



**FREESTYLE  
CANADA** ↕



# FUNdamentalz

## COACH POCKET GUIDE



The best way to play™

Canada



National  
Coaching  
Certification  
Program

# HOW TO USE YOUR POCKET GUIDE

**Pocket Guides** are week-by-week lesson plans for Freestyle Canada licensed coaches who have passed the **FUNDamentalz** course.

The lessons are presented in a progressive order however, weather, terrain availability and your group's abilities may require you to adapt activities and/or the order of the lessons. If your program is less than 12 weeks, please just go as far as you can and hand out mid-session report cards when it is the middle of your program. If your group is ready, go ahead and pull drills from the later weeks. You do not have to complete everything. Check out our website for more tools like group games and warm-ups.

## Social-Emotional Learning (SEL) Factors

HIGH FIVE® research shows the following principles are essential for healthy child development:



1. Being **A CARING ADULT**
2. Helping children to make **FRIENDS**
3. Providing opportunities to **PLAY**
4. Encouraging skill **MASTERY**
5. Allowing **PARTICIPATION**



**Guiding principle for the lesson**



**An activity detailed in the Coach's Tool Box**



**What to look for in a particular drill**



**Health Tip**



**Social-Emotional Learning Tip**



**Safety Tip**

# WEEK 1: FREESKIING AND JUMPING 1



## Focus on Fun and Getting to Know Each Skier!

**Terrain:** Blue groomed runs, small natural jumps & rollers

### 10-15 min Warm-Up & Introductions

- Greet every athlete warmly (e.g. fist bump) and parents too.
- Introduce your top 3 rules & behavior expectations. Confirm your plan for if someone is separated from group.
- Have helper on-hand to confirm parents' contact info.
- ☞ Check gear for functionality before parents leave.
  
- Introduce the day's goals and skills during:
  - ☞ **Dynamic Warm-Up (no skis)**
  - ☞ **"I Would Rather..."** (on skis, so you can try out tricks)

### Skiing

- Tour hill while assessing abilities, vary terrain & turn shapes.
- Practice take-offs on the flats and on side hits.
- Drills:
  - ☞ Follow the leader (various skills)
  - ☞ Tapping ski
  - ☞ 2-Foot hops
  - ☞ 180° and 360° spins on snow
  - ☞ **Balanced body position**
  - ☞ **Lateral (side)/fore/aft balance**
  - ★ Schedule an SEL Break. Play: **"I like..."**

### Jumping

- Play on small jump features.
  - ☞ **Balanced take-offs and landings**
- Introduce in-run position (no turn zone).
- Introduce extension off the feature and timing.
- Session a small jump with at least 1 new upright trick.

### 10-Minute Cool-Down

- Cool-down on groomed run.
- Off skis, in a circle, hold post-skiing static stretches.
- Review every skiers' accomplishments, encourage questions and comments.



# COACH'S TOOLBOX: WEEK 1

## **Gear Check**

Get children moving on skis and make sure their boots are securely in bindings. Send skier with parents to get gear fixed if not working! Ensure helmets fit properly.

## **Dynamic Warm-Up**

Leg swings, bum kicks, trunk rotations, arm circles, neck rotations. Also ski skills: foot taps, hops, extensions with arm lift, spread eagle, safety grab, 180° and 360° on the ground.

## **“I Would Rather...”**

Coach asks, “Would you rather ski without socks or gloves?” “Those who said socks do 5 take-off lifts, those who said gloves, skate to the tree”. “Would you rather ski with Shrek or Lady GaGa?” Call out two more skiing exercises and so on...

## **I Like**

Invite skiers to state their name and a unique fact about themselves. You start.

## **Tapping ski**

Athletes start by tapping uphill ski while traversing across the hill. (Like squishing bugs.) Then, progress to tapping uphill ski in transition phase of turn, tapping downhill ski at initiation, tapping inside ski at shaping and tapping uphill ski through completion...

Progress to **2-Foot Hops**. Think “hopping animals”.

