



**LIONS SKI CLUB**

# **CLUB DEVELOPMENTS**

## **AIMS**

**TO DELIVER A MORE CONSISTENT APPROACH**

**TO DEVELOP A CLEARER COACHING STRUCTURE**

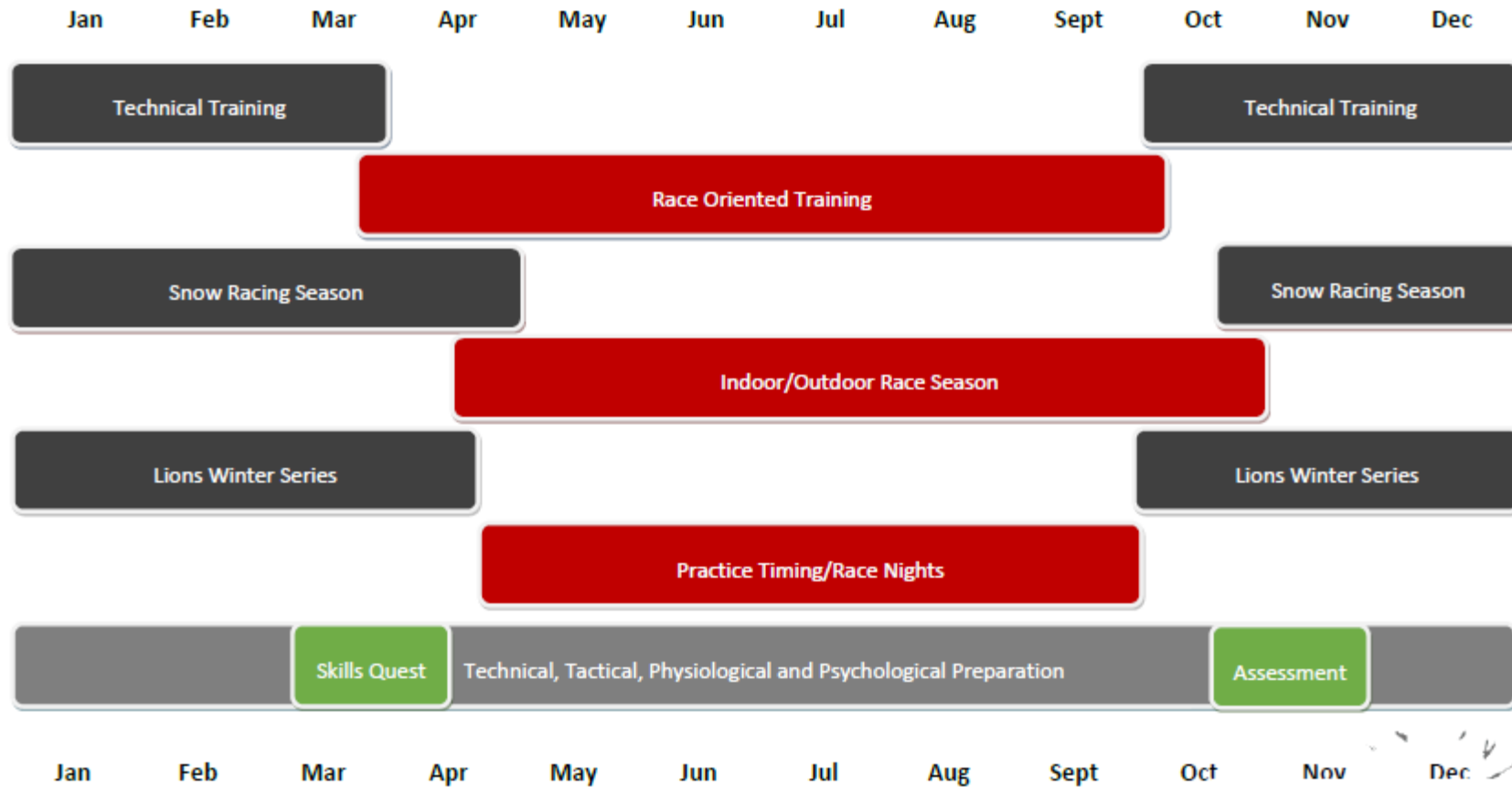
**TO CREATE A PROGRAMME FOR SUCCESS**



# LIONS SKI CLUB

## CLUB DEVELOPMENTS

### COACHING STRUCTURE



SUMMER SEASON RACE ORIENTED TRAINING MARCH OCTOBER

# LIONS SKI CLUB

## CLUB DEVELOPMENTS

TRAINING 2 WIN

Generating speed through a course - using specific foot/ski placement in relation to centre of mass

Creating the same movements in and outside a course - smooth relaxed turns.

