

Entry Level –Kinder Gate Setting Ideas

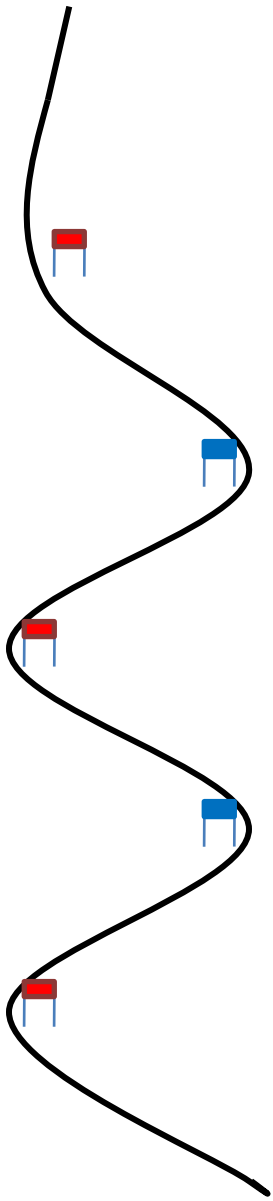
- **Adjust the distance in your courses for skill level, environment, equipment (gate setting guidelines www.bcalpine.com for different age groups)**
- The CSCF material/ website www.snowpro.com has an extensive list of gate setting ideas and instructions. The ideas on the following slides are to supplement the CSCF material.
- Safety is # 1 at all time
- Have fun and challenge the athletes and yourself with Variety
- Gates/ cones/ brushes (athletes 4 years old to masters benefit from gate environments)
- The following slides are just ideas! Use your imagination and don't be afraid to experiment.

Entry Level –Kinder Gate Setting Ideas

- **Safety** is most important- athletes will challenge themselves and take risks if they feel safe.
- Watch for natural/man made objects, terrain changes and spill zones
- Consult CSCF materials/ACA/ BC Alpine website for setting & safety guidelines
- Maintain the gate environment
- Experiment/ set even if your experience level is low
- Try your environment, ski your environment and see how it feels
- Change the course and vary the ideas
- Don't be afraid to make mistakes
- Give the athletes time in gates before you decide if course is working then adjust to suit athletes needs
- Less direct feedback & let the athletes ski and experiment
- Competition/ Challenge is fun (head to head or dual formats are excellent)

Setting the Environment

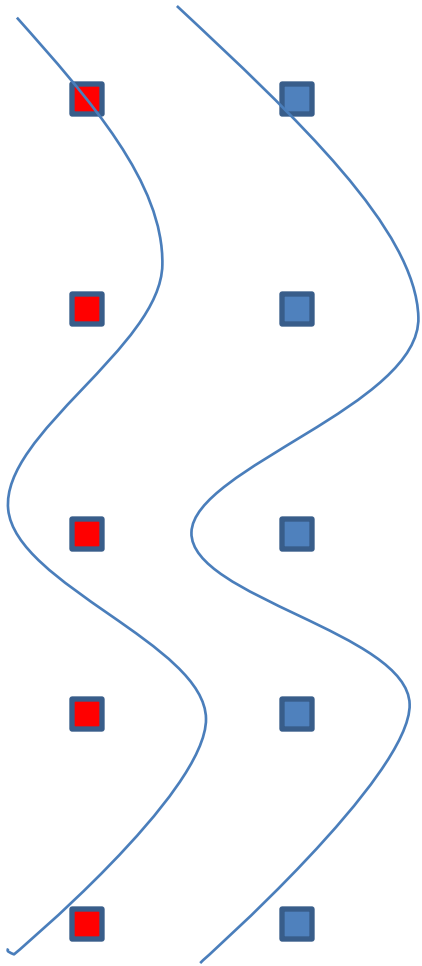
- It's really important to choose the proper terrain for your environments
- The distances and offset will vary with:
 - The age group you are working with
 - The terrain you are setting on and the snow conditions
 - The equipment they are using (GS or Slalom skis)
 - The goal of the exercise (agility vs. performance)
- Be creative and don't be afraid to ski your own environments with your athletes.
- Practice ,practice, practice and don't be afraid to measure your distances for consistency