- ★ Show you care by looking athletes in the eye and using their names whenever possible.
- ▲ Have athletes “number off” regularly to keep track of them.
- ▲ **The Three Rules of Jumping:**
  1. Inspect your jump
  2. Assign a spotter
  3. Speed check

# WEEK 2: FREESKIING 2 & SLOPESTYLE 1



## Balanced Dynamic Positions

**Terrain:** Groomed runs, green level Terrain Park

### 10 Minute Warm-up

- ★ SEL Moment: Introduce **“Star of the Day”**.
  - Share the plan for the day.
- 🏂 Play a high energy game of **Clans** involving actions related to lesson, then progress to a **Dynamic Warm-Up**.

### Skiing

- Briefly review Week 1’s skills and drills (10 min). Let “Star of the Day” lead a little.
- Add new challenges (e.g. hopping in different phases of the turn).
- Review pole plant timing.
  - 👁️ **In which phase does the athlete have the most trouble?**
- Use video when you can.
- On uncrowded green run, ski switch, traversing slowly and practice stopping with a backwards snowplow.
  - 👁️ **Balanced body position**
- Switch wedge turns by pressuring one ski.
  - 🏂 If ready, link switch turns by doing flat 180° or **Buttering**.
  - 🏂 Pre-Terrain Park progressions: **Box Progression, Side-Slipping Races, Drawing Boxes in the Snow**.
- ★ SEL Moment: Skiers take turns at follow-the-leader and have everyone set **“I-statements”** prior to Park.

### Terrain Park

- 🏂 Teach **Terrain Park Etiquette**.
  - Ski straight over a fun box, encourage patience when calling “drop-in”.
    - 👁️ **Straight skis, balanced body position, vision ahead**
- ★ Learning new skills can be tough on confidence. Encourage the group to cheer for each other.

### 10-Minute Cool-Down

- While you hold post-skiing static stretches, ask how everyone felt about their **“I-Statement”**, if they achieved it, why/why not?



# COACH'S TOOLBOX: WEEK 2

## Star of the Day

Each week, an athlete has a turn as “Star of the Day”. Provide a fun accessory like a race bib and give the Star special privileges e.g. Picking first run. Make sure everyone gets a turn, even if you have 2 Stars some days.

## Clans

Coach calls out, “Chocolate-lovers hop on two feet, vanilla-lovers do 180°s”. Kids make a choice and continue to do the action while they find the rest of their “Clan”. The group that gathers first wins. Repeat.

## Dynamic Warm-Up

Counter rotate upper/lower body with trunk rotations. Jump straight up, then land switch with lower half etc.

## Side-Slipping Races

Sideslip within a set area. Fastest skier wins.

**I-Statements** are a simple form of goal setting. e.g. “I will stop and rest before I get too tired today.” Keep it basic.

## Buttering

Lead a rotation with the upper body and produce pressure on either the tips or tails of the ski. Releasing pressure on skis creates a spin.

## Box Progression

Jump 180° to land and slide sideways straight downhill. Emphasize flat skis (no edging). Keep weight over downhill leg, low body position with wide stance and vision downhill. Try skidding sideways on box with coach hand spotting until skier is confident to attempt on their own.

## Drawing Boxes in the Snow

Athletes draw pretend boxes in the snow, then practice hopping on to them.

## Terrain Park Etiquette:

1. Always use a spotter
2. Always shoulder check
3. Jump at your ability level
4. Always ski under control
5. Let people know who's next
6. Wait your turn
7. Make sure the coast is clear
8. Keep clear of in-run & landing
9. If you fall, move away quickly

# WEEK 3: MOGULS 1



## Learn Special Techniques Used by Mogul Skiers

**Terrain:** Green/blue groomed run, green/blue roller tank, green mogul run

### 10 minute Warm-up

★ Introduce your “**Star of the Day**”.

- Share the plan for the day.
- **Dynamic warm-up** includes absorption/extension movements. Include upper/lower body separation with some knee pivots. Use kid-friendly words to explain.

🏂 **Mogul Tag** (no skis).

### Skiing

- Ski green groomed runs. Briefly review last week’s skills (10 min).
- Introduce athletes to natural bumps with wide traverse at first.
- Ease them into it, as moguls are intimidating for many.
- 🏂 Practice the skills learned in Dynamic Warm-Up on snow.
- 🏂 **Glass Ceiling, Tray of Drinks.** Isolate the upper body and work the turn with the lower half.

