

Pats Peak Race Mini-Camp

December 24, 2018

Fundamentals

- Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis
- Control edge angles through a combination of inclination and angulation
- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- Control pressure from ski to ski, and direct pressure toward the outside ski.
- Regulate the magnitude of pressure created through ski/snow interaction

<p>Giant Slalom</p> <p>Medium radius turns. Higher speeds, less technically demanding. Most like “normal” skiing. Cross over. Allow counter to develop.</p> <p>Drills Railroad track turns Tuck-turns Outside-to-outside Tissue Box Uphill foot traverse Ski two “cat track” width Performance Medium</p>	<p>Slalom</p> <p>Short radius turns. More technically demanding. Cross under. Feet turning under a stable core.</p> <p>Drills Linked hockey stops Pivot Slips Skate to shape to short Picture Frame Lane Changes Ski a single “cat track” Performance Short</p>
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Key Ideas

It's pre-season; lots of guided free-skiing to help rebuild muscle memory. Perfect practice makes perfect. Don't practice bad habits

Leverage the knowledge of the older athletes. Have them suggest drills and give demos. Pair up athletes for movement analysis, giving them specific things to watch for: are both feet tipping at the same time? Where is the snow spray coming off the skis?

Give athletes something they can feel. Develop self-coaching skills. Remind athletes that a new movement will feel “different”.

Lots of positive feedback for things they're doing right, or skills that are developing.

Start making the connection that we're not just standing on a ski, but that a ski is a tool.

Pace your athletes, and have fun!

Agenda:

8:00 – 8:30

See Coach Miner in the Valley Lodge if you need a lift ticket. The cost is \$25, exact change appreciated.

8:45 – Introduction

- Mountain Staff
- Coaches
- Ski Patrol, Bathrooms, cafe, etc...

9:00 – 10:30 – First Session

- Warm up
- Giant Slalom focus
- Medium to long radius

10:30 – Break

10:30 – 12:00 – Second Session

- Slalom focus.
- Short to medium radius

12:00 – Wrap Up