



# ALPINE ONTARIO ALPIN

Provincial Governing Body for Alpine,  
Para-Alpine & Ski Cross Racing

## TRAINING GUIDANCE & COACH ACTION PLAN

**Jacques Reid**  
Manager Coach Development

**Henry Yeigh**  
Head Coach ODST

**NOV 2, 2024**





# ALPINE ONTARIO ALPIN

- Within these walls where a passionate ski community comes to gather, you are welcomed, accepted, and respected.
- Here, no matter who you are or where you are from, you are at home, regardless of your race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, disability, or conviction.
- All we ask is that you be excellent, respectful, accountable, courageous, and a leader.

**TOGETHER, WE ARE  
ONTARIO UNITED**





# AGENDA



1. SOURCES OF THIS GUIDANCE DOCUMENT
2. TRAINING FOCUS SECTIONS
3. IMPLEMENTATION
4. FINAL THOUGHTS



# GENESIS

## PAST PRESENTATIONS/ DOCUMENTS/ MEETINGS

- ACA LTAD
- Kip Harrington / Technical Presentation Fall 2022
- Jacques Reid/ Presentation Spring 2023
- Cam Stephen/ Line Tactics document
- Bridge the Gap Meeting
- AOA Summer/ Fall on-snow projects





# Kip Harrington/ collaboration with Johnny Davidson (NOR)

KipTechnical Presentation Fall 2022

**AOA Technical/General  
Priorities**

