

Date	Skill Focus	Key Points
[All of December]	General Athletic Stance	Maintain dynamic balance, general body orientation in relation to skis & fall line
1/1-1/7	Body Positioning (continued)	Identify inside/outside ski, downhill edge, play with factors of balance/power
1/8-1/14	Fore/Aft Balance	Accurate pressure placement on the front of the ski allowing for better control
1/15-1/21	Turn Phases	Initiation, Apex, Finish, Transition - body positioning throughout, introduce pole touches
1/22-1/28	Edging	Weight transfer edge-to-edge throughout phases of the turn
1/29-2/4	Upper/Lower Body Separation	Isolate upper & lower body movements
2/5-2/11	Angulation	Dial up body positioning that allows for deeper angulation & power transfer
2/12-2/18	Pole Touches & Turn Timing	Deeper into conversation of skillful line placement using pole touches as external cue
2/19-2/25	Race Tactics	Increase specificity of line placement in relation to course set & terrain features
2/26-3/3	[Buffer: revisit earlier weeks' drills & skills if you didn't get through them AND/OR shift focus to solely individual athlete needs]	
3/3-EOS	End-of-season assessment: Athletes self-assess skills with report cards, coach assesses skills with report cards, compare in one-on-one check-ins, do a write-up & send to parents, send to Development Director to be catalogued and shared w staff next season	