Stance & Balance

- SL or GS rhythmical stubbie or full gate corridor set (start with 2-3 sections of 6-15 gates and then join sections as skier progresses)
- challenge skier: different no pole drills, lifting inside/or downhill ski, use a brush to touch downhill boot at gate and in between gates brush comes up in front of tips to pass to new hand, hop turns throughout entire turn or at one single point in turn, hold a bungee cord out in front and pull it slightly downhill to create level shoulders and core stability
- Ideas: centre of mass or where is skiers weight, vertical & lateral balance, symmetrical lower legs, lower body joints creating angles, stable upper body, clean ski

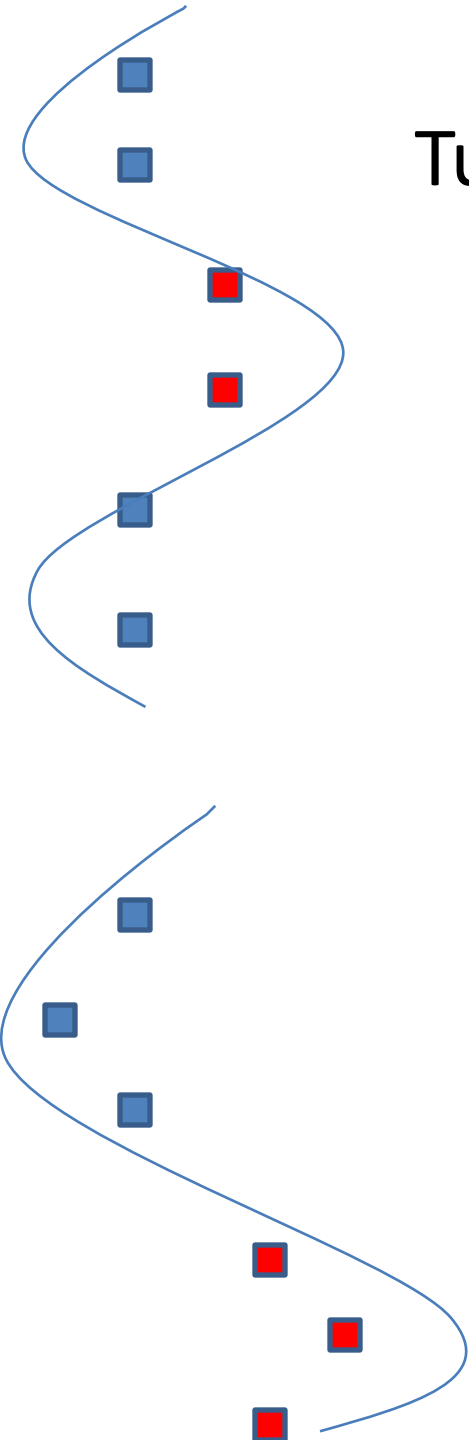
Rhythm, Quickness, Reaction Skills



- Dual fall line SL set with gs panel (set straight downhill no-little offset)
 - Athletes can ski either side of the gates
 - Use middle between courses as warm-up or area to do skill work for those not racing (great space to do tempo, turn shape, synchro or pole touch work)
 - Athletes can start off running courses as individuals and then race each other
 - Great for soft snow, allow ruts to build up and then pull course and let athletes continue to ski ruts
 - Ideas: competitive spirit, leg quickness, stable upper body downhill, pole touch