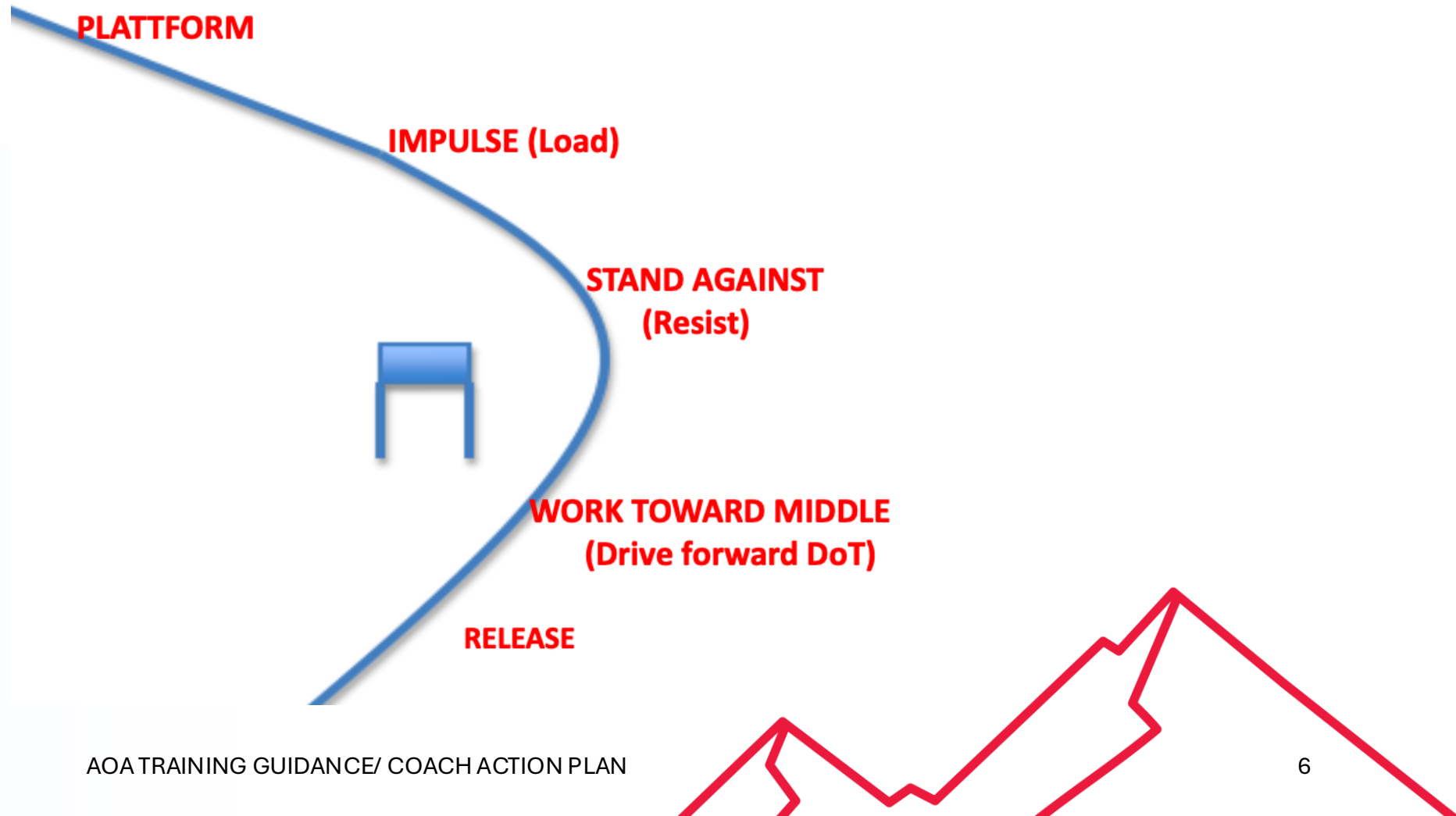
**Kip Harrington**

Oct 29, 2022





# KIP: Technical/ Tactical understanding





# KIP: Development

## KEY MESSAGES

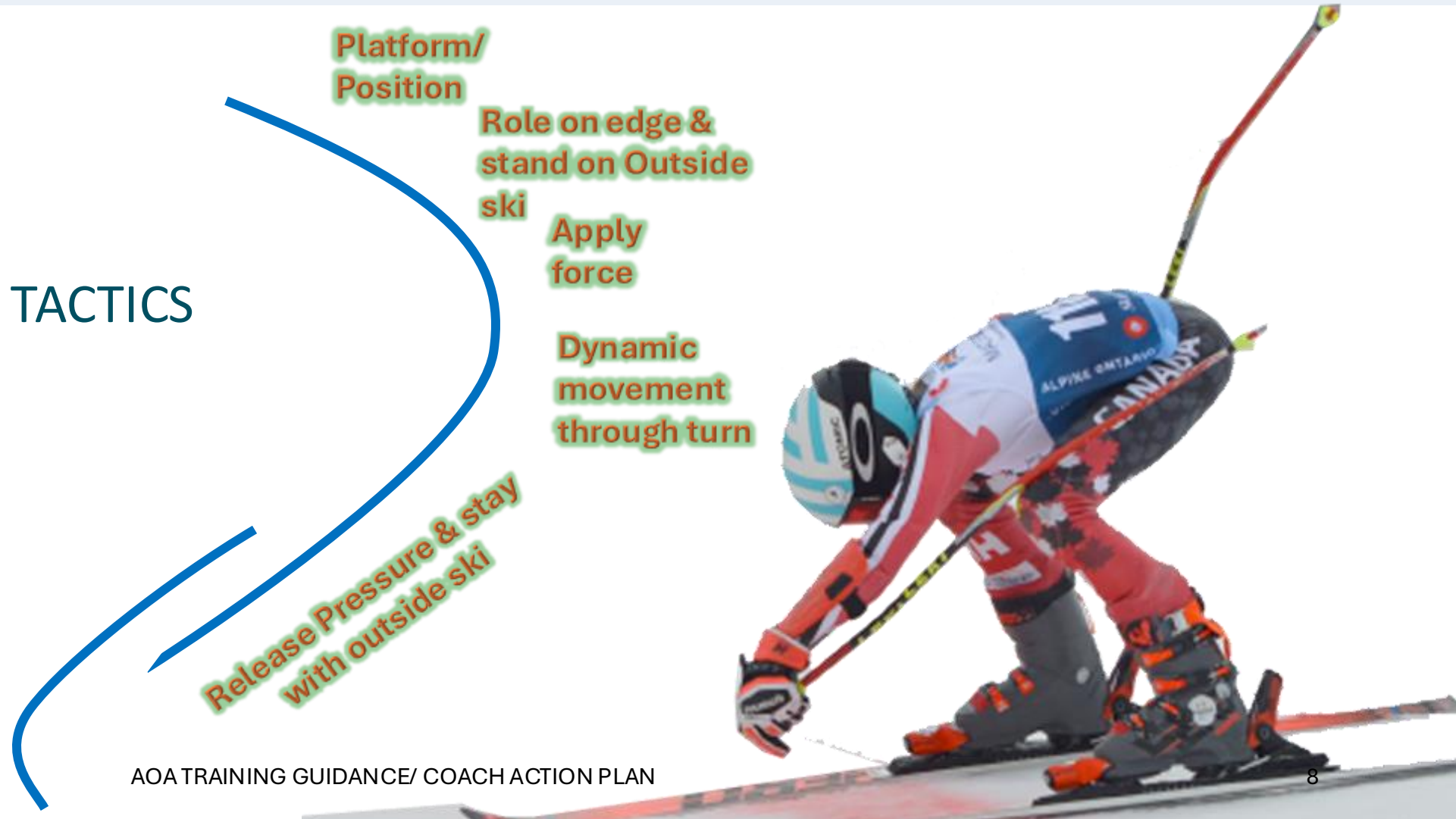
- *“TO ACHIEVE EXCELLENCE, PERFORM THE BASICS TO A HIGH STANDARD CONSISTENTLY”*
- BALANCE BETWEEN SHORT-TERM PERFORMANCE AND LONG-TERM LEARNING
- CONSISTENT IDEAS – VARIED ENVIRONMENTS
- EFFECTIVE DRILLS/ EXERCISES (integrated throughout the season)
  - Well timed pole plant
  - Steering turns
  - Javelin turns
  - Hips over skis/ separation from sternum up
  - Weight transfer to neutral position





