

# CFSA

ENTRY LEVEL

DRILLS AND EXERCISES

DIRECTORY



**FREESTYLE**  
**SKI**  
**ACROBATIQUE**

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# INDEX

**Introduction** *Page 3*

**Acknowledgements** *Page 3*

**Assessment and Development** *Page 4*

**Skill-Drill Match-Ups** *Pages 4-5*

**Warm Ups** *Pages 6-7*

**Drills and Exercises:**

	<i>Page</i>		<i>Page</i>
1. Hands on Knees	8	25. Tele Turns	32
2. Airplane	9	26. Javelin Turns	33
3. One Ski/Tap turns	10	27. Braquage	34
4. 1000 Steps	11	28. Stubbies	35
5. 100 Hops	12	29. Ten Million Turns	36
6. Rollerblade Turns	13	30. Cat and Mouse	37
7. Spinning	14	31. Eggshells	38
8. Hockey Stops	15	32. No Poles	39
9. Flat Phase 1	16	33. Rollers	40
10. Edge Sets	17	34. Poles in Rollers	41
11. Boots Undone	18	35. Power Plow	42
12. Line in the Snow	19	36. Spiess	43
13. Synchro	20	37. Tray O' Drinks	44
14. Inside Ski Turns	21	38. Window	45
15. Jump Start	22	39. Wide Arms	46
16. Flat Phase 1 and 2	23	40. Corridor	47
17. High Mark	24	41. Hands On	48
18. Outriggers	25	42. Pops	49
19. Hand Hold	26	43. Y Sets	50
20. Cross Brace	27	44. Powder Porpoise	51
21. Glalom	28	45. Maze	52
22. Too Far	29	46. Distraction	53
23. Counter Rotation	30	47. 10 Items/10 Descriptions	54
24. Glass Ceiling	31		

# INTRODUCTION

The CFSA Drills and Exercises Directory for Club level athletes is a new resource that will help coaches guide athletes through the process of skill development. Drills work by isolating the fundamental movements of a skill. The drills and exercises in this directory may also be used to help familiarize athletes with more advanced versions of skills they already have.

Drills and exercises should be performed in the context of a guided discovery lesson and should not be considered lessons by themselves. The idea is to encourage athletes to try a new skill piece by piece and then put all the pieces together. To do this, coaches are encouraged to create a learning environment that is safe, and that sets athletes up for success.

**Coaches are encouraged to create their own drills and exercises. Be sure to have a clear idea of what you are trying to achieve before you begin modifying any of the drills and exercises in the directory.**

# ACKNOWLEDGEMENTS

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# ASSESSMENT AND DEVELOPMENT

Experience will build a coaches ability to accurately assess skills. Coach's should take their time when performing an assessment to be sure it is as accurate as possible. Once a coach has assessed a skill area to be worked on, they can choose an appropriate drill as a development tool for that area.

**In choosing drills and exercises for a specific skill development area, please consult the following tables:**

## SKILL-DRILL MATCH-UPS

F: Fundamentals Development Level      LT: Learn to Train Development Level

### Skill: Stance and Balance

#	Level	Drills/Exercises
1.	F	Hands on Knees
2.	F	Airplane
3.	F	One Ski/Tap Turns
4.	F	1000 Steps
5.	F	100 Hops
6.	F	Rollerblade Turns
9.	F	Flat Phase 1
11.	LT	Boots Undone
14.	LT	Inside Ski Turns
15.	LT	Jump Start
16.	LT	Flat Phase 1 and 2
18.	LT	Outriggers
19.	LT	Hand Hold
20.	LT	Cross Brace
22.	F	Too Far

### Skill: Planes of Balance

#	Level	Drills/Exercises
5.	F	100 Hops
7.	F	Spinning
22.	F	Too Far
23.	LT	Counter Rotation
24.	LT	Glass Ceiling
25.	LT	Tele Turns
26.	LT	Javelin Turns
27.	LT	Braquage
33.	F	Rollers
36.	LT	Spiess
37.	LT	Tray O' Drinks
38.	LT	Window
39.	F	Wide Arms
40.	F	Corridor
41.	LT	Hands On
44.	LT	Powder Porpoise

**Skill: Timing and Coordination**

#	Level	Drills/Exercises
12.	LT	Line in the Snow
13.	LT	Synchro
21.	LT	Glalom
28.	LT	Stubbies
29.	LT	Ten Million Turns
30.	LT	Cat and Mouse
32.	LT	No Poles
34.	LT	Poles in Rollers
36.	LT	Spieß
42.	F	Pops
43.	LT	Y Sets
44.	LT	Powder Porpoise

**Skill: Edging**

#	Level	Drills/Exercises
4.	F	1000 Steps
5.	F	100 Hops
6.	F	Rollerblade Turns
7.	F	Spinning
8.	F	Hockey Stops
9.	F	Flat Phase 1
10.	LT	Edge Sets
14.	LT	Inside Ski Turns
16.	LT	Flat Phase 1 and 2
17.	LT	High Mark
18.	LT	Outriggers
19.	LT	Hand Hold
20.	LT	Cross Brace
26.	LT	Javelin Turns
35.	LT	Power Plow

**Skill: Pivoting**

#	Level	Drills/Exercises
1.	F	Hands on Knees
3.	F	One Ski/Tap Turns
4.	F	1000 Steps
5.	F	100 Hops
7.	F	Spinning
8.	F	Hockey Stops
11.	LT	Boots Undone
15.	LT	Jump Start
27.	LT	Braquage
29.	LT	Ten Million Turns
35.	LT	Power Plow
36.	LT	Spieß
39.	F	Wide Arms
40.	F	Corridor
41.	LT	Hands On

**Skill: Pressure Control**

#	Level	Drills/Exercises
4.	F	1000 Steps
5.	F	100 Hops
8.	F	Hockey Stops
24.	LT	Glass Ceiling
31.	LT	Eggshells
33.	F	Rollers
34.	LT	Poles in Rollers
42.	F	Pops
44.	LT	Powder Porpoise