### Roller Tank or Green Moguls if No Tank Available

- Identify parts of a mogul: Face, Side, Top, Troughs, Crest and Backside. Have everyone point with their poles as you quiz them.
- Show how flexion and extension relate to rollers; athletes try one roller to start.
- Progress to 2-5 rollers in a row when ready.
  - 🏂 Lots of movement in ankles, knees and hips.
- Challenge athletes with same drills you did on groomed runs.
- 🏂 Add **Genie** drill.

### Moguls

- Traverse across fall line in moguls using absorption.

### 10-Minute Cool-Down

- 🏂 As you stretch, teach athletes the major muscle names: quadriceps, hamstrings, gluteus maximus, core (lower belly and back), and pectorals.



# COACH'S TOOLBOX: WEEK 3

## Mogul Tag

When someone is tagged, they must “ski moguls” by doing continuous absorption and extension until someone else “frees” them by double fist bumping their outstretched hands.

## Glass Ceiling

Ski without any up and down movement of head as if your head were directly under a glass ceiling.

- 👁️ Lots of knee movement
- 👁️ Upper body faces down fall line

## Tray of Drinks

Don't spill an imaginary tray of drinks in your arms.

- 👁️ Eyes looking ahead, chest up

## Genie

Cross arms over shoulders extending elbows up, out front. Slowly straight-line the roller tank, or small moguls. Intended to help athlete feel the rollers rather than simply see them.

- ⚠️ Must be done fairly slowly.

- **Two Stars and a Wish:** When giving feedback, offer two *specific* positive comments and one *specific* thing to work on e.g.:
  1. You had excellent knee flexion
  2. You had a wide range of motion
  3. Next time, look ahead a few moguls

Avoid giving general comments like, “Good work!” too often.

- **Use video when suitable.**



# WEEK 4: JUMPING 2



## Break Down Difficult Tasks into Small Chunks

**Terrain:** Groomed runs, small rollers or moguls, single entry-level jump

### 10-Minute Warm-Up

★ Introduce your “**Star of the Day**”.

- Share the lesson goals for the day.

🧰 **Land, Sea and Air** to warm-up and practice jumps.

- Dynamic Warm-Up will include lots of upright jumps and practicing phases of jumping (In-run/take-off/apex/landing).

### Skiing

- Ski easy terrain to review mogul-style turns.
- Explore all types of turn shapes e.g. short, medium, large radius.
- Power wedge turns, varied terrain.
- Try jump – 180°s on flats.
- Take-air off terrain where safe e.g. rollers/side hits.

👁️ Extension & lift

- Demonstrate 180° and 360°.

👁️ Steady turn axis, keep core strong, eyes looking in direction of travel

### Jumping

⚠️ Review jump site safety and rules in a safe area.

- Practice speed checks.
- Review “no turn zone” and extension on take-off.
- Guide each athlete off jump trying “T set”, “Boot touch”, “Spread Eagle”, “Shifty” & “Twister.”

🧰 Review 180° and 360° **Rotation Principles**

- Practice 180° spins both directions from rollers or very small jumps.

👁️ Looking downhill after spin

★ Schedule an SEL Break and play **Name a Grab** for a break from jumping.

### 10-Minute Cool-Down

🔴 Jumping involves waiting and standing still. While stretching, explain about layering clothing to stay warmer. Avoid cotton and choose wicking clothes to limit heat loss.

- If today is mid-session for you, hand out your evaluation cards.



# COACH'S TOOLBOX: WEEK 4

## **Land, Sea and Air**

Designate two areas by drawing a line in the snow. One is land, one is sea. When you call "land" kids jump to the land side, when you call sea they jump to the sea area. When you call "air" they have to jump as high as they can and do a trick.

## **Name a Grab**

Stand in a circle without skis. The Star of the Day does a grab and shouts the name. The next person does the Star's grab and then adds another one and shouts its name. Going around the circle, everyone does the previous grab and one of their choice (2 grabs per turn.) Make sure to teach new grabs e.g. Safety (outside boots), Japan (heel) and Mute (toe grabs). Go around the circle as many times as you want so everyone gets lots of practice.

