front holding pole shafts vertically like looking through a window
- Hands in front holding shafts of poles vertically like looking through a window
- Hands in front of body
- Hop turns, Pole walks, Speiss, Zottos
- Hop turns, Pole walks, Speiss, Zottos without poles
- Javelin turns
- Moguls
- Pole plants with bamboo gates
- Ski poles strapped on hips
- Turns on outside ski only

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

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