

ALPINE RACE TRAINING PLAN		PLATTEKILL MOUNTAIN
FOCUS: Dynamic Stance and Turn Initiation		DATE: 1/7-1/8: -Early Season
GROUP: U10's-U16's		LOCATION: Northface or Shredded Mozzarella (Snow depending)
SESSION GOAL: Focus on balanced athletic position, turn initiation		
SESSION SKIING GOALS:		<ol style="list-style-type: none"> 1. Reinforce balance in motion 2. Convey understanding of the rise line to start the turn above the gate
1/8		Review and Reinforce Dynamic Balance
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.
1 hour	Framing Drill	Emphasis on upper body stability and dynamic leg movement.
1 ½ hours	SL Stubbies	Emphasis on Dynamic Skiing from Ski to Ski
15 min	Conclusion	Wrap up Key Coaching Points
1/9		DRILL/COURSE DETAILS
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up
½ hour	Stacking Drill	Promote dynamic balance, active weight transfer in transition and rolling ankles
1 ½ hours	SL Brushes	Quick turns in the fall line; 2 X 20; 1.75 picket fence
1 ½ hours	Rise Line Drill in SL Setting	Set on 1/8 Impart understanding that turn occurs at the rise line
15 min	Conclusion	Wrap up key coaching points

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

Note: B-netting may need to be set on 1/7 with help from coaches, athletes, and members of ski patrol. This initiative will depend on mountain operations delivering b-netting rolls to top of training area during the week prior to 1/7.

ALPINE RACE TRAINING PLAN		PLATTEKILL MOUNTAIN	
FOCUS: Dynamic Stance, Upper Body Discipline, and Curve Turn in the Fall Line		DATE: 1/14-1/15: -Early/Mid-Season	LOCATION: Northface
GROUP: U10's-U16's			
SESSION GOAL: Understanding the fall line and apex of the turn			
SESSION SKIING GOALS:		<ol style="list-style-type: none"> 1. Understand the Fall Line 2. Understand and apply pressuring in the fall line 3. Understand proper turn shape to Use the fall line 	
TIME	SESSION	DRILL/COURSE DETAILS	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
1 hours	Free Ski with Lane Changes	Emphasis on maintaining balance throughout the turn and executing relatively round turns and looking ahead.	
2 ½ hours	Apex Drill (turn shape) set for GL and SL	Emphasis on starting turn at the top of brush/gate and ending at the bottom brush/gate.	
15 min	Conclusion	Wrap up key coaching points	

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

ALPINE RACE TRAINING PLAN		PLATTEKILL MOUNTAIN	
FOCUS: Upper Body Discipline, and Pressure in the Fall		DATE: 1/21-1/22: Early-Mid Season	LOCATION: Northface
GROUP: U10's-U16's			
SESSION GOAL: Understanding the fall line and apex of the turn			
SESSION SKIING GOALS:		<ol style="list-style-type: none"> 1. Upper body facing down the hill 2. Introduction to gate clearing 3. Active pole plant at turn completion 	
TIME	SESSION	DRILL/COURSE DETAILS	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
1 hour	Blocking Pole Plant	Execute short radius turns with a form pole plant; plant is lateral to ski, upper body is stable.	
2 ½ hours	Diamond Hitch	10 turns with 3-meter off set from brush to gates and 10 meter vertical distance from brush to gate.	
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	
FOCUS: Application of Dynamic Stance, Upper Body Discipline, and Pressure in the Fall		DATE: 1/28 and 1/29: Mid-Season	LOCATION: Lower Northface
GROUP: U10's-U16's			
SESSION GOAL: Understanding the fall line and apex of the turn			
SESSION SKIING GOALS:		1. Application of blended skills on demand	
TIME	SESSION	DRILL/COURSE DETAILS	
1/29	Parallel Slalom Race		
1 hour	Team Meeting and Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
½ hour	Course set	Coaches set course and athletes and parents assist.	
2 hour	Parallel Slalom Race	Race based on brackets and grouped by ability	
2 hour	Awards	Awards at race shack and cookout	
1/30	Panel Slalom Drill		
1 hour	Team Meeting and Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
2 hour	Panel Slalom Drill (Morning)	12 gate set with consistent corridor of 13-17 meters between gates. Athletes will come to a full stop at the bottom of this section and will be asked to visual their best turns to challenge them to think about it and remember the feeling.	
2 hour	Dual Format Drill (Afternoon)	16 gate set with consistent corridor of 13-17 meters between gates. Athletes challenge themselves against each other via application of blended skills.	
15 min	Conclusion	Wrap up key coaching points	

