



**FREESTYLE
SKI
ACROBATIQUE**

Can Freestyle Club Coach Program

Jumps and Bumps Skills Resource and Program

Coaching
Association
of Canada



Association
canadienne
des entraîneurs

**National
Coaching
Certification
Program**



**Programme
national de
certification des
entraîneurs**

Jumps and Bumps Resource

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Jumps and Bumps Overview

Welcome to the Canadian Freestyle Ski Associations (CFSA) Jumps and Bumps Program, where young skiers are taught Freestyle skills in fun and safe progressions. CFSA recommends this program for intermediate to advanced parallel skiers ages 6 and up. (Clubs may include 5-year-olds)

The Jumps and Bumps Program focus's on foundation entry-level Freestyle Skills for Air, Moguls, Halfpipe, and Slopestyle. There is an emphasis on good technical skiing or 'Freeskiing' turns.

Jumps And Bumps Skill Awards System

Freestyle skiing skills have been divided into Green/Blue/Black levels, which are outlined in the J&B Passport. Skiers will receive stickers as they learn, and certificates to mark their progress at the end of the year.

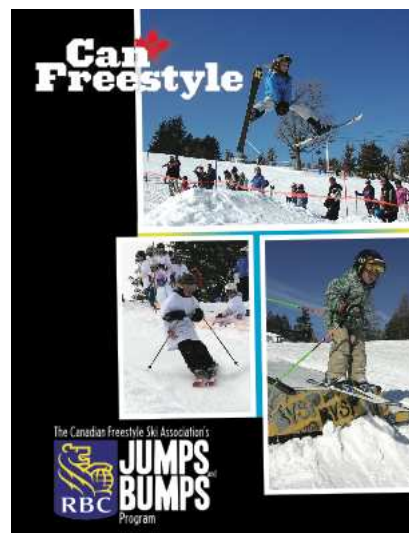
Your club should order a Jumps and Bumps Passport for every CFSA member registered in your Jumps and Bumps Program. You will need to estimate numbers before the season begins and you will be able to order extras required at the end of January.

The passports will come with a sticker sheet that the coach can use to reward skills as the season progresses. Kids can put the stickers onto their helmets if they wish. Recognition certificates are available to download and print from the CFSA website to present at the end of the season.

CFSA has created an option to drop a photo of the participant into their recognition certificate so they will have a personalized memento of the season and what they accomplished.

When the entire Jumps and Bumps Program has been completed the skiers will earn their "Wings" and be ready to move into a Freestylerz program.

Program materials are available to all registered CFSA clubs and members at no extra charge. The Club Coach Resource Materials contain information to do skills assessments.



Skills Evaluation and Tracking

Skills evaluation and tracking should be done throughout the season. Use the lesson planner to decide in advance which skill you wish to focus on, and always keep a passport and pencil in your pocket to keep track of your groups' progress.

Some clubs like to designate evaluation days to make sure the skills are tracked. If using this format you will need to create a fun low stress environment where kids do not feel expected to step outside of their comfort zone.

Your ski resort may not have the facilities to train all skills, and coaches will have to be flexible with the choice of apparatus (i.e. a hill may not have box rails, only shotguns or mail boxes). Coaches will have to be creative and improvise training features. Be sure to do this in a safe manner, and follow the guidelines set out in the CFSA Club Coach Manual.

Some groups of athletes may not want to train all disciplines, but coaches are strongly advised to teach all skills to develop all around skiing abilities. As a guideline skiers should be expected to pass 90% of the skills at each level.

Each student can be given their own Passport with the skills marked off at the end of the year, along with the Athlete Evaluation form. Some coaches prefer to give each student a passport at the beginning of the season to track their own progress. Make sure the parents know if they need to return a passport through the season, or if the athletes need to keep it in their pockets.

Use the Skill Tracking Sheets to make sure the skill achievements are not lost. This is a great tool when it comes to planning the following year.

CFSA's "Get Game" Approach To Teaching Kids

Please contact CFSA and/or your PSO to organize a 3-hour "Get Game" seminar at your club prior to or at the beginning of the season. Get Game reviews how to deliver Can Freestyle programs in a way that focuses on FUN and progressive skill development. Clubs that have attended Get Game seminars experienced a high level of success delivering the Jumps and Bumps Program.

Kids 6-12 years of age thrive in programs that are based around creative games and play. They need to be led by a positive coach that cares about each child, and helps each child fit into the group and make friends. Get Game reinforces the proven methods of success in teaching kids taught in the excellent HIGH FIVE program. Please see more HIGH FIVE information in the Can Freestyle Coach Training section of this resource.

Athletes who are given the chance to build skills and confidence will graduate the Jumps and Bumps program prepared to succeed in Freestyle competitions, or as coaches, or simply as lifelong skiers.

More Information and Contacts:

More extensive information on CFSA Insurance and Sanctioning, and Coach and Officials Training at ***freestyleski.com***.

You will find hard copies of several of the JB downloads in this resource book including:

- J&B Administrator Checklist
- J&B Special Events Guide
- CFSA Lesson Plan
- J&B Skills Tracking Sheets
- J&B Operating Agreement

If you would like more information about Can Freestyle including the "Get Game" seminar, and/or the RBC Jumps and Bumps Program please contact:

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More Freestyle Connections

Visit the CFSA website freestyleski.com for news and information about Freestyle Skiing programs and competitions across Canada. Send photo's and videos to the CFSA community page <http://freestyleski.com/community/>

Jumps and Bumps Skills List

Green LEVEL 1

SKIOLOGY

Know how a Ski Works
Identify Basic Parts of a Mogul and Table Top
Know Alpine Responsibility Code
Cover Terrain Park Etiquette
Attend a Freestyle Ski Competition
Name a National Freestyle Ski Team Member
Know Three Rules of Jumping

FREESKIING

Demonstrate Good Warm-up
Balanced Body Position on Blue/Green Terrain
Medium Radius Power Plow Turns
Hockey Stop in Both Directions
Switch Wedge Turns

PARK, HALFPIPE & AIR

Switch and Regular 180 on snow (both directions)
360 On Snow (both directions)
Jump onto Fun Box Straight
Balanced Take off and Landing on a Small Jump
Corridor Rails Drill
Touch Boots Mid Air/Spread Eagle
Down the Halfpipe 180
Drop in From Halfpipe Deck

MOGULS

Maintain Stance and Balance in Roller Tank
Route Finding in Easy Moguls

Blue LEVEL 2

SKIOLOGY

Purpose of a Mogul Ski
Name Three Big Freestyle Ski Events
Name Your Favorite Ski Movie
Describe the "Fall Line"
Identify Parts of a Halfpipe
What Does "Line" Mean in Halfpipe

FREESKIING

Intro Carve Turns, Cowboy Turns
Switch Wedge Turns Weight on Outside Ski
Weight Balanced Over Outside Ski
Vision Forward, Head Up

PARK, HALFPIPE & AIR

Twister, Daffy, Cossack
Japan, Lui Kang, Iron Cross
Switch 180 off Small Jump, Contact / Cat Twist
Jump Land on Funbox Sideways both Directions
Beginner Ride on Rail
Intro to Wall Ride
Halfpipe Alley-oop
Halfpipe Air-to-Fakie
Halfpipe Drop in Rolling

MOGULS

Balanced Stance on Novice Mogul Terrain
Link Moguls Turns in Sections
Learn Moguls Jump
Easy Moguls 80m Fall Line Run

Black LEVEL 3

SKIOLOGY

Name Three Canadian Freestylers Who Won Olympic Gold
Enter a Fun Freestyle Competition
What Can Freestyle Skiers Do Off-Season to improve?
Nutrition & Hydration Basics For Active Kids
Name Five Types of Rails
Understand "Line" in Moguls

FREESKIING

Intermediate Carve Turns, High Marking
Maintain and Control High Speed Turns
Perform Speiss/X Jump Drill
Ski a Race Course
Watch a Video of Yourself
Pole Plant
Switch Parallel Turns

PARK, HALFPIPE, & AIR

Mute and Tail Grabs
Twister Spread Combo
Exit Funbox Switch
Enter Funbox Switch
Slide Beginner Rail Both Directions
360 Off Jump
Carve Take-Off Intro
Halfpipe Pumping
Halfpipe Grab (any)
Three Halfpipe Consecutive Hits, One Above Coping

MOGULS

Turn Timing In Roller Tank and Moguls
Full Moguls Run with Two Jumps

EXIT SKILLS

Standing on Outside Ski
Controlled Turn Shape
Use of Joints (Flexion and Extension)
Mobile Stance and Balance

Level One - Green (Skiology)

Skill:

Know How a Ski Works

Show the athletes that a ski has a sidecut – or a long “C” shape. When the ski is angled so the edge cuts into the snow the ski will follow this arc and turn the skier. Show that the more the ski is flexed the rounder the “C” becomes. So the combination of sidecut and flex create the “radius” or the shape of the turn.

Different skis (mogul, twin tip, carving) have different shapes, which combined with flex will dictate the turn radius. The greater the difference between the width of the tip/tail and waist, the shorter the natural turning radius of the ski.

Terms:

Camber: the horizontal shape a ski makes while sitting flat on the snow. Most skis have a camber where the ski arches in the middle while the tail and tip sit flat on the snow.

Reverse Camber: The reverse effect of a cambered ski where the tip and tail will raise off the while the ski is lying flat on the snow. This purpose is for powder skis to remain afloat and easier edge control in deep snow.

Reverse side Cut: This is where the tip and tail of the ski are narrower than the waist. Freeride skis will have this in powder skis so the tip and tail slice freely through the deep snow and in park skis for easy turn initiation and edge transfers.

Test:

Have each athlete show you how his or her ski works – understanding that the shape of the ski (sidecut) will affect the shape (radius) of the turn, and bending the ski (flex) will also affect the shape of the turn. The understanding should be age appropriate.

Level One - *Green (Skiology)*

Skill:

Identify Parts of Moguls & Table Top

Terrain:

Moguls / Table Top

Parts of Moguls	Parts of a Table Top
<p>Face-the front side of the mogul that can be seen from the top of a run.</p> <p>Top-the highest part of the mogul.</p> <p>Troughs-the lowest parts between each mogul that are present all the way around each mogul.</p> <p>Crest-connects the tops of moguls.</p> <p>Sides-when looking down the hill at a mogul, the sides are on either side of the top.</p> <p>Backside-the back of a mogul, hidden from view when a skier is looking from the top of a run.</p>	<p>In run – line entering the take off part of the jump</p> <p>Transition – the part where flat terrain turns into more vertical terrain of take off</p> <p>Take-off (lip)- point where skier would take off the snow and get airborne</p> <p>Deck – the flat point of terrain between take off and landing</p> <p>Knoll – exact point where the flat deck rolls into down-sloped landing</p> <p>Landing hill – entire down slope where skiers aim to land</p>

Note:

These skills are taught to enable the athletes to understand where the various movements in mogul skiing take place (i.e. pole plants), and on a jump. This will assist in the communication between coach and athlete.

Test:


The skier can point out the various parts of the moguls and a table top jump

Level One - *Green (Skiology)*

Skill:

Know the Alpine Responsibility Code


ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

<p>1 Always stay in control. You must be able to stop, or avoid other people or objects.</p>	<p>6 Always use proper devices to help prevent runaway equipment.</p>
<p>2 People ahead of you have the right-of-way. It is your responsibility to avoid them.</p>	<p>7 Observe and obey all posted signs and warnings.</p>
<p>3 Do not stop where you obstruct a trail or are not visible from above.</p>	<p>8 Keep off closed trails and closed areas.</p>
<p>4 Before starting downhill or merging onto a trail, look uphill and yield to others.</p>	<p>9 You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.</p>
<p>5 If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.</p>	<p>10 You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.</p>

**Know the Code - Be Safety Conscious
It is Your Responsibility**


09/2000

Level One - *Green (Skiology)*

Skill:

Cover Terrain Park Etiquette

Skill Progressions – Park Etiquette

Explain to skiers:

1. Always use a spotter for blind jumps.

3. Being a controlled group in a park

a) Always ski under control.

b) Make sure that no one is stopped in the in run or out run of any features in the park.

