



PSIA-Rocky Mountain-AASI



Ski Technique for New Coaches

edited 7/14/18

Prerequisite: Must have some classic and skate skiing experience.

Course Description:

Ski Technique for New Coaches is offered as a 1 day or a 2 day clinic (if your taking just 1 day it must be the first day of clinic). This course is designed for new coaches. The course will include philosophy of coaching, teaching techniques, specific skiing drills, movement analysis utilizing video, and personal skiing improvement. Both classic and skate skiing will be offered to participants. If you are a new coach or an involved parent with your local club or team, this course will offer a valuable experience.

Learning Outcomes:

On successful completion of this course the students will ...

- Learn drills to support efficient technique
- Learn coaching tips for ski technique improvement
- Learn a diagonal stride progression and a skating progression used for coaching new athletes
- Learn how to utilize video for movement analysis with athletes
- Improve their personal skiing skills through practice, video and feedback

Learning Activities:

- Games will be introduced that relate to ski specific techniques
- Ski specific progressions for classic and skate techniques will be introduced
- Drills for various classic and skate techniques will be demonstrated
- Tactics for terrain variations will be introduced and practiced
- Waxing clinic

Materials Needed:

- Proper clothing for a cardiovascular workout
- Sunscreen
- Water/food
- Classic and Skate skis, along with appropriate boots, poles and wax for groomed tracks