



ATHLETE PROGRESS REPORT

2010-2011 Season

Maintaining steering skills
 Experimenting with lateral balance
 Developing timing with a pole plant
 Consistent vertical mobility
 All mountain confidence
 Competitive spirit

NGD PROGRAM

Athlete:

Skill • Speed • Reaction • Suppleness

| <i>Developing the Skier</i> | | February 2010 | | | April 2010 | | |
|-----------------------------|--|---------------|----------|------------|-------------|----------|------------|
| | | Introducing | Learning | Performing | Introducing | Learning | Performing |
| On-Snow Physical Challenges | Jumping forwards, backwards and sideways with both feet | | | | | | |
| | Jumping forwards, backwards and sideways on one foot | | | | | | |
| | Dynamic warm-up with a jog, jumping jacks, hip and knee circles and lunges | | | | | | |
| | Sprinting start to finish for your team in relay races | | | | | | |
| | Balance on one leg with eyes closed and perform squats | | | | | | |
| Responsibility & Leadership | Perform warm up with coach; cool down routine and stretching with coach | | | | | | |
| | Bring water bottle and healthy snack to all training sessions | | | | | | |
| | Name four safety rules from the 'Alpine Responsibility Code' | | | | | | |
| Psychological Skills | Three pre run steps: <i>goal, focus and visualize</i> prior to most runs | | | | | | |
| | Tell your parents and coach a highlights at the end of every day | | | | | | |
| Technical Skill Development | Natural and mobile athletic stance in steered turns | Blue | | | | | |
| | Natural and mobile athletic stance in carved turns | Green | | | | | |
| | Lower body leads the turning effort in all turns | Blue | | | | | |
| | Balance on edges in controlled, steered turns | Blue | | | | | |
| | Balance on edges to achieve carved turns | Green | | | | | |
| Reaction & Decision Skills | Play the chase game with a partner through bumpy terrain | | | | | | |
| | Follow the leader with varied rhythms and turn shapes | | | | | | |
| | Change stance and turn shape while skiing on the visual cue of the coach | | | | | | |
| Tactical Skill Applications | Inside ski turns on ' Eye Opener ' | Blue | | | | | |
| | One ski skiing with poles on ' Homesteader ' | Green | | | | | |
| | Link short turns with no poles and hand coordination drills | Green / Blue | | | | | |
| | 10 Javelin turns on ' Elbow ' | Green | | | | | |
| | 10 Braquage turns on ' Mapmaker ' | Blue | | | | | |
| | Linked carving turns on ' Lower North Axe ' no skidding | Green / Blue | | | | | |
| | Linked on-snow 360s in both directions | Green | | | | | |
| | Learning to "pop" and land straight air off small mogul or roller | Terrain Park | | | | | |
| | Link 10 SL turns on ' North Axe ' w/ pole plant & speed control | Black | | | | | |
| Racing Skills | Dual SL courses in brushes, stubbies and panelled gates | Green | | | | | |
| | Introduction to shinning stubbies (<i>'inside the stubby'</i>) | Green | | | | | |
| | Pole plant in stubby SL course, 7 out of 10 times | Green / Blue | | | | | |
| | Pole plant in panelled SL course, 7 of 10 times | Green / Blue | | | | | |
| | Introduction to proper start and finish technique | Blue | | | | | |
| | Demonstrate proper tuck while linking GS turns on flats | Green | | | | | |
| | Kombi course with three sections - inspection skills and race | Green / Blue | | | | | |