*Always call your turn on the park feature being used.

5. Wait your turn. “Snaking” as it is called, is one of the worst park crimes out there. Make sure that when you get into the in run there is nobody else going for the same feature.

7. Loafers. Keep clear of the in run or the landing while stopped (it slows down the pace and can be dangerous). Jumps are made to be hit, not hung out on.

2. Only jump if you can take it!

Always take jumps that are of your caliber (people exceeding their level of ability often get hurt and slow down the pace). A good indicator of this is that you should always make it to the landing transition of the jump you are using.

4. Who’s next? Let people know who’s next on the jump. Call “dropping next” and wave your pole in the air.

6. Don’t shotgun Always give the person taking the park feature before you enough clearance.

8. Bails

a) If you fall, get up and out of the way as quickly.

b) If you can, climb to the side of the jump, away from the in run.

c) If you lose a ski on the coping of a halfpipe, it is better to ski to the bottom on one ski and then hike back to get your ski.

Level One - *Green (Skiology)*

Skill:

Attend a Freestyle Ski Competition

Terrain:

Moguls, Halfpipe, Table Top, Slopestyle

Preparation: Check websites and local sources for a Freestyle ski competition near you.

Types of Freestyle Competitions:

Jumps and Bumps Skills Clinics: these skills clinic teach new Freestyle skills to young skiers and will usually participate in some sort of competition. Learning is centered on the fun part of skiing.

Club Comp: a competition is hosted by a club is for skiers that are training for provincials but are not at that level yet. Fundamentals and Learn to Train athletes are the heart of the club comp. Club comps usually will not have points attached for provincial rankings. 2-4 per season.

Provincials: A ranking event that will allot points to Train to Train/Learn to Compete athletes in order of their placing. Points are used to select provincial teams, qualify for larger events such as nationals, Canadian Series or NorAms. 2-4 per season.

Canadian Series: A national event that will attract the best in each province at the Learn and Train to Compete levels.

NorAM: The best skiers in North America will compete at a NorAm. FIS points are given to athletes at this event

World Cup: The best skiers in the world competing for FIS points and for the Crystal Globe which will award the season champion on the World Cup circuit.

Level One - *Green (Skiology)*

Skill:

Name a National Freestyle Ski Team Member

Canadian National Freestyle Ski Team Members:

Check out the Canadian Freestyle Ski Teams at freestyleski.com

Skill:

Know The Three Rules of Jumping

Three Rules of Jumping:

Rule 1) Check out the jump site; ensure that the in run, jumps, landing hill and finish area have adequate snow coverage and are free of ruts or ice spots.

Rule 2) Assign a spotter; their job is to make sure the site is fully clear before jumping.

Rule 3) Get your speed right; do a practice speed check and have your coach watch to help judge the right speed to hit the sweet spot in the landing.

Skill:

Demonstrate Good Warm Up

Terrain:

Flat

Slope Rating:

Green

Warm ups will vary based on lesson plans, age group/skill level of athlete and the weather. A good warm up will always include dynamic movements to increase blood flow to the extremities before skiing. Incorporating the movement patterns of goal skills you plan to work on that day will accelerate learning and help focus your training session.

Warm up examples: Air squats, quick feet, leg swings, knee circles, gorilla hops, trunk rotations, shoulder rolls, arm circles, arm swings, neck rotations, push ups.

Test: Have athletes lead a warm-up including:

- Continuous movement for 5 minutes including dynamic movements like running on the spot.
- Full loose rotations of all major joints to loosen them up – make sure head to toes are warmed up.
- Incorporate freestyle skills – like 180's, 360's, 540's both directions
- FUN and imagination – games and races are great!

Test: Lead a Warm-up including all of the named elements above.

Level One - *Green (Freeskiing)*

Skill:

Balanced Body Position

Terrain:

Flat / Moderate

Slope Rating:

Green / Blue

Description of Balanced Body Position on Groom Terrain

Correct body position will enable the athlete to maintain balance and allow proper range of motion throughout all skiing movements. It should be natural and athletic with flexion in the three lower body joints; ankle, knee and hip. Weight is spread throughout the foot centered towards the ball to arch. The shoulders and hips should be on top of the feet with the knees over the toes. As a result of ankle flexion the athlete will feel shin pressure. The upper body should be aligned over the feet. Arms are held comfortably in front with the hands at approximately mid torso height. The head is in a natural position with the vision looking ahead to read the upcoming terrain. The body position can vary according to specific skiing situations.

Drill: Boots Undone Skiing

Terrain: Can be done in a variety of terrain but safety is the primary concern. Know the athletes' abilities before adding varied or difficult terrain. Speed should be kept slow.

Objective: Without the rigidity of the boots the skier will have better feeling of balanced and unbalanced. Will help identify where weight is felt on the sole of the foot. Increases ankle joint mobility.

Description: With boots completely undone perform varied turns.

Watch For: Correct alignment of the body to achieve balanced position. Strive for correct ski use (edging).

Test: Skier is able to show desired body position and demonstrates while skiing. *Keep in mind that younger skiers will not have balance/strength fully developed and may have to adapt their movements slightly. Correct body position should continue to be monitored through all stages of growth and development.

The coach should check out the different planes of balance before deciding if the neutral position is appropriate or not.

1. Observe from the side - all joints should maintain flexion throughout all skiing movements and the upper body should stay aligned and over the feet. Look from feet upwards; check out ankle, knee and hip joints and this will give a quick assessment of the desired body position.
2. Observe from the front to assess even shoulders, hands/arms in desired position, and that the width of stance is appropriate.
3. Observe from behind at the shoulders down to see if the shoulders are even? Are the hips square or rotating? As a coach you can then decide if any problems are technical, or equipment issues, or physical limitations.

Test:

Show consistent Balanced Body Position in medium radius turns on green or easy blue terrain.

Level One - *Green (Freeskiing)*

Skill:

Medium Power Plow Turns /Crab Walk

Terrain:

Groom

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation The skier will start sliding straight down the hill in a snowplow position Initiation: With little speed the skier will role one knee till ski is on edge, and hold the pressure build up to direct the skier across the hill with other ski skidding flat.	Pre Skill Balanced Body Position
Completion Once the skier is crossing the slope in a "crab walk movement" then switch knees and repeat.	Skill Aids The athlete can focus on weight shift to ensure they are maintaining correct alignment over the edging ski.

Note:

The objective is to create muscle memory and to strengthen muscles used for knee role leading to edging and managing pressure (angulation).

Progression:

Once this drill is easy on green slopes add a hop from edge to edge.

Test: Athlete can execute the drill over a 200 metres on groomed green terrain

Level One - *Green (Freeskiing)*

Skill:

Hockey Stop (Both Directions)

Terrain:

Groom Terrain

Slope Rating:

Moderate / Steep

Skill Progressions	Teaching Points
Preparation	Pre Skill
The coach will mark the starting point and the spot the athletes must stop at.	Balanced Body Position Keep Head Up
Initiation	Skill Aids
The skier straight runs until the marked stopping point.	At slow speeds the athletes can practice the steering motion needed to keep their feet directly under their body. It is very similar to performing a twister aerial maneuver.
Completion	
The skier stops in the shortest distance possible.	

Test:

Three hockey stops in each direction on green and blue terrain where the upper body remains upright (not leaning up hill) and the feet rotate directly under the body (not pushed in front).

Level One - *Green (Freeskiing)*

Skill:

Switch Wedge Turns

Terrain:

Groom Terrain

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation	Pre Skill
The athlete points their tails across and slightly down the fall line.	Release edge to initiate The skier has learned to traverse backward and stop with a backwards snowplow.
Initiation	Skill Aids
The skier places their skis in a wedge position (tails together) and starts to move across the slope in a backwards traverse with an athletic body position. The skier then pressures the outside ski to initiate the turn.	Looking to the outside of the turn and maintaining proper Stance and Balance are very important because they aid in the skier's control.
Completion The turn is then completed with the skis facing across the fall line opposite the starting direction. As with any turn, roundness and consistent speed are desirable. Once the first turn is completed, another backward skiing turn is initiated.	Have athletes point & look where they want to go with their leading hand.

Note:

This skill is performed to introduce athletes to switch skiing in a comfortable environment, so that they develop proper Stance and Balance while skiing switch.

Progression:

Switch turns weighting outside ski.

Test:

The skier will demonstrate ten consecutive switch wedge turns in control.

Level One - *Green (Park, Halfpipe and Air)*

Skill: Switch and Regular 180 on Snow (Both Directions) **Terrain:** Easy **Slope Rating:** Green

Skill Progressions	Teaching Points
Preparation Athlete starts skiing down an easy run slowly.	Pre Skill Backwards wedge stop
Initiation Athlete initiates a turn, puts weight slightly on tips and looks towards the direction to be rotated.	Skill Aids Perform this skill on easy terrain that is free of traffic. Have athletes check around them to be sure not to collide with other skiers. Have athletes point & look where they want to go with their leading hand.
Completion Athlete keeps turning until they are traveling backwards, they then perform a backwards snowplow to stop.	

Note:

While performing this skill, the athlete will develop fore-aft and rotational Stance and Balance as well as Edging skills. This skill will also promote familiarization with the motion involved in spinning air moves.

Progression:

360 on snow
180 on snow / reverse to straight

Test:

In an athletic position, athlete can perform a 180 on snow in both directions. Demonstrate six times in control (Both Directions)

Level One - *Green (Park, Halfpipe and Air)*

Skill:
360 on snow (Both Directions)

Terrain:
Easy

Slope Rating:
Green

Skill Progressions	Teaching Points
Preparation Athlete starts skiing down the fall line of an easy run, slowly.	Pre Skill 180 on snow
Initiation Athlete initiates a turn, puts weight slightly on tips and looks towards the rear until they are traveling backwards.	Skill Aids Perform this skill on easy terrain that is free of traffic. Have athletes check around them to be sure not to collide with other skiers. Have athletes point & look where they want to go with their leading hand.
Completion Athlete shifts weight slightly to the tails and looking towards the front again. Athlete keeps turning until pointing forwards.	

Note:

While performing this skill, the athlete will refine fore aft and rotational stance and Balance as well as Edging skills. This skill will also promote familiarization with motion involved in rotating aerial maneuvers.

Test:

In an athletic position, athletes can perform a 360 on snow in both directions.

Level One - *Green (Park, Halfpipe and Air)*

Skill:

Jump onto a Fun Box Straight

Terrain:

Park/Beginner Box

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Athlete skis toward a wide box rail in an athletic body position.	Jump with smooth landing
Initiation	Skill Aids
Athlete skis straight onto wide box maintaining an athletic body position. Ideally the feature has a smooth snow ramp up to the box with no gap.	Be sure to pick a feature with a smooth transition.
Completion	
Athlete skis off of feature, maintaining an athletic body position.	

Note:

This skill is performed to introduce athletes to rails, and the feeling of sliding on a flat ski across a non-snow surface. The athlete will use the Edging skill and maintain proper Stance and Balance.

Test:

Athlete can ski over a picnic table or a fun box straight showing athletic body position.