# SPRING 2023/ Tactical understanding

## THE TURN TECHNIQUE & TACTICS



Platform/  
Position

Role on edge &  
stand on Outside  
ski

Apply  
force

Dynamic  
movement  
through turn

Release Pressure & stay  
with outside ski





# BIOMECHANICS?

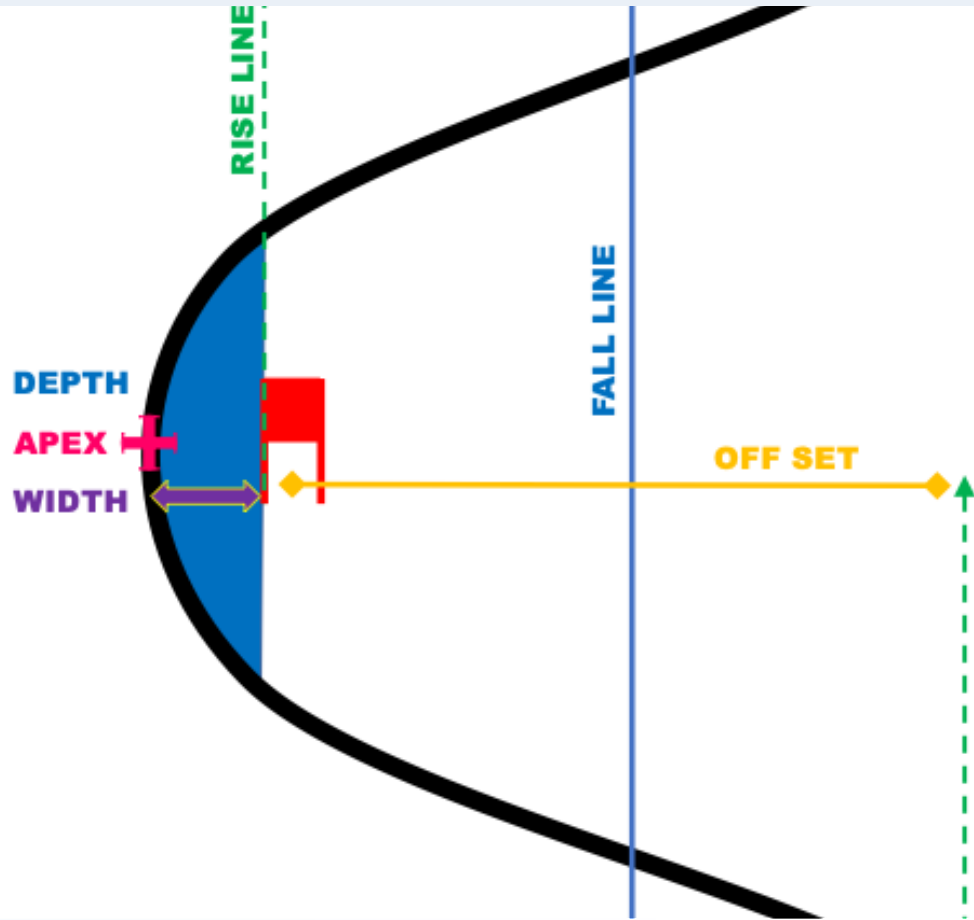
BIO MECHANICAL  
PRINCIPLES

STABILITY & MOBILITY  
APPLY FORCE  
IMPULSE  
DIRECTION  
VELOCITY  
ANGULAR MOTION  
ANGULAR MOMENTUM





# CAM STEPHEN/ OST LINE FUNDAMNENTALS





# Spring/ Summer/ Fall meetings & Projects

Spring Coach Summit

Bridge the Gap meeting

Staff meetings...Michal Pilarski

Summer/ Fall camps:

OST/ ODST/ U16 HPP







# MICHAL PILARSKI

## SUMMER & FALL HP TECHNICAL ADVISOR

PREVIOUS EXPERIENCE:

NORWAY:

MEN'S WC & EUROPA CUP 5 YRS

GB SPORT/ 10 YEARS

BASI COACH FACILITATOR



DEEP DIVE INTO HP IN ONTARIO  
WORKING WITH OST/ ODST & U16 PROJECTS  
DISCUSSIONS WITH COACHES  
DEVELOPMENT OF DOCUMENT







# Training guidance & Coach Action Plan Document

## 5 SECTIONS

TIME ON TASK

TACTICAL DECISION MAKING

FREE SKIING/ TECHNICAL FREE SKIING

COURSE SETTING

TACTICAL UNDERSTANDING



# Training guidance & Coach Action Plan Document

## TIME ON TASK

ELEMENT	PROPORTION OF TRAINING %	FREQUENCY OF TRAINING ELEMENT
OPEN PLAY FREE SKI	30	EVERY TRAINING DAY
FREE SKI SKILL DRILL	20	EVERY OTHER TRAINING DAY
DRILL COURSES Setting for outcomes	40	EVERY TRAINING DAY
RACE COURSES Race simulation	10	EVERY THIRD TRAINING DAY



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## TIME ON TASK





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## TACTICAL DECISION MAKING

DECISION MAKING TOOL	TOOL EXPLAINED	TACTICAL FOCUS	DECISION MAKING PROCESS
BANDWIDTH FEEDBACK	FEEDBACK ONLY IF PERFORMANCE IS OUTSIDE DESIRED WINDOW	RUNNING THE SKI DIRECTION PAST THE RISE LINE	ALLOWING FOR FAILURE CAN HELP SKI RACERS FIND THEIR LIMITS
HARD FIRST INSTRUCTION	MORE COMPLEX SKILLS TACKLED FIRST	COURSES WITH LOTS OF RHYTHM CHANGES USED AT BEGINNING OF THE SEASON	SKI RACERS LEARN HOW TO MAKE QUICK DECISION AS SOON AS SEASON STARTS





