



2018 Seven Oaks Youth Ski Development & Race Team Training Outline

Daily Schedule:

- 9:15-9:30 – Review team photos/video from prior week
- 9:30-9:45 a.m.– Skiing drill discussion and video examples
- 9:45-10 a.m.– Boot-up
- 10-10:15 a.m.– Warm-up runs/coaches set up drills
- 10:15-11:15 a.m.– Training runs with drills
- 11:15 a.m.-12:15 p.m.– Run course
- 12:15-12:30 p.m.– Break down course
- 1 p.m.-? – Free ski with on-the-fly personal coaching (optional)

JANUARY 6, 2018 - PRESSURE

Pole jumpers	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-2/pole-jumpers
Pole jumpers in tuck	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-3/pole-jumpers-in-tuck

JANUARY 13, 2018 - EDGING

Outside ski turns – tail lift	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-2/outside-ski-turns
Outside ski turns – whole ski lift	

JANUARY 20, 2018 - ROTARY

Hockey stop	https://www.psia-nw.org/video-galleries/alpine-level-i-tasks/hockey-stop/
Straight run to side slip with edge set	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-2/side-slip-with-edge-set

JANUARY 27, 2018 – IOWA WINTER GAMES / BALANCE

Free ski with pole usage – fine tune turn shape and pole touch technique	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-2/freeski-pole-usage
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FEBRUARY 3, 2018 - PRESSURE

Straight run wave track (will need coordination with grooming staff)	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-4/wave-track
Linked turns in wave track	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-5/linked-turns-in-wave-track

FEBRUARY 10, 2018 - EDGING

Engaging the inside edge	https://www.youtube.com/watch?v=Kpl3KeUi7wA
One ski skiing	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-3/one-ski-skiing

FEBRUARY 17, 2018 - ROTARY

Pivot slips	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-3/pivot-slips
Side slip to straight run to side slip	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-4/sideslip-to-straight-run-to-sideslip

FEBRUARY 24, 2018 - BALANCE

Free ski with lane changes	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-3/freeski-lane-changes
Free ski – hourglass turns	http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-phase/phase-4/freeski-hourglass

March 3, 2018 – Mileage/on-the-fly personal coaching

March 10, 2018 – Mileage/on-the-fly personal coaching