



Alpine Curriculum Breakdown

Four Cornerstones of MARA Curriculum

Progression- A progression for learning to ski. A nine step progression that follows ski learning development.

Elements -Four Basic Fundamental Skill Sets. These are the skills needed to learn how to ski.

Balance - Rotary - Edging - Pressure

Skills Quest

- Skills Quest is a progressive battery of 24 skiing drills that are each directly related to the fundamental skill sets (Elements) to help promote ski development.

Alpine Training System (ATS)

- The ATS is based on a long-term athlete development model (LTAD) for skiers that emphasize age-appropriate training and competition. The U.S. Ski & Snowboard training system detail athlete development in all phases and domains.

Progression

A nine step progression from beginner to expert skier. The progression provides coaches the ability to identify at what level athletes are skiing.

[**Fall line** (Alpine Definition): The direction gravity pulls objects down a slope.]

- 1) Beginner wedge turns.
- 2) Match skis after the fall line.
- 3) Match skis in the fall line.
- 4) Match skis above the fall line; turns are started with a slight opening of the skis.
- 5) Basic parallel skidded turns.
- 6) Carve turns after the fall line.
- 7) Carve turns in the fall line.
- 8) Carve turns above the fall line; with a skidded initiation of the turn.
- 9) Carved linked turns.



The goal is to execute round carved “C” shaped turns.Do not use the words uphill or downhill ski. More appropriately use the terms outside or inside ski.

Elements

The four elements are the skill sets that are the foundation of skiing and provide the basic fundamentals for skiing development.

Balance-Balance is the skill of maintaining equilibrium. We attempt to maintain a natural/neutral stance under different conditions of speed, slope, surface shape and snow conditions.

Rotary -Rotary skills involve movements that assist in guiding and redirecting the direction of skis. This usually is a twisting action along the muscular system of the legs. The two primary rotary movements are steering and pivoting. Steering involves the muscular guidance accomplished by twisting the lower legs in combination with edging. Pivoting is used in turns where the radius is too short to allow complete carving of the turns.

Edging -Edging is quite simply the ability to put the sidecut of the ski against the snow. Edging is an easily understood term and skill acquired with modern ski equipment.

***Sidecut (Oxford Definition): A curve in the side of a ski which allows it to turn more smoothly.

Pressure- Pressure is the energy exerted against the ski to determine the radius of the turn shape. Pressure can be controlled by the skier by utilizing flexion and extension movements. Focus can be directed to the bottom of the feet; that is where pressure is exerted.

***Replace the use of the word “weight” with “pressure”.



SkillsQuest

Skills Quest is an assessment of skiing skills (Elements) that can be taught, measured and tracked over the course of time with a rewards system. It is built upon a progressive battery of drills (24 drills in all) and are based upon Developmental Phases (6 Phases in total).



- Phase 1 Ages 2-6/1-4 years in sport.
- Phase 2 Ages 6-10/1-4 years in sport.
- Phase 3 Ages girls 10-13, boys 11-14/4-8 years in sport.
- Phase 4 Ages girls 11-14, boys 12-15/5-9 years in sport.
- Phase 5 Ages girls 12-16, boys 14-17/6-11 years in sport.
- Phase 6 Ages Female 16+, Male 17+/Minimum 10+ years in sport.

Phases 4- 6 are designed for more advanced athletes and both the biological and chronological ages are taken into account. Skills Quest is now part of the USSA Championship matrix. Consideration of Skills Quest Performance is an important part in the naming of Divisional and US Ski Team Status.

***It is important to realize that for Phase 1, 2 and 3 athletes, SQ is only a road map. Younger skiers should learn through active movement on the slopes with minimal verbal direction in terms of skills set development. The mountain and terrain should be the primary teaching tools.

Here is the link to the Skills Quest Skiing Assessment with all 24 drills and how they relate to the four skiing elements: http://ussa.org/sites/default/files/documents/athletics/education/2014-15/documents/Descriptions%20SkillsQuest%20drills%202015coaches_0.pdf

[USSA Alpine Training System](#)

Fundamentals, Athleticism, Passion!

Fundamentals: A focus on building basic skills in all areas of the sport that will lead to high performance of more specialized skills over time.

Athleticism: The application of fundamental skills through a multitude of environments and sports focusing on building higher capacity in all elements of physical fitness and health.

Passion: The fuel drives athletes to pursue the sport with joy, grit, and perseverance sustaining a lifetime of constant improvement and enjoyment. The Alpine Training System is based on a document called the training system matrix. The matrix contains the fundamental information to direct sport participation, conditioning, technique and tactics, equipment selection and maintenance, performance psychology and competition in Alpine Ski Racing. In the Matrix, parents, athletes, coaches, and clubs can see how we build through the phases to lead to an individual's full potential.

Here is the link to the Alpine Training System: <https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-11/Alpine%20Training%20Systems%2011-16-17.pdf>