

# SL Progressions

TIME	EVENT	Desired Outcomes & OBJECTIVES	Content	CONSTRAINTS	What is "Good"	& coaching points
<b>Body warm up</b>						
<b>Warm up Ski</b>						
<b>Lane 1</b>						
	SL brush	Balance athletic stance	hop turns	2 x 10 : .75 brushes	single pole touch, rhythm jump	encourage
	SL Brush	Upper and lower body separation	quick turns in fall line	2 x 20 : 1.75 brushes picket fence	balanced skiing with pole plant	are the legs turning more than body
	SL Stub	Balance athletic stance	tight stubbies course	1x 20: 4 meters slight turn	carving	is upper body facing down the hill
	Pole hopper	active weight transference	agility course lateral step on road flat	pole hoppers on ground step over	balanced from one foot to other	encourage
	SL brush	Upper body discipline	poles in hip crease	1x 30 1.75 brush picket fence	all motion is in the legs	how much are the poles moving
	Pannel	Carving clean turns	no touching gates ski to wall	1 x 20 13m pannel SL	balanced top of turn	how deep are they going
	SL gates	Self Expression	normal rhythm SL	1x 30 12 meter SL	Pressure in the fall line	let them express them selves
<b>Lane 2</b>						
	SL Pannel	Balanced athletic stance	No touching the gates ski to wall	1x20 10 meter pannel SL	balanced dynamic skiing	where is balance point
	SL	Balanced athletic stance	carving clean turns in balance	1 x 20 16 meter SL very turny	maintain balance on outside	upper body placement
	SL stubbies	active weight transference	dynamic skiing from one ski to the other	1x20 6 meter stubbies - turny	very active skiing	where is the weight transference
	SL - spine	suck switch to maintain snow contact	skiing rhythm SL through spine	1x20 11 meter SL	skis stay on the snow	actively absorb and extend
	Rollers	Balance athletic stance	free ski in the rollers	just the rollers no wickets	Rhythm and tempo maintained	are they in balance?
<b>Lane 3</b>						
	SL	Self expression	normal SL on pitch	1x20 10 meter SL even rhythm		
	SL	Balanced athletic stance	carving clean turns in balance	1 x 20 14 meter SL very turny		
	SL	Active weight transference	dynamic skiing from one ski to the other	1x 20 8 meter SL easy even rhythm	skis stay on the snow	actively absorb and extend
	SL	Carving clean turns	no touching gates ski to wall	1 x 20 12 meter Pannel SL	balanced top of turn	how deep are they going
	SL BRUSH	Balanced athletic stance	quick turns in rollers	2x20 2m picket fence brush in rollers		
	Rollers	Balanced athletic stance	free ski in the rollers	just the rollers no wickets	Rhythm and tempo maintained	are they in balance?
<b>Lane 4</b>						