Level One - *Green (Park, Halfpipe and Air)*

Skill:

Balanced Take-off & Landing on Small Jump

Terrain:

Small Table Jump

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
<p>Extension should be introduced prior to any maneuver to help the athlete with timing.</p> <p>On rollers, jump with smooth landing.</p> <p>Speed check, ride the jump, understand the parts of the jump.</p>	<p>Jump with smooth landing</p>
Initiation	Skill Aids
<p>This skill requires that the skier resist the pressure of riding up the jump while extending by feeling pressure in the front of the boot and the ball of the foot. While riding up the jump the athlete extends from the center of mass or hips, through the length of the jump to full extension at the top of the jump</p>	<p>Feel the front of the boot and pressure under the ball of the foot as they go up the jump. Resist absorbing.</p>
Completion	
<p>Balanced landing in athletic stance with hands forward, then ski out and stop in a safe zone.</p>	

Test:

Do three jumps in a row demonstrating and extended balanced take-off with a smooth balanced landing. Skier can also be evaluated if they are able to consistently perform a good take-off over a practice session. This is a good opportunity to correct a backseat take-off.

Level One - *Green (Park, Halfpipe and Air)*

Skill:

Corridor Rails Drill

Terrain:

Groom/small spine

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
This is a prep drill for sliding rails. The skier starts skiing down the fall line towards a corridor slightly wider than their skis drawn in the snow by the coach with their poles.	"Hockey stop" Have the skier perform a simple jump and slide while skiing in a straight line. Be sure they are sliding on a flat ski.
Initiation	Skill Aids
At the start of the corridor, the skier jumps up and pivots skis perpendicular to fall line. Make sure the skier lands with weight on downhill ski.	When you draw the corridor with your poles, widen corridor to give more room to move at first, and then narrow it as athletes gain confidence. Explain that movement within the corridor is due to improper weight centering over the ski. When practicing this skill, the firmer the snow the better, as firm or icy snow will more closely simulate a real rail.
Completion	
The skier lands with skis pivoted 90 to the fall line and keeps the upper body counter-rotated, facing down the fall line. They then slide down the corridor without touching the sides, and then jump back to straight at the end.	

Note:

This skill is performed to give athletes confidence sliding sideways on a flat ski with proper Stance and Balance. This skill will also work on the Edge and Pivoting necessary for rails.

Test:

The skier performs a fall line run towards corridor, then pops and pivots 90 degrees before landing, maintaining an athletic body position. Without touching either side, athlete slides length of corridor then jumps back to straight at the end.

Level One - *Green (Park, Halfpipe and Air)*

Skill:

Touch Boots Mid Air, Spread Eagle

Terrain:

Beginner Jump

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation	Pre Skill
Skier goes through jumping technique without skis on simulating and visualizing. (Tuck Jumps)	Able to safely perform a proper take off and safe landing on beginner jump or roller.
Initiation	Skill Aids
Athlete speed checks jump and performs straight airs when speed is safe. Athlete should practice a Y set takeoff – with arms slightly above shoulders and approx 45 degrees out from body.	Balanced body position is crucial off take off. Head must be looking at horizon and feet must be brought up to hands, no reaching. A balanced extension off take off will determine quality of maneuver.
Completion	
Touch Boots: Athlete lifts feet together and lowers hands from Y position, touches boot tops and returns to a stacked landing position. Spread Eagle: Athlete extends from take off raising both hands above the head while extending both legs laterally. Body should look fully extended at peak of jump with legs spread from side to side. Athlete then retracts arms and legs to return into a stacked landing position.	

Note:

If athlete reaches for the grab it will cause a shift in weight and an unbalanced position

Test:

Skier does 3 balanced "Boot touch" and 3 Spread Eagles.

Level One - *Green (Park, Halfpipe and Air)*

Skill:

Down the Halfpipe 180

Terrain:

Halfpipe

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation The coach has the skiers come down one at a time from the bottom of the halfpipe. The athlete begins at one side, aiming at opposite wall.	Pre Skill Tranny turns through halfpipe
Initiation Maintaining an athletic body position, the skier begins a straight traverse, aiming towards the opposite side of the pipe. The body should remain perpendicular to the pipe wall. Completion At the 0-G Point, the skier performs a small extension, unweighting the skis, and pivots 180 degrees. The skier lands facing down the halfpipe wall, and continues skiing towards the opposite wall.	Skill Aids No pole plants should be used in the halfpipe. The skier is instructed to initiate a turn slightly in the direction of the pivot to make it easier. Be sure athletes initiate at the 0-G point; this can be illustrated by tossing a snowball lightly up into the air and seeing that it has a brief delay between moving up and falling back down; this is the 0-G point. Body MUST be perpendicular to the wall of the pipe.

Note:

This skill will introduce Timing and Coordination and improve on Pressure Control and Pivoting in the halfpipe.

Test:

The skier traverses both ways, and pivots 180 on both sides of the halfpipe.

Level One - *Green (Park, Halfpipe and Air)*

Skill:

Drop in From Halfpipe Deck

Terrain:

Halfpipe

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation The skier stands on the deck, perpendicular to the coping of the pipe with ski tips hanging over the edge.	Pre Skill 180 turns in pipe
Initiation The skier skis over the coping, staying perpendicular to wall by allowing the upper body to fall forward.	Skill Aids Have the skier start skiing down a smaller part of the pipe wall. Gradually work them up to the highest spot. Explain to athletes that for the safety of other skiers, they should check that no one would hit their ski tips when they hang them over the edge of the coping, and should only do this when they are ready to go.
Completion Keeping their skis on the wall, the skier skis through the transition maintaining an athletic body position. The skier should then continue their line up the opposite wall.	

Note:

This skill is performed build confidence with Stance, Balance and Pressure Control in the halfpipe. "Dropping in" from the top will allow athletes to see what it is like to be high up on the pipe wall in preparation for jumping higher.

Test:

The skier can drop into the halfpipe from the deck and continue their line up the other wall.

Level One - *Green (Moguls)*

Skill:

Maintain Stance & Balance in a Roller Tank

Terrain:

Roller Tank

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation	Pre Skill
<p>Start on the top of a wave in an absorbed position. Tip onto the backside of the wave and extend to base neutral ensuring the body is extended down the slope to perpendicular. It may help for the coach to hold the athletes skis and feel the tip onto the backside.</p> <p>Initiation As the ski tips contact the face of the wave the athlete should begin to actively absorb by using the hip flexors and quadriceps to pull the feet up underneath the hip. At all times ankle flexion must be maintained. The athlete should feel constant pressure of their shins pressing into the boot tongues. If the athlete is too slow or too late in absorbing their upper body will hinge forward taking them out of proper alignment.</p> <p>Completion Full absorption is at the crest of the wave. The athlete will tip onto the backside and extend to base neutral.</p>	<p>Balanced Body Position Identify parts of a mogul Look ahead while skiing</p>
	<p>Skill Aids Practice the movement of absorption and extension during the warm up with or without skis on.</p>

Test:

The athlete can maintain a constant speed through a series of 10 waves. Focus on correct alignment and proper absorption and extension movements.

Level One - *Green (Moguls)*

Skill:

Route Finding in Easy Moguls

Terrain:

Moguls

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation	Pre Skill
The skier is in a balanced, athletic position and traverses towards a series of moguls.	Ensure athlete has a balanced athletic stance.
Initiation	Skill Aids
As the skier approaches a mogul they plant pole on the top to initiate the turn, and turn down the backside of the mogul.	Route finding is easiest with medium radius turns linked with short traverses to maintain control.
Completion	The skier starts in small moguls then moves to larger moguls.
The skier continues turning and maintains ski to snow contact. The turn is followed by a traverse to maintain and recover balance and to control speed.	

Note:

Athletes may find it easier to pick their path down moguls one turn at a time to recover Stance and Balance.

The radius of the turns can be varied to find the best line through the moguls.

Test:

The Skier performs a series of at least six linked turns initiated with a pole plant while in green mogul terrain.

Level Two - *Blue (Skiology)*

Skill:

Purpose of a Mogul Ski

In wave and mogul the correct ski line is necessary to utilize the ski properties (shape and flex). The turn needs to be shaped so that the inside edge of the outside ski contacts the face of the mogul as the skis enter fall line. This will flex the ski therefore increasing the effective sidecut.

The shape of a mogul turn is very shallow with little shape or arc when compared to groom or off-piste turns. The shallow turn radius along with the added flex through a properly timed and shaped turn makes the sidecut needed for a mogul ski very shallow. A mogul ski must also be thin to allow for the extremely quick movement from edge to edge that is needed for the high tempo of mogul turns.

Test: Kids should understand that when a ski flexes the curve created becomes bigger, and their skis flex more when they ski into the face of a mogul or wave. That is why less sidecut- or curve is needed in a mogul ski (The mogul is helping the ski turn.)

Skill:

Name Three Big Freestyle Ski Events

Examples: X Games, FIS World Cup, Olympic Games, Dew Tour, Canadian Championships

Skill:

Name Your Favorite Ski Movie BAD WEATHER? WATCH A SKI MOVIE WITH YOUR KIDS

Skill:

Describe The "Fall Line"

In skiing, a fall line refers to the line down a mountain or hill, which is most directly downhill. That is, the direction a ball would roll or water would drain if it were free to move on the slope under gravity. It would be the direction a skier would travel with their skis pointed generally down the hill and not traversing across it. Mathematically the fall line, the line of greatest slope, is the negative of the gradient (which points uphill) and perpendicular to the contour lines.

Level Two - Blue (Skiology)

Skill:

Identify Parts of Halfpipe

Terrain:

Halfpipe

Parts of A Halfpipe	Teaching Points
HALFPIPE Drop-in: In-run to entrance of Halfpipe Deck/Coping: Top, flat section outside of Halfpipe Lip: 90 degree angle where deck meets vert Vert: The vertical portion of Halfpipe wall Transition: Smooth section where vert meets flats Flats: Flat, middle section of Halfpipe	Skill Aids HALFPIPE Have kids slowly ski through the middle and on top of a halfpipe identifying each section.

Skill:

What Does "Line" Mean in Halfpipe

Terrain:

Halfpipe

Slope Rating:

Blue

Halfpipe: The line in a Halfpipe is your angle of attack. If you choose a steep angle of attack you will travel more uphill, if you have a lot of speed it will generate height but will also slow a skier down. A lower angle of attack will send the athlete traveling more down hill generating less height but more distance in the air and more speed.

Teaching points: Different lines can be used for different tricks and strategies but the safest and most effective line of attack is at a 45 degree angle.

Skill Aids: When facing a pipe wall picture a clock dissected in half horizontally so that only 9, 10, 11, 12, 1, 2, 3 are showing. Describe and determine your athletes angle of attack based on their run by giving them a number on the clock to aim for. Another system of attack is to use angles. Looking at a pipe wall straight up and down would be 90 degrees; the angle of the fall line would be zero degrees. Communicate angles of attack using degree numbers from 0 to 90.

Test: Have kids describe and show a line choice in Halfpipe.

Level Two - *Blue (Freeskiing)*

Skill:

Intro Carve Turns, Cowboy Turns

Terrain:

Groom

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation	Pre Skill
The athlete starts in a wide stance balanced body position facing slightly across the fall line.	Know how a ski works Balanced Body Position
Initiation	Skill Aids
While gliding slowly the athlete presses their shins into the boot tongues and gradually rolls both knees to the inside.	The athlete cannot lean to initiate the turn; they must use the ankle and knee joints.
Completion	
After the ski has been edged the athlete should use the legs to steer the turn to make the desired radius. The upper body must remain square down the fall line from middle of turn to completion. The athlete will then perform a transition focusing on weight shift and hip direction and start the next turn.	

