



**ALBERTA ALPINE**

### **Course Setting for Skill 2012-13**

1. Safety is the number one priority. Make sure the environment is safe and nets are properly installed.
2. Be prepared. Have a plan before you set. Ensure you have a measuring device and extra battery with you.
3. If you are setting at a race or setting simulation training make sure you know the rules! Visit Coaches Corner or the FIS website for up to date rules and regulations.
4. Set for success. Have a plan on how you will set up your environment to maximize skill development. Know what level of skill your athletes are at and the proper windows of trainability for your age group. Pay attention to the time of the turn impulse.

### **Drills**

1. Paneled SL. Set appropriate distance for the age group. Watch the offset as too much will result in grinding of the turn. Great exercise for agility, separation and timing.
2. Short Turn. Use stubbies. Set 4 meter distance with about 1 meter of offset. Great exercise for getting athletes to stand over their feet. Helps to promote a good stance, steering and agility.
3. Brush Line. Use feather brushes. Set 2-5 meters distance with all brushes in a straight line. Great for multi-use. Can be used as a pole plant drill by skiing across the brushes and planting the pole on the vertical line. Can also be used for the impossible flush. Promotes quickness and lower joint mobility.
4. Picket Fence. Use full gates. Set 2-3 meter distance, with gates in a vertical line. 10-15 turns are appropriate. Easy to adjust the difficulty by setting shorter distances or removing the athletes ski poles. Promotes general athleticism, timing, separation and mobility.
5. Leaners. Use full gates. Set distances appropriate for your age group. Lean the gate into the line of the skier. Athletes can ski around the gates old-school to promote timing and separation. This drill can also be used to introduce cross blocking as it helps promote getting the body inside the arc.
6. Double Gates. Set two gates, stubbies or panels for each turn to help promote turn shape and time in the fall line. Great for skiers who struggle with turn shape. Also good for looking ahead skills. This drill can be used in a SL, GS or SG format.

### **Alberta Alpine Ski Association**

Suite 100, 1995 Olympic Way

Canmore, ALBERTA T1W 2T6

Tel: (403) 609-4730

Web: [www.albertaalpine.ca](http://www.albertaalpine.ca)