

LEVEL 2 THE PARALLEL SKIER

SKILL LEVEL ATTRIBUTES:

EXPERIMENTATION OF FORE-AFT MOVEMENT
MAINTAIN VERTICAL MOVEMENT

INTRO TO LOWER LEG JOINT MOBILITY

VERTICAL EXPLOSIVENESS

VISUALISATION SKILLS

INTRO TO COMPETITIVE SPIRIT - GAMES

WINDOWS OF TRAINABILITY:

SPEED 1, SKILL, SUPPLENESS



Can perform tasks at own pace in a stable, predictable, distraction free environment.

Coach can see that task is being executed in its general form, major improvement needed

Can repeat the task often with moderate precision



SKIER'S NAME:





ALPINE CANADA ALPIN

MID-SEASON DATE:

TEAM:	END SEASON DATE:							
COUNTS TOWARDS EVALUATION	MID SEASON PROGRESS			END OF SEASON EVALUATION				
DEMONSTRATE TECHNICAL SKILLS	В	S	G	В	S	G		
Pure line traverse with exagerated lower joint roll into the hill with upper and lower body separation					• • • • • • • • • • • • • • • • • • • •	• • • • • • •		
Wobbly lower legs or hour glass movement								
Edge sets in traverse using as many joints as possible				•				
Ski a variety of terrain obstacles - spine, rollers, jumps								
Parallel skiing using vertical movement on MARDIS GRAS								
DEMONSTRATE DECISION/REACTION SKILLS								
Skier shows basic motor skills- arms/legs controlled movements								
Coach signals stop - on command		•						
Skier responds to visual and audible cues from coach								
Dual picket courses with coach directing left or right - looking ahead				•				
DEMONSTRATE GATE SKILLS - TEST ITEMS								
BLUE terrain: straight flush 16 brushes 2m VD - LOWER HURRICANE				•				
BLUE terrain: 16 brushes, 2m VD, 1m OS								
DEMONSTRATE SPEED SKILLS - TEST ITEMS								
Tuck position - turns on LITTLE BEAR	•••••••							

S SILVER = CONSOLIDATION OF SKILLS

Correct execution in variable conditions

Speed is increased moderately

Movements are getting more precise and consistent



GOLD = REFINEMENT OF SKILLS

Minor improvement needed

High degree of precision and consistency in movements

Can perform skill at fast speed without fault







SKILLS AND KNOWLEDGE ACQUIRED FOR THIS LEVEL

VISUALISATION SKILLS Imagery, Imagination skiing, Visualization and Relaxation (ex. Floating on a cloud, Be an animal or a machine, Jelly Belly)		HEIGHTS SKI CULTURE Name 3 facts about what is fun skiing at The Heights						
RACING SKILLS Green terrain. 15 tight direction changes. Brushes, stubbies. Demonstrate downhill stop or hockey stop on both sides.			HLETIC SKILLS wnhill lateral hops. Rebound ankle action as high as possible. On the spot ankle bound jumps. Boots unbuckled and buckled. Legs must be straight in the air.					
PHYSICAL CAPACITIES Dryland: Standing vertical jumps (score:); Single and double leg hops(score:); Stretching; Fun 10sec sprints. 5X1 min. recovery.				ANCILLARY KNOWLEDGE Perform warm-up with group and understand basic concepts (Coach questions). Up and down all around warm-up				
ENVIRONMENT Controlled turns on 3 different types of terrain. Adapts from	om flat to steep).		COMMENTS:				
MID SEASON PROGRESS	В	S	G	-				
COMMENTS								
END OF SEASON EVALUATION	В	S	G	NEXT RECOMMENDED LEVEL:				
COMMENTS				To move on to the next level: MUST have – minimum 2 SILVER and rest GOLD for all skiing skills (page 1) NICE to have – progress on Skills and Knowledge Acquired for this level (page 2)				