

SPORTCHEK



ALPINE CANADA ALPIN

SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

LEVEL 2

THE PARALLEL SKIER

SKILL LEVEL ATTRIBUTES:

- EXPERIMENTATION OF FORE-AFT MOVEMENT
- MAINTAIN VERTICAL MOVEMENT
- INTRO TO LOWER LEG JOINT MOBILITY
- VERTICAL EXPLOSIVENESS
- PSYCHOLOGICAL SKILLS
- INTRO TO COMPETITIVE SPIRIT

WINDOWS OF TRAINABILITY:

- SPEED 1, SKILL, SUPPLENESS

COUNTS TOWARDS EVALUATION

	MID SEASON PROGRESS			END OF SEASON EVALUATION		
	B	S	G	B	S	G
DEMONSTRATE TECHNICAL SKILLS						
Pure line traverse with exaggerated lower joint roll into the hill with upper and lower body separation						
Wobbly lower legs or hour glass movement						
Edge sets in traverse using as many joints as possible						
Ski under a bridge and jump over obstacles with use of all joints						
Parallel skiing using vertical movement						
DEMONSTRATE DECISION/REACTION SKILLS						
Skier chooses 2 arm actions and 2 leg actions						
Coach signals arm or leg stop signal						
Skier responds to visual and audible cues from coach						
Do you know why question on a ski action (coach design)						
DEMONSTRATE GATE SKILLS						
Green terrain: straight flush 25 brushes 2m VD						
Green terrain: 25 brushes, 2m VD, 2m OS						
DEMONSTRATE SPEED SKILLS						
Demonstrate good tuck position (stationary)						

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
- Movements 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

Imagery, Imagination skiing, Visualization and Relaxation (ex. Floating on a cloud, Be an animal or a machine, Jelly Belly)

CANADIAN SKI HERO

Name 3 facts about a national team racer (equipment, best results, which club are they from, etc.)

RACING SKILLS

Green terrain. 15-20 tight direction changes. Brushes, stubbies. Demonstrate downhill stop or hockey stop on both sides.

ATHLETIC SKILLS

Downhill lateral hops. Rebound ankle action as high as possible. On the spot ankle rebound jumps. Boots unbuckled and buckled. Legs must be straight in the air.

PHYSICAL CAPACITIES

Dryland: Standing vertical jumps (score:); Single and double leg hops (score:); Stretching; Fun 10sec sprints. 5X1 min. recovery.

ANCILLARY KNOWLEDGE

Perform warm-up with group and understand basic concepts (Coach questions). Up and down all around warm-up

ENVIRONMENT

Controlled turns on 3 different types of terrain. Adapts from flat to steep. Can be snow plow on steep.

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:

- 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)