

U12 Overall Goal: Athletic & Adaptive Skiing

U12 Technical Themes – Developed in Free Skiing & Specific Environments; i.e., Brush Corridors, Drills

Theme One: Turn Initiation w Lateral Movement – COM moves downhill across the BOS (skis)
Edge First - Tilt the skis over before turning then

Theme Two: Separation is Natural to Turn Shape - Degree of Separation increases as the turn shape and size move to the fall line – slalom turns more separation than GS or SG turns

Theme Three: Dynamic Use of Lower Joints – active deep flexion of ankles and knees

Theme Four: Weight On and Carving of Outside Ski from the Fall Line

Theme Five: Pole Action specific to Turn Size and Shape – Slalom Plant & GS Touch

U12 Tactical Themes – Training Environments must be set w Specific Outcomes in Mind Set more skill exercises than general courses

Theme One: GS & Slalom - Skis in the fall line above the gate – Pressure in the fall line

Theme Two: GS - Inside shoulder should brush the gate w the back bone parallel to gate

Theme Three: Slalom - Moving inside corridor above the brush or stubbie gate

Theme Four: Intro to Cross Blocking

Theme Five: Terrain Appropriate Line Selection