## **Rotation Principles**

Spin is created by pushing the toe and creating force from the ski edge at take-off. Pushing right toe to centre of body will initiate 'left' spin (head turns to left shoulder) and vice versa. Keeping body tension in the air and looking in direction of spin after take-off for landing will help skier complete the movement. Skiers should practice controlling rotation and seeing or 'spotting' location while spinning in many environments.

## **180° Contact Twist**

Take off with power. Rotate by pushing off the snow and directing the hips in the direction of the spin. Upper body and lower body turn together. Land looking back up at jump and turn head to view downhill when skiing out switch.

## **360°**

Find ideal environment e.g. rollers, to progress 180°s to 360° spins. Athletes should spin through to 360° comfortably on ground before attempting off a jump. Discourage 'winding up' for spin—but skiers may do this at first! Achieve extension of lower body at lip of jump, while keeping upper body quiet.

# WEEK 5: INTRO TO SLOPESTYLE 2



## Link Tricks in the Park

**Terrain:** Groomed green/blue runs, Terrain Park (1ft–4ft wide) boxes

### 10-Minute Warm-Up

- ★ Introduce your “**Star of the Day**”.
- Share the lesson goals for the day.
- 📖 **Simon Says** to review jumps and practice linking tricks.
- 📖 **Dynamic Warm-Up**

### Skiing

- Follow the leader, linking lots of turn shapes and spins on-snow.
- Review **Box Progression** from Week 2.
- Demonstrate putting skis on edge and have everyone try **Sideslip → Sideslip/Edge set**.
- 📖 **Hockey stops, Pivot Turn**–Full Stop during edge set.
- 📖 **Rollerblade Turns**–Turning with steering and edging.

### Terrain Park

- ⚠️ On 2–3 small features, review safe stopping zones, identify safety spill zones and jump open and closed signals.
- Ski a slopestyle line with tricks that link well.
- Demo and practice air 180° on a mini halfpipe, side jump or side hit.
- ⚠️ Position yourself to watch all features and end of course.
- Demo and practice sliding a box sideways.
- Practice takeoff and landing on the box rather than sliding on/off.
- Review earlier drills to show why edges need to be flat on a box.
- Practice controlled forward box exits.
  - 👉 **Exiting with upper body forwards**
- If ready, try switch box exits.
  - 👉 **Point lead shoulder to end of box**
- Session features advancing to harder tricks.
- Encourage creativity, style and combinations.

### 10-Minute Cool-Down

- While stretching, commend group on trying new skills. Have everyone share how they felt about their **I-statement**.
- Develop a team cheer.



# COACH'S TOOLBOX: WEEK 5

## **Simon Says**

In this version, Simon (you) will say jumps and tricks, and progress to several in a row. E.g. "Simon says do a 360°, a Spread and a Tuck jump." Those who don't do what Simon Says have to do 3 tuck jumps as a consequence.

## **Dynamic Warm-Up**

Split the group into two teams. Line them up in two rows. Each person will do a short shuttle-run to an endpoint with a jump/twist landing sideways, like landing on a box. When they return, the next person goes. The first team to finish wins. Try twisting the other way for the next round, then do 360°s.

## **Follow the Leader**

Mix-up sideslip to edge set, and rollerblade turns to hockey stops to help differentiate between flat ski sliding and setting an edge, and to help develop a quick response.

- 🟡 Safely exiting the box at any point can be done if skier's knees are bent on the box. Promote a low stance on the boxes so skiers can push off at any time.
- 🌟 Let "Star of the Day" pick a game break today.

# WEEK 6: MOGULS 2



## See How Far Everyone Has Come!

**Terrain:** Blue groomed terrain, roller tank and/or easy moguls

### 10-Minute Warm-Up


★ Introduce your **“Star of the Day”**.

- Share the lesson goals for the day.

### **Knee Fencing**

- Dynamic warm-up including review of mogul stance and mogul-specific movements like side to side hops etc.

