

**CRAIGLEITH RACING**

**COACHES**

**POCKET PRO**



# **CHARACTERISTICS OF GREAT RACERS**

## **1. All around Athleticism.**

Young athletes should be exposed to a wide variety of sports throughout the year. Make daily opportunities to experience a broad range of athletics.

## **2. Agility and Explosiveness.**

Due to every changing conditions, courses and slopes ski racers need to be explosive and agile. Make daily opportunities to develop explosive power.

## **3. Fast Decision Makers.**

Because of the ever-changing racing environment; skiers must be fast decision makers. Think of it as “reflex decisions” training must constantly vary and challenge athletes.

## **4. Early Competitive Drive.**

Include the scrimmage concept into training whenever possible. This will motivate, and create a fun environment.

## **5. High Volume of Ski Mileage.**

Make the most of your time on snow, young athletes will learn more from skiing than from listening or watching.

## **6. Technically Correct before PHV**

By the end of K1 the technical basics should be in place, so athletes can focus on speed and tactics in K2 and beyond.

## **7. Winning Mind.**

Foster and encourage a desire to win and succeed.

# BASIC SKIING SKILLS

## **1. Stance.**

Skiers natural posture and width of stance, to suit terrain, speed and turn shape.

## **2. Balance and Movement.**

- Aligned and relaxed in an athletic posture in all planes.
- Planes- Forward/ back, Vertical, Lateral, Rotational.

## **3. Timing.**

Ability to determine when to initiate or complete an action. (Pole plant, turn initiation, pressure building and release.)

## **4. Coordination.**

Ability to bring gross and fine motor movement into a common movement or pattern.

## **5. Edging.**

Combining inclination and angulation to put ski on edge.

## **6. Steering.**

Ability to utilize fine motor skills in lower leg and foot to guide skis.

## **7. Pressure..**

Ability to load and unload skis at the appropriate time.

**BEST DRILLS FOR WARM UP****COMBINE DRILLS & MIX UP TERRAIN TO CHALLENGE**

Exercise	Space	Lateral	fore/ aft	vertical	Rotational	Line	Co-ord.	Edging	pivoting	timing	pressure
Boots Undone	\$	\$	\$		\$		\$	\$	\$		\$
100 Steps	\$	\$		\$		\$	\$	\$			\$
Hands all Over	\$	\$	\$	\$	\$		\$			\$	
Hip lift/posture	\$		\$	\$	\$		\$			\$	
Varied Terrain	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$
Narrow stance	\$	\$					\$	\$		\$	
Too Far	\$		\$		\$					\$	
Jump Turns	\$		\$	\$	\$		\$	\$	\$	\$	
Hopping/sing	\$		\$	\$			\$	\$	\$		\$
Edge to Edge		\$			\$	\$	\$	\$	\$	\$	\$
Power Flow	\$	\$			\$			\$	\$		\$
Norge Role Plant	\$	\$	\$				\$			\$	
Spagheti! Legs	\$			\$			\$	\$	\$		
GS/FreeSki Bumps	\$		\$	\$		\$	\$	\$	\$	\$	\$

**BEST DRILLS FOR SCRIMMAGE****DO THESE IN COURSE ENVIRONMENTS**

<b>Exercise</b>	<b>Space</b>	<b>Lateral</b>	<b>fore/ aft</b>	<b>vertical</b>	<b>Rotational</b>	<b>Line</b>	<b>Co-ord.</b>	<b>Edging</b>	<b>pivoting</b>	<b>timing</b>	<b>pressure</b>
Spies	\$		\$	\$	\$		\$		\$	\$	
Bumps	\$		\$	\$	\$	\$	\$			\$	\$
Inside Ski	\$	\$	\$					\$			\$
One Ski	\$	\$	\$		\$			\$	\$		
Fig 8 skate	\$	\$	\$				\$	\$		\$	\$
Charleston	\$	\$			\$		\$	\$	\$	\$	\$
Switch Skiing	\$	\$	\$		\$	\$	\$	\$	\$	\$	\$
No Poles	\$	\$	\$		\$		\$				
Snowblades	\$		\$			\$		\$	\$		\$
Tuck turns		\$	\$			\$	\$	\$	\$		\$
Handle Bars	\$		\$		\$		\$				
360's	\$		\$	\$	\$		\$			\$	
Synchro						\$	\$	\$	\$	\$	\$
Linked 360's	\$		\$				\$	\$	\$		\$

# **BASIC SL SKIING GOALS**

## **1. At the gate.**

- ✓ Upper/ lower body separation.
- ✓ Body and head are inside gate.
- ✓ Gate is blocked with pole and shin.

## **2. Between the Gates.**

- ✓ Body athletically re-centers toward inside of next gate.
- ✓ Solid single or double pole plant.
- ✓ Skis roll over quickly and pressured above next gate.  
90% outside ski.

## **3. Approaching the Gate.**

- ✓ Skier angulation and edge angle increases as the pressure of the turn increases.
- ✓ Centre of mass moves forward along the line of travel.
- ✓ All movements are progressive and executed with rhythm and flow.