**Skill: Phase 1**

#	Level	Drills/Exercises
11.	LT	Boots Undone
14.	LT	Inside Ski Turns
16.	F	Flat Phase 1
40.	F	Corridor
41.	LT	Hands On

**Skill: Phase 2**

#	Level	Drills/Exercises
6.	F	Rollerblade Turns
10.	LT	Edge Sets
14.	LT	Inside Ski Turns
15.	LT	Jump Start
18.	LT	Outriggers

**Skill: Phase 3**

#	Level	Drills/Exercises
8.	F	Hockey Stops
16.	LT	Flat Phase 1 and 2
19.	LT	Hand Hold

**Skill: Short Radius/Separation**

#	Level	Drills/Exercises
2.	F	Airplane
8.	F	Hockey Stops
10.	LT	Edge Sets
11.	LT	Boots Undone
12.	LT	Line in the Snow
14.	LT	Inside Ski Turns
24.	LT	Glass Ceiling
26.	LT	Javelin Turns
27.	LT	Braquage
28.	LT	Stubbies

# WARM UPS

Conducting a good warm up is key to running any successful training session, but especially for those held on cold or windy days.

Prior to performing a warm up, have athletes go for an easy jog or run through an easy obstacle or ski an easy run to warm the muscles.

## BASIC WARM UP

Most technical experts agree that dynamic stretching should replace static stretching in warm ups. Carl Peterson (author of *Fit To Ski*) emphasizes that dynamic stretching exercises (such as arm swings and leg swings) "... help normalize joint mechanics and increase the dynamic range of motion (ROM)" and "... must be included as part of the dryland and on-hill warm up training." (Pages 23-24)

When performing the following warm up exercises, be sure that athletes are spaced far enough apart so they avoid kicking and hitting each other. You can also have your athletes execute the warm up without their poles. This will help build their balance and compel them to use their large muscle groups.

- 10 neck rolls (to the front, having the athletes move their chins slowly from one shoulder to the other).
- 10 shoulder rolls in each direction.
- 10 arm circles in each direction (start with arms extended and hands tracing small circles; finish with large circles and arms at sides).
- 5 arm circles with hands moving in opposite directions, each way.
- Pat your head and rub your tummy in a circle, then switch hands.
- 6 trunk rotations (trace a big circle with the hips).
- 6 hip rotations with each leg (trace a circle in the air with the knee, rotating outwards at the top of the circle).
- 6 sideways leg swings (be sure to counter balance with opposite hand, like a spread eagle or snow angel).
- 6 fore/aft leg swings on each side (be sure to counter-balance with arms - like a daffy or when walking).
- 20 step ins (have athletes move one foot sideways a step outwards and then back inwards as fast as they can; perform on each side).

# CHANCE'S WARM UP FOR GRABS

- Have athletes make a ring around the leader of the routine.
- Athletes should have skis on and poles in hand.
- Perform the “running man” (run on the spot dance); 15 lifts each leg.
- Plant ski poles in front so arms are in the position they would be when skiing. Perform 15 squats with no more than a 90-degree knee bend, chest high and vision ahead (like you would when landing an air).
- Have the first athlete in the circle (either direction) explain how to do a specific grab (i.e. Mute). Have athletes perform the motion of this grab ten times. Be sure that they are using correct form. This is a good spot for athletes to become familiar with the mechanics of these tricks. For detailed descriptions of grabs and their counters, see CFSA Club Coach Manual, Chapters 5.5 and 5.6.
- Continue around the circle with each athlete adding a different grab.
- The coach can help explain the method for grabs as necessary. Be sure you are clear the names and technique of the grabs. Athletes may use any grab they please, even made-up ones. Be sure they understand and perform effective, fluid counters for all grabs.
- Having athletes explain how to perform grabs will help them understand their execution. This will also encourage communication within the group.

# DRILL AND EXERCISE #1

## HANDS ON KNEES

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance, Pivoting

### Objective:

To bring athletes forward into a centered position over their skis.

### Terrain/Conditions:

Green/Blue  
Any

### Description:

Have athletes ski with their hands on their knees at all times.

### Variations:

This drill can be performed on more difficult terrain and snow conditions.

### Tip:

A stance problem may take a while to correct. You may have to have your athletes ski with their hands on their knees for a number of days before the correction takes effect.

## Progression

### Before:

*Jump and Bumps Pre-Skill:*  
#2. Straight Run to Wedge

### After:

*Entry Level Drills and Exercises:*  
3. One Ski/Tap Turns  
8. Hockey Stops

## DRILL AND EXERCISE #2

# AIRPLANE

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance

### Objective:

To have athletes put their weight over the outside ski to create a square stance. This will also promote angulation.

### Terrain/Conditions:

Green/Blue

Any

### Description:

While skiing down a run, have athletes put their arms out like airplane wings. As they turn, they will lean to the outside, tipping their “wings”.

### Variations:

Athletes can touch the knee of the outside leg while turning.

### Tip:

Have athletes pause between turns with weight on both skis to stack up, rather than going straight from one turn to the next.

## Progression

### Before:

*Jumps and Bumps Pre-Skill:*  
#10. Balanced Athletic Stance

### After:

*Jumps and Bumps Pre-Skill:*  
#1. Ride Edge-Carve-Easy Terrain  
*Entry Level Drills and Exercises:*  
6. Rollerblade turns

## DRILL AND EXERCISE #3

# ONE SKI/TAP TURNS

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance

### Objective:

To promote the weighting of the outside ski and develop balance.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

Athlete skis down run and picks up inside ski during Phase 2 and 3 of each turn. If an athlete does not yet have the balance to do this, have them tap the inside ski on and off the snow.

### Variations:

This drill can be performed on more difficult terrain as athletes become more advanced.

### Tip:

Be sure athlete returns to neutral during Phase 1.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
2. Airplane

### After:

*Entry Level Drills and Exercises:*  
6. Rollerblade Turns  
18. Outriggers  
26. Javelin Turns

# DRILL AND EXERCISE #4

## 1000 STEPS

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance, Pivoting, Edging, Pressure Control

### Objective:

To put athletes into a position where they have to constantly let go of and re-apply an edge. This will improve the edging skill and the skis will naturally pivot throughout the turn as athletes releases their edges.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

As athletes are skiing, have them pick their feet up and down one at a time, "running" on their skis. This should be done throughout the turn. If an athlete cannot perform this for a part of the turn, it is a sign of imbalance during this phase.

