



# ***FUNDAMENTALZ & FREESTYLERZ Programs***

Aerials ♦ Halfpipe ♦ Moguls ♦ Slopestyle/BigAir

**FUNdamentalz**



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The further development of the Fundamentalz and Freestylers programs would not have been possible without valuable contributions from Jean-Benoît Turgeon and Gabriel Leclerc.

## ***FUNDAMENTALZ & FREESTYLERZ PROGRAMS***

Following the revision of Freestyle Canada Long-Term Athlete Development and Freestyle Canada Skills Matrices, we have decided to put up to date our 2 entry sport programs for freestyle skiing. The Fundamentalz and Freestylerz programs are not new, but we revisit them to make sure they were well aligned with the skills proposed in Freestyle Canada Skill Matrices for the Fundamental and the Learn to Train stages. This alignment was essential to ensure our coaches are teaching the athletes the right skills at the right time and to encourage the coaches and clubs to integrate and use those two programs on a regular basis.

Like before, the Fundamentalz and Freestylerz programs are based on skills development and competences acquisition and mostly built for athletes/child that are not competing yet. Those programs are made to be used in the daily training and the evaluation is to be done by the coach inside the training environment.

The main goals of the Fundamentalz and Freestylerz programs are to:

- Make sure the athletes are being adequately develop to reach their maximum potential in freestyle skiing.
- Improve the fundamentals acrobatic and skiing skills of the athletes at the earlier stages.
- Propose training drills and exercises that coaches can use every day in their club.
- Track the athletes progress by using the evaluation grid.
- Create a ski environment that is fun and diversify.

### ***Alignment between the Skills Matrices and the programs***

Link to the Long-Term Athlete Development and the Skills Matrices, the Fundamentalz program is based on the technical skills identified at the Fundamental stage while the Freestylerz program is based on the technical skills identified at the Learn to Train stage. The skills identified in those 2 programs are the ones that the athletes should be introduced to, should practice and become good at before getting into the competition mode.

The Fundamentalz and Freestylerz programs were developed to allow the athlete to explore the freestyle skiing disciplines as much as possible and to become comfortable in different environments and conditions. They are also designed so the athlete can initiate, acquire, consolidate and refine the basic skiing skills which will give them the foundation

to learn the specific discipline skills once they get into the Train to Train stage of their development.

### ***A word on freestyle skiing specialization***

Using the definition of Sport For Life, *there appears to be an advantage when an athlete starts practicing a sport during the time of optimum skill development (Learn to Train), while peak performance is usually not achieved until the athlete is in their twenties<sup>1</sup>*, freestyle skiing is describe as an early entry sport, but late specialization.

This concept is reflected in our Skills Matrices. Up to Learn to Train, the 4 Skill Matrices are developing similar skiing and trampoline skills. There are some skills that are more specific to some disciplines and are encouraged to be developed for all the freestyle athletes at that specific level.

On the last page of this document, you will find the Skills Matrix for the Fundamental and Learn to Train stages. To access the complete Skills Matrices and LTAD, please follow that link: [www.ltad.freestylecanada.ski](http://www.ltad.freestylecanada.ski)

### ***HOW TO USE THOSE PROGRAMS?***

As mentioned earlier, the Fundamentalz and Freestylerz programs are to be used as an evaluation tool as well as daily training goals.

### ***Description of the programs***

To make sure the multi discipline approach is respected at these stages, those 2 programs are divided into 4 categories:

- Basic skiing
- Air
- Park & Pipe
- Moguls

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<sup>1</sup> Long-Term Athlete Development, ATHLETE DEVELOPMENT MATRIX. *Sport for Life*, Version 1.1, November 2016

### Focus

In each of those categories, specific Focus have been identified. Those Focus are well aligned with the technical content of Fundamentals and Learn to Train stages of the Skills Matrices and they represent the most important skills that should be develop at those 2 stages. Each of the Focus, which are similar in both programs but not identical, have been broken down into 6 levels of competence.

