

# U12 Yearly Plan

- \*Outside Ski Dominate
- \*Upper & Lower Body Separation
- \*Maintain Balance in All Terrain (Develop Point of Reference)
- \*Pole Touch (single,double,clearing,blocking,for timing)
- \*Gliding
- \*Carved Turns (linked, various size)
- \*Ski/Snow Contact

60% Directed Free Skiing

20% Drills

10% Gates (Brushes & Stubbies)

10% Competition Simulation

**Outside Ski Dominate**-The athlete should be able to demonstrate dominate ski pressure on the outside ski throughout the turn

**Upper & Lower Body Separation**- The athlete should be able to demonstrate and ski with angulation. They should start to understand the concept of Rotary.

**Balance in All Terrain**- The athlete should develop the ability to maintain an athletic stance as the terrain/speed/surface changes, this is their point of reference for Balance.

**Pole Touch**- The athlete should be able to demonstrate while skiing the different types of pole touches and their usages.

**Gliding**- The athlete should be able to demonstrate that their skis can run flat on the snow, and able to get into/out of a tuck while maintaining balance.

**Carved Turns**- The athlete should be able to demonstrate the ability to make linked carved turns of various sizes, slalom/giant slalom.

**Ski/Snow Contact**-The athlete should be able maintain ski snow contact at all times (except when in the act of jumping) in all sections of a turn & transition.

**December-** Balance and Movement. The main focus of the month will be to maintain balance in various terrain/contrants/speed/snow surface. Balance is active skiing as skiing is a dynamic sport

**January** - Outside Ski Dominant and Upper/Lower Body Separation will be added to the focus, through use of pole touches and various turn shapes. Gliding and ski snow contact will be revisited.

**February-** The athlete will continue to develop the skills from the previous months activities. Competition simulation will be introduced with the use of some timing and races.

**March-**We will now introduce Slalom training, This will be accomplished with multiple types of sets and skill development( clearing, pole touches, combinations, starts & finishes).

**SkillsQuest** Drills for the Season

- \*Pole Jumpers in Tuck [video](#)
- \*Outside Ski Turns [video](#)
- \*Pivot Slips [video](#)
- \*Free Ski with Pole Usage [video](#)
- \*One Ski Skiing [video](#)
- \*Freeski-Lane Changes [video](#)