ALPINE RACE TRAINING PLAN		PLATTEKILL MOUNTAIN	
FOCUS: Upper Body Discipline, and Pressure in the Fall		DATE: 2/4-2/5: Early-Mid Season	LOCATION: Shredded Mozzarella and Bottom of Blockbuster (weather permitting)
GROUP: U10's-U16's			
SESSION GOAL: Understanding the fall line and apex of the turn			
SESSION SKIING GOALS:		<ol style="list-style-type: none"> 1. Upper body facing down the hill 2. Gate clearing 3. Active pole plant at turn completion 	
1/5- Shredded Mozzarella and 1/6 Bottom of Blockbuster			
TIME	SESSION	DRILL/COURSE DETAILS	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
1 hour	Blocking Pole Plant	Execute short radius turns with a firm pole plant; plant is lateral to ski, upper body is stable.	
2 hour	Diamond Hitch Drill	10 turns with 3-meter offset from brush to gates and 10-meter vertical distance from brush to gate.	
2 hour	Dual Slalom	2x20 8-meter, easy rhythm. Athletes challenge themselves against each other via application of blended skills.	
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	
FOCUS: Understanding Slalom, Upper Body Discipline, and Pressure in the Fall		DATE: 2/11-2/12: Mid-Late Season	LOCATION: Northface (weather permitting)
GROUP: U10's-U16's			
SESSION GOAL: Understanding a slalom course and self-expression of skills			
SESSION SKIING GOALS:		<ol style="list-style-type: none"> 1. Upper body facing down the hill 2. Gate clearing 3. Understanding hairpins, flushes and delay gates 	
TIME	SESSION	DRILL/COURSE DETAILS	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
1 hour	Picket Fence	2x20 2 meter brush	
2 hour	Slalom Gates	Normal Rhythm SL 2x30 12 meter SL	
15 min	Conclusion	Wrap up key coaching points	

ALPINE RACE TRAINING LESSON PLAN		PLATTEKILL MOUNTAIN	
FOCUS: Turn Shape, Pressure in the Fall, and GS Course Sets		DATE: 2/18-2/19: Mid-Late Season	LOCATION: Northface (weather permitting)
GROUP: U10's-U16's			
SESSION GOAL: Understanding a giant slalom course and self-expression of skills			
SESSION SKIING GOALS:		<ol style="list-style-type: none"> 1. Pressure in the fall 2. Dynamic balance and edging 3. Rotation when necessary 	
TIME	SESSION	DRILL/COURSE DETAILS	
1 hour	Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
2 hours	Apex Drill (turn shape) set for GS	Emphasis on starting turn at the top of gate and ending at the bottom gate.	
2 ½ hours	GS Course Set	Normal Rhythm 2x30 24 meters with emphasis on understanding delayed gates	
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	
FOCUS: Application of Blended Skills		DATE: 2/25 and 2/26: Late-Season	LOCATION: Lower Northface
GROUP: U10's-U16's			
SESSION SKIING GOALS:		1. Pressure in the fall line and separation of upper and lower body.	
TIME	SESSION	DRILL/COURSE DETAILS	
2/26	Varied Training Promoting Active Lower Body		
1 hour	Team Meeting and Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
2 hour	Corridor Drill to Pivot Slip to Picket Fence	Segmented training environment starting with a 7-meter corridor and using 10 brushes on each side. Next segment is a 6-meter corridor requiring a series of pivot slips right and left in a straight line. The final segment is a picket fence using 10 slalom poles six meters apart.	
2 hour	Slalom Gates	Normal Rhythm; Open SL 2X20 10-11 meter set.	
2/27	Panel Slalom Drill		
1 hour	Team Meeting and Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
2 hour	Panel Slalom Drill (Morning)	12 gate set with consistent corridor of 13-17 meters between gates. Athletes will come to a full stop at the bottom of this section and will be asked to visual their best turns to challenge them to think about it and remember the feeling.	
2 hour	Dual Format Drill (Afternoon)	16 gate set with consistent corridor of 13-17 meters between gates. Athletes challenge themselves against each other via application of blended skills.	

ALPINE RACE TRAINING LESSON PLAN		PLATTEKILL MOUNTAIN	
FOCUS: Application of Blended Skills		DATE: 3/4 and 3/5: Late-Season	LOCATION: Lower Northface
GROUP: U10's-U16's			
SESSION GOAL: Wrap and Have Fun			
SESSION SKIING GOALS:		1. Application of blended skills on demand	
TIME	SESSION	DRILL/COURSE DETAILS	
3/5	Dual Combi Race		
1 hour	Team Meeting and Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
½ hour	Course set	Coaches set course and athletes and parents assist.	
2 hour	Dual Combi Race	Race grouped by gender, age, and ability levels	
2 hour	Awards	Awards at race shack and cookout.	
3/6	Dual Panel Slalom and Year End Awards and Social		
1 hour	Team Meeting and Warm-Up	Team meeting at learning center, dynamic stretches, free ski runs to warm up	
1 hour	Dual Panel Slalom Race	16 gate set with consistent corridor of 18-20 meters between gates; easy even rhythm.	
2 hour	Awards	Awards at race shack and cookout.	