### Variations:

Have more advanced skiers try this with upper and lower body separation in a shorter radius turn. The stepping action will allow a natural uncoiling and pivot at the start of the turn.

### Tips:

- Be sure athletes are stepping throughout the turn.
- Watch what part of the ski leaves the snow. The athlete should be picking up the entire ski. If they are picking up only the tips, they are in a "back seat" position. Lifting only the tails indicates they are too far forward.

## Progression

### Before:

*Jumps and Bumps Pre-Skill:*  
#11. Turn the Foot

### After:

*Entry Level Drills and Exercises:*  
10. Edge Sets  
14. Inside Ski Turns

## DRILL AND EXERCISE #5

# 100 HOPS

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance, Pressure Control, Edging, Pivoting

### Objective:

The athlete will need to have proper Stance and Balance, and use all leg joints effectively to perform this drill. This will also develop a natural pivot throughout the turn.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

While skiing, athlete performs small hops throughout turns, using all leg joints.

### Variations:

- Athletes can hop once during Phase 1. This will force the athlete to “stack up” into a balanced position.
- Have more advanced skiers try this with upper and lower body separation in a shorter radius turn. The hopping action will allow a natural uncoiling and pivot at the start of the turn.

### Tips:

- Be sure the athlete is hopping throughout the turn.
- The hops should be small and quick.
- Be sure athlete is using all leg joints to get off the snow.

## Progression

### Before:

*Jumps and Bumps Pre-Skill:*  
17. Jump Off Snow

### After:

*Entry Level Drills and Exercises:*  
10. Edge Sets  
42. Pops

## DRILL AND EXERCISE #6

# ROLLERBLADE TURNS

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance, Edging

### Objective:

To assist athletes in carving turns and help them angulate. It will also enhance the alignment of joints in Phase 2.

### Terrain/Conditions:

Green  
Groomed

### Description:

Athlete skis down run with an athletic stance. To initiate turn, skier rolls knees and ankles to the inside during Phase 2. This should be performed with patience and without skidding.

### Variations:

- Athlete can continue to carve through Phase 3.
- Perform without poles.

### Tip:

It is not necessary to finish the turn through Phase 3, as long as athletes control their speed.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
2. Airplane  
3. One Ski/Tap Turns

### After:

*Entry Level Drills and Exercises:*  
18. Outriggers

# DRILL AND EXERCISE #7

## SPINNING

### Level of Athlete:

FUNdamentals

### Skills:

Edging, Pivoting

### Objective:

To develop fore/aft and rotational stance and balance as well as edging and pivoting skills. This drill will also promote familiarization with the motion involved in rotating aerial maneuvers.

### Terrain/Conditions:

Green  
Groomed

### Description:

Athlete starts skiing down an easy run slowly and initiates a turn, putting weight slightly on tips and looking towards the direction to be rotated. Athlete keeps turning until they are traveling backwards. They then shift their weight slightly to the tails and look towards the front again. Athlete keeps turning until pointing forwards. Repeat.

### Variations:

- Perform a 180, and then reverse direction back to straight.
- Perform spin in both directions.

### Tip:

Have athlete point where they want to go with their leading hand.

## Progression

### Before:

*Entry Level Drills and Exercises:*

4. 1000 Steps
5. 100 Hops
9. Flat Phase 1

### After:

*Entry Level Drills and Exercises:*

22. Too Far
27. Braquage
40. Corridor

## DRILL AND EXERCISE #8

# HOCKEY STOPS

### Level of Athlete:

FUNdamentals

### Skills:

Edging, Pivoting, Pressure Control

### Objective:

To advance edging skills and allow athletes to stop more effectively. This will also address pivoting, as it will encourage upper and lower body separation.

### Terrain/Conditions:

Blue  
Groomed/Icy

### Description:

Athlete skis down fall line. Once moving fast enough (coaches discretion), athlete pivots both skis perpendicular to the fall line and sets both edges strongly into the snow. The upper body remains counter-rotated, facing down the fall line. Be sure athletes perform this below group.

### Variations:

This drill can be performed with:

- Braquage
- Window
- Tray O' Drinks

### Tips:

- Be sure athlete comes to a full stop.
- Be sure athlete has their weight over the outside ski.
- Have a contest to see who can spray the most snow.

## Progression

### Before:

*Entry Level Drills and Exercises:*

1. Hands on Knees
2. Airplane

### After:

*Entry Level Drills and Exercises:*

40. Corridor
27. Braquage

## DRILL AND EXERCISE #9

# FLAT PHASE 1

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance, Edging

### Objective:

To have athletes release their edges and “stack up” into a balanced, athletic position during Phase 1.

### Variation:

Have athletes hold onto the neutral position into Phase 2 until their skis point down the fall line.

### Terrain/Conditions:

Green/Blue  
Any

### Tip:

Be sure that athletes are patient and hold the athletic stance over both skis for a minimum of a two-count.

### Description:

Athletes will consciously flatten both skis during Phase 1. They should hold this neutral, athletic position until skis start to track to fall line.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
5. 100 Hops Variation

### After:

*Entry Level Drills and Exercises:*  
16. Flat Phase 1 and 2  
18. Outriggers

# DRILL AND EXERCISE #10

## EDGE SETS

### Level of Athlete:

Learn to Train

### Skills:

Edging

### Objective:

To assist athletes in applying effective edging and in creating angulation from the ankle.

### Terrain/Conditions:

Blue  
Groomed or icy

### Description:

Athlete traverses across run and quickly and firmly rolls ankles over to dig in edges. This will cause the skis to turn up the run. Athlete should then roll ankle back to flat to release edges. Repeat on each side.

### Variations:

“Garland Turns” - Have athletes perform large radius turns down a run and dig in edges several times during each turn to turn up run.

### Tip:

Be sure athletes are rolling from ankle.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
8. Hockey Stops

### After:

*Entry Level Drills and Exercises:*  
12. Line in the Snow  
17. High Mark

# DRILL AND EXERCISE #11

## BOOTS UNDONE

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance

### Objective:

To help athletes balance over the center of their skis.