### Levels

The level 1 to 3 are expected to be reach in the Fundamentalz program as they represent the initiation and acquirement phases of the learning curve. The level 4 to 6 should be reach in the Freestylerz programs as they represent the consolidation and refinement phases of the learning curve. Once again, it is critical to show some flexibility when using those levels because they are met to be used as a guide more than a formal categorization.

### Working environment

For each Focus, there is also a working environment associated to it. This represent the condition in which the focus will be evaluated.

### Drills

The drills are the exercises that the coaches should be using in the daily practice to help the athlete improve the targeted skills (the Focus).

### ***Programs used for the training of the athletes***

The idea will be for the coaches to choose 2-3 Focus per training days and, out of those Focus, choose a couple of drills. You will notice that there is not enough Focus to train a different one every day of the season and this is fine. The important is to change the Drills to make more variety. Train the same Focus often, but use different Drills to make your training diversify, fun and interesting.

### ***Programs used for the evaluation of the athletes***

Keep the last 3-4 training days of the season to evaluate your athletes. Evaluate each of the Focus in its proper working environment based on the levels. So, for each Focus, the athlete will attain a certain Level. To determine the level of an athlete in one category, the athlete will need to reach that Level in each of the Focus.

Example 1: In the Basic Skiing category, if the athlete is:

Focus 1 = Level 5

Focus 2 = Level 4

Focus 3 = Level 5

Focus 4 = Level 6

The athlete is a Level 4 in Basic Skiing.

Example 2: In the Basic Skiing category, if the athlete is:

Focus 1 = Level 5

Focus 2 = Level 5

Focus 3 = Level 5

Focus 4 = Level 6

The athlete is a Level 5 in Basic Skiing.

Example 3: In the Basic Skiing category, if the athlete is:

Focus 1 = Level 5

Focus 2 = Level 5

Focus 3 = Level 5

Focus 4 = Level 5

The athlete is a Level 5 in Basic Skiing.

The sum of the levels reach in each category will determine the overall Level of an athlete:

Fundamentals

Level 1 = 6 points or less

Level 2 = 7 to 9 points

Level 3 = 10 to 12 points

*\*If some athletes are having scores in between 13 and 15 because they are doing both programs, they will have an overall level of 3.*

Freestylerz

Level 4 = 16 to 18 points

Level 5 = 19 to 21 points

Level 6 = 22 to 24 points

Please send your evaluation to [sabrina@freestylecanada.ski](mailto:sabrina@freestylecanada.ski) at the end of the season. We want to see how the canadian athletes are progression at those level across the country and we also want to make the proper adjustment to the programs.



## FREESTYLE CANADA FUNDAMENTALZ & FREESTYLERS PROGRAMS

### ***BASIC SKIING***

The category Basic Skiing is the most important of the 4 because the athletes really need to learn the basic technical skiing skills before being able to do freestyle skiing and also because this has been identified as a weakness of our program.

This category has 4 Focus for the Fundamentalz program and for the Freestylerz program based on the four basic skiing skills. There are also more drills proposed in this category to encourage the coaches to train those Focus on a daily basis during the season.



| BASIC SKIING        |                     |   |
|---------------------|---------------------|---|
| SKIING SKILL - 1    |                     | STANCE AND BALANCE  |
| <b>FUNDAMENTALZ</b> | Focus               | Basic body position and alignment in phase 1 of turns   |
|                     | Working environment | Medium radius turns on green groomed terrain.   |
|                     | Level 1             | Hips are over the feet, knees over the toes, skis are parallel.   |
|                     | Level 2             | Upper body is aligned over the feet, while keeping the hips over the feet and the knees over the toes.  |
| <b>FREESTYLERZ</b>  | Focus               | Maintain a mobile stance and dynamic balance through turns (all 4 phases)   |
|                     | Working environment | Medium radius turns around brushes and/or on blue groomed terrain   |
|                     | Level 4             | Keep the body balanced over the outside foot from phase 2 to 4 of the turns.  |
|                     | Level 5             | Create angulation and use of flexion/extension to maintain a dynamic balance through turns.   |
|                     | Level 6             | Maintain a mobile stance and dynamic balance through turns.   |
|                     |                     | <b>SUGGESTED DRILLS</b>   |
|                     |                     | Extremes/Airplane turns with smooth increased angulation from phase 1 to 4 (building forces through the turn)<br>Tall and very compact skiing position<br>Dolphin turns<br>Loose boots<br>Hop turn any phase of the turn<br>Inside and outside ski tap<br>Poles on hips |