Note:

It is important to ensure the entire ski length of the skis is following the same arc. If this is not the case there is too much steering leading to a skidding turn.

Test:

The athlete demonstrates linking 10 carved turns on green groomed terrain in three different runs.

Level Two - *Blue (Freeskiing)*

Skill:

Switch Wedge Turns Weight on Outside Ski

Terrain:

Easy

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
The athlete aims the tails of their skis across and slightly down the fall line.	Switch wedge turns-easy terrain
Initiation	Skill Aids
In a backwards traverse, the skier places their skis in a parallel position and starts to move across the slope. The skier then pressures the uphill ski and looks to the outside of turn to initiate the turn.	Looking to the outside of the turn and keeping the upper body square to the turn are very important because they aid in the skier's control.
Completion	
The turn is then completed with the skis facing across the fall line opposite the starting direction. As with any turn, roundness and consistent speed are desirable. Once the first turn is completed, another backward skiing turn is initiated.	

Test:

Athlete must show six linked rounded switch wedge turns with more weight on the outside ski.
(Three different runs)

Level Two - *Blue (Freeskiing)*

Skill:

Balanced Over Outside Ski

Terrain:

Groom

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation	Pre Skill
Link medium radius turns at a moderate speed.	Balanced Body Position
Initiation Once a turn has been initiated the athlete picks up the inside ski.	Skill Aids
Completion The athlete returns the ski to the normal position and performs a transition continuing the drill.	If the athlete cannot balance through the turn have them pick up the inside ski and tap it on the snow continuously.

Note:

This drill is performed to focus on where the weight is throughout the turn and illustrate that it must not fall to the inside of the turn.

Test:

The athlete can link 10 regular and 6 switch turns on easy groom terrain with their inside ski raised off the snow from fall line through completion of turn. (On three different runs)

Level Two - *Blue (Freeskiing)*

Skill:

Vision Forward, Head Up

Terrain:

Various

Slope Rating:

Blue/Black

Skill Progressions	Teaching Points
Preparation	Pre Skill
Before proceeding down a run, athlete looks ahead of them at least the distance of one turn.	Balanced athletic stance while skiing
Initiation	Skill Aids
Athlete keeps looking ahead while turning attempting to constantly scan the upcoming terrain.	Use example of riding a bike-you want to look ahead, down the road (not at the front wheel).
Completion	
Athlete looks past the next turn.	

Test:

(Athlete skis at least ten turns with vision up on three different runs.)

Athlete is able to successfully navigate an obstacle course laid out with brushes on either difficult groom terrain or moderate varied terrain. The obstacle course should consist of 20-25 brushes set in an irregular pattern. If brushes are not available survey flags, gates or bamboo can be used.

The pattern should include at least one significant shift and one flush set of 3-5 brushes. Refer to TSM1 Wiki for further information.

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Twister, Daffy, Cossack

Terrain:

Air Site

Slope Rating:

Green / Blue

Skill Progressions	Teaching Points
Preparation Determine the correct in run speed for the jump. Once on the jump, the skier extends fully to maximize their take off and time in the air.	Pre Skill Know Park Etiquette / 3 Rules of jumping Jump and perform; Tuck, Spread, Safety – beginner jump Athlete will require more amplitude than with previous tricks to complete these skills. Extension/ pop on take-off Practice the skills without skis on. A dominant side will indicate the proper way to perform the first Twister or Daffy off of a jump.
Initiation Twister - The skier's extension at take off is maintained and the lower body, beginning at the hips, is twisted (rotated) to one direction (side). Some counter-rotation of the upper body will assist the skier. The skier then rotates the skis back to the starting position (under the body) and prepares to land. Daffy - The skier will maintain their extended position off the jump then split their legs (one forward and one backward). The skier's arms will move forward and backward, opposite to the legs (like walking). The skier must then return to the neutral position to land. Cossack - The skier will maintain their extended position off the jump then move to a spread eagle position. From the spread, the skier reaches forward and allows the feet to lift by piking at the waist. Countering by reaching forward with the arms is key.	Skill Aids Perform full extension and get into the air before starting trick. For the Twister, rotating the upper body in the opposite direction of the lower body (Counter-rotating) will allow the skier to travel straight through the air. For the Daffy, the jump should be slightly bigger than normal so the trailing tip will clear the knoll. To perform a Cossack, the skier should spread first then pike at the waist.
Completion The jump is landed (using limited flexion), Balance is established, and the skier prepares to stop, the stops in a safe place.	

Note:

Although "Old-School" tricks are not as popular as they were back in the day, they each teach athletes to move and counter in different planes of balance and are this important Stance and Balance and Timing and Coordination Skills.

Test:

Off of a jump, the skier performs a Twister, Daffy or Cossack, holding the position then returning to neutral for landing. The landing must be controlled. At least 2-3 times for each trick.

Level Two - *Blue (Park, Pipe & Air)*

Skill:

Japan, Lui Kang, Iron Cross

Terrain:

Air Site

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation Determine the correct in run speed for the jump. Once on the jump, the skier extends fully to maximize the takeoff.	Pre Skill Know Park Etiquette / 3 Rules of jumping Jump and perform; Tuck, Spread, Safety – beginner jump Athlete will require more amplitude than with previous tricks to complete these skills. Extension/ pop on take-off Try doing grab position without skis on, sitting on the ground. Get feeling for where limbs should be in air.
Initiation Japan: The skier tucks one leg in, grabbing it behind boot with opposite side hand. Other leg is extended out to the side. Non-grab hand is used for balance (extend up and out at approx. 45 degree angle). Grabbed foot should be touching opposite leg. Grab with top two fingers, using other two to hold pole. Lui Kang: Very similar to the Safety grab. The only difference being that the leg that isn't grabbed is left fully extended. Iron Cross: A variation of the back scratcher. To perform an iron cross, the skis are crossed in front of the boot and feet are pulled up behind body together (flex at the knees). One arm reaches down to grab the ski beside the boot, and the other extends straight up into the air for counter-balance.	Skill Aids Try Lui Kang before Japan.
Completion Let go of grab, and smoothly bring legs back to neutral to prepare for landing. The jump is landed with a flexion, balance is established and the skier prepares to stop and stops.	

Test:

The athlete lands each trick – or at least two of three – with balanced take off and landing at least three times.

Level Two - *Blue (Park, Halfpipe and Air)*

Skill:

180 Off Jump, Contact / Cat Twist

Terrain:

Air Site

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Determine the correct in run speed for the jump. Once on the jump, the skier extends fully to maximize the takeoff.	360 on snow Jump to 180 and back while traversing Switch turns weighting outside ski
Initiation	Skill Aids
Cat twist 180 -Once in the air, having strongly extended, the skier twist hips against upper body to face backwards. Athlete should spot landing downhill. Contact 180 -Athlete extends off of jump with a slight twist with entire body to face backwards. Athlete should spot landing uphill. The motion is very similar to an on-snow 180.	Perform a 180 without skis. CFSA Club Coach Manual, chapters 5.4, 5.7
Completion	
Skier commits to being in the air backwards, remembering to remain balanced over the skis. The skier extends to prepare for landing position. The jump is landed with a flexion, balance is established and the skier prepares to stop and stops.	

Note:

This Skill is introduced to give athletes confidence and refine Stance and Balance and Timing and Coordination while performing rotating aerial maneuvers. "Cat Twist 180" is an important survival skill for upright aerials, as it will allow athletes to be able to land with their skis straight when they perform incomplete rotations

Test:

Performance of 180; both contact twist and Cat twist. Landing must be controlled

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Switch 180 off Small Jump

Terrain:

Air Site

Slope Rating:

Green / Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Determine the correct in run speed for the jump. Approach jump switch. Once on the jump, athlete extends off with a slight pivot.	Jump to 180 and back while traversing Jump and perform a 180-contact twist and a 180-cat twist-off of a small jump
Initiation	Skill Aids
Once in the air, having strongly extended, the skier rotates to face forwards. Athlete should spot landing ahead. The motion is similar to a contact twist 180.	Have the athlete perform a standing switch 180, then a switch 180 while moving on flat ground. Have the athlete set the rotation using the hips.
Completion	
Skier commits to spinning to forward, remaining balanced over the skis. The skier extends to prepare for landing position. The jump is landed with a flexion, balance is established and the skier prepares to stop and stops.	

Note:

This skill is performed to help athletes feel ski performance, and feel as though they are standing on something solid; this will help their confidence with Stance and Balance.

Progression:

More speed will allow for a smoother spin. The athlete can also try tucking knees while spinning. Perhaps even a grab depending on comfort level.

Test:

Athlete jumps and performs a switch 180. Landing must be controlled.

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Jump and Land on Funbox Sideways
(Both Directions)

Terrain:

Funbox

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
The coach finds or installs a funbox rail no more than 1' above the snow surface on flat terrain.	Ski over a box-straight Perform Corridor rails drill
Initiation	Skill Aids
The skier skis straight down the fall line towards the funbox.	Have athlete step onto box and practice sliding down box sideways in boots and skis – the coach can steady their hands or ski tips to build confidence.
Completion Approaching with ski tips on either side, athlete pops and pivots onto funbox, then skis off to side of rail.	

Note:

This skill is performed to give athletes the confidence necessary to jump onto and slide on a rail. This skill will build Pivoting and Timing and Coordination skills when jumping onto rails.

Progression:

Grind a box at least 8ft long

Test:

Skiers takes fall line run towards funbox, pops and pivots 90 degrees onto box, then skis off to side of box and skis away – both directions three times. Slide for at least one meter – ideally to end of box.

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Beginner Ride on Rail

Terrain:

Terrain Park

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Athlete must inspect feature before sliding any rails or boxes. Athletes must demonstrate good stance and balance sliding boxes.	Able to demonstrate confident sliding of a variety of boxes with appropriate stance and balance.
Initiation	Skill Aids
Use rail drills to successfully get athletes to pop, turn 90 degrees and slide with balance along lines in the snow.	Athlete to keep their head level. Watch from side to see joint alignment. Control speed keeping it appropriate to skill level.
Completion	
Athlete should increase speed as skills are met to enhance the level of difficulty.	

Note:

Ensure athlete is prepared to land balanced on slicker surface.

Test:

Skier successfully skis on and off a beginner rail in both directions three times. The skier does not need to complete the entire rail at this level – slide at least one meter.

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Intro to Wall Ride

Terrain:

Terrain Park

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Athlete inspect wall ride for before exercise. Athlete must demonstrate proper stance and balance in a straight run.	Attempt "air to fakie" in halfpipe or on quarter pipe. Must also be proficient switch skier.
Initiation	Skill Aids
Speed is the largest factor so introduce entry to wall at slow speeds and increase as a progression. Athlete's approach must be perpendicular to wall angle, approach up the transition and exit switch a number of times to get the feel of the transition from flat to vertical.	Watch for breaking at the waist. The athlete ends up too forward and bends at the waist commonly dragging hands on snow down the landing.
Completion	
As the athlete's speed increases the height on the wall increases. Athletes must demonstrate a pop off the wall at apex to complete skill. Exiting switch athlete bends with all joints and looks over shoulder in new switch direction.	

Test:

Athlete completes balanced wall ride with pop at apex 3 times.

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Halfpipe Alley-oop

Terrain:

Halfpipe

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Drop in is performed, pumping 1st transition.	180 turns in pipe Jump and perform a 180-contact twist and a 180-cat twist-off of a small jump
Initiation Focusing on keeping speed, the skier points their line at the other wall, maintaining an athletic body position. Athlete should use a steep angle of attack. When the skier is on the wall it is very important that they DO NOT POP or pole plant.	Skill Aids
	Make sure that the skier is not dumping speed on the pipe bottom, it is very important to keep your line straight at the other wall.
Completion Wait until the zero-g point to turn, which ideally will be above the lip of the pipe. Turn should rotate towards the start of the pipe. Skier then comes back down the wall into the flat bottom.	