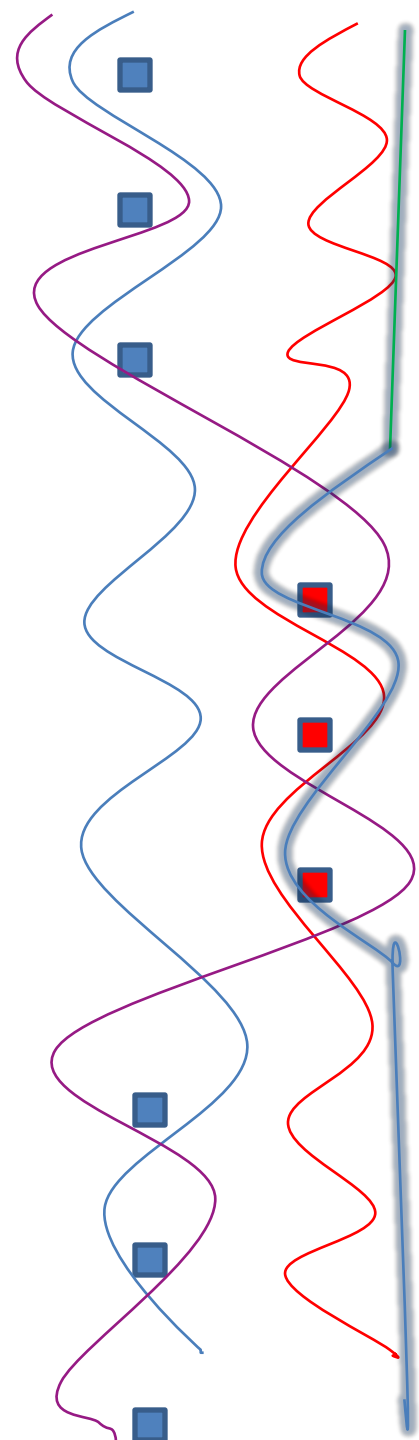
Turn shape, carving, edge angle

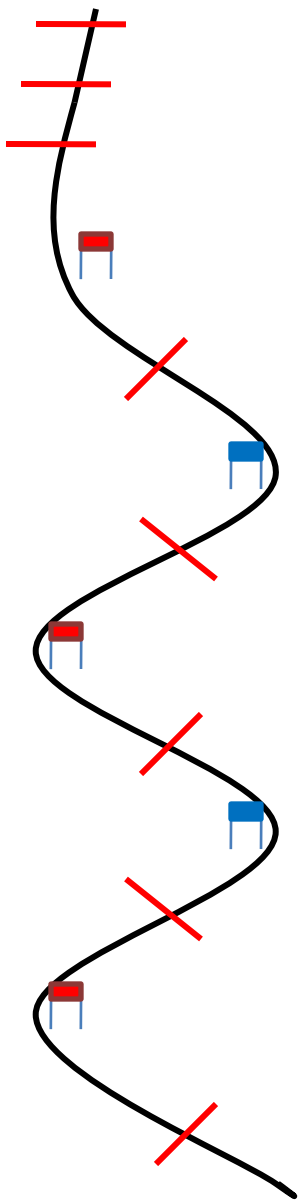
- 2-3 brushes or stubbies set vertically for each turn, can also add a brush and move middle brush horizontally away from fall line to create greater arc
 - Can be used for a variety of turn shapes, vary the distances and off sets.
 - Chose the proper terrain to achieve your goal
- Ideas: drag inside hand turns (give athletes a brush to drag if needing confidence), feel clean smooth edges on snow, symmetrical legs, vary the hand position with no poles(on knees, head, holding brush out front, hips, airplane turns)



Dual multi purpose brush course

- 3 brushes or stubbies set vertically for each turn, dual format, corridor
 - Ideas: multiple ways to use environment for varying skill level
 - ski only one course and add short or long turns in between brushes (blue line)
 - race partner 1 blue -1 red course, can either make turns between sections or run straight
 - run straight between sections and try to make all gates
 - around blue brushes then cross over into red brushes
 - turn around all 3 brushes and connect red & blue
 - coach stands part way down course and uses hand signals to direct athlete to desired course
- Use imagination and different challenges to skiers to race head to head





Stance, Balance, Agility

- GS course
- The red lines indicate gates laying on the snow.
- Can use 2 brushes on either side of line instead of gates depending on skill level
- This drill promotes three main aspects;
 - One, keeping centered on their skis;
 - Two, movement between turns;
 - Three, pushing them out of their comfort zone (3 gates at start of course are multiple starting points to challenge skier with more speed)
 - Look out for athletes leaning back while trying to jump, the entire skis should lift from the snow at the same time is they are balance.