Solid shape and angles through race course – developing flow through a course in r relation to centre of mass

Timing - developing correctly timed movements and turning in a course to maintain/increase speed

Pre & Post Race Preparation – mental and physical preparation for racing and training

Understanding Feedback – receiving and acting on feedback by the coach

Course inspection - understanding rhythms, advanced line, rhythm changes and difficulty

Analysing previous performances - using video analysis to aid improvement (racing)

Mental Rehearsal - internal & external visualisation to enhance performance

Video Analysis - using video to analyse and improve technique and overall performance

Pre & post race preparation - how to effectively mentally and physically prepare yourself for a race

Feedback - how to receive and act on feedback given by the coach to aid performance



- 1 STU AND KIRSTYS GROUP
- 2 RUSS AND LUKES GROUP

SUMMER SEASON RACE ORIENTED TRAINING MARCH OCTOBER

# LIONS SKI CLUB

## CLUB DEVELOPMENTS

TRAINING 2 WIN

Carving through a course – developing tight carved turns in course

Timing - developing correctly timed movements and turning in a course to maintain/increase speed

Improving line through cross blocking - learning why and how we cross block

Creating the same movements in and outside a course - smooth relaxed turns

Developing course inspection - understanding line, rhythm changes & corridors

Course inspection - understanding rhythms, advanced line, rhythm changes and difficulty

Video Analysis - using video to analyse and improve technique and overall performance

Mental Rehearsal – introducing internal and external visualisation for race preparation

Pre & Post Race Preparation – mental and physical preparation for racing and training

Feedback - how to receive and act on feedback given by the coach to aid performance