Note:

This skill will introduce the Stance and Balance, Timing and Coordination and Pivoting required to perform rotating tricks in the halfpipe.

Progression:

360 or alley-oop 360 in halfpipe
The skier can do this on both walls with more and more air.
Add grab; the grab should be thrown at the zero gravity point.

Test:

The athlete performs alley-oop on both walls three times with balanced landing.

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Halfpipe Air-to-Fakie

Terrain:

Halfpipe

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation Drop in is performed, pumping 1st transition.	Pre Skill 180 turns in pipe Switch turns weighting outside ski Drop in from pipe deck Jump and perform 0 spin off of a small jump
Initiation Focusing on keeping speed, the skier points their line at the opposite wall, maintaining an athletic body position. Athlete should use a steep angle of attack. When the skier is on the wall it is very important that they DO NOT POP or pole plant.	Skill Aids Be sure that the athlete knows to stay in an athletic stance even though they are landing switch. Make sure that the skier is not dumping speed on the flats, it is very important to keep your line straight at the other wall.
Completion Land, and come back down the wall into the flat bottom switch.	

Note:

This skill is introduced to give athletes proper Stance and Balance and Timing and Coordination so that they can ski through and land tricks in the halfpipe switch.

Progression:

The skier can do this on both walls with more and more air.

Test:

The skier performs air-to-fakie three times on each wall, landing and skiing away in a balanced athletic position.

Level Two - *Blue (Park, Halfpipe & Air)*

Skill:

Halfpipe Drop in Rolling

Terrain:

Halfpipe

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
The skier skis along the deck of the pipe gaining speed.	Ski through roller course showing absorption and extension Run in pipe with a least 3 skills
Initiation	Skill Aids
The skier skis over the coping, absorbing it much like a mogul and staying perpendicular to wall by allowing the upper body to fall forward.	Safety Note: Be sure athlete skis close to parallel to the coping to insure that they do not jump out into the bottom of the pipe. Have the skier start slow with this skill, and gradually increase speed.
Completion	
The skier's weight goes over the coping, and they keep their skis on the wall in an athletic body position. Skier should pump the transition for increased speed. The skier should continue their line up the opposite wall.	

Note:

This skill is performed using advanced Pressure Control in the halfpipe. A rolling start will allow athletes to gain speed necessary for increased amplitude out of the halfpipe.

Progression:

360 or Alley-oop 360 in halfpipe
Run in halfpipe with 3 grabs, Alley-oop, 360, or alley-oop 360

Test:

The skier shows confident balanced rolling drop into halfpipe and continues their line up the other wall. (Three times)

Level Two - *Blue (Moguls)*

Skill:

Balanced Stance on Novice Mogul Terrain

Terrain:

Moguls

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Review the Moguls Balanced Body Position.	Maintain Stance/Balance in Roller Tank
Initiation	Skill Aids
Base neutral in wave or mogul should be slightly lower than in the groom. This is accomplished by increasing the angles equally in the lower body joints. Arm position can be widened with hands held slightly higher. The head is held in a natural position with the vision level down the slope.	As the athlete becomes more comfortable in mogul terrain and is able to consistently maintain balance throughout the turns they can narrow their stance into mogul specific where the thighs are tight and the feet remain close throughout all phases of the turns.
Completion	
Width of stance (feet) should be narrower than on groom terrain but does not need to be mogul specific when working with younger or inexperienced athletes.	

Test:

Athlete is able to ski 15-30 meters in roller tank while maintaining a balanced body position fairly consistently in easy moguls.

Level Two - *Blue (Moguls)*

Skill:

Link Moguls Turns in Sections

Terrain:

Moguls

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Athlete skis down a pitch of easy moguls	Ski through wave/roller course demonstrating the ability to properly absorption and extend Intro to fall line mogul skiing
Initiation	Skill Aids
Athlete chooses spots to link at least 8 fall line mogul turns.	To assist the timing of this skill, the coach can set brushes for the athletes to ski around.
Completion Athlete can link sections of fall line turns in moguls and maintain control.	Ensure the athlete uses strong counter rotation of the core and upper body to allow them to maintain a quick turning rhythm.

Note:

This skill is performed to advance athletes mogul skiing control toward the point where they will be able to ski top to bottom fall line mogul runs.

Test:

Athletes can ski a section of moguls and pick at least 2 spots to link sections of at least 8 turns down the fall line.

Level Two - *Blue (Moguls)*

Skill:

Learn Moguls Jump

Terrain:

Moguls

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
The skier stands at a starting point for this skill at least two moguls above the jump.	Extension/ pop on take-off Link turns in fall line moguls top to bottom
Initiation	Skill Aids
Ideal speed is important. The skier begins motion from a stopped position above the jump. From this position, they either do a 90-degree jump turn or release edge to initiate a turn, perform at least two turns and ski into the jump.	To successfully jump in a mogul field, the skier must be balanced and be competent when jumping outside of the moguls. Select terrain with small moguls for the first few trials. Add larger moguls as the skier's skill improves. To aid in timing of extension ensure the athlete's neutral is not too deep in the transition of the jump.
Completion Like on any jump, the skier approaches in an athletic position and then fully extends (pops). The skier holds the extended position through the air then lands and skis at least two turns away.	It should be explained to the athlete that the extension of a jump in the moguls is the faster "pop" technique.

Note:

This skill is taught to introduce jumping while in the moguls. Athletes will require advanced Stance and Balance skills, and use Timing and Coordination and Edging to be able to maintain control while performing this skill.

Progression:

Increase the in run speed
The size of the moguls can be increased.
Skier performs more turns before and after jump.

Test:

Athlete skis down fall line moguls, over a jump with at least two turns before and after jump while maintaining balance and control; Three times.

Level Two - *Blue (Moguls)*

Skill:

Easy Moguls 80m Fall Line Run

Terrain:

Moguls

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Athlete skis down a green/blue mogul run and performs mogul turns.	Ski through roller course showing absorption and extension Ski sections of fall line moguls Plant on backside of mogul
Initiation Athlete remains in control.	Skill Aids
Completion Athlete uses absorption and extension, keeps even edge pressure throughout the turns and turns throughout their run – approx 80 metres.	Explain to athletes that all they have to do to complete this skill is remain in control

Test:

Athlete can consistently ski 80 – 100 m of easy moguls staying in their chosen fall line and remain in control, Three times.

Level Three - Black (Skiology)

Skill:

Name Three Canadian Freestyle Skiers who have won Olympic Gold medals.

Alex Bilodeau – Moguls Vancouver Canada 2010

Jenn Heil – Moguls Torino Italy 2006

Jean-Luc Brassard – Lillehammer Norway 1994

Skill:

Enter a Fun Freestyle Competition

Skill:

Explain Why Turning Skis is Important

Tuning your skis will determine how well they perform on the snow. Be sure to always check your edges for dings, your bases for any large scratches and your bindings for functionality. Waxes your skis on a regular bases will not only improve your performance on the snow but will also extend the life of your equipment. With the exception of rails, skiing on sharp edges will greatly improve basic ski techniques in all conditions

Skill:

What Can Freestyle Skiers Do Off-Season To Improve?

Young skiers should be active for 60 minutes a day everyday. At this age they need to learn good agility, balance and coordination and should participate in a variety of sports including; gymnastics, swimming, team sports such as soccer or hockey, dance, martial arts, bike riding, and skateboarding. When skiing outside of their ski program they should be challenging themselves with a wide variety of terrain and conditions.

Level Three - *Black (Skiology)*

Skill:

Nutrition & Hydration Basics for Active Kids

As coach you can influence your athletes to make strong dietary decisions during a training day.

Athletes should be encouraged to drink lots of water. This will increase skiers' energy levels and endurance. Salty foods like French fries and potato chips should be avoided, as they will cause the athletes to become dehydrated more easily.

Athletes should be discouraged to avoid sugary treats and caffeinated beverages before and during training. Initially these may make the athlete feel energetic but eventually they will cause a low energy period.

Ideally your skiers will have a drink of water at each break in the lodge and a mixed lunch of protein/grains/fruit/vegetables, and healthy snacks through the day. This will require some planning with athletes and parents to avoid hitting the candy bar rack and energy drink fridge!

Right after an active training session it is a great idea to have a recovery snack including protein – like a glass of milk.

Skill:

Name Five Types of Rails

Kinked rails
Rainbow rails
"C" rails
Wall rides
Urban rails
Funboxes
Up rails
Down rails
Rollercoaster rails
"S" rails.....Etc.

Level Three - *Black (Skiology)*

Skill:

Understand "Line" in Moguls

Moguls:

To obtain correct ski line in the Roller Tank and Moguls the ski tips must contact the upcoming face as they enter fall line. Completion of turn happens through absorption. If the ski has passed through fall line before absorption has started most likely the turn was:

- 1) Started too early and pivot was used to initiate the turn
- 2) The ski was left flat on the backside of the mogul or wave and steered with the feet or hips.

For the ski to work properly and for the athlete to utilize it the ski must be on edge (not on a flat base) when it contacts the face of a wave or mogul.

Work with your athletes on this skill in every practice where the terrain is available and award them the skill when they demonstrate technique described.

Level Three - *Black (Freeskiing)*

Skill:

Intermediate Carve Turns, High Marking

Terrain:

Groom

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
The athlete starts in a wide stance balanced body position facing slightly across fall line.	Balanced Body Position Intro Carved turns
Initiation	Skill Aids
The athlete plants their pole to signify entry to transition performs a transition then presses their shins into the boot tongues and gradually rolls both knees to the inside.	Strong counter rotation to maintain square upper body. Correct transitions to ensure weight is over the feet and body is in correct alignment.
Completion	
The athlete uses a combination of steering and edging to perform the desired turn radius. As the skis come through fall line the athlete maintains a square upper body. Transition is performed and the next turn is initiated.	

Progression:

Steeper Terrain.
Shorter turn radius.
Decreased transition length.

Test:

Athlete is able to control speed in medium radius turns on blue terrain maintaining balanced body position throughout.

Level Three - *Black (Freeskiing)*

Skill:

Maintain and Control High Speed Turns

Terrain:

All

Slope Rating:

Blue/Black

Skill Progressions	Teaching Points
Preparation Athlete skis a variety of conditions (powder, ice, slush) and terrain (groom, moguls, off-piste)	Pre Skill Show angulation Flexes hip, knee and ankle Control speed with turn shape
Initiation Athlete starts skiing in a balanced athletic position.	Skill Aids Varying the width of stance will add to balance when performing this skill. Explain that the Centre of Mass will have to shift in relation to the Base of Support to maintain balance in different conditions; coach can use a ski pole balanced on their hand to demonstrate this. Explain that an athletic position increases balance and control.
Completion Athlete maintains balanced position throughout all phases of the turns. Athlete is able to control speed through turn shape without skidding or sliding.	

Note:

Performing this skill will require advanced ability using all 4 skiing skills.

Progression:

Higher speeds.
 More difficult terrain.

Test:

Skiers are able to control speed in pace set by coach in varying terrain.

Level Three - *Black (Freeskiing)*

Skill:

Perform Speiss/ X Jump Drill

Terrain:

Groom/Flat

Slope Rating:

Any

Description: While continuously jumping off the snow the athlete rotates their skis 180 degrees landing on edge. The upper body (including hip as much as possible) stays square down fall line and the rotation should only come from the lower body.