| SKIING SKILL - 2    |                     | STEERING AND EDGING  |
|---------------------|---------------------|--|
| <b>FUNDAMENTALZ</b> | Focus               | Introduction to steering and edging.   |
|                     | Working environment | Medium radius turns on green groomed terrain.  |
|                     | Level 1             | Use of lower body to guide the skis in the turn.   |
|                     | Level 2             | Use of lower body angulation to use the edges of the skis.   |
| <b>FREESTYLERZ</b>  | Focus               | Edging and carving technique.  |
|                     | Working environment | Medium radius turns around brushes and/or blue groomed terrain.  |
|                     | Level 4             | Use of angulation in phase 2 prior to rolling the skis on edges  |
|                     | Level 5             | Use the shape of the skis to maintain edging through turns.  |
|                     | Level 6             | Use a blend of angulation and inclination to maintain edging with the outside ski until phase 4.                                       |
|                     |                     | <b>SUGGESTED DRILLS</b>  |
|                     |                     | Corridor<br>Cross fall line edging<br>Spaghetti legs<br>Rollerblade turns<br>Skating turns<br>Hockey stops<br>Skiing with carving skis |

| SKIING SKILL - 3    |                     | PRESSURE CONTROL  |
|---------------------|---------------------|---|
| <b>FUNDAMENTALZ</b> | Focus               | Flexion and extension of the body's joints  |
|                     | Working environment | Medium radius turns on green groomed terrain.   |
|                     | Level 1             | Stand tall in phase 1.  |
|                     | Level 2             | Can play with his center of mass through turns.   |
| <b>FREESTYLERZ</b>  | Focus               | Dosing the pressure.  |
|                     | Working environment | All kind of radius turns on green/blue groomed terrain.   |
|                     | Level 4             | In the transition phase, skis are on flat base and the body is perpendicular to the slope.  |
|                     | Level 5             | Weight is shifting progressively to the outside ski in phase 1-2.   |
|                     | Level 6             | Bring center of mass near the base of support progressively through turns and maintain pressure on the outside ski from phase 2 to 4.   |
|                     |                     | <b>SUGGESTED DRILLS</b>   |
|                     |                     | High mark<br>Mogul traverse<br>Big turns in varied terrain<br>turn variation (giant and slalom) in varied terrain (moguls and groomed)<br>180's on snow wide/narrow stance<br>360's on snow wide/narrow stance<br>Pressure release in phase 3 of the turn |

| SKIING SKILL - 4    |                     | TIMING AND COORDINATION  |
|---------------------|---------------------|--|
| <b>FUNDAMENTALZ</b> | Focus               | Sequencing multiple movements on skis  |
|                     | Working environment | Medium radius turns on green/blue groomed terrain, green glades.   |
|                     | Level 1             | Use snow plow and basic parallel to control speed and turn shape.  |
|                     | Level 2             | Use a blend of parallel, snow plow and C turn shape to control speed.  |
| <b>FREESTYLERZ</b>  | Focus               | Turn timing  |
|                     | Working environment | All kind of radius turns in green/blue groomed and green/blue/black moguls terrain.  |
|                     | Level 4             | Use of pole plant in phase 4 of turn and weight shifting in phase 2.   |
|                     | Level 5             | Use of proper pressure control and dynamic balance with pole plant in phase 4 in medium radius turns.  |
|                     | Level 6             | Use of proper pressure control and dynamic balance with pole plant in phase 4 in slalom radius turns.  |
|                     |                     | <b>SUGGESTED DRILLS</b>  |
|                     |                     | X-jump<br>Inside arm down the hill (progressive and smooth until the end of the turn)<br>Inside arm up<br>Front squat arms<br>Projection drill<br>1000 steps<br>Spiedd<br>Hockey stops turns |