### Variation:

Varying radii of turns.

### Terrain/Conditions:

Green/Blue  
Groomed

### Tip:

Be sure that power straps are done up!!

### Description:

Athletes loosen all buckles completely, but leave power straps done up. Perform turns with boots undone.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
27. Braquage

### After:

*Entry Level Drills and Exercises:*  
12. Line in the Snow

# DRILL AND EXERCISE #12

## LINE IN THE SNOW

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination

### Objective:

To help athletes develop the rhythm necessary for short radius turns. This will also work on upper and lower body separation.

### Variation:

Draw line at an angle across fall line to work on a weak turn.

### Terrain/Conditions:

Blue  
Groomed

### Tip:

Try on flatter terrain for athletes that have difficulty with this drill.

### Description:

Coach finds a line down the fall line of a run left by a groomer or carves out a line with poles by skiing down fall line in a wedge while sitting on and dragging pole under them (athletes will enjoy watching this). Athletes perform short radius turns across this line, pole planting on the line to initiate each turn.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
34. Poles in Rollers  
29. Ten Million Turns

### After:

*Entry Level Drills and Exercises:*  
28. Stubbies

# DRILL AND EXERCISE #13

## SYNCHRO

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination

### Objective:

To learn to time turns by following a leader. This rhythm will likely be different from one an athlete would set and will require adaptation of timing.

### Terrain/Conditions:

Blue  
Groomed

### Description:

Athletes ski down together in pairs or groups. The skier in the lead sets the rhythm while the following skier tries to emulate the leader.

### Variations:

- Steeper runs.
- Varying terrain.
- Different formations (beside each other in a V).

### Tips:

- Have following athletes watch pole plants of leader for rhythm cue.
- Have leader count in their head to keep a steady rhythm.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
12. Line in the Snow

### After:

*Entry Level Drills and Exercises:*  
28. Stubbies

# DRILL AND EXERCISE #14

## INSIDE SKI TURNS

### Level of Athlete:

Learn to Train

### Skills:

Edging, Stance and Balance

### Objective:

To assist athletes perform turn inclination during Phase 2, separation between upper and lower body and enhance edging skills.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

Athlete performs turns down a run. Each time athlete is in Phase 1, they transfer weight to the inside ski and continue turn on this ski.

### Variation:

Have athletes transfer weight to inside ski during Phase 3. This subsequently becomes the outside ski. This will promote early edging.

### Tip:

Try performing this one ski at a time to start, rather than switching skis every turn.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
3. One Ski/Tap Turns  
9. Flat Phase 1

### After:

*Entry Level Drills and Exercises:*  
26. Javelin Turns

# DRILL AND EXERCISE #15

## JUMP START

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance, Pivoting

### Objective:

To promote a balanced stance during Phase 2.

### Variation:

Varied terrain.

### Terrain/Conditions:

Blue  
Groomed

### Tip:

This can be performed while route finding in easy moguls.

### Description:

Athlete performs turns down a run. Athlete hops off of snow and pivots through Phase 1 in air, lands in Phase 2 and continues turn. Athlete should land in Phase 2 in a balanced, flexed position.

## Progression

### Before:

*Entry Level Drills and Exercises:*

- 5. 100 Hops
- 9. Flat Phase 1

### After:

*Entry Level Drills and Exercises:*

- 16. Flat Phase 1 and 2

# DRILL AND EXERCISE #16

## FLAT PHASE 1 AND 2

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance, Edging

### Objective:

To help athletes increase edge grip and get into a power position in Phase 3.

### Terrain/Conditions:

Blue  
Groomed

### Description:

Athlete performs large radius turns applying as little edge as possible while pivoting ski slowly through Phase 1 and 2. This will force athlete to remain stacked into Phase 3 when athlete applies edge.

### Variation:

Use with short radius turns.

### Tips:

- Let athletes know that they can apply their edges as hard as they like in Phase 3, as long as they are patient while pivoting through Phases 1 and 2.
- Athlete should be encouraged to get into a low “power” position in Phase 3.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
9. Flat Phase 1

### After:

*Entry Level Drills and Exercises:*  
19. Hand Hold

# DRILL AND EXERCISE #17

## HIGH MARK

### Level of Athlete:

Learn to Train

### Skills:

Edging

### Objective:

To develop the carving skill.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

Athlete starts from a set point and skis around a pole or other marker. Athlete then performs Phase 3 back up the hill, seeing how far back they can get before running out of speed.

### Variations:

- Speed can be varied by changing the start and marker positions.
- Have athletes try to stay in a stronger skier's track (or a coach's track).

### Tips:

- This should be performed with a carved turn. Be sure there is no skidding.
- Have a contest to see who can get the highest up the hill.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
2. Airplane  
20. Outriggers

### After:

*Entry Level Drills and Exercises:*  
20. Cross Brace

# DRILL AND EXERCISE #18

## OUTRIGGERS

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance  
Edging

### Objective:

To promote angulation and a stable body position at speed.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

Athlete performs carved large radius turns with poles held out to sides and pole tips dragging on snow. Have skier hold pole grips upside down and then reach pole tips as far out to sides as possible. This will require a lower stance.

### Variations:

- Steeper terrain.
- Shorter radius.
- Have athlete touch outside boot instead of reaching with pole. Extend inside hand up for counter balance.

### Tips:

- This exercise is easier with speed.
- Have athlete pause to stack up during Phase 1.
- Be sure athlete is dragging both poles on snow throughout turns (they may have a tendency to lift outside pole).

## Progression

### Before:

*Entry Level Drills and Exercises:*

2. Airplane
3. One Ski/Tap Turns
6. Rollerblade Turns
17. High Mark

### After:

*Entry Level Drills and Exercises:*

19. Hand Hold
20. Cross Brace
21. Glalom

# DRILL AND EXERCISE #19

## HAND HOLD

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance  
Edging

### Objective:

To promote angulation and a stable body position at speed. It will also force the skier into a power position during Phase 3.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

Have athletes split up into partners of similar size. Athletes begin by holding hands tightly. Have pairs of athletes pick up some speed by skiing down the fall line. Once moving reasonably quickly, have one athlete start a turn, and the second stay on a flat ski to create extra pull to the outside of the turn. Athlete on the inside must brace against this extra force. The inside athlete pulls the outside athlete while turning until stopped. Each athlete does this on one side, then athletes switch hands and each tries it on the other side.