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## FREE SKIING/ TECHNICAL FREE SKIING

FREE SKIING	DIRECTIVES	TERRAIN/ ENVIRONMENT	TASKS
GROOMED RUNS	CLEAN CARVING POLE PLANTS TUCK TURNS ONE SKI SKIING	AS VARIED AS POSSIBLE	TOP TO BOTTOM RUNS
NON GROOMERS	MIXED RADIUS, MIXED SPEED, HIGHER SPEED	TREES, POWDER, BUMPS, UN-EVEN TERRAIN	FOLLOW A LEADER, KEEP UP



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## FREE SKIING/ TECHNICAL FREE SKIING

TECHNICAL FREE SKIING	DIRECTIVES	OBSERVATIONS	EFFECT
STANCE	OPEN BUT NARROW	HIPS TALL	FEET UNDER BODY
POSITION	BODY TOWARDS SKI TIPS/ DIRECTION OF TRAVEL	CALM, DISCIPLINED UPPER BODY	APPROPRIATE ALIGNMENT, STACKED
MOVEMENT	FORE. & AFT/ FORWARD FROM PLATFORM & MIDDLE AFT FROM APEX	CONTINUOUS MOVEMENT/ MINIMIZE LATERAL PLANE/ BODY FOLLOWS SKIS & OUT	ATHLETIC SKIING & FLOW
PRESSURE	SUPPORT WEIGHT, STAND AGAINST SKI	ONE TURN > ONE PRESSURE	INCREASED SPEED





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## COURSE SETTING

DRILL COURSE	SETTING	TERRAIN	TACTICAL DIRECTIVES/ TIMING	PREFERED SNOW
STUBBIES/ BRUSHES	REPLICATE A FOREST, LIMITED CORRIDORS	MED – FLAT, BREAKOVERS, MED VARIATION	SHORT PRESSURE/ LONG RELEASE	FROM SLUSH TO ICE
PANELS, PSL	PROMOTE TRAVERSE (OFF FALL LINE) & CORNER GATES, 3-5 RHYTHM GATES	LARGE VARIATION OF ALL TYPES	SPACE AT THE GATE, NO TOUCH/ DEEP FEET & DEEP BODY	FROM SLUSH TO ICE
SINGLE GATES	OFF FALL-LINE, MULTIPLE COMBINATIONS	LARGE VARIATION, ALL TYPES	SKI TOWARDS THE FOREST	MEDIUM TO HARD
PGS	SHORT DISTANCE GS	MED (19 – 21 M FIS) PROMOTE ATTACKING ATHLETIC SKIING	LATE TOUCH – LONGG FINISH/ NO TOUCH, DEEP FEET & BODY	MEDIUM TO HARD