## FREESTYLE CANADA FUNDAMENTALZ & FREESTYLERS PROGRAMS

### ***PARK & PIPE***

This category has 3 Focus for the Fundamentalz program and 6 for the Freestylers program. There is also a distinction in the skills that are expected for the female and the male athlete on the box and the rail.

| PARK & PIPE           |  |  |   |
|-----------------------|--|--|---|
| PARK & PIPE SKILL - 1 |  | SKIING SWITCH  |   |
| FUNDAMENTALZ          | Focus                                      | Introducing power plow   | SUGGESTED DRILLS  |
|                       | Working environment                        | Skating switch on a green terrain.   |   |
|                       | Level 1                                    | Show balance while skiing switch.  |   |
|                       | Level 2                                    | Show controlled skiing in power plow.  |   |
| Level 3               | Can complete 3 turns using the power plow. |  |   |
| FREESTYLERZ           | Focus                                      | Introducing turns  |   |
|                       | Working environment                        | Skating switch on green terrain.   |   |
|                       | Level 4                                    | Look downhill, over the shoulder outside the turn.   |   |
|                       | Level 5                                    | Maintain parallel skis through the turns.  |   |
|                       | Level 6                                    | Use weight transfer and hip mobility to initiate turns. (Stagger stance avec les deux épaules) |   |
|                       |  |  | Use of the outside arm to guide the turn (help to open the hip).<br>Point the direction |

| PARK SKILL - 2 |                                       | SLIDING ON FEATURES  |  |
|----------------|---------------------------------------|--|--|
| FUNDAMENTALZ   | Focus                                 | Showing control on the box.  | SUGGESTED DRILLS   |
|                | Working environment                   | Boxes  |  |
|                | Level 1                               | Can ski on the box, ride it straight and ski down.                   |  |
|                | Level 2                               | Can jump on the box straight, ride it and jump off with control.     |  |
| Level 3        | Can ride a box sideways with control. |  |  |
| FREESTYLERZ    | Focus                                 | Showing control on the rail.   |  |
|                | Working environment                   | Riding a rail.   |  |
|                | Level 4                               | Slide the rail both ways.  |  |
|                | Level 5                               | Show scissor technique to control rotation.                          |  |
|                | Level 6                               | Skating position is low and the arms are not moving (gorilla style). |  |
|                |                                       |  | Steps/walk on the box.<br>Assist the athlete while sliding.<br>Sliding on snow with the ski boots.<br>Break and slide on snow<br>Jump and slide on snow. |

| PARK SKILL - 3 |  | FEATURES ENTRIES                                    |                  |
|----------------|--|---|------------------|
| FUNDAMENTALZ   | Focus                                  |   | SUGGESTED DRILLS |
|                | Working environment                    |   |                  |
|                | Level 1                                |   |                  |
|                | Level 2                                |   |                  |
| Level 3        |  |   |                  |
| FREESTYLERZ    | Focus                                  | Able to do different entries                        |                  |
|                | Working environment                    | Boxes - Female                                      |                  |
|                | Level 4                                | Jump on the box 2 different ways.                   |                  |
|                | Level 5                                | Jump on the box switch 2 different ways.            |                  |
|                | Level 6                                | Can jump on the box 8 different ways.               |                  |
|                | Working environment                    | Rail - Male   |                  |
|                | Level 4                                | Jump on the rail 2 different ways.                  |                  |
|                | Level 5                                | Jump on the rail switch 2 different ways.           |                  |
| Level 6        | Can jump on the rail 8 different ways. |   |                  |
|                |  | Ski on the box forward.<br>Jump on the box forward. |                  |

