

<b>ALPINE RACE TRAINING PLAN -CHRISTMAS CAMP</b>		<b>PLATTEKILL MOUNTAIN</b>	
<b>FOCUS:</b> Dynamic Stance and Balance		<b>DATE:</b> 12/27: Christmas Camp-Early Season	<b>LOCATION:</b> Various
<b>GROUP:</b> U10's-U16's			
<b>SESSION GOAL:</b> Focus on balanced athletic position to withstand changing demands of skiing			
<b>SESSION SKIING GOALS:</b>		<ol style="list-style-type: none"> <li>1. Reinforce balance in motion</li> <li>2. Reinforce flexion of ankles and knees</li> <li>3. Hands forward</li> <li>4. Develop/reinforce independence of upper and lower body-angulation</li> </ol>	
<b>TIME</b>	<b>SESSION</b>	<b>DRILL/COURSE DETAILS</b>	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
½ hour	1000 steps	Emphasis on keeping CoM above the feet while deliberately moving to chosen ski edge	
½ hour	Basic Traverse	Emphasis on ankle flexion, laterally rolling ankles and knees to tip the ski on edge while traversing across the slope and maintaining dynamic balance throughout the traverse.	
1 Hour	Basic Parallel Turns	Emphasis maintaining dynamic balance using flexion and extension movements of a skidded turn while recentering the CoM in direction of travel.	
½ hour	Arms in Various Positions	Emphasis on upper stability and promote dynamic leg mobility while performing linked turns.	
½ hour	Airplane Wings	Emphasize concept of angulation and enhance awareness of CoM positioning.	
½ hour	Garlands	Reinforce edging and pressuring the skis while maintain dynamic balance	
1 hour	Free Skiing Hour Glass	GS turns to SL turns to reinforce coaching points of the day	
15 min	Conclusion	Wrap up key coaching points	

Link to drills: Link to drills: <https://videos.us skiandsnowboard.org/alpineed/category/videos/alpine-guide-to-ski-fundamentals>

ALPINE RACE TRAINING PLAN		PLATTEKILL MOUNTAIN	
<b>FOCUS:</b> Dynamic Stance and Balance		<b>DATE:</b> 12/28: Christmas Camp-Early Season	<b>LOCATION:</b> Various
<b>GROUP:</b> U10's-U16's			
<b>SESSION GOAL:</b> Focus on balanced athletic position to withstand changing demands of skiing			
<b>SESSION SKIING GOALS:</b>		<ol style="list-style-type: none"> <li>1. Reinforce balance in motion</li> <li>2. Reinforce flexion of ankles and knees</li> <li>3. Hands forward</li> <li>4. Develop/reinforce independence of upper and lower body-angulation</li> </ol>	
TIME	SESSION	DRILL/COURSE DETAILS	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
½ hour	1000 steps	Emphasis on keeping CoM above the feet while deliberately moving to chosen ski edge	
½ hour	Falling Leaf	Emphasis on maintaining fore and aft balance throughout the turn relatively round turns and looking ahead.	
1 hour	Framing Drill	Emphasis on upper body stability and dynamic leg movement.	
1 hour	Javelin	Emphasis on dynamic balance on outside ski	
1 hour	Free Ski with Lane Changes	Emphasis on maintaining balance throughout the turn and executing relatively round turns and looking ahead.	
15 min	Conclusion	Wrap up key coaching points	

Link to drills: Link to drills: <https://videos.usskiandsnowboard.org/alpineed/category/videos/alpine-guide-to-ski-fundamentals>

<b>ALPINE RACE TRAINING PLAN</b>		<b>PLATTEKILL MOUNTAIN</b>	
<b>FOCUS:</b> Dynamic Stance and Balance and Edge Control		<b>DATE:</b> 12/29: Christmas Camp-Early Season	<b>LOCATION:</b> Various
<b>GROUP:</b> U10's-U16's			
<b>SESSION GOAL:</b> Focus on balanced athletic position to withstand changing demands of skiing			
<b>SESSION SKIING GOALS:</b>		<ol style="list-style-type: none"> <li>1. Reinforce balance in motion</li> <li>2. Reinforce flexion of ankles and knees</li> <li>3. Hands forward</li> <li>4. Develop/reinforce independence of upper and lower body-angulation</li> </ol>	
<b>TIME</b>	<b>SESSION</b>	<b>DRILL/COURSE DETAILS</b>	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
½ hour	One Ski Skiing	Emphasis on edge control and adjusting CoM one ski only.	
1 hour	Thumper Drill	Emphasis on dynamic balance on the turning ski	
1 hour	Stacking Drill	Emphasis on dynamic balance, active weight transfer and rolling of ankles and knees for edging	
1 hour	Short Radius Turns	Emphasis on balance over the outside ski and upper and lower body independence	
15 min	Conclusion	Wrap up key coaching points	

Link to drills: Link to drills: <https://videos.us skiandsnowboard.org/alpineed/category/videos/alpine-guide-to-ski-fundamentals>

ALPINE RACE TRAINING PLAN		PLATTEKILL MOUNTAIN	
<b>FOCUS:</b> Dynamic Stance and Pressure in the Fall		<b>DATE:</b> 12/30: Christmas Camp-Early Season	<b>LOCATION:</b> Various
<b>GROUP:</b> U10's-U16's			
<b>SESSION GOAL:</b> Understanding the fall line and apex of the turn			
<b>SESSION SKIING GOALS:</b>		<ol style="list-style-type: none"> <li>1. Understand the fall line</li> <li>2. Understand pressuring in the fall line</li> <li>3. Understand proper turn shape to use the fall line</li> </ol>	
TIME	SESSION	DRILL/COURSE DETAILS	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
1 hour	Free Ski Lane Changes	Emphasis on Using shape to control speed	
1 hour	Free Ski Lane Changes with Blue Dye	Emphasis on understanding the fall line, crossing the fall to initiate the next turn	
2 hour	Corridor Drill with Blue Dye	Emphasis on placing apex of the turn on the blue line and carving the skis within the intended turn radius	
15 min	Conclusion	Wrap up key coaching points	

Link to drills: Link to drills: <https://videos.us skiandsnowboard.org/alpineed/category/videos/alpine-guide-to-ski-fundamentals>

<b>ALPINE RACE TRAINING PLAN</b>		<b>PLATTEKILL MOUNTAIN</b>	
<b>FOCUS:</b> Dynamic Stance, Upper Body Discipline, and Pressure in the Fall		<b>DATE:</b> 12/31: Christmas Camp-Early Season	<b>LOCATION:</b> Various
<b>GROUP:</b> U10's-U16's			
<b>SESSION GOAL:</b> Understanding the fall line and apex of the turn			
<b>SESSION SKIING GOALS:</b>		<ol style="list-style-type: none"> <li>1. Understand the fall line</li> <li>2. Understand pressuring in the fall line</li> <li>3. Understand proper turn shape to use the fall line</li> </ol>	
<b>TIME</b>	<b>SESSION</b>	<b>DRILL/COURSE DETAILS</b>	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
1 hour	Free Ski Lane Changes	Emphasis on Using shape to control speed	
1 hour	SL Stubbies	Emphasis on dynamic skiing from ski to ski	
2 hour	Dual SL Stubby Race	Emphasis on applying blended skills in a simulated racing format	
15 min	Conclusion	Wrap up key coaching points	