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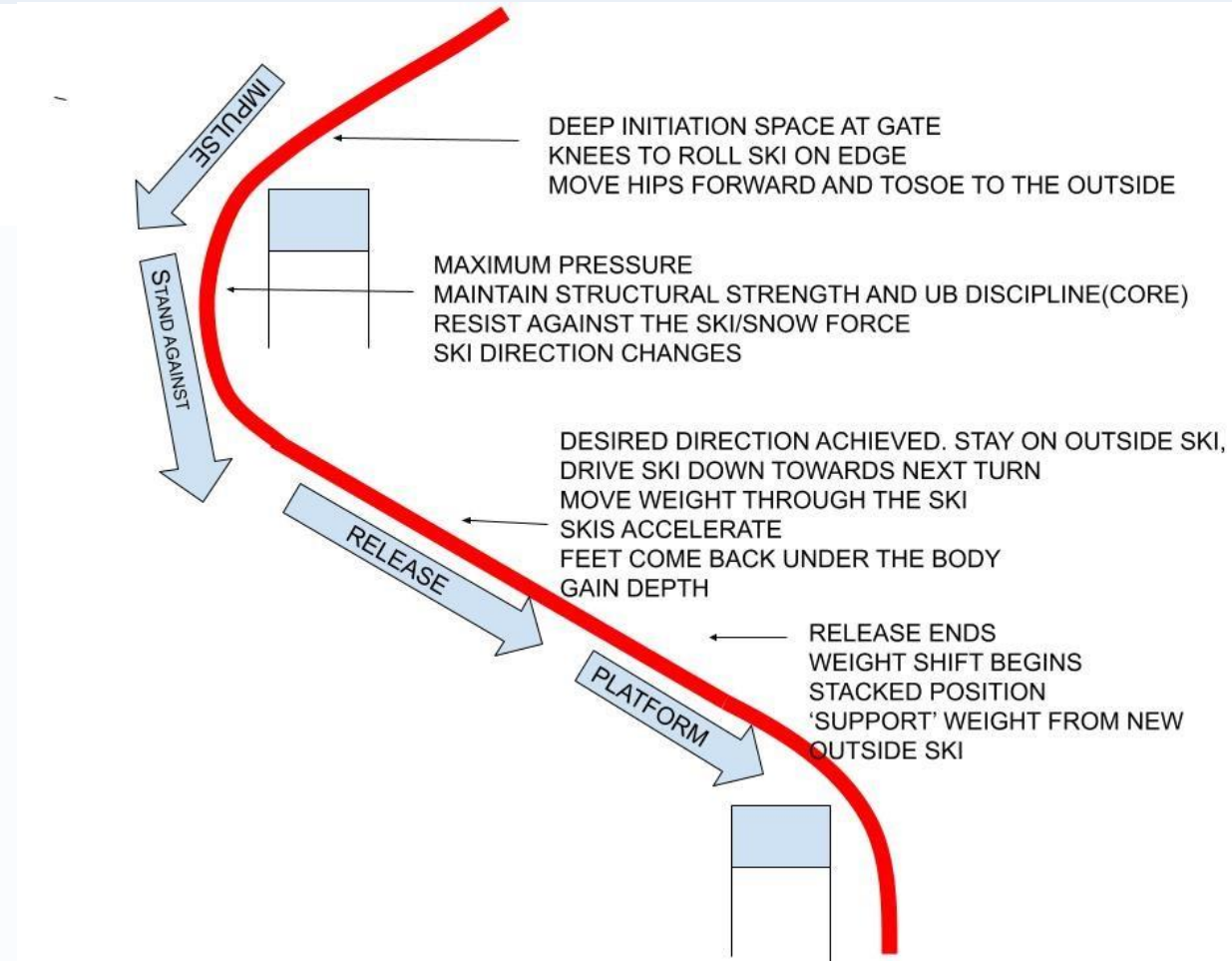






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## TACTICS DIAGRAM







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## TACTICS

Henry Video?



# IMPLEMENTATION

## “HOW TO” INTEGRATE THESE ELEMENTS INTO YOUR TRAINING

- PLANNING TOOL?
- BE OPEN MINDED AND NOT AFRAID TO INCLUDE THE ATHLETES IN THE PROCESS
- TECHNIQUE DURING FREE SKIING >>> TACTICS IN THE GATES
- INCLUDE DECISION MAKING PROCESS
- REFLECT AND ASK YOURSELF..“IS THERE LEARNING TAKING PLACE





# FINAL THOUGHTS

- FIRST ATTEMPT...WORK IN PROGRESS & OPEN TO ADJUST
- USING MANY SOURCES TO CONDENSE THE GUIDANCE
- FEEDBACK AFTER ONE SEASON
- USE AS A GUIDE...NOT THE BIBLE

## **FINAL THOUGHT:**

***“IN YOUR MIND WHAT CONSTITUTES  
A SUCCESSFUL TRAINING SESSION”***



# THANK YOU/ QUESTIONS



## PREMIER PARTNERS



## PLATINUM PARTNERS



## PROUD PARTNERS