| PARK SKILL - 4 |  | FEATURES EXITS                                |                  |
|----------------|--|---|------------------|
| FUNDAMENTALZ   | Focus                                  |   | SUGGESTED DRILLS |
|                | Working environment                    |   |                  |
|                | Level 1                                |   |                  |
|                | Level 2                                |   |                  |
| Level 3        |  |   |                  |
| FREESTYLERZ    | Focus                                  | Able to do different exits                    |                  |
|                | Working environment                    | Boxes - Female                                |                  |
|                | Level 4                                | Exit the box 2 different ways.                |                  |
|                | Level 5                                | Exit the box 4 ways.                          |                  |
|                | Level 6                                | Exit the box with 270°.                       |                  |
|                | Working environment                    | Rail - Men                                    |                  |
|                | Level 4                                | Exit the rail 2 different ways.               |                  |
|                | Level 5                                | Exit the rail 4 ways.                         |                  |
| Level 6        | Exit the rail with two different 270°. |   |                  |
|                |  | Ski out the box.<br>Jump forward off the box. |                  |

| PIPE SKILL - 5 |  | STANCE AND BALANCE   |                  |
|----------------|--|--|------------------|
| FUNDAMENTALZ   | Focus  | Body position skiing in the pipe.  | SUGGESTED DRILLS |
|                | Working environment                            | Pipe wall/Pump track/Side of a jump                                      |                  |
|                | Level 1  | Ski down the wall in a very low and forward position.                    |                  |
|                | Level 2  | Ski down the wall in a very low and forward position and uses ski edges. |                  |
| Level 3        | Ski up the wall in a low and forward position. |  |                  |
| FREESTYLERZ    | Focus  | Body position skiing in the pipe.  |                  |
|                | Working environment                            | Pipe wall/Pump track/Side of a jump                                      |                  |
|                | Level 4  | Ski up and down the right and left wall with comfort.                    |                  |
|                | Level 5  | Ski up switch the left and right wall with comfort.                      |                  |
|                | Level 6  | Ski down switch the left and right wall with comfort.                    |                  |
|                |  |  |                  |

| PIPE SKILL - 6 |                                  | EDGING                                 |                  |
|----------------|----------------------------------|--|------------------|
| FUNDAMENTALZ   | Focus                            |  | SUGGESTED DRILLS |
|                | Working environment              |  |                  |
|                | Level 1                          |  |                  |
|                | Level 2                          |  |                  |
| Level 3        |                                  |  |                  |
| FREESTYLERZ    | Focus                            | Carving and pumping action.            |                  |
|                | Working environment              | Pipe wall/Pump track/Side of a jump    |                  |
|                | Level 4                          | Carve edges to control speed and line. |                  |
|                | Level 5                          | Pump to control speed.                 |                  |
| Level 6        | Carve and pump to control speed. |  |                  |
|                |                                  |  |                  |



## FREESTYLE CANADA FUNDAMENTALZ & FREESTYLERS PROGRAMS

### ***AIR***

This category has 3 Focus for the Fundamentalz program and 4 Focus for the Freestylerz program. There is also a distinction in the jumps that are expected for the female and the male athletes.



| AIR           |   |  |                  |
|---------------|---|--|------------------|
| AIR SKILL - 1 |   | STANCE IN FRONT AND ON THE JUMP  |                  |
| FUNDAMENTALZ  | Focus   | Confidant stance doing straight jump.  | SUGGESTED DRILLS |
|               | Working environment                           | Jump size: Very small  |                  |
|               | Level 1                                       | Approach the jump with parallel skis.  |                  |
|               | Level 2                                       | Approach the jump with parallel skis and with confidence.                          |                  |
| Level 3       | Partially extends hips and knees on take off. |  |                  |
| FREESTYLERZ   | Focus   | Confidant stance doing up-rights.  |                  |
|               | Working environment                           | Jump size: Small or hybrid   |                  |
|               | Level 4                                       | Approach the jump with a confidant stance and parallel skis.                       |                  |
|               | Level 5                                       | Extends the hips and knees on take off with strong arm lift.                       |                  |
| Level 6       | Creates a pop on take off.                    | Ski the transition<br>Practice the static position<br>Practice position eyes close |                  |