### Skiing

- Start skiing switch on green, groomed runs.
  - 👁️ Look for parallel skis at initiation of the turn
- Switch straight-lining on easy terrain, teach speed control.
  - 👁️ Speed control, straight line of travel
-  Ski short/medium radius dual brushies course on blue terrain.
- Practice pole plant timing in groomed runs prior to moguls.

### Roller Tank or Green Moguls if No Tank Available

- Review Roller Tank activities from Moguls 1.
  - 👁️ Maintain stance and balance while absorbing
- Gradually increase speed one roller/bump at a time.
- Ski through a marked course in the tank.
  - 👁️ Absorption, keeping control and stability

### Moguls

- Traverse fall line with “roller tank” absorption in easy moguls.
- Introduce a turn at the end of the traverse.
- Introduce pole plant on backside of the roller/mogul.
- Gradually narrow traverse based on ability.
  - 👁️ Absorption & extension
- Show that a mogul jump is unique.
- When ready, try integrating a small jump into a traverse.

### 10-Minute Cool-Down

-  Breathe deeply when stretching to increase results.  
Encourage skiers to take deep breaths before a run to relax.



# COACH'S TOOLBOX: WEEK 6

## **Knee Fencing: a *combatives* warm-up**

Pair kids by height/strength. Two kids stand facing each other. Kids will move around trying to touch the opponent's knee 3 separate times. Switch partners after a minute or so.

## **Dual Brushies Courses on Groomed Runs**

Set a brushies course that is short to medium radius that safely challenges skiers to maintain line and speed. Set two brushies lines at least 10m apart to race head to head.

## **Progression Tips**

- Use different turn shapes to give options to every skier at their own ability.
- Teach Extension (Start turn at crest of mogul, extend legs on backside to maintain contact with snow – think ski tips go down first.)
  - ★ Encourage those who prefer to watch to cheer and support the others, or give them timing, starting or announcing roles.
  - ★ Make time to speak to each athlete individually sometime today.
- Hand out mid-session reports today if you are on a 12-week program. If you are on a shorter program, hand them out at the middle of your session.

# WEEK 7: FREESKIING 2 & JUMPS 3



## Encourage Thoughtful Decision – Making

**Terrain:** Non-groomed snow, steeper terrain, trees and natural moguls

### 10-Minute Warm-Up

- ★ Introduce your “**Star of the Day**”.
  - Let Star of the Day choose a warm-up game.
- 🎒 **During Dynamic Warm-Up** share goals for the day.

### Freeskiing

- Put in freeskiing mileage all over the ski hill.
- Vary terrain e.g. alpine race course, non-groomed terrain etc.
- ★ Allow group to pick some favorite runs.
  - 🚫 Balance through the turn, no matter what the terrain
  - 🚫 Forward hand position, especially in steeper terrain
- Discuss how to adjust in each different terrain type.
- Increase/ decrease speed (no formal drills).
- Review 180° and 360° surface spins.
- Ski brushies course switch.
- Review buttering and play with buttering into spins. Butter 180°, then 360°.
- Jump off natural features and small drops.
  - 🚫 Look for timing of take-off, (which will affect landing)

### Terrain Park

- ▲ Review terrain park safety if required.
- Encourage athletes to explore where air is possible.
- Safely explore new features in Terrain Park like wall rides/1/4 pipes.
- Encourage deep breaths – not holding breath during tricks.
  - 🚫 Sensible choices
- Teach Air to Fakie (switch) and wall 180°, wall skills progression, proper way to go up wall and spin back 180° leading with upper body.
  - 🚫 Spin is at apex of travel. Timing is crucial

### 10-Minute Cool-Down

- Hold static stretches and review accomplishments.
- 🎒 Self-Evaluations



# COACH'S TOOLBOX: WEEK 7

## Dynamic Warm-Up

This will be led by the athletes today. The Star of the Day starts with a dynamic exercise, then move around the circle with everyone's choice of exercise. If they miss anything give them hints.