Skill Progressions	Teaching Points
Preparation	Pre Skill
The skier is standing stationary with angle in their 3 lower body joints, upper body square down the fall line and feet across the fall line.	Ensure athlete has a balanced body position Keep Head up Jump to 180 and back in traverse
Initiation	Skill Aids
The athlete jumps up and rotates their skis 180 degrees underneath them.	With their skis off the skiers can practice x-jump to correctly time the movements and feel the counter rotation needed to maintain a square upper body.
Completion The athlete lands on their ski edges and as quickly as possible jumps again and rotates their skis the other way.	

Note:

The tempo must be kept high with time spent in between hops minimal. The athlete should travel in a straight line directly down the fall line. The distance traveled down the hill should be kept as short as possible with the intent of jumping up, not out. The lower body must rotate directly underneath the upper (not pushing the feet outside or pushing the heels out). The upper body should remain calm and the skier should perform their pole plant as usual. If the athlete cannot maintain a fast pace they are out of position (incorrect alignment, inside or back) or not square.

Progression:

Performed in varied terrain.
Texas two step & crab walks (View TSM 1 wiki)

Test:

Perform 15 X-Jumps on medium groom terrain traveling directly down the fall line

Level Three - *Black (Freeskiing)*

Skill:

Ski a Race Course

Terrain:

Moderate Groomed

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Athlete skis down blue run around gates or brushies with spacing between that of Slalom and GS.	Intermediate Carve Turns Look ahead while skiing Transition
Initiation	Skill Aids
Athlete initiates turn above gate.	Increase this width of stance to add stability to this skill. Set extra gates while training for this skill to make a pathway and force athletes to time their turns correctly.
Completion	Athlete should initiate turn directly above a gate.
Athlete turns under gate; emphasize "slow in-fast out".	

Note:

This skill is performed to have athletes demonstrate advanced skills in flat skiing.

Progression:

Athletes can time turns around obstacles and show angulation and balanced, athletic stance on firm or icy conditions.

Test:

Athlete links at least ten turns in a rhythm Slalom course showing angulation and steering with both knees.

Level Three - *Black (Freeskiing)*

Skill:

Watch a Video of Yourself

At one point a Black RBC Jumps and Bumps skier should see himself or herself on video for training at least once. Use the video as a tool not a lesson. Be sure to watch the video in full, slow it down and communicate feedback, and then watch it in full speed to finish.

It is great to show video of the athlete when they have improved to reinforce the gains they have made.

Level Three - *Black (Freeskiing)*

Skill:

Pole Plant

Terrain:

Any

Slope Rating:

Any

Skill Progressions	Teaching Points
Preparation The pole swings through in preparation of the next turn as the athlete comes to middle of turn. The movement is what is capable by the wrist alone. All fingers should remain on the grip and the lower arm should not angle (or elbow bend more) to create more pole swing.	Pre Skill Athletes should be able to ski easy terrain with no poles holding their hands level and in front of them at all times.
Initiation As the skier comes to end of turn the downhill pole is planted lightly into the snow at vertical. On groom terrain the pole will be planted approximately mid way between the ski tip and binding toe piece. Completion As the skier moves past the planted pole the wrist will bend to allow the hand to move past the pole. Again, this movement is what is capable by the wrist alone. The hand must not drop nor should it be punched forward.	Skill Aids Time can be spent during warm up practicing the movement and timing of pole plants.

Note:

The hands and arms should have very little movement through pole plant movements. If there is excessive movement or heavy pole plants the athlete is most likely off balance at one or more points of the turn.

Progression:

In moguls and waves the pole is planted on the backside and will be planted closer to the binding toe piece than on groom.

Test:

Skier shows smooth well timed pole plant over 10 varying radius turns.

Level Three - *Black (Freeskiing)*

Skill:

Switch Parallel Turns

Terrain:

Groom

Slope Rating:

Green

Skill Progressions	Teaching Points
Preparation	Pre Skill
Accomplished wedge switch turns down green terrain looking over appropriate shoulders as athletes turn.	Athletes have to be able to ski with parallel skis going forward to understand how a turn works.
Initiation	Skill Aids
Athletes can start with traversing and controlling speed with parallel skis. Slowly introduce the parallel turn at the end of a traverse.	Weighting the uphill ski starts by initiating a lead change coordinated with head swivel. This will provide a weight transfer. Combined with a switch steering movement and proper pressure on the new edge a switch parallel turn is completed.
Completion	
Athletes must be able to change direction with parallel skis to complete skill	

Note:

Start with slow moving traverses to isolate the parallel turn.

Test:

Skiers should be able to link 8 switch parallel turns on Blue terrain.

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Mute and Tail Grabs

Terrain:

Air Site

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation Determine the correct in run speed for the jump. Once on the jump, the skier extends fully to maximize the takeoff.	Pre Skill Know Park Etiquette/ 3 Rules of jumping Jump and perform; Tuck, Spread, Safety – beginner jump Extension/ pop on take-off Athlete will require more amplitude than with previous tricks to complete these skills. Try doing grab position without skis on, sitting on the ground. Get feeling for where limbs should be in air.
Initiation Mute -The skier brings both knees up into tuck, reaching opposite hand to opposite ski. Grab with two fingers. Skis are pulled back into a cross, grab top ski. Tail grab -The skier pulls legs slightly towards the chest while putting skis in iron cross position. Reaching down with his/her preferred hand, the skier grabs the opposite ski at the tail, and pushes slightly outwards to exaggerate cross. Grab the ski with two fingers while still gripping pole. The opposite arm is extended up	Skill Aids Do iron cross to side and then grab mute.
Completion Let go of grab, and smoothly bring legs back neutral position to prepare for landing. The jump is landed with a flexion, balance is established and the skier prepares to stop and stops.	

Note:

These skills are completed to challenge athletes to perform more difficult grabs with the correct Stance and Balance and Timing and Coordination necessary for them.

Progression:

The Skier gets more air, and really pulls on the grab to exaggerate it.

Test:

Performance of grab including getting a grip on ski. Landing must be controlled.

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Twister Spread Combo

Terrain:

Air Site

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Determine the correct in run speed for the jump. Once on the jump, the skier extends fully to maximize their take off and time in the air.	Know Park Etiquette / 3 Rules of jumping Jump and perform; Tuck, Spread, Safety – beginner jump Athlete will require more amplitude than with previous tricks to complete these skills. Extension/ pop on take-off Ability to perform twister and spread eagle
Initiation	Skill Aids
<p>Twister - The skier's extension at take off is maintained and the lower body, beginning at the hips, is twisted (rotated) to one direction (side). Some counter-rotation of the upper body will assist the skier. The skier then rotates the skis back to the starting position (under the body) and performs the spread eagle by spreading the feet apart in the lateral plane. The skis should remain parallel along their length throughout the maneuver and the legs straight. As the feet are spreading apart the arms should be stretched straight out to the side at shoulder level or slightly higher. The athlete will then bring the feet back together with arms reaching down the hill in preparation for landing.</p> <p>Completion</p> <p>The jump is landed (using limited flexion), Balance is established, and the skier prepares to stop, the stops in a safe place.</p>	<p>Perform full extension and get into the air before starting trick.</p> <p>For the Twister, rotating the upper body in the opposite direction of the lower body (Counter-rotating) will allow the skier to travel straight through the air.</p>

Note:

Although "Old School" tricks are not as popular as they were back in the day, they each teach athletes to move and counter in different planes of balance and are thus important Stance and Balance and Timing and Coordination skills.

Progression:

More Speed will allow for greater flight and height so the position can be held for longer.

Test:

Off a jump site the skier performs a twister spread aerial maneuver and lands in a controlled manner.

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Exit Funbox Switch

Terrain:

Terrain Park

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
The coach finds or installs an 8' box rail, ideally no more than 1' above the snow surface.	Grind a box at least 8ft long
Initiation	Skill Aids
The skier skis straight down the fall line towards rail. When tips are on either side, pop and pivot onto rail.	No counter rotation is required while sliding.
Completion Skier should look at end of the rail, standing in an athletic position with rail under middle part of boot. Skier slides right to end then pops to switch off of rail.	This skill resembles contact twist 180-off of a small jump.

Note:

This skill will refine the Pivoting and Stance and Balance skills for boxes & rails.

Progression:

Grind a box on unnatural side
Enter switch

Test:

The skier takes fall line run towards funbox. Pops and Pivots 90 degrees sliding to end, then exits switch.

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Enter Funbox Switch

Terrain:

Terrain Park

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
The coach finds or installs an 8' box rail – ideally no more than 1' above the snow surface.	Jump and perform switch 180 off of a small jump Grind a box at least 8 ft long on unnatural side
Initiation	Skill Aids
The skier skis switch, straight down the fall line towards rail. With tails on either side, skier pops and pivots onto rail.	Skier will have to line their vision up to the side of rail to have one foot on each side of it since they will be looking over a shoulder.
Completion	
While sliding, the skier should look at the end of the rail. Athlete should stand in an athletic position, with rail under middle part of boot. Skier slides right to end then pops back to straight off of rail.	

Note:

This skill will introduce the Timing and Coordination and Stance and Balance of getting onto a funbox & Rail switch.

Progression:

Advanced Rails (Rainbow, Kink)
Hop from Natural to unnatural on a Rail
Gap onto a Rail
Spin onto a Rail
Spin while on a rail
(Development Park Coach Required for all listed above)

Test:

The skier takes switch fall line run towards funbox. Pops and Pivots 90 degrees sliding to end, then exits regular (straight).

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Slide Beginner Rail Both Directions

Terrain:

Terrain Park

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Inspect feature before attempting for safety. Accomplished a fun box slide at 90 degrees.	Athletes have to be able to ski with parallel skis going forward to understand how a turn works.
Initiation	Skill Aids
Athlete can speed check to mentally calculate speed necessary. A good balanced pop is needed to get on, 90 degrees is essential and strong balanced sliding position. Feet have to line up side by side and shoulder width apart. A lower center of balance increases stability so a flexed shorter position is recommended. Skis must be flat to the rail, no edges.	If athlete finds an imbalance and feels they won't complete the end of the rail, do not fight it rather pop off the direction they are falling.
Completion	Line drill: (90 degrees, feet together, pop on to rail) in teams of two athletes draw lines in the snow simulating a rail. Each athlete watches the other attempt the fake rail slide using the proper techniques.
Athlete keeps their focus on the end of the rail while sliding then pops off switch of or regular to exit.	Side Slip Drill: (edges flat, feet together, counter rotate body to help steer) The entire group can participate and side slip down very gentle slope with a flat ending. The athlete who travels the furthest in a sideslip wins.

Note:

Always have an exit strategy incase the skill isn't completed. The skill may take several attempts, make sure to learn from each failed attempt and make appropriate adjustments each time.

Always have a safe controlled environment respecting other users and the terrain park etiquette when sessioning a rail or box.

Progression:

Fun boxes, line drill, corridor, boots only on fun box.

