



AOA Ski Training & Coaching Plan

2026

AGENDA



Introduction to Ski Training Guidance

Training Elements and Frequency

Tactical Decision Making Tools

Free Skiing Directives

Technical Free Ski Directives

Introduction to Ski Training Guidance



The underlying themes of the ski training guidance are to "retain the enjoyment of learning and participating through a wide spectrum of learning environments." This approach provides enough variation, resulting in the potential for skill development.

A culmination of varying factors will produce an athletic, fast skier. Variation of training and more complex settings are required to recreate an open skill environment.

TIME ON TASK

Training Elements and Frequency



Drill Courses EVERY TRAINING DAY

Drill courses, which set specific outcomes, make up **40%** of training and are implemented every training day, promoting targeted skill development.



Open Play EVERY TRAINING DAY

Open play comprises **30%** of the training time and occurs every training day. This element allows skiers to develop skills in a less structured environment.



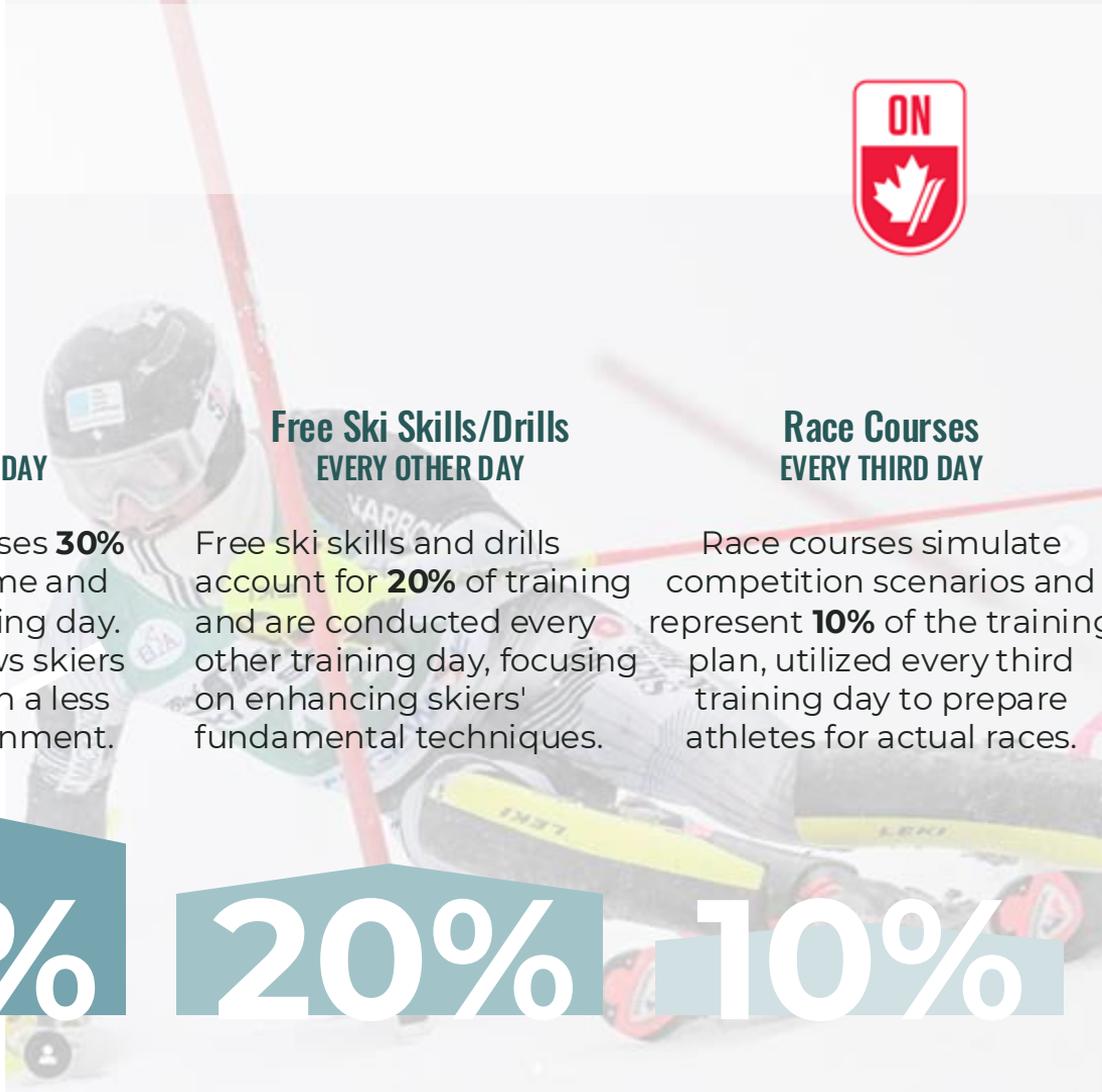
Free Ski Skills/Drills EVERY OTHER DAY

Free ski skills and drills account for **20%** of training and are conducted every other training day, focusing on enhancing skiers' fundamental techniques.



Race Courses EVERY THIRD DAY

Race courses simulate competition scenarios and represent **10%** of the training plan, utilized every third training day to prepare athletes for actual races.



TACTICAL DECISION MAKING



| DECISION MAKING TOOL | TOOL EXPLAINED | TACTICAL FOCUS | DECISION MAKING PROCESS |
|--------------------------|--|---|---|
| VARIABLE RANDOM PRACTICE | FEEDBACK ONLY IF PERFORMANCE IS OUTSIDE DESIRED WINDOW | CONSERVATIVE LINE VS AGGRESSIVE LINE | COGNITIVE ENGAGEMENT TO DECIDE WHEN TO USE EACH LINE |
| BANDWIDTH FEEDBACK | MULTIPLE SKILLS LEARNED AT THE SAME TIME | RUNNING THE DIRECTION PAST THE RISE LINE | ALLOWING FOR FAILURE CAN HELP SKIERS FIND THEIR LIMITS |
| HARD FIRST INSTRUCTION | MORE COMPLEX SKILLS TACKLED FIRST | COURSES WITH LOTS OF RHYTHM CHANGES USED AT BEGINNING OF SEASON | SKIERS LEARN HOW TO MAKE QUICK DECISIONS AS SOON AS THE SEASON STARTS |
| QUESTIONING | DELAYED FEEDBACK THAT GIVES COACH THE OPPORTUNITY TO CHECK FOR UNDERSTANDING | RUNNING THE DIRECTION PAST THE RISE LINE | ASKING HOW IT FEELS TO RELEASE THE PRESSURE TOO SOON OR TOO LATE? |

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-GROOMED RUNS | MULTIPLE SKILLS LEARNED AT THE SAME TIME | TREES, POWDER, BUMPS UNEVEN TERRAIN | FOLLOW A LEADER & KEEP UP |
| TERRAIN PARK | JUMPS, AIRTIME, ROLLS, WAVES, SPINES | USING UNPREDICTABLE SURFACE | DIRECTED PLAY |

TECHNICAL FREE SKI



| TECHNICAL FREE SKI | 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 THE PLATFORM & MIDDLE/AFT FROM APEX OF TURN | CONTINUOUS MOVEMENT & MINIMIZE LATERAL PLANE BODY FOLLOW SKIS ACROSS & OUT | ATHLETIC SKIING & FLOW |
| PRESSURE | SUPPORT WEIGHT STAND AGAINST THE SKI | ONE TURN ONE PRESSURE | INCREASED SPEED |

Thank you.