| AIR SKILL - 2 |   | CONTROL IN THE AIR  |  |
|---------------|---|---|--|
| FUNDAMENTALZ  | Focus   | Up-right jumps with a wide variety of positions /grabs  | Up-right jumps with a wide variety of positions /grabs   |
|               | Working environment   | Jump size: Very small or Small - Female   | Jump size: Very small or Small - Male  |
|               | Level 1   | Can do 3 up-right jumps with a different position or grab showing control in the air (spread, safety, tuck)   | Can do 3 up-right jumps with a different position or grab showing control in the air (staddle, safety, tuck)   |
|               | Level 2   | Can do 2 different up-right jumps with double positions or grabs showing control in the air (twister-speed, safety-japan)                                 | Can do 3 different up-right jumps with double positions or grabs showing control in the air (twister-speed, twister-daffy, safety-japan)                                   |
| Level 3       | Can do 3 different up-right jumps with double positions or grabs showing control in the air (twister-speed, twister-daffy, safety-japan)          | Can do 180° with a grab and ski out switch in control.  |  |
| FREESTYLERZ   | Focus   | Up-right jumps with a wide variety of positions/grabs   | Up-right jumps with a wide variety of positions /grabs   |
|               | Working environment   | Jump size: Small or hybrid - Female   | Jump size: Small or hybrid - Male  |
|               | Level 4   | Can do 180° one way with a grab and ski out switch in control OR<br>Can do 180° one way with a tight straight body position and ski out switch in control | Can do 180° both ways with a grab and ski out switch in control OR<br>Can do a up-right jump with triple positions or grabs showing control in the air (twist-twist-speed) |
|               | Level 5   | Can do switch 180° one way with a grab in control OR<br>Can do 180° one way with a different grab than safety and ski out switch in control               | Can do switch 180° both ways with a grab in control OR<br>Can do 360° one way with a grab or a tight straight body position in control                                     |
| Level 6       | Can do 180° both ways with a tight straight body position and ski out switch in control OR<br>Can do switch 180° both ways with a grab in control | Can switch 360° one way with a grab and ski out switch in control OR<br>Can do front tuck in control  |  |

| AIR SKILL - 3 |  | TIGHTNESS AND PRECISION IN THE AIR  |   |
|---------------|--|---|---|
| FUNDAMENTALZ  | Focus  |   |   |
|               | Working environment  |   |   |
|               | Level 1  |   |   |
|               | Level 2  |   |   |
| Level 3       |  |   |   |
| FREESTYLERZ   | Focus  | More advance jumps with amplitude   | More advance jumps with amplitude   |
|               | Working environment  | Jump size: Small or hybrid - Female   | Jump size: Small or hybrid - Male   |
|               | Level 4  | Can do a up-right jump with triple positions or grabs showing precision in the air (twist-twist-speed)                                  | Can do 540 one way with a grab with precision OR<br>Can do 360 one way with another grab or position than safety          |
|               | Level 5  | Can do 360 one way with a position or a grab with precision OR<br>Can do 360 one way with a tight straight body position with tightness | Can do switch 540° one way with a grab with precision OR<br>Can do 360 both ways with a grab or a position with precision |
| Level 6       | Can do front tuck OR<br>Can do 360° both ways with a grab with precision | Can do 720° one way or 540° 3 ways with a grab with precision OR<br>Can do back tuck with amplitude                                     |   |

| AIR SKILL - 4 |   | LANDING IN CONTROL  |                  |
|---------------|---|---|------------------|
| FUNDAMENTALZ  | Focus   | Strong landings doing the previous jumps  | SUGGESTED DRILLS |
|               | Working environment   | Jump size: Very small or Small  |                  |
|               | Level 1   | Can land most of the jumps.   |                  |
|               | Level 2   | Jumps are landed on both feet and in balance.   |                  |
| Level 3       | Jumps are landed on both feet, on balance and with the arms in front.       |   |                  |
| FREESTYLERZ   | Focus   | Strong landings doing the previous jumps  |                  |
|               | Working environment   | Jump size: Small or hybrid  |                  |
|               | Level 4   | Jumps are landed strongly on both feet and with the arms in front.                                  |                  |
|               | Level 5   | Jumps are landed strongly, arms forward and with an absorption.                                     |                  |
| Level 6       | Jumps are landed strongly with a quick absorption and a controlled ski out. | Landing drills on the ground no skis on.<br>Ski down the landing without jumping<br>Landing contest |                  |