Test:

The skier does one hit with at least 1ft of air above coping

Level Three - *Black (Park, Halfpipe, Air)*

Skill:
360 Off Jump

Terrain:
Small Cheese Wedge Jump

Slope Rating:
Green/Blue

Skill Progressions	Teaching Points
<p>Preparation</p> <p>Determine the correct in run speed for the jump. Project a proper neutral athletic body position opening up the stance to at least shoulder width apart. As the athlete enters the transition of the jump, vision should be on the lip, prepared for extension.</p> <p>Initiation</p> <p>The spin is created in combination with;</p> <ol style="list-style-type: none"> 1. A slight edge set with the inside right ski for left spin and visa versa for a right spin, at the top of the jump on take-off. (contact twist) 2. As contact twist is initiated, simultaneously the shoulder opens in the intended direction of the spin, and the arms move in symmetry around the horizontal axis. Vision briefly spots the lip of the jump and then immediately looks in the direction of the spin and continues around in neutral position with the shoulders, to spot the landing. Full extension is held through the entire maneuver. <p>Completion</p> <p>Arm position should always be slightly in front of the body. As the athlete prepares for landing, vision is on the area where the athlete is going to put their feet, the arms reach toward the bottom of the landing hill, and slow or stop rotation and the shoulders become square the fall line. The joints flex slightly from full extension and maxim Range of Motion (ROM) is used to absorb the impact. As the skill level progresses have the athlete lift the arms more in extension to a flying Y position but only slightly above and slightly in front of the shoulders. This is a balanced acrobatic position. Vision, arms and shoulders should always be at the horizontal plane otherwise loss of axis and body line might occur.</p>	<p>Pre Skill</p> <p>Doing this trick on a trampoline will help the athlete understand the maneuver takeoff and axis. Doing jump turn 180 and 360 without skis and boots on will further help in the understanding of the initiation of twist in extension and where to look. Setting up a jump across the fall line and having the athlete turn into the jump reduces the amount of rotation needed to land safely and increases the athletes ability to harness contact twist through extension.</p> <p>Progression</p> <p>Balanced position and forward pressure should be the number one priority, regardless of the trick being performed. Once an athlete has demonstrated an ability to execute straight airs with balanced take-offs and landings, as well as an ability to do grabs or other basic tricks, they are ready to try spins. The athlete should be able to perform the "Flying Y" prior to attempting a spin. More speed will allow for a smoother spin and increased focus on the takeoff. If using a "cross fall line jump" progress to the fall line with two turns in and out.</p>

Test:
Perform a 360 with controlled landing and proper neutral position.

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Carve Take-Off Intro

Terrain:

Any Size Jump

Slope Rating:

Black

Skill Progressions	Teaching Points
Preparation	Pre Skill
Time must be spent on learning proper fundamental take off first before attempting a different kind of take-off. This skill requires a wide take off and very wide landing area. Inspect jump for potential hazards.	Athletes must perform carving turns on both edges down flat terrain.
Initiation	Skill Aids
Speed check jump and straight air it many times with regular take off to get used to the speed, transitions, distance and landing. Athletes must be comfortable with the jump before attempting carve take off.	If athlete does not carve but skids their turn, there will be a dramatic loss in speed and landing area will be missed. Watch for pencil lines in the snow on jump take off.
Completion	
Athletes take a line left or right of original straight line. As they approach jump a balanced carve is initiated so that at the lip of the jump maximum pressure is accumulated in the carve turn. The pressure creates a release and the pop. Distance covered laterally can compare to distance covered linear.	

Note:

Always have a safe controlled environment respecting other users and the terrain park etiquette when carving laterally off jump. Other users may not expect this type of lateral movement.

Progression:

Carve turns, Rollerblade turns, "j" turns

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Halfpipe Pumping

Terrain:

Halfpipe

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation Athlete enters a halfpipe with appropriate angles of attack and demonstrates proper 180 hits. Speed is generated not by traveling down the fall line but by pumping the transitions of the walls.	Pre Skill Able to demonstrate movement of all joints on edges of skis. Use "J" turns and rollerblade turns as pre drill to produce pressure on edges and carving skills. Use pressure control drills over rollers utilizing the transitions.
Initiation Pumping is shown by flexing and extending during the transitions of the halfpipe. At highest point of ski/snow contact (on vertical of wall) athlete is flexed. During decent to transition to flats the must athlete extend. From flats to vert athlete repeats process.	Skill Aids Athlete must use pressure to increase velocity. This will be properly demonstrated through a consistent rhythm of flexion and extension. Speed control is used by changing angles of attack.
Completion Through transitions of halfpipe (vert to flat) athlete must extend body and resist g-forces which will generate speed.	

Note:

Pumping Drills: How many hits? Athletes count their hits down one run of the pipe, most amounts of hits wins.

Test:

Athlete shows effective pumping through a full run.

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

Halfpipe Grab - Any

Terrain:

Halfpipe

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Drop in is performed, pumping 1st transition.	Jump and perform one of; Japan, Lui Kang, Iron Cross
Initiation Focusing on keeping speed, the skier points their line at the other wall, maintaining an athletic body position. When the skier is on the wall it is very important that they DO NOT POP or pole plant.	Skill Aids
Completion Wait until the 0-G point to turn, which will be above the lip of the pipe. Perform one of the listed grabs (for descriptions see skill #34), pivot 180 and come back down the wall into the flat bottom. * Some skiers at this level may not be able to air out of pipe - they can be granted skill if they perform the trick.	Wait for the 0-G point to start trick. These tricks will be performed with a body axis that is perpendicular to that of a normal jump.

Note:

This skill will refine the Stance and Balance and Timing and Coordination necessary to perform grabs in the pipe.

Test:

The skier does one hit and performs one of the listed grabs.
Skier can do this on both sides of pipe.

Level Three - *Black (Park, Halfpipe, Air)*

Skill:

3 consecutive hits, At least one above coping

Terrain:

Halfpipe

Slope Rating:

Green/Blue

Skill Progressions	Teaching Points
Preparation	Pre Skill
Drop in is performed, pumping 1st transition.	180 turns in pipe Drop in from pipe deck Athlete should know how to pump the transition.
Initiation Focusing on keeping speed, the skier points their line at the opposite wall, maintaining an athletic body position. Athlete should use a steep angle of attack. When the skier is on the wall, it is very important that they DO NOT POP or pole plant.	Skill Aids
Completion Wait until the zero-g point to turn, which will be above the lip of the pipe. Pivot 180 and come back down the wall into the bottom.	Make sure that the skier is not dumping speed on the flats, it is very important to keep your line straight at the other wall.

Note:

This skill is performed to give athletes the Stance and Balance and Timing and Coordination they will require to get the amplitude to perform more difficult tricks in the halfpipe.
Repeat straight air exercise for 3 hits to complete skill

Progression:

Perform grabs in the halfpipe (Japan, Lui Kang, Iron Cross etc.)
The skier can do this on both walls with more and more air.
Add a grab, the grab should be thrown at the "Zero gravity point" .

Test:

The skier does one a run in pipe with 3 hits in a row, including one hit with at least 1ft of air above coping.

Level Three - *Black (Moguls)*

Skill:

Turn Timing into Roller Tank & Moguls

Terrain:

Roller Tank/Moguls

Slope Rating:

Blue/Black

The correct turn timing in waves and moguls is necessary to correctly utilize the properties of a mogul ski.

Skill Progressions	Teaching Points
Preparation	Pre Skill
The athlete should be proficient at short radius turns on groom terrain.	Purpose of a mogul ski Identify parts of a mogul Vision forward head up Absorption through roller tank Moguls fall line run
Initiation	Skill Aids
Athlete starts at the top of a wave pointed slightly across the fall line. They tip onto the downhill side and immediately edge the skis by pressing into the tongues of the boots and rolling the ankle and knees to the inside of the turn.	Brushes can be set to identify phases of the turn
Completion	
The athlete maintains a square upper body position by using counter rotation until the feet have reached the crest of the wave.	

Note:

Basic turn shape and timing is the same in both waves and moguls. The goal is to have the ski tips contact the face of the mogul as the skis are coming into fall line.
All 4 skiing skills will be used. As the athlete becomes more proficient they will need to use absorption and extension to manage the pressure build up in the skis.

Progression:

More direct line where the turn shape is less round.

Test:

The athlete correctly times and shapes turns through a wave course (minimum 10 waves) maintaining ski to snow contact and correct alignment throughout.

Level Three - *Black (Moguls)*

Skill:

Full Moguls Run with Two Jumps

Terrain:

Moguls

Slope Rating:

Blue

Skill Progressions	Teaching Points
Preparation To successfully jump in a mogul field, the skier must be balanced and be competent when jumping out of the moguls.	Pre Skill The 3 rules of jumping Look ahead while skiing Learn Mogul jump Moguls fall line full run
Initiation Ideal speed is important. The skier must be capable of controlling speed and maintaining correct body position in moguls through correct turn timing, turn shape and use of absorption/extension.	Skill Aids It should be explained to the athlete that the extension of a jump in the moguls is the faster "pop" technique. Select terrain with small moguls to build confidence. Add larger moguls as the skier's skill improves.
Completion Like on any jump the skier approaches in an athletic position and then fully extends. The skier holds the extended position through the air and performs a basic trick, lands, and then keeps skiing to the next jump, jumps off of it and performs a basic trick and finishes the run.	

Note:

By performing this skill, athletes will demonstrate advanced ability in all 4 skiing skills. This will show a high degree of control with jumping and mogul skiing, and prepare athletes for competitive mogul skiing.

Test:

Skiing down a mogul run, the athlete jumps and does a basic trick, lands and skis to the next jump and does another basic trick. After landing the athlete skis out of the rest of the run, While maintaining balance and control.

Level Three – *EXIT SKILLS*

Skills:

Standing On Outside Ski
Controlled Turn Shape
Use of Joints (Flexion and Extension)
Mobile Stance and Balance

GUIDING PRINCIPLES

- ❖ Design the session to be safe and fun.
- ❖ Be sure to keep the session movement based.
- ❖ Keep content simple and focused.
- ❖ Limit the use of drills and exercises to a maximum of two.
- ❖ Most of the time should be spent skiing.
- ❖ Be sure the runs selected work towards the goal of focused improvement.

CFSA LESSON PLAN

COACH:**DATE:****ATHLETE LEVEL:****Skill Focus:****Key learning points (1-3)**

- 1.
- 2.
- 3.

Terrain selection: *(terrain park, moguls, groomed, air site, etc.)***Safety concerns:** *(traffic, rocks, blind spots, use of spotters etc.)***Warm-up:** *Activity/location (skiing warm-up, dynamic stretch etc.)***Learning Progression:** *(See CFSA Drills and Exercises Directory)***Observation Point:****Class Control:****Tools/Equipment:****Game:****Cool down:** *(activity/ location, static stretch)*

Conditions: (*icy, powder, slush, groomed, etc.*)

Jumps and Bumps Administrator Checklist

Tasks to complete in early Fall before your Jumps and Bumps Program Starts:

- ☐ Submit an on-line Jumps and Bumps Operating Agreement/Registration Form and complete CFSA club registration. Make sure to estimate the number of Jumps and Bumps Passports and Can Freestyle Brochures you will need.
- ☐ Download Jumps and Bumps information documents and any other useful forms for your club. (Ex. Medical information etc.)
- ☐ Make sure your club has received Passports/Stickers and Club Kits.
- ☐ Set a date for your Jumps and Bumps Special Event and book space(s) with your Resort General Manager.
- ☐ Make sure your coaches are registered for the CFSA/NCCP courses they need. You can request help from your PSO.
- ☐ Set up a meeting with your coaches pre-season. Show them where to find lesson plans, report cards and all J&B Coach resource materials on-line and in their Can Freestyle Coach Resource.

One Month Before Program Starts:

- ☐ Ensure the coaches are familiar with your Emergency Action Plan.
- ☐ Make sure your coaches are certified and licensed prior to start of program.
- ☐ Review the skill level and ages of participants to make sure you can create functional groups. (A wide skill gap is very hard to manage). Make sure you have the coaches you require to teach to anticipated athlete skill levels and ages.
- ☐ Set up a meeting and social with parents and kids either pre-season or at beginning of program. This is a great time to share materials, check memberships, collect Medical Information forms and recruit volunteers!
- ☐ Book the time and place for the rewards ceremony and wrap up social.
- ☐ Assign one coach or staff or volunteer to MAKE SURE YOUR CFSA INSURANCE IS ACTIVE by ensuring all coaches and athletes have registered for their CFSA membership license before going out to train!

