

# **CARDIFF SKI CLUB**

## **ANNUAL COACHING PROGRAMME**

	<b>AUTUMN</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>RACING</b>	MAJOR NATIONAL CHAMPIONSHIPS SCHOOLS CHAMPS CLUB CHAMPS	SOME HAVE SNOW RACES	SOME HAVE SNOW RACES START OF ARTIFICIAL SLOPE SEASON REGIONAL SCHOOLS RACE	ARTIFICIAL RACE SEASON
<b>TRAINING</b>	TECHNICAL DEVELOPMENT DRILLS 40%/GATES 60%  FOR THOSE WHO ARE RACING IN NATIONALS - LOTS OF GATE PRACTICE IN TOUGH COURSES.  EXPECT CHILDREN FROM SCHOOLS TO COME TO TRAINING IN PREPARATION FOR SCHOOLS CHAMPS - EASY COURSES	TECHNICAL DEVELOPMENT DRILLS 80%/GATES 20%  CONCENTRATE ON DEVELOPING TECHNIQUE AND SKIING SKILLS OF ATHLETES OUTSIDE OF GATES.  GROUPS WORK AT APPROPRIATE LEVELS FOR SKILL AND AGE	TECHNICAL DEVELOPMENT DRILLS 70%/GATES 30%  CONCENTRATE ON DEVELOPING TECHNIQUE AND SKIING SKILLS OF ATHLETES OUTSIDE OF GATES. TRANSFER SKILLS TO GATES.  GROUPS WORK AT APPROPRIATE LEVELS FOR SKILL AND AGE  PREPARATION FOR SCHOOLS RACE - EASY COURSES	TECHNICAL DEVELOPMENT DRILLS 50%/GATES 50%  CONCENTRATE ON DEVELOPING TECHNIQUE AND SKIING SKILLS OF ATHLETES OUTSIDE OF GATES.  GROUPS WORK AT APPROPRIATE LEVELS FOR SKILL AND AGE
<b>EMPHASIS</b>	PREPARATION FOR NATIONAL CHAMPS & SCHOOLS CHAMPS	DEVELOPING SKIING SKILL	DEVELOPING SKIING SKILLS, TRANSFERRING SKILLS TO GATES & START PREPARATION FOR RACE SEASON	CONTINUE PREPARATION FOR RACE SEASON EVALUATE EARLY PERFORMANCES AMEND TRAINING AS NECESSARY
<b>ISSUES</b>	LOTS OF NEW KIDS COMING ALONG FOR A COUPLE OF WEEKS. PROVIDING RIGHT COURSES FOR EACH GROUP SETTING UP & RUNNING TIMING ENSURING PROGRAMMES FOR NEW CLUB MEMBERS	ATHLETES SHOULD SPEND 80% TIME TRAINING 20% RACING. TRAINING TIME WILL BE SPLIT 80% TECHNICAL DEVELOPMENT & 20% GATES	ATHLETES SHOULD SPEND 80% TIME TRAINING 20% RACING. TRAINING TIME WILL BE SPLIT 70% TECHNICAL DEVELOPMENT & 30% GATES NEW REGISTRATIONS LOTS OF NEW KIDS COMING ALONG FOR A COUPLE OF WEEKS.	TIME FOR INDIVIDUAL FEEDBACK SETTING UP & RUNNING TIMING ENSURING PROGRAMMES FOR NEW CLUB MEMBERS