### Variations:

- Steeper terrain.
- Have athletes try to hold both hands.

### Tips:

- This exercise is easier with a bit of speed.
- Be sure athlete who is below is on a flat ski.
- Have athletes decide who will turn first before starting.
- Be sure to space pairs of athletes out sufficiently.
- Be sure athletes are flexed in all leg joints (they may have a tendency to “lock up” the outside leg to brace themselves).

## Progression

### Before:

*Entry Level Drills and Exercises:*

2. Airplane
3. One Ski/Tap Turns
6. Rollerblade Turns
16. Flat Phase 1 and 2
18. Outriggers

### After:

*Entry Level Drills and Exercises:*

18. Glalom
20. Cross Brace

# DRILL AND EXERCISE #20

## CROSS BRACE

### Level of Athlete:

Learn to Train

### Skills:

Edging  
Stance and Balance

### Objective:

To promote equal edge angles and stronger edging.

### Variation:

Hold poles like handle bars shoulder width, and put hands on knees.

### Terrain/Conditions:

Green/Blue  
Groomed

### Tips:

- This should be performed with a carved turn. Be sure there is no skidding.
- Increased speed will help with this drill

### Description:

Athlete performs large radius turns with arms crossed and hands on knees (right hand on left knee, left hand on right knee). Athlete braces knees with hands so that knees remain the same distance apart as skis while turning. Skis and knees should be shoulder width apart.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
17. High Mark  
18. Outriggers

### After:

*Entry Level Drills and Exercises:*  
21. Glalom

# DRILL AND EXERCISE #21

## GLALOM

### Level of Athlete:

Learn to Train

### Skills:

Edging  
Stance and Balance  
Timing and Coordination

### Objective:

To promote stronger edging with timing and coordination of movements. The course spacing will allow a round turning arc and keep athletes at a safe speed.

### Terrain/Conditions:

Green/Blue  
Groomed

### Description:

Coach sets rhythm gate course with a spacing between that of Slalom and GS. Athletes ski this course, initiating turns directly above gates, and showing even edging throughout turns. Emphasize “slow in, fast out” of each gate.

### Spacing for Glalom:

Course should have a steady right/left rhythm. Gates should be 10-15m apart down the hill, and 1.5-3m apart across the hill (offset). Stick to a wider spacing down the hill, and closer spacing across the hill for flatter sections (the flatter the course, the straighter the line through it should be).

### Variation:

Course can be set on rolling terrain

### Tips:

- This should be performed with a carved turn. Be sure there is no skidding.
- Set extra gates as necessary to have athletes follow the desired path.

## Progression

### Before:

*Entry Level Drills and Exercises:*

- 18. Outriggers
- 17. High Mark
- 20. Cross Brace

# DRILL AND EXERCISE #22

## TOO FAR

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance

### Objective:

Athletes will exaggerate certain positions to learn that “sometimes you have to go too far to find out how far far enough is”. This exercise will develop fore/aft balance.

### Terrain/Conditions:

Blue  
Groomed

### Description:

Athletes perform turns down a run leaning heavily on either tips of skis or on tails of skis. Athletes are asked which part of turn was easier or harder when leaning on either tips or tails.

### Variation:

Perform on varying terrain.

### Tips:

- Explain after performance of this drill that a skier’s weight over their skis changes constantly from tip to tail. Athletes will have to experiment with this to get the feel of where they want their weight to be at any given time.
- Having weight on the tips will make the initiation of a turn easier, while having weight on the tails will increase grip at the end of the turn.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
7. Spinning

### After:

*Entry Level Drills and Exercises:*  
35. Power Plow

# DRILL AND EXERCISE #23

## COUNTER ROTATION

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance

### Objective:

To help to build rotational balance and promote a weighting of the outside ski throughout the turn.

### Variation:

Perform with more or less exaggeration of counter.

### Terrain/Conditions:

Blue  
Groomed

### Tip:

Be sure athletes are performing rounded semi-circular turns.

### Description:

Athlete performs large radius turns down a run facing the outside of the turn. During Phase 1, the upper body is rotated slightly up the hill. This position is held throughout the turn so the athlete is facing down the hill at the end of Phase 3.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
18. Outriggers  
22. Too Far

### After:

*Entry Level Drills and Exercises:*  
25. Tele Turns  
26. Javelin Turns

# DRILL AND EXERCISE #24

## GLASS CEILING

### Level of Athlete:

Learn to Train

### Skills:

Pressure Control

### Objective:

To develop the pressure control skill by having athletes maintain a consistent upper body position while extending and flexing the legs to create a turning effort.

### Variation:

Athlete can try this taller (high plane) or lower (low plane).

### Terrain/Conditions:

Blue  
Groomed

### Tip:

Have athletes pick something ahead of them to look at and try to keep it from moving up and down in their vision.

### Description:

Athlete performs medium radius turns down a run and maintains a constant plane of linear movement with their upper body (no up and down).

## Progression

### Before:

*Entry Level Drills and Exercises:*  
9. Flat Phase 1

### After:

*Entry Level Drills and Exercises:*  
18. Outriggers

# DRILL AND EXERCISE #25

## TELE TURNS

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance

### Objective:

To develop rotational balance and center the athlete over their skis.

### Variations:

- Varied terrain.
- Varied radius of turn.

### Terrain/Conditions:

Blue  
Groomed

### Tip:

Athletes should be able to feel themselves push their outside foot ahead.

### Description:

Athlete performs medium radius turns down a run with a reverse lead change (outside foot is slightly ahead), much like a telemark skier.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
18. Outriggers  
23. Counter Rotation

### After:

*Entry Level Drills and Exercises:*  
26. Javelin Turns

# DRILL AND EXERCISE #26

## JAVELIN TURNS

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance, Edging

### Objective:

To develop good balance over the center of the ski and promote strong, even edging.