## Progression Tips

- Ski all varieties of terrain – allow for decision-making in a non-structured environment.
- Practice outside of training venues: Ideally, skiers stay balanced in all phases of the turn, in all terrain.
- Use speed to vary level of difficulty outside of the training environment.
- Use varying stance and weight distribution to manage terrain.
- Challenge skiers to perform “trained skills” in open terrain. This will promote creativity and adaptation.

## Self-Evaluations

Ask athletes to self-evaluate as you ask guided questions e.g. *Did I try new things today? Did I think positive thoughts? Was I scared? Excited? Etc.* They can answer in their heads or out loud.

- ▲ Recognize the signs of fatigue (Feeling tired or distracted, and making silly mistakes.) Ask athletes to tell you if they are fatigued.

- **If next week is your last class, remember to fill out evaluation cards and certificates. Announce Showcase and email parents with details/requests.**
- Let parents know where and when the Showcase will be next week.



# WEEK 8: FUN SKILLS SHOWCASE



## Playing is Integral to Learning

**Terrain:** Freestyle Terrain – boxes, small jumps, moguls & wall features

### 10-Minute Warm-Up

- ★ Decide ahead if you will have “**Star of the Day**” today.
  - Pick the group’s favourite warm-up game or two.
  - **Dynamic warm-up** – play music if you can.
  - Share the schedule for the day.
  - Make sure parents know where events will be.
  - Travel to planned areas and showcase new skills. Each skier gets a countdown and the rest of the skiers cheer!
- 🎯 Clean landings, control and style

### Skills to Include

- **Jumps:** Show single uprights with balanced take off. Forward 180° in both directions.
- Athlete’s favourite trick.
- **Boxes:** Slide box sideways and exit forward and switch if mastered.
- **Freeskiing:** Balanced, medium-radius turns with edging through most of the turn, initiated with lower body. Show overall mobility on snow through varied terrain.
- **Moguls:** Ski marked course in roller tank or small moguls with quiet upper body position and absorption. 100m mogul course with 1 jump at end of course.
- **Wall/Pipe:** Find a wall or halfpipe to ride.

### Event Tips:

- Visual terrain markings are useful guides for kids. Eliminate course confusion or complications.
- Have two groups go at a time for efficiency and excitement.
- Have a coach at start and bottom of course. Recruit a volunteer to help if required.



# COACH'S TOOLBOX: WEEK 8

## **Showcase Considerations**

The showcase is an opportunity to consolidate skills but also a great time to socially connect together. Plan ahead and notify parents.

- Can you get quickly from place to place?
- Where can skiers watch from?
- Do you need special equipment?
- Will you need helpers?
- Do you want athletes to bring lunchtime treats to share?
- Do you want athletes to wear fun (safe) accessories?
- Will you have prizes? Music?
- Will parents participate? (As starters, cheerleaders etc.)

## ***Keep things moving, keep it fun!***

- Group games?
- Photo opportunities?
- Bring a friend skiing?
- Ski with an older athlete?
- Pair up with another group?
- Prizing? Best trick, Most Spectacular Fall, Most Improved?
- BBQ?

## **Invite the Family!**

# WEEK 9: SLOPESTYLE 3 AND WALL SKILLS



## Review is an Important Part of Learning

**Terrain:** Steeper groomed runs, Terrain Park

### 10-Minute Warm-Up

- ★ Introduce your “**Star of the Day**”.
- 🏂 Repeat a warm-up game that involves jumping.
- 🏂 Dynamic Warm-Up includes separation of upper and lower body e.g. jump straight up but land switch with lower half. Do both directions.
- Share the lesson goals for the day.

### Freeskiing

- Traverse slope with parallel skis. Roll ankles and engage edges Let the side-cut grab the hill and produce a carved turn.
- 🏂 **J-turns**
- 🏂 Carving
- 🏂 **Angulation drill**
- 🏂 Carving, balance

### Wall (or Halfpipe) Skills

- ★ Revisit goal setting through **I-statements**.
- Review the wall 180°.
- Work on timing of take-off and how line in wall affects speed.
- Do multiple laps of wall or halfpipe doing 180°s carving uphill.
  - 🏂 Speed control on the walls
- Review Slopestyle 1-3 and work on challenging features.
- Full runs down multiple features to finish off day.

