

1. WORKSHOP ALPINE:

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DEVELOPING THE SKILLS OF YOUNG RACERS

Slovenia is one of the few countries where the National Demo Team members have been working together with competitors (especially noteworthy is their cooperation with the World Cup competitors).

This (over the last seasons it is also present in other teams) strengthens the importance of a Demo team member even in the process of young competitors' training.

The integration of Demo team members in the work of ski trainers is virtually essential, especially in terms of analysis, control and ultimately the advancement of the basic technical skills of young competitors.

The Slovenian demo team members who have been involved in these processes will present these specific exercise contents and methods in practice. They will present the bases of training techniques in Alpine skiing which should be included in the basic preparation of every young athlete.

The Alpine ski training program is based on the acquisition of technical knowledge with the use of various teaching aids and methodological procedures. These primarily enhance the diversity and effects of training, consequently enhancing the motorical scheme and raise the level of motorical and sensorial knowledge of young racers.

The contents of the training are therefore interesting from several points of view and are definitely something special. They will be presented in a way so that instructors, trainers and consequently competitors will definitely benefit from them.

General motto of our training-system is: »Only a good skier can be a successful competitor!«

Complete programme is based on:

- Combination of free skiing and skiing inside a limited area/ special training courses
- Complete efficient utilization of the terrain in both free skiing and skiing inside a limited area
- Training specific technical discipline for a longer period of time (4-5 days)

FREE SKIING

The main goal is the complete and most efficient utilization of the terrain, the control of the athletes' work realization and technique by giving them different tasks.

- **Combined technique represents the basis of skiing on steep terrains** - where we particularly focus on the position of the body (basic position, balance, position of the shoulders /deflection) the dynamics and the timely transmission of the weight.
- **EXERCISES**
 - Basic turns with the poles in front of the athlete while holding the poles behind the neck, making "airplane" with the inside ski lifted off the ground and with a pronounced push-off of the lower ski
 - Addition of a variety of exercises with different types of pole planting
 - Giant slalom turns with combined technique; with the poles in front of the body, behind the neck and by making "airplane".
- **Carving technique represents the basis of skiing on medium and shallow terrains** - while making open and closed turns where we also pay major attention to the position of the basic body stance, balance, position of the shoulders /deflection, the timely transmission of the weight and, lastly, the dynamics.
- **EXERCISES:**
 - Making linked open and closed turns in a different "downhill" body positions.
 - Exercises for making correct entering of the turn:
 - very closed turns with "future" inside ski lifted off the ground even before the beginning of the turn.
 - Exercises for correct inclination of the skis (pushing both knees into the turn, poles behind the knees, balloon between the knees)
 - Exercises for correct position of the shoulder and the proper angulation (poles - facing downwards in front of the eyes, by making "airplane", holding poles behind the neck)
 - When the athletes that can not enter the turn properly, we start exercising:
 - by doing single uphill turns
 - with exercises for correcting the position of the shoulder's axis and the inclination of the skis.

SKIING IN A LIMITED LAYED-OUT AREA WITH LOW MARKERS (brooms, markers, short poles)

- **Combined technique represents the basis of skiing inside a limited area on steep terrains.**
Therefore we must use the correct course settings or polygons:
 - Polygons to practise the correct steering of the skis (timing, accuracy, rhythm, dynamics)
 - corridors that enable the athlete to ski in combined technique
- **EXERCISES**
 - Basic turns with the poles in front of the athlete holding poles behind the neck, making "airplane", with inside ski lifted off the ground and with a pronounced push-off of the lower ski
 - Addition of a variety of exercises with different types of pole planting

- Giant slalom turns with combined technique; with the poles in front of the body, behind the neck and by make "airplane".
- **Carving technique represents the basis of skiing inside a limited area on medium and shallow terrains.**
Therefore we must use the correct course settings or polygons:
 - corridors that enable the athlete to ski in carving technique
 - rhythmical and non-rhythmical GS course settings by using markers to obtain the right timing (right timing, accuracy, dynamics)
- **EXERCISES:**
 - Making linked open and closed turns in a different "downhill" body positions.
 - Exercises for making correct entering of the turn:
 - very closed turns with "future" inside ski lifted off the ground even before the beginning of the turn
 - Exercises for correct inclination of the skis (pushing both knees into the turn, poles behind the knees, balloon between the knees)
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