### Terrain/Conditions:

Blue  
Groomed

### Description:

Athlete performs medium radius turns down a run, lifting their inside ski and crossing it's tip over the outside ski throughout the turn. Switch skis during Phase 1.

### Variations:

- Varying terrain.
- Vary turn radius.

### Tip:

Be sure athlete is using an athletic body position.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
3. One Ski/Tap Turns  
25. Tele Turns

### After:

*Entry Level Drills and Exercises:*  
12. Line in the Snow

# DRILL AND EXERCISE #27

## BRAQUAGE

### Level of Athlete:

Learn to Train

### Skills:

Pivoting, Stance and Balance

### Objective:

To develop steering and introduce lead change to athletes. Lead change will allow skiers to stay square to the fall line in the moguls for balance and quickness.

### Terrain/Conditions:

Blue  
Groomed/Icy

### Description:

Athlete starts by letting go of edge grip and allowing skis to track to the fall line. Applying as little edge as possible, athlete steers skis through Phase 2 and 3. Hips should remain square to fall line throughout turn. Athlete will need to use exaggerated lead change to make this happen. Upper body should travel straight down fall line.

### Variations:

- No poles.
- Wide arms.

### Tip:

Be sure athletes maintain a parallel stance through Phase 1 and do not “step” from one turn to the next.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
9. Flat Phase 1  
7. Spinning

### After:

*Entry Level Drills and Exercises:*  
16. Flat Phase 1 and 2  
36. Spiess

# DRILL AND EXERCISE #28

## STUBBIES

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination

### Objective:

To help athletes develop the rhythm necessary for short radius turns. This will also work on upper and lower body separation.

### Terrain/Conditions:

Blue  
Groomed

### Description:

Coach sets a line of stubby gates made from foam pipe insulation straight down the fall line. Stubbies should be spaced between 3-3.5 meters apart. Athletes perform turns through this line.

### Variations:

- Set stubbies at an angle across fall line to work on a weak turn.
- Spacing and rhythm can be altered.
- Perform without poles.

### Tips:

- Try on flatter terrain for athletes that have difficulty with this drill.
- When performed in soft snow, this is a quick and easy way to make mogul. Be sure to ski in counter turns to round out bumps.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
29. Ten Million Turns  
34. Poles in Rollers

### After:

*Entry Level Drills and Exercises:*  
35. Power Plow

## DRILL AND EXERCISE #29

# TEN MILLION TURNS

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination  
Pivoting

### Objective:

To promote speed of movement.

### Terrain/Conditions:

Blue  
Groomed

### Description:

Athletes ski down a set length run and turn as many times as possible.

### Variation:

Perform in moguls. Athletes will turn faster than the rhythm of the moguls.

### Tips:

- Be sure athletes maintain a constant plane of movement down the fall line with their upper body.
- Be sure athletes keep a consistent pole plant rhythm.

## Progression

### Before:

*Entry Level Drills and Exercises:*

4. 1000 Steps
5. 100 Hops
8. Hockey Stops
27. Braquage

### After:

*Entry Level Drills and Exercises:*

36. Spiess

# DRILL AND EXERCISE #30

## CAT AND MOUSE

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination

### Objective:

To make athletes mimic the turning rhythm and path of another skier. This will require them to become more flexible with their own rhythm.

### Terrain/Conditions:

Blue  
Moguls

### Description:

Have one athlete (the mouse) ski down mogul run. Have a second athlete (the cat) chase the first, making the same turns.

### Variation:

This exercise can be used to speed slower athletes up by having them follow someone faster or to develop speed control by having them follow someone slower.

### Tip:

Be sure to give enough space between athletes so the "cat" can see ahead.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
12. Line in the Snow

### After:

*Entry Level Drills and Exercises:*  
13. Synchro

# DRILL AND EXERCISE #31

## EGGSHELLS

### Level of Athlete:

Learn to Train

### Skills:

Pressure control

### Objective:

To promote absorption and extension in moguls.

### Terrain/Conditions:

Blue  
Moguls

### Description:

Have athletes ski down a mogul run and be as gentle as possible when contacting the face of the mogul.

### Variation:

Increase speed.

### Tips:

- Try having athlete picture walking across a fragile surface like thin ice. They must step gingerly to avoid breaking through.
- Be sure that athletes extend on the backsides of the moguls.
- Be sure pole plants are on backsides of moguls, and are light.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
33. Rollers  
34. Poles in Rollers

### After:

*Entry Level Drills and Exercises:*  
32. No Poles

# DRILL AND EXERCISE #32

## No POLES

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination

### Objective:

To time turns without the aid of a pole plant.

### Terrain/Conditions:

Blue  
Any

### Description:

Athlete performs turns without use of poles as a timing aid.

### Variations:

- When used in gentle moguls, this exercise will promote absorption.
- Different arm positions (i.e. folded across chest, on waist, wide).

### Tip:

Have athletes maintain a constant arm position while performing this exercise.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
31. Eggshells  
33. Rollers

### After:

*Entry Level Drills and Exercises:*  
39. Wide Arms

# DRILL AND EXERCISE #33

## ROLLERS

### Level of Athlete:

FUNdamentals

### Skills:

Stance and Balance  
Pressure Control

### Objective:

To learn proper absorption and extension technique with this exercise. This skill will be a vital component of mogul skiing technique.

### Terrain/Conditions:

Green  
Roller course (see CFSA Club Coach Workbook)

### Description:

The skier practices flexion and extension of the hips, knees and ankles while stationary. In a balanced mogul posture, the skier skis slowly over the roller course or a set of moguls or ridges. Through absorption (flexion) and extension, the skier maintains ski to snow contact and fore/aft balance. The pressure of the shins against the fronts of the boots should be

noticed as the skier passes through the trough and flexes to absorb the next roller or mogul. This will avoid flexing at the waist (hinging).

### Variations:

- More speed.
- Larger rollers.
- Different roller spacing.
- No poles.