### 10-Minute Cool-Down

- Hold static stretches and review accomplishments today.
- 🔴 If it's a cold day, review signs of frostbite. It starts with cold, prickling skin, then numbness, red, white or bluish-white skin, waxy looking skin and possibly clumsiness.



# COACH'S TOOLBOX: WEEK 9

## **Jumping warm-up games**

- I Would Rather (Week 1)
- Clans (Week 2)
- Land, Sea & Air (Week 4)

## **J-turns**

Find wide space on flat blue run where you can travel down fall line. Roll skis on their sides to carve across the hill producing the letter "J" in the snow with two distinct carve lines.

## **Angulation Drill**

Traverse hill with downhill hand on hip. Raise uphill hand in the air. Turn, switch hands.

## **Progression tips for Halfpipe if available**

- Teach that in halfpipe, skiers can go as slowly or as quickly as they want by controlling their line.
- Teach an Alley Oop 180° that helps reduce speed in a hurry and also mixes up the run.
- Athletes can hike up the lower end of the walls to isolate tricks and safely progress at their own pace.

# WEEK 10: MOGULS 3



## Review is an Important Part of Learning

**Terrain:** Non-groomed snow, steeper terrain, trees and natural moguls

### 10-Minute Warm-Up

- Review warm-up from Moguls 2.

### Freeskiing

- Review Mogul 2 drills on the groomed runs.
  - 👁️ Isolating the upper body and starting the turn with the lower half
- Shorten the turn shape, shorten the radius, and try steeper terrain.
  - 👁️ Longer stretches without stops

### Roller Tank or Green Moguls if No Roller Tank Available

- Review absorption from Moguls 1.
  - 👁️ Maintain ski to snow contact as much as possible

### Moguls

- Review jumping in a mogul course.
- Aim to complete one full mogul run with one jump.
  - 👁️ Staying in control but when skiers are ready, progress the level of challenge
- ★ Skiing an entire run and including a jump takes a lot of concentration. Take mental breaks with fast, flat runs if attention level drops, or ski breaks that have nothing to do with the lesson.
- 🚫 Remember the signs of fatigue. See Week 8.
- 🏃 **Breaks that keep you moving**

### 10-Minute Cool-Down

Coach names a muscle learned in Moguls 1 and has the group come up with a stretch or two for each one.

# COACH'S TOOLBOX: WEEK 10

## **Progression Tips**

The goal is to finish the mogul course without a crash, so vary the length of the mogul run for each skier for success. Start the mogul course from anywhere on the slope.

## **Competition Experience**

Begin to explain what judges are looking for in a competition e.g. Stay in your line, Keep going if you make a mistake etc.

## **Fun Competitions**

For variety, pair athletes by ability to try out: best trick on last wave, one foot turn races, most spins in waves or switch turn on last 2 waves. Be creative.

**Show a Video** of a male and female top Canadian Moguls skier and have kids imitate!

## **Breaks that Keep you Moving**

**Slow race:** Try to get down last by making lots of turns but not stopping.

## **One-legged Skiing on Groomed Terrain**

Just like it sounds. Try to turn both left and right on only the left ski, then the right.

## **Snow Angels**

If you need to get off skis find some powder, lie down and do some horizontal jumping jacks.

# WEEK 11: FREESKIING 4/TERRAIN PARK 4



## Review is an Important Part of Learning

**Terrain:** Black runs, Terrain Park

### 10-Minute Warm-Up

- ★ Introduce your “**Star of the Day**”.
- 🧰 Repeat a Toolbox warm-up game that involves jumping & grabs.
- 👁️ Get kids to notice how their body position and landings change with different grabs. Which are hardest?
  - **Dynamic Warm-Up** includes counter rotation of upper and lower body in both directions.
  - Share the lesson goals for the day.

### Freeskiing

- If ready, explore black runs on ski hill.
- ★ Explain that mastering skills involves continually challenging yourself within your limits.
  - Learn balanced turning on steeper, more varied terrain.
  - Demo pressuring skis early on steep terrain and maintaining good balance through turn.
- 🧰 On the hill, verbally talk group through a **visualization** before heading down something challenging.
  - Review Freeskiing 1&2 drills in harder terrain.
  - Go for a hike to find powder, ski trees, natural bumps and other variable terrain.

