

SPORTCHEK



SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

LEVEL 3

THE MOBILE SKIER

SKILL LEVEL ATTRIBUTES:

- INTRODUCTION TO TURNING & CARVING SKILLS
- MAINTAINING FORE AFT MOVEMENT
- INTRO TO LATERAL MOVEMENT (LATERAL PUSH)
- INTRODUCTION OF POLE PLANT
- PSYCHOLOGICAL SKILLS
- COMPETITIVE SPIRIT

KEY FOCUS:

Speed Skill Suppleness

COUNTS TOWARDS EVALUATION

	MID SEASON PROGRESS			END OF SEASON EVALUATION		
	B	S	G	B	S	G
DEMONSTRATE TECHNICAL SKILLS						
Corridor sliding. Stop using a pole touch and upper and lower body separation						
180 switches using all joints						
1000 Steps through entire turn from carving outside ski and using all joints.						
30 speiss using all joints and upper body separation						
Free run carving on blue terrain using all joints in all planes						
Short turns controlling speed in the bumps						
DEMONSTRATE DECISION/REACTION SKILLS						
Brush course splits into 2 different courses. Skier Responds to Coach signals						
DEMONSTRATE GATE SKILLS						
Blue terrain: Straight Flush, Stubbies 2m VD						
Blue terrain: 30 Stubbies, 4m VD, 2m OS						
DEMONSTRATE SPEED SKILLS						
Demonstrate good tuck position in motion						

B BRONZE = ACQUISITION OF SKILLS

- Can perform tasks at own pace in a stable, predictable, distraction free environment.
- Coach can see that task is being executed in its general form, major improvement needed
- Can repeat the task often with moderate precision

S SILVER = CONSOLIDATION OF SKILLS

- Correct execution in variable conditions
- Speed is increased moderately
- Movement are getting more precise and consistent

G GOLD = REFINEMENT OF SKILLS

- Minor improvement needed.
- High degree of precision and consistency in movements.
- Can perform skill at fast speed without fault.

SKILLS AND KNOWLEDGE ACQUIRED FOR THIS LEVEL

PSYCHOLOGICAL SKILLS Skiers must choose and remind themselves of one skill while training; Skier answer a question why a mechanical principle works in practice.				CANADIAN SKI HERO Name 3 facts about a national team racer (equipment, best results, which club are they from, etc.)			
RACING SKILLS Straddle brush dual: set half turns on green terrain.				ATHLETIC SKILLS 25m timed round trip skate on flat terrain			
PHYSICAL CAPACITIES Dryland: Vertical jump (score:); Broad jump (score:); Agility run (score:); Fun stretching				ANCILLARY KNOWLEDGE Skis get put on the rack. Nutritional Awareness.			
ENVIRONMENT Free skiing tight turns over break-over maintaining control or Half pipe turns as high as possible with no jump				PARA SKILLS All the skills listed above can easily be adapted to para-skiers if required. Many of the drills and skills are transferable to para-skiers with little to no modification (for instance all pole plant drills can be done with outriggers), while others may require some adjustments (one-leg drills will not apply to sit skiers). The key is to adapt the drill specific to the needs and ability of the individual you're working with. You will find as you work with the skier, you will develop a good understanding of what they are physically capable of. Modifications may need to be made based on physical capacities, but while still teaching the same technical skill. When you are working with a para skier do not be scared to modify a drill to better suit their needs! If you have more questions about para-athletes and the technical skills please refer to http://www.alpinecanada.org/para-alpine/development-para-alpine			
MID SEASON PROGRESS				B	S	G	
COMMENTS							
END OF SEASON EVALUATION				B	S	G	NEXT RECOMMENDED LEVEL:
COMMENTS							To move on to the next level: <ul style="list-style-type: none"> · MUST have – minimum 2 SILVER and rest GOLD for all skiing skills (page 1) · NICE to have – progress on Skills and Knowledge Acquired for this level (page 2)