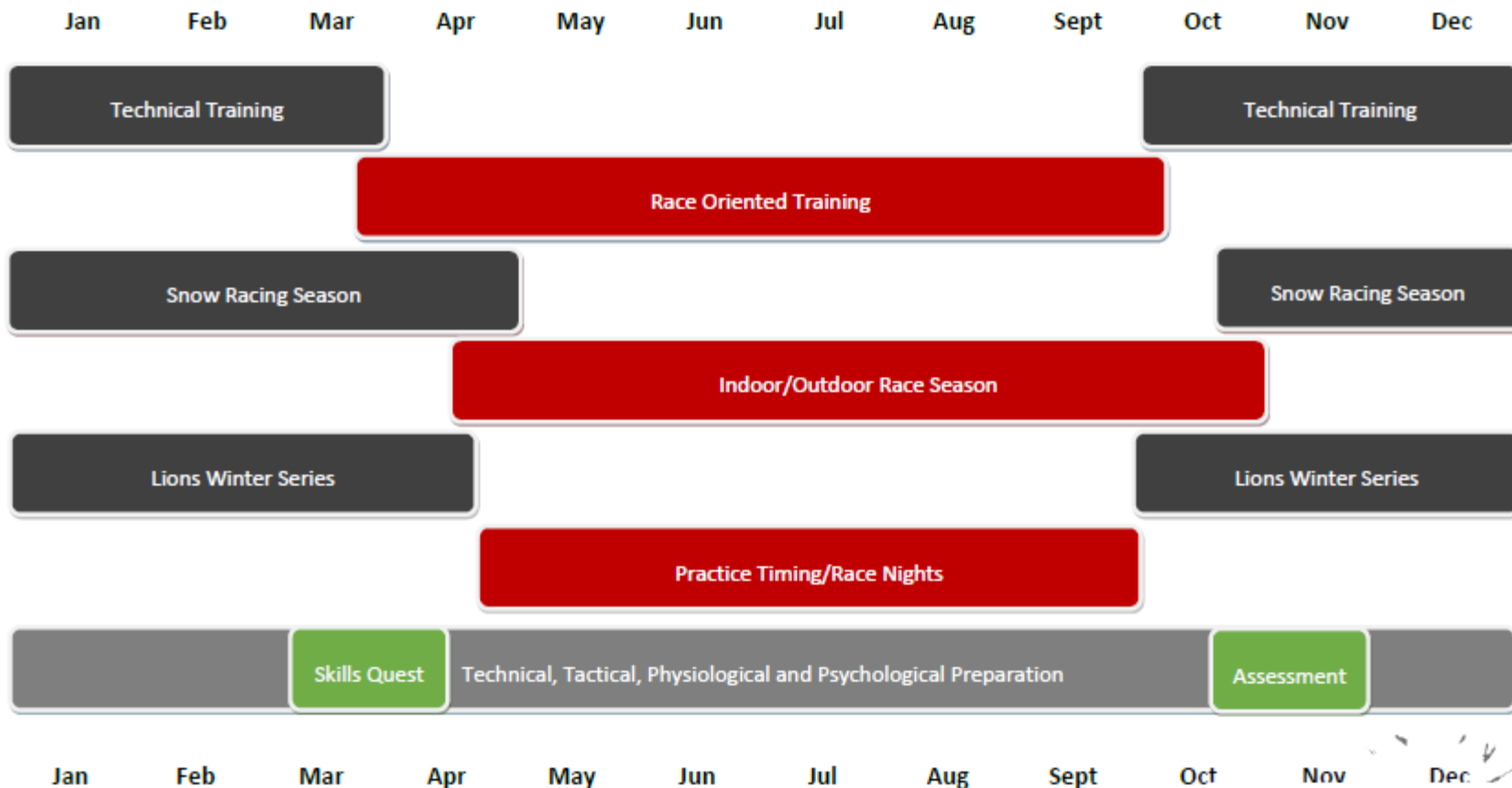
3 MIKE AND JOHNS GROUP



# LIONS SKI CLUB

## CLUB DEVELOPMENTS

### COACHING STRUCTURE



WINTER SEASON TECHNICAL TRAINING OCTOBER MARCH

# LIONS SKI CLUB

## CLUB DEVELOPMENTS

TRAINING 2 WIN

Generating speed through carving - utilising the radius of the ski to maximise speed through skidding less

Maintaining a constant hip level – creating flexion & extension under the pelvis whilst maintaining the flow of centre of mass

Timing - developing a short transition and a timed edge pressure to execute a specific turn

Transition through balance - Improving effectiveness of the transition

Pressure through Posture - implementing a more forward posture to enhance edge support

Balance - improving balance throughout the transition and all phases of the turn

Analysing previous performances - using video analysis to aid improvement (technical)

Mental Rehearsal - internal and external visualisation to enhance performance

Controlling anxiety - understanding and implementing controlling components of anxiety

Feedback - How to receive and act on feedback given by the coach to aid performance



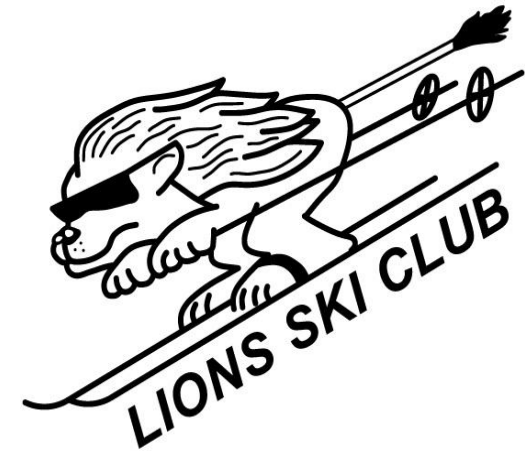
- 1 STU AND KIRSTYS GROUP
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WINTER SEASON TECHNICAL TRAINING OCTOBER MARCH

# LIONS SKI CLUB

## CLUB DEVELOPMENTS



### 3 MIKE AND JOHNS GROUP

## TRAINING 2 WIN

Developing racing carve turns - faster, tighter, more agile turns

Creating effective angles – Active leg rotation to enhance edge angles

Timing - developing timed edge pressure to allow skis to turn on specified areas

Transition through balance - Improving effectiveness of the transition

Pressure through Posture - implementing a more forward posture to enhance edge support

Pole plant - continuing work on timing and stabilising rotations

Mental Rehearsal - Learning about internal and external visualisation

Motivation - focusing motivation- enhancing the desire to 'compete to win'

Understanding Feedback - ways to receive and act on feedback by the coach

# LIONS WINTER SERIES

This is a continuation of our timing nights but adding a more competitive and regular element to them (last Monday of each month where possible).

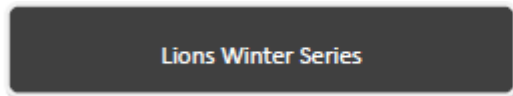
Not only will athletes be timed but also placed according to their position at the end of the night. Points will be awarded for their placing and an awards ceremony to celebrate successes hosted at the end of the series.