### Tips:

- Have athletes pick a spot ahead of the roller course to focus their vision. This will assist them in keeping a constant plane of movement with their upper body.
- Be sure athlete is using all leg joints while performing this exercise.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
5. 100 Hops

### After:

*Entry Level Drills and Exercises:*  
24. Glass Ceiling  
34. Poles in Rollers  
36. Spiess

## DRILL AND EXERCISE #34

# POLES IN ROLLERS

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination, Pressure Control

### Objective:

To develop the timing and placement of pole plants in the moguls.

### Terrain/Conditions:

Green  
Roller course

### Description:

Athlete skis through roller course and plants poles on backsides of rollers.

### Variations:

- More speed.
- Introduce shallow turns in the rollers.

### Tips:

- Be sure athletes are looking at least two rollers ahead.
- Pole plants should be gentle.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
33. Rollers

### After:

*Entry Level Drills and Exercises:*  
31. Eggshells

# DRILL AND EXERCISE #35

## POWER PLOW

### Level of Athlete:

Learn to Train

### Skills:

Edging, Pivoting

### Objective:

Promotes steering with the lower leg, enhances speed control, develops consistent edging and round turn shape in a short radius turn.

### Terrain/Conditions:

Blue  
Groomed/Icy

### Description:

Athlete skis down run performing strongly edged short radius turns in a wedge position. This should be performed with knees close together. This immobilizes the hips to promote steering with the lower leg.

### Variations:

- More speed
- Have athletes start out in power plow, and gradually bring legs to parallel to perform mogul turns.

### Tips:

- When done correctly, the hip flexor muscles can be felt.
- This is an effective drill to use when teaching the mogul turn.

## Progression

### Before:

*Entry Level Drills and Exercises:*

- 10. Edge Sets
- 27. Braquage

### After:

*Entry Level Drills and Exercises:*

- 12. Line in the Snow
- 28. Stubbies
- 36. Spiess

# DRILL AND EXERCISE #36

## SPIESS

### Level of Athlete:

Learn to Train

### Skills:

Pivoting, Stance and Balance,  
Timing and Coordination

### Objective:

To promote separation between upper and lower body and develops fore/aft, rotational and vertical balance.

### Terrain/Conditions:

Blue  
Groomed

### Description:

Athlete performs turns with a small jump to turn skis underneath them. Hips and shoulders should point down the fall line. Upper body is stabilized with pole plant.

### Variation:

Perform without skis.

### Tips:

- Be sure athletes are jumping from ankles.
- Be sure athletes skis do not slide forward.
- Be sure athletes pivot under their feet, not off of their ski tips.
- Athletes do not need to jump high (just enough for their skis to clear the snow).

## Progression

### Before:

*Entry Level Drills and Exercises:*

- 5. 100 Hops
- 42. Pops

### After:

*Entry Level Drills and Exercises:*

- 15. Jump Start

# DRILL AND EXERCISE #37

## TRAY O' DRINKS

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance

### Objective:

To promote upper body stability.

### Terrain/Conditions:

Blue

Any

### Description:

Athlete turns down run with hands in front of them, palms down. Athlete does this with poles resting on top of wrists, so that poles will fall off of arms if there are any sudden upper body movements or tipping.

### Variations:

- Have athletes perform this with a paper cup full of water in each hand (try not to spill).
- This drill can be performed on flats or in moguls.

### Tip:

Have athletes look ahead to promote upper body stability.

## Progression

### Before:

*Entry Level Drills and Exercises:*

38. Window

39. Wide Arms

### After:

*Entry Level Drills and Exercises:*

18. Outriggers

28. Stubbies

# DRILL AND EXERCISE #38

## WINDOW

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance

### Objective:

To promote upper body stability and develop separation.

### Variation:

Perform in gentle moguls.

### Terrain/Conditions:

Blue  
Any

### Tip:

Have athletes look ahead to promote upper body stability.

### Description:

Athlete turns down run with hands in front of them holding poles upside down, tips up. This creates a “window” between the poles. Athlete performs mogul turns down fall line, keeping the scenery in the window as stable as possible.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
32. No Poles  
39. Wide Arms

### After:

*Entry Level Drills and Exercises:*  
28. Stubbies  
37. Tray O' Drinks

# DRILL AND EXERCISE #39

## WIDE ARMS

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance

### Objective:

To promote upper body stability and dampen rotation.

### Variations:

This drill can be performed on flats or in moguls.

### Terrain/Conditions:

Blue  
Any

### Tip:

Have athletes look ahead to promote upper body stability.

### Description:

Athlete performs short radius or mogul turns with arms straight out to their sides.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
38. Window  
39. Wide Arms

### After:

*Entry Level Drills and Exercises:*  
18. Outriggers  
28. Stubbies

# DRILL AND EXERCISE #40

## CORRIDOR

### Level of Athlete:

FUNDamentals

### Skills:

Stance and Balance, Pivoting

### Objective:

To promote “flat ski” feeling and introduce sliding perpendicular to fall line.

### Terrain/Conditions:

Green  
Smooth or Icy

### Description:

Coach draws two parallel lines down fall line with poles. This “corridor” should be the same width as the length of athlete’s skis. Athlete approaches corridor in a straight run from above aiming for middle. Athlete jumps up and pivots to slide through sideways, then pivots back to strait run at end of corridor. Athlete should be counter rotated, facing the fall line with upper body.

### Variations:

- Use a line in the snow as a “rail” to slide on.
- Try on both sides.
- Try entering or exiting switch (no counter rotation needed when exiting switch).

### Tips:

- To demonstrate this to your athletes, you will have to hike back above corridor.
- Be sure athletes are looking straight through the middle of corridor (not at ground or sides). You can stand centered below with enough clearance that athletes can avoid you. Tell them to look at you as they slide through.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
8. Hockey Stops  
27. Braquage

### After:

*Entry Level Drills and Exercises:*  
41. Hands On

# DRILL AND EXERCISE #41

## HANDS ON

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance, Pivoting

### Objective:

To allow athletes to get the feel of grinding a rail in a safe, non-threatening way.

### Terrain/Conditions:

Park  
Rail

### Description:

Coach has athlete step up onto a low box rail. Coach holds tips of skis firmly. Athlete stays on a flat ski while coach pulls them gently by the tips down the rail. Coach pushes tips down fall line at end of rail.

