



# **AOA Coaches Conference - U12**

Nov 3-4, 2018  
Caledon Ski Club

# WHAT'S COMING IN 2019

- CONTINUATION OF USE OF TERRAIN
- >USE OF TERRAIN IN TRAINING AND RACE ENVIRONMENTS IN U12
- AOA SKILLS CAMPS
- MARCH BREAK SKILLS FESTIVAL



## TECHNIQUE/SKILLS FOCUS 2018/19

- TEACHING AND ACQUISITION OF FUNDAMENTAL SKILLS IS THE FOCUS OF THIS SEASON FOR U12 SUB-COMMITTEE
- AOA WILL POPULATE SITE WITH CONTENT:
- >SETTING, EVALUATION AND INSTRUCTION OF SKILLS PRIMARILY RELATING TO STANCE AND BALANCE
- ADDITIONAL RESOURCES, REPORT CARDS AND TACTICS RELATING TO SKILLS AND DRILLS



# **MASTERMIND SKILLS FESTIVAL**

- SKILLS EVALUATIONS WILL BE ADDED TO THE EXISTING RACE STRUCTURE WITHOUT ADDING ADDITIONAL DAYS
- ALL DIVISIONS WILL HAVE QUOTA. 2017/18 - 1020 PARTICIPANTS IN U12
- SKILLS WILL BE EVALUATED IN PARALELL WITH ALPINE EVENTS
- SKILLS CHAMPIONS WILL BE AWARDED S-MEDIA PRIZE



# SKILLS STATION SAMPLES

KEEP IN MIND TERRAIN SELECTION IS VERY IMPORTANT FOR THESE STATIONS, AND CAN BE DEFINED AS:

- **BEGINNER** – green trails, very gradual pitch
- **EASY INTERMEDIATE** – steeper sections on green trails or flatter sections on blue trails, some pitch but speed can be easily controlled
- **INTERMEDIATE** – blue trails with greater pitch allowing for more speed



# SKILL STATIONS

- Corridor - (SL width, 6-10m), with dye line or without
- One ski skiing - set gates for skidded turns (4m VD, 2m OS) and GS radius on green terrain, or picket fence
- Pole Jumpers
- Braquage/pivot slips/180 switches
- Side slip traverse
- Picket fence - 1.5 - 2m VD. No offset, must be a non hinged gates (bamboo)
- Apex (SL)
- Skating race
- Linked 360's in prescribed VD

Variations of all of these can be done with or without poles, and with 2 skis or 1.

# CLUB EXCELLENCE

- CLUBS WISHING TO PARTICIPATE IN SKILLS FESTIVAL WILL BE ASKED TO MAKE THE FOLLOWING COMMITMENT:
- Agreement to train and focus on 6 identified skills across U10-U12 to Build our Base
- Agreement to have PL level coaches work with U10 and U12 athletes 2 training sessions per month
- Agreement to follow new LTAD pathways and CS4L physical literacy
- Agreement to deliver update on CE initiative to coaches, athlete and parents



# SKIING ASSESSMENT EXAMPLE

- Objective: To ski solely on one ski connecting medium radius turns (15-18m turn apex to turn apex).
- Primary Skill: Edging
- Justification: The ability to adjust pressure fore and aft as well as regulate pressure through the transition and turn are essential for ski racing. Having one ski eliminates the balance advantage of being able to move from foot to foot and demands that the ski racer adjust their center-of-mass from one ski only.
- Slope: Intermediate groomed terrain.



# ONE SKI SKIING ASSESMENT

- Description:
  - Skier wears one ski
  - Make eight linked medium radius (15-18m) turns
  - Foot without ski is held completely off the snow and maintains a non-swinging position
  - Skier will demonstrate right and left leg



# ONE SKI SKIING ASSESSMENT

- Criteria for perfect execution:
  - Free ski boot never touches the snow
  - Free ski boot is not used for balance adjustment
  - Speed is consistent throughout entire maneuver
  - Turns are relatively round, carved, and of consistent radius
- Ski poles are not used inappropriately for balance



# ONE SKI SKIING ASSESSMENT

- Total score is the average of the left and right scores. Starting with a perfect score of 10, subtract up to:
  - 1 point for every time the ski boot touches the snow
  - 1 point for every 10% of the drill cycle that the pole may be assisting balance (e.g., if the pole was dragged for 30% of the drill cycle then deduct 3 points)
  - 1 point for every non-round turn
  - 1 point for every non-carved turn
  - 1 point for every turn that results in a change of radius
  - 1 point for each turn that has a change in speed
  - 1/2 point for every swing of the free ski boot