### Terrain Park

- In terrain park link 360°s, 180°s and box tricks.
  - 👁️ Landing in the “sweet spot”
- Do 3-4 runs with different trick combinations, encouraging creativity!
- Use **I-Statements** to stay focused.
- Show *when* to grab, ie) after leaving jump when at high point or “apex”.

### 10-15 Minute Cool-Down

- ★ Hold static stretches while you explain next week’s event.
- Review good sportsmanship for next week: winning/losing graciously, congratulating each other etc.



# COACH'S TOOLBOX: WEEK 11

## **Visualization**

Tell athletes you are going to see if *imagining* themselves skiing helps them to ski better. "Close your eyes. Imagine yourself holding your arms out front and calmly looking ahead at the moguls. Take a deep breath in. As you glide forwards, breathe out. Imagine your feet right underneath you as your knees go over the moguls like springs." Add as much detail as you like.

## **Progression Tips**

- Grabs can vary in difficulty. Start with Safety, Japan and High Safety. Progress to Mute, Tail, etc.
- When the skis can stay flat in the air there is less movement needed.

## **Competition Experience**

Begin to explain what judges are looking for in a competition e.g. Use a variety of tricks, try to spin both directions etc.

## **Next Week**

If you wrap up the season next week, remember to fill out certificates and evaluation cards. Make sure the kids are excited about your theme next week and remind parents about dressing-up.



# WEEK 12: MAKE-UP WEEK and THEME DAY



## Using Themes can Really Ignite Engagement!

**Terrain:** All over the Hill

### 10-Minute Warm-Up

- Make sure you are dressed in the theme in some way.
- ★ Decide ahead if you will have **“Star of the Day”**.
- 🎯 Repeat a familiar, favourite Toolbox warm-up game with a spin on today’s theme.

**Dynamic Warm-Up** includes shaking out any jitters & doing some deep breathing to lower anxiety.

- Share the schedule for the day – make sure you have planned enough activities to keep a good pace going. This is a great chance to try skills that were missed, repeat favorites and try out something new.
- Limit events and even consider allowing skiers to choose a set number of events or drop their least favourite. They can then be volunteers at those events.
- This is the last day, so end things on a positive note.
- Leave enough time to hand out Evaluations and Certificates, and maybe play a game at the end.
- Similar to Week 8, Ideas may include:
  - Group games?
  - Photo opportunities?
  - Bring a friend skiing?
  - Ski with an older athlete?
  - Pair up with another group?
  - Prizing? Best trick, Most Spectacular Fall, Most Improved?
  - BBQ?

## Invite the Family!

VISIT  
**FREESTYLECANADA.SKI**  
FOR MORE RESOURCES



VISIT  
[HIGHFIVE.ORG](https://www.highfive.org)  
FOR MORE  
RESOURCES

## ABOUT HIGH FIVE®

HIGH FIVE® is Canada's comprehensive quality standard for children's programs and holds true to the following five Principles of healthy child development that research indicates are essential for providing a positive experience for kids:

1. **A Caring Adult:** Smile. Learn each child's name. Greet each child at the start of each program and say goodbye to each child at end.
2. **Friends:** Start the day off with an interactive name game to help children get to know one another. Be Welcoming of Diversity and Uniqueness.
3. **Play:** Build Play into structured activities. Be flexible enough to adapt to spontaneous play.
4. **Mastery:** Use positive enforcement. Give each child the opportunity to demonstrate/reach Mastery by doing something they enjoy.
5. **Participation:** Ensure everyone has the opportunity to participate at a pace that is comfortable for them. Involve children in planning and carrying out of tasks.



HIGH FIVE®, founded by Parks and Recreation Ontario, consists of Training and Development, Program Assessments, Policies/Procedures and Awareness.

Freestyle Canada, as a HIGH FIVE® National Umbrella Organization, has committed to healthy child development in children's sport and recreation programs.

Freestyle Canada recommends that all coaches working with children become HIGH FIVE® Certified.