### Variations:

- Coach lets go of skis after athlete is sliding.
- Try on both sides.

### Tips:

- Be sure athlete is standing in a balanced, athletic stance with feet at least shoulder width apart.
- Be sure athlete is looking beyond the end of the rail
- Be sure athlete is using no edging.
- Weight should be centered between both feet.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
9. Flat Phase 1  
40. Corridor

### After:

Athlete slides rail on their own.

# DRILL AND EXERCISE #42

## POPS

### Level of Athlete:

FUNdamentals

### Skills:

Pressure control  
Timing and Coordination.

### Objective:

To introduce the motion used while jumping in moguls and develop the ability to use all leg joints powerfully and effectively.

### Terrain/Conditions:

Green/Blue  
Small bumps

### Description:

Before sliding, have the athlete flex and extend powerfully to hop off of the snow a few times for practice. Have athlete ski over some small jumps or moguls and perform the same movement.

### Variations:

- Have athletes pop off of larger bumps and features.
- Have athletes try to get as high as they can.
- Have athletes try spinning 180 in the air while popping.

### Tips:

- Be sure athlete is using all leg joints.
- Be sure hands are in front and head is up.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
5. 100 Hops

### After:

*Entry Level Drills and Exercises:*  
36. Spiess  
15. Jump Start  
43. Y Sets

# DRILL AND EXERCISE #43

## Y SETS

### Level of Athlete:

Learn to Train

### Skills:

Timing and Coordination

### Objective:

To build the skills of timing and coordination necessary for larger jumps.

### Variation:

A spread position can be added for stability.

### Terrain/Conditions:

Air site/mogul jump

### Tip:

Be sure athlete is looking ahead with high vision.

### Description:

Be sure to follow guidelines set out for jumping procedures in the CFSA Club Coach Manual, (Chapters 1 & 5). Athlete skis through in run of jump in a stacked up, athletic position. Athlete flexes down into a power position before transition with hands low and in front. Between transition and top of jump, athlete extends powerfully with legs, and hands rise up and forward into a "Y" position in front of chest. Athlete holds this position through air. Athlete then flexes with legs and very slightly at waist to absorb landing. Control should be maintained throughout.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
42. Pops

### After:

This is a skill that can be constantly practiced for improved timing.

# DRILL AND EXERCISE #44

## POWDER PORPOISE

### Level of Athlete:

Learn to Train

### Skills:

Stance and Balance, Pressure Control, Timing and Coordination

### Objective:

To help athletes establish control in heavy powder or slush.

### Terrain/Conditions:

Blue  
Powder/Slush

### Description:

Athlete points skis straight down fall line (be sure to pick a wide run). Athlete pushes down onto skis like they are about to jump on a trampoline. Athlete pushes off of skis to come up to the surface of the snow. This is tried several times with rhythm. Once a rhythm is established, skier can start initiating turns when they come up to the surface, and finishing turns by pushing down into the snow.

### Variations:

### Tips:

- Be sure athletes feel centered over their skis.
- Be sure athletes are patient with the rhythm, it will feel “slo-mo”.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
5. 100 hops  
24. Glass Ceiling  
42. Pops

### After:

Turns in powder

# DRILL AND EXERCISE #45

## MAZE

### Level of Athlete:

FUNdamentals

### Skills:

Visualization

### Objective:

To provide a fun way for athletes to start to work on their visualization skills.

### Terrain/Conditions:

Indoors, away from stairs, sharp objects etc.

### Description:

Coach makes a “maze” on the floor out of backpacks, tape on floor, tables and chairs or whatever is available. Athletes should not be able to see the maze before trying this drill. The coach brings athletes to the start of the maze one at a time. The athlete will have a short amount of time to look at and memorize the maze (five seconds). Athletes will then attempt to walk through it with their eyes closed. The coach should keep track of the time it takes each athlete to walk through the

maze and how often the athlete touches or crosses the edges. This should be practiced regularly and improvements noted.

### Variations:

- The length and difficulty of the maze can be altered.
- The length of time the athlete has to memorize the maze can be changed.

### Tips:

- Start out with an easy maze.
- Blind fold the athletes
- Ask athletes to remember the maze in their heads like a photograph, rather than as a series of directions.

## Progression

### After:

*Entry Level Drills and Exercises:*

46. Distraction

47. 10 Items/10 Descriptions

Visualizing skills before performing them.

# DRILL AND EXERCISE #46

## DISTRACTION

### Level of Athlete:

Learn to Train

### Skills:

Focusing

### Objective:

To focus through distractions.

### Terrain/Conditions:

Indoors

### Description:

Coach makes two sheets of similar 20-30 basic math problems (i.e.  $2+9$ ,  $4\times 6$ ,  $8\div 2$ ) and has to spell out two or three long words written on the page backwards as fast as possible. Athlete is timed. Athlete then does this again with the second sheet, but this time their friends are allowed to distract them in any way they please (but no yelling, touching or swearing).

### Variations:

Add any easy problems you see fit.

### Tip:

Do this on a day when the weather is miserable or conditions are bad.

## Progression

### Before:

*Entry Level Drills and Exercises:*  
45. Maze

### After:

Athlete can focus well enough that there is no difference in time between the two sheets.

# DRILL AND EXERCISE #47

## 10 ITEMS/10 DESCRIPTIONS

### Level of Athlete:

Learn to Train

### Skills:

Focusing, Visualization

### Objective:

To picture or visualize things clearly.

### Terrain/Conditions:

Indoors

### Description:

Coach selects ten small items (i.e. a key chain, a matchbook, lip balm) and spreads them out on the table in a small area in front of the athlete. Athlete has five seconds to look at items. Athlete then closes eyes and tells coach which items they remember. Coach asks a question about each item. For example:

- How many keys on the key chain?
- What color was the match book?
- What kind of lip balm?

Athletes are scored on right answers.

### Variations:

- More items.
- Less time.

### Tip:

Instruct athletes to try to see all the items together as a photo in their head, rather than as a list of things. They can then pick items from this photo.

### Before:

45. Maze

### After:

Visualizing skills

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