The aim is to run this series more like an actual race with practice, course inspection, bibs etc

# LIONS SKI CLUB CLUB DEVELOPMENTS



## WE NEED YOUR HELP!



Jan

Feb

Mar

Apr

May

Jun

Jul

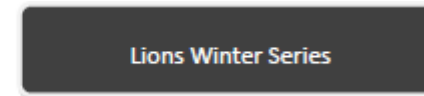
Aug

Sept

Oct

Nov

Dec







# LIONS SKI CLUB

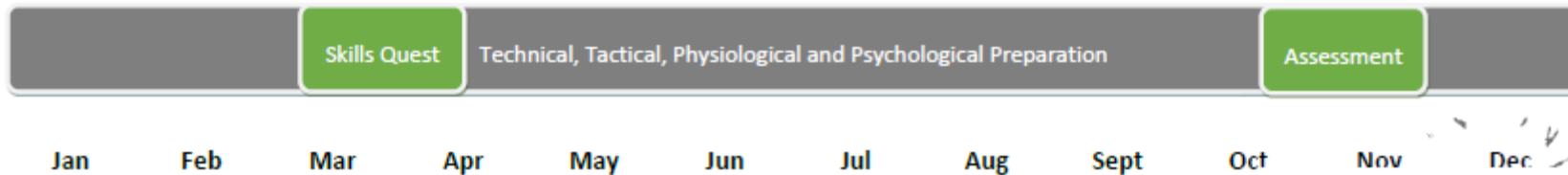
## CLUB DEVELOPMENTS

### What is it...

It's a program used by many ski teams including the U.S.A, Canada, Brits and comprises of specific tasks to address pressure-, edge-, and rotational-control skills at different levels of athlete development.

### Why and how are we using it...

It has been proven to be a successful measure of an athletes technical ability. If technique is incorrect athletes will never reach their full potential. Using this to assess athletes skills enables us to place them with the appropriate coach and stage to support their skill development. Coaches can then plan to develop common skill areas. We aim to assess at least once a year after the technical section of our yearly plan but there will be occasions where we assess every 6 months if deemed required by the coaches.





# LIONS SKI CLUB

## CLUB DEVELOPMENTS

### INTERVENTION COACH

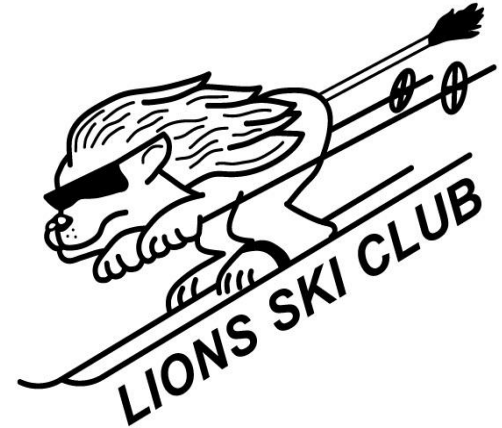
- Select a variety of athletes Cross the groups who all have a similar goal or area for development and spend a week or so working on this with them.
- Team coaching with the designated coach for a given group-> Sharing ideas, developing ideas, creating goals for the athletes, CPD for coaches, lead the session for that group, support the coach for that session plus a many other uses. This can work in a number of ways but could be extremely beneficial in long term for our coach development.
- Cover a group if both coaches are absent.
- Work with all athletes equally throughout each block.
- Coordinate with coaches to ensure we are delivering the specific types of training courses required for maximum development of the team.
- Assist in the management and development of on-hill training and the development of the programme

# LIONS SKI CLUB

## CLUB DEVELOPMENTS

# SLOPE EXPECTATIONS

- **Complete all warm ups**- Turn up on time so that you all complete at a similar time.
- **Drills** – Complete the drill to the lift do not give up at half way.
- **Always course inspect**- unless otherwise stated by a coach.
- **Race Starts EVERY time** - while training, - push before and after the 1<sup>st</sup> gate.
- **Finish the course 1** – if you ski out, hike back up and round the gates.
- **Finish the course 2** – all the way past the last gate.
- Assist in clearing away the poles stubbies etc, do not go in until this has been complete
- **Behaviour**- If you act like an athlete, behave well and show respect to your coaches and fellow trainees, then you are likely to be treated in the same way.



# CONTACT DETAILS

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# LIONS SKI CLUB CLUB DEVELOPMENTS