## **4. Tactical Considerations.**

- ✓ Controlling speed.
- ✓ Maintaining speed.
- ✓ Generating speed.
- ✓ Calculated risks on an effective line.

**NG can work toward these goals in stubby  
and brush environments.**

## SL DRILLS

- **Handlebar/ horizontal pole in SL course.**
- **Impossible Flush.**
- **Hairpin Drill.**
- **Coridors, and defined corridors.**
- **Phase 2 Drill, turn shape drills.**
- **SL course in bumps.**
- **Mark Sharp drill.**
- **SL course, set for speed, set for lateral offset, rhythm change.**
- **Constantly vary sets, change gates during training, run without inspection.**
- **Use video and Timing.**
- **Training starts and finishes with timing**
- **Set for outcome. Evaluate and adjust.**

- **Constantly vary set, make changes.**

## **BASIC GS SKIING GOALS**

### **5. At the gate.**

- ✓ Upper/ lower body separation while carving outside ski.
- ✓ Centre of mass moves along the line of travel.

### **6. Between the Gates.**

- ✓ Body athletically moves over skis in direction of new turn.
- ✓ Pole touch movement.
- ✓ As body crosses to inside of arc, skis are rolled over simultaneously before fall line.
- ✓ Carving begins with lower joint flexion

### **7. Approaching the Gate.**

- ✓ Body faces the same general direction as the top of turn.
- ✓ Angulation and edge angles increase as pressure builds.
- ✓ All movements are progressive and executed with rhythm and flow.

### **8. Tactical Considerations.**

- ✓ Controlling speed.
- ✓ Maintaining speed.
- ✓ Generating speed.
- ✓ Calculated risks on an effective line.

**NG can work toward these goals in stubby and brush environments.**

### **GS DRILLS**

- **GS line drill**
- **Fore aft balance drill**
- **Phase 2 drill**
- **Vertical movement drill**
- **Corridor sets**
- **Tuck turn course**
- **Handlebar through course**
- **GS in Bumps**
- **Challenge with terrain, very flat for gliding and soft edge, very steep for line and anticipation.**
- **Use die or brushes as triggers/markers**
- **Use video and timing (stopwatch works too)**
- **Set for outcome. Evaluate and adjust.**
- **Constantly vary set, make changes.**

## **SETTING GUIDELINES**

### **NG- Motor skill development**

- SL quickness drills 2-6m
- GS explosive drills 10-18m
- Carving drills 18-20m

### **K1- Motor skill dev. And intro to tactics**

- SL drills from 4-12m
- GS drills from 15-20m- explosive drills
- 20-25m carving drills

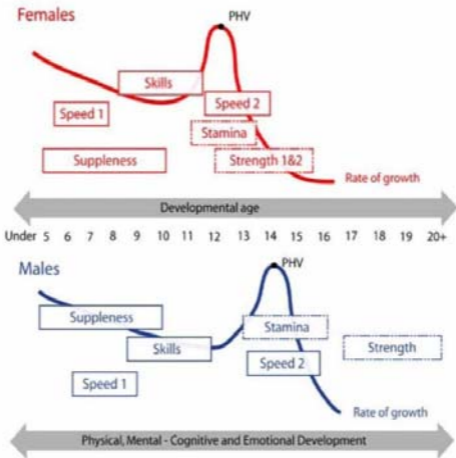
### **K2- motor skills, and automate tactics**

- Train at race speeds, use timing more
- SL distances 6-12m
- GS distances 15-25m
- 25-28m high speed training

### **Race Simulation- As close to real as possible.**

- Vary setting types, outside poles, panels
- Timing, die, suits and bibs

# WINDOWS OF OPTIMAL TRAINABILITY



All systems are always trainable!

## **RANDOM FACTS**

- # of gates/ brushes in high volume day
  - a) GS: NG 100, K1 100-150, K2 150-200
  - b) SL: NG 300 K1 300-400, K2 400
- Average ski day includes 20 min. time on task.
- It takes 10,000 hours of training to become an elite athlete.
- Kids love Duals!
- Recommended days on snow per season
  - a) NG 55+, K1 75+ days, K2 100+ days.
- Fundamental sports skills:
  - a) Catch, Jump, Run, Swim, Throw.
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## **SKILLS TESTING**

## Always consistent length and grade

- 1. SPIESS**
  - # of turns, # turns/total time
  - Blue run.
- 2. FALL LINE SKATING**
  - Time to finish.
  - Green run.
- 3. IMPOSSIBLE FLUSH**
  - set distances from 8m-2m, 18 gates
  - time to finish + 1sec. per miss gate
- 4. SPEED TRAP**
  - No push or pole, straight tuck.
  - Top speed, Time to finish.
- 5. OBSTACLE COURSE**
  - Flat area at top or bottom.
  - Time to complete, 1sec penalty for errors
- 6. ONE SKI SLALOM CORRIDOR**
  - 12m set, 3m offset.
  - Time to finish.

# Challenge your Athletes