During The Season:

Here is a sample 8-week schedule for a two day program that contains all of the elements of a great Jumps and Bumps program. A program schedule keeps coaches and athletes on track, and helps families keep plans straight!

Sample 8 week Season Schedule:

Week 1 Jan 7/8

Program starts – check all participants have CFSA license (ask your PSO for list)
Meet with parents and kids to show them passports, stickers, report cards, and share any special events such as your Jumps and Bumps clinic.

Week 2 Jan 14/15

Meet with coaches to review skill testing and tracking.
Schedule coach training super sessions with each other and various experts.
Post an open invite for J&B Clinic including location, time, and cost.

Week 3 Jan 21/22

Meet with coaches to review report cards and J&B Clinic.

Week 4 Jan 28/29

Mogul Terrain clinic for officials/coaches
J&B Moguls Clinic - Hand out report cards to parents at event wrap up.
Make sure you have enough passports and stickers – order anything you need right away!

Week 5 Feb 4/5

Meet with coaches to review skill testing and tracking.
Share club pictures and a message on CFSA's community page.

Week 6 Feb 11/12

Have a Freestyle Social with athletes, coaches, and families – by now everyone should be starting to feel like family.
Advertise your March Break Camp.

Week 7 Feb 18/19

Meet with Coaches to review reports and Club Championships

Week 8 Feb 25/26

Club Championships Moguls and Park events (FUN EVENT) Season Wrap Party with Passport/ "Wings" Presentation and final Report Cards.

Post Season:

Send Program Report to CFSA!

Jumps and Bumps Special Event

The goal of holding special events at the Jumps and Bumps level is to introduce kids to the thrill of being in the start gate, and the fun and friendship that surround competitions. It is also a great way to engage the whole family because parents can come cheer on their kids and volunteer at an event for the first time.

Many clubs use their Jumps and Bumps Clinic to recruit new kids. You need extra coaches available to create new spaces. Have these kids buy a \$15.00 CFSA "Try Freestyle" membership.

Any features should be easy enough for an entry-level freestyle skier e.g. boxes (no gaps or rails), small Halfpipe, green or blue moguls, 2 meter table jumps.

Your clinic/ fun comp can take part on a variety of terrain and use a creative format or look like more traditional Freestyle competitions (Moguls, Air, Halfpipe, Slopestyle). We encourage clubs to be imaginative. For example build a roller course (also called a wave or absorption tank), and a small table above the Halfpipe and create a one-of-a-kind course. If you add a mini racecourse with brushie gates you can judge and encourage good turning skills.

Alternatively, have three stations and at each a coach gives kids a mark on their showcase/comp run. You could even break into teams and compete as a group, as long as the kids keep moving and do not have to hit a feature beyond their comfort and skill level.

Sample Jumps and Bumps Event Schedule:

Make sure course is prepared and fenced off prior to hill opening!

8:30am	Registration is set up
9:00 - 10:00	Registration inside
10:00 - 10:15	Meet, stretch, do a coach intro and break into groups
10:15 - 11:45	Ski clinic
11:45 - 12:45	Lunch (catered or BBQ is lots of fun)
12:45 - 1:25	Practice runs
1:30 - 2:30	"Showcase" (comp style) runs
2:45 - 3:15	Wrap up - (prize draw, skier recognition, thanks)

Making Your Event Successful:

Good communication: Post in advance event details including: cost and format, time/location of registration and skier meeting, competition start time/location, and time/place of wrap up. The registration process must be clear and well managed, especially if you are including new CFSA members. Have all organizers and volunteers meet at least an hour in advance to make sure they are prepped and ready to go.

Good course, prep training plan: Think through how many kids will be participating and how they will flow through training site so no one is standing around waiting for longer than a few minutes. Make sure all features and landings are in good shape, and that people are assigned to maintain the courses. CHOOSE APPROPRIATE TERRAIN FOR THE LEAST SKILLED SKIERS.

Download the CFSA Building Mogul Terrain Guide: To build your moguls/wave terrain, and request help to build moguls if needed well in advance of the season.

Full control of participants: Make sure coaches are supervising their kids at all times, and that children are released from the group to their parents. For a special event day it often works well to feed the kids lunch so that everyone stays together.

Stick to schedule: Make sure the event/ competition starts on time. It should end within 90 minutes. The drop time between competitors should be no more 15 seconds.

De-emphasize The Results:

Promote the event as a "showcase" instead of a competition.
Post the scores for the kids to view, and their times taken with simple hand timing. Announce top scores and any notable results but do not resort results in order of "placing" or award medals.

Have a draw for any prizes. The parents, and or local ski shop or host club can be asked to contribute small prizes. Remember the most important part of the day is the skier's successful experience with their coach on hill!

"WINNING" AT THIS AGE IS WHEN EVERYONE IS SAFE, ACTIVE, LEARNING SKILLS, MAKING FRIENDS, AND SHARING NEW EXPERIENCES.

Scoring:

Keep it simple! There is no need to use formal FIS scoring and timing etc. Use a simple "score from 1-10" overall system with 1 – 3 judges, and record scores with a pencil.

You can quickly make a start list of all the kids in the morning at registration and make a few copies for your starter, judges, and announcer (if you have a sound system). Draw vertical columns for each run and best score beside start list.

Make sure the kids know the criteria before they practice. Have it all planned out and clipboards, pencils etc ready. Ideally have a set of radios for judges and starter to communicate who is in the gate and say "judges ready".

It is best if one coach can be the "Head Judge." Make sure the judges have practiced and decided on their scoring system before they start. It should take no more than 15 seconds to decide and write the score down.

Great Coaches:

The coaches are the key to this event. It is nice if you can get some guest coaches that the kids can look up to.

Your "star" coach can be a current or former Provincial or National Team member or a pro skier. You can pair them with a qualified coach to make sure CFSA insurance sanction requirements are met. Make sure to include guest coaches names in your sanction request form.

HAVE FUN!!!

CFSA Can Freestyle Program Operating Agreement

Welcome to CFSA's Can Freestyle Programs, where young skiers 6 and up are taught Freestyle skills in fun and safe progressions.

To deliver a Can Freestyle program, your club or ski school must meet the following criteria:

1. The host club must be a currently sanctioned CFSA member club, and additionally have registered on line for Can Freestyle program materials through freestyleski.com.
2. The club must have read and confirmed their Can Freestyle Operating Agreement commitment before materials will be delivered – see below.
3. All affiliated athletes must purchase a current minimum CFSA Can Free 1&2 membership license before the start of the program; coaches must have a CFSA Coach license. This is a requirement of CFSA general liability insurance.
4. A Jumps and Bumps coach needs to complete the CFSA/NCCP Club Coach (formerly Level 1 Freestyle), while a Freestylerz coach needs to complete the CFSA/NCCP Super Coach (formerly Level 2 Freestyle) technical courses before the program begins. TSM1 is highly recommended for fundamental turning skills - check your PSO coach course calendar for schedule.

If you have any questions please contact:

English:

Meredith Gardner

CFSA Sport Development Director

meredithgardner@freestyleski.com or 905-717-2941

French:

Geneviève Faucher

Fédération québécoise de ski acrobatique (FQSA)

gfaucher@fqsa.com or 514-252-3089 #3853

Or contact your Freestyle Skiing Provincial Sport Organization(PSO). PSO and Club contacts are listed in the Club Finder at freestyleski.com.

Commitment of Clubs Participating In CFSA 's Can Freestyle Programs

To ensure the success of your Can Freestyle program each season, your club requires the following steps to be taken:

1. Assign a Can Freestyle Coordinator: This person needs to be reliable and committed to completing the following steps 2-6. (usually the Head Coach or a volunteer.)

2. Meet the Basic Program Requirements:

- Plan at least 15 hours of instruction on snow, for the basic Jumps & Bumps program and a minimum of 20 hours for Freestylerz. Sessions may take place on a weekly basis or may be compressed into a block of time (one week period such as Christmas holiday or March break).
- Use the appropriate learning materials to teach each Can Freestyle programs at the appropriate LTAD stages – Visit Can Freestyle Programs at freestyleski.com for program descriptions and to view program materials, and Long Term Athlete Development educational materials you can share with your club.
- Ensure that during the competitions/special events for Jumps and Bumps –‘FUNDamentals’ athletes the emphasis should be placed on participation and having fun rather than on winning.
- Ensure at the ‘Learn to Train’ Freestylerz level the focus is on fun and skill development, and competitions are only to enhance learning and showcase personal skill development.
- Register your competitive ‘Train to Train’ athletes on line with the Can Free Team program. This is an on-line set of planning, testing and tracking standards geared for athletes involved in year-round preparation and will highly contribute to the athletes’ competitive readiness.
- Following the last session, a closing celebration and Can Free award presentation should be organized where all participants are included; skiers, volunteers and partners/sponsors to help build morale and the community of freestyle skiers at your ski resort – people want to feel like they are apart of a community.

3. Plan Your Season:

Things to consider are:

- ✓ How will you register everyone?
- ✓ How will share the program objectives with parents athletes and coaches?
- ✓ How will you break athletes into groups on a weekly/seasonal basis?
- ✓ When you will have access to terrain to learn and practice skills?
- ✓ How and when will your coaches do athlete skills assessments?
- ✓ How will you communicate events, program changes etc?
- ✓ When and how will you hold a special event and/or recruitment clinics?

- ✓ How will your coaches receive training, evaluation, and on-going professional development sessions. (These should be included in their job expectations.)
- ✓ When and how will you create report cards, and an end of year wrap up to celebrate accomplishments?
- ✓ What is going to make your coaches and athletes feel special?
- ✓ How will you involve your host resort/club staff in a positive way?
- ✓ **Follow Can Freestyle Resource Guide and the Administrator Checklist!**

4. **Make Sure Risk Management Strategy Is In Place:** Communicate with your club, local Ski Patrol and resort on all risk management and accident reporting procedures. Make sure your coaches are well trained in your Emergency Action Plan and to follow the "duty of care" requirements for young children. Be familiar with the CSA Risk Management Guide.

http://www.freestyleski.com/pdfs10/Ski_Club_Risk_Mangt_Manual_Oct_2008.pdf

5. **Order Your Can Free Materials Online** – Ideally Prior to Nov. 1st including:

- ❖ Jumps and Bumps Passports/Stickers, and Freestylerz Goal Books
- ❖ Can Freestyle coach resource books. (Each club will receive one free Can Freestyle Coach Resource book and may order more at a cost of \$25. Each. Please allow three weeks for delivery).
- ❖ Link to register <http://freestyleski.com/club/freestylerz/canfreestyle-registration/>

6. **Submit A Program Report:** This evaluation will help you improve the Can Freestyle programs in your club, and help CFSA to support these programs across Canada.

NOTE: Jumps and Bumps and Freestylerz has been developed to provide some flexibility with scheduling and required skill completion, for example if your club does not have a Halfpipe coaches can use a Quarterpipe to develop the basics, and omit the tests that require a full Halfpipe.

CFSA's Safety Priority

CFSA has an excellent safety record in a high-risk sport. This is maintained through good training of coaches and officials, and by following techniques and standards of the CFSA. CFSA clubs are required to meet CFSA standards, or sanctioning can be revoked.

Helmets are required and mouth guards are recommended by CFSA.

If your club is planning to participate in Big Mountain Freeski events please view this link: <http://freestyleski.com/wp-content/uploads/2012/09/CFSA-Big-Mountain-Guidelines-Final-Nov12.pdf>