## FREESTYLE CANADA FUNDAMENTALZ & FREESTYLERS PROGRAMS

### **MOGULS**

This category presents 3 Focus for the Fundamentalz program and 4 Focus for the Freestylerz program. The Focus are still associated with the four basic skiing skills. The working environment is an easy moguls' course, but a roller tank would work just as well. The important is to keep in mind that the environment should be adapted to the athlete stages of development.



**MOGULS**

| MOGULS SKILL - 1    |  | STANCE AND BALANCE   |  |
|---------------------|--|--|--|
| <b>FUNDAMENTALZ</b> | <b>Focus</b>   | Introduction to specific moguls body position and alignment in phase 1 of turns                                  | <b>SUGGESTED DRILLS</b><br><br>Visual markers in the course to relate a position at an exact place<br>Genie<br>Straight line in hugh and large roller tank<br>Tray of drinks<br>Boots undone<br>Jump on top of the rller to skip phase 1 |
|                     | <b>Working environment</b>   | Medium radius turns on green terrain or easy moguls slope  |  |
|                     | <b>Level 1</b>   | Hips are oveer the feet, knees over the toes and skis are parallel.  |  |
|                     | <b>Level 2</b>   | Upper body is aligned over the feet, keeping the hips over the feet and the knees over the toes.                 |  |
| <b>Level 3</b>      | Upper and lower body are in a good position, hands are held at approximately mid thorso height in front. |  |  |
| <b>FREESTYLERZ</b>  | <b>Focus</b>   | Use of specific moguls body position in phase 1 of turns   |  |
|                     | <b>Working environment</b>   | Medium radius turns on moguls slope  |  |
|                     | <b>Level 4</b>   | Skis remain in the same direction as in phase 4 of the turn (no pivot).  |  |
|                     | <b>Level 5</b>   | Release of edges in the transition.  |  |
|                     | <b>Level 6</b>   | Body remains perpendicular to the base of support (terrain) and skis are flat to the ground as extension begins. |  |

| MOGULS SKILL - 2    |                            | STEERING AND EDGING  |  |
|---------------------|----------------------------|--|--|
| <b>FUNDAMENTALZ</b> | <b>Focus</b>               |  |  |
|                     | <b>Working environment</b> |  |  |
|                     | <b>Level 1</b>             |  |  |
|                     | <b>Level 2</b>             |  |  |
| <b>FREESTYLERZ</b>  | <b>Focus</b>               | Use of steering and edging in moguls at the right spot on the bump                           | <b>SUGGESTED DRILLS</b><br><br>Large turns in high and large roller tank<br>Skiing with carving skis with moguls specific body position<br>Corridor (Hall)<br>Cross fall line edging |
|                     | <b>Working environment</b> | Medium radius turns on moguls slope  |  |
|                     | <b>Level 4</b>             | Maintain skis in the same direction as in the transition phase.                              |  |
|                     | <b>Level 5</b>             | Hips remains in the center of both feet (no inclination).                                    |  |
|                     | <b>Level 6</b>             | Use of the lower body's joints to roll the skis on edges gradually as the body is extending. |  |

| MOGULS SKILL - 3    |                            | PRESSURE CONTROL   |  |
|---------------------|----------------------------|--|--|
| <b>FUNDAMENTALZ</b> | <b>Focus</b>               | Flexion and extension of the body's joints (phase 3 of the turn)                 | <b>SUGGESTED DRILLS</b><br><br>Turn variation (giant and slalom) in different terrain<br>Reverse moguls<br>Large turns in rollers and moguls<br>Straight line in roller tank<br>Big turns on different terrain |
|                     | <b>Working environment</b> | All kind of radius turns on easy moguls  |  |
|                     | <b>