

U14 & Up Overall Goal: Precision, Power & Speed

U14 Technical Themes – Precision & Reaction

Theme One: Early Lateral Platform

Theme Two: Lower Joint Movement (Shin Pressure) to create impulse/ski reaction

Theme Three: Quickness & Precision of Steering Legs and Feet

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

Theme Five: Pressure Control while Gliding, Tucking & Jumping

Theme Six: Perfectly timed event specific pole action

U14 Tactical Theme –Line Decisions – Anticipation & Selection = Speed

Theme One: Focus on Speed in all Events – Intro to Super G

Theme Two: Power Start

Theme Three: Moving Deeper inside Slalom Corridor

Theme Four: Quick off the Turn

Theme Five: Experimenting with Race Line – More Direct out of Gate