

U10 Overall Goal: Athletic Parallel Skiing

Correct & Energetic Movements are used to Control Parallel Skis

U10 Technical Themes – Developed in Free Skiing & Specific Environments; i.e., Picket Fence, Blue Line

Theme One: Athletic Alignment w Vertical Movement – Alignment in fore/aft, vertical and rotational planes

Athlete appears Relaxed, Flexed and Ready – Stance is Natural Width with Arms & Hands Up

Full Range of Vertical Movement – Active Hip & Knees – Ankles are less likely to Flex at U10

Theme Two: Parallel Skis while Pivoting w Lower Body – Legs do the turning – Separation starts

Theme Three: Weight on Downhill/Outside Ski – Independent leg action and balance

Theme Four: GS Turns – Lateral Movement – Parallel Edges – High Speed Grip Develops below Fall Line.

Theme Five: Forward Movement to Initiate Turn – Terrain Skiing – Moguls, Spines, Rollers

Theme Six: Quickness of Pivoting – Timing & Coordination and Reaction

Theme Seven: Steering – Control of Size and Shape of Turn in varied conditions and terrain

U10 Tactical Themes –Developed In and Out of Gate/Race Environments

Theme One: Looking Ahead develops anticipation – where do I want to start my turn?

Theme Two: Back Bone facing uphill leads to separation

Theme Three: Classic Style for all gates

Theme Four: Body/Shoulder Close to Gate – Feet Away

Theme Five: High & Wide Line Above Leads to Direction at the Gate Exit

Technical improvements and developments are rarely achieved in Gate Training/Race Courses – these are the environments best suited to Tactical Improvement.

**Improve technical skiing outside the gates
and then apply technique tactically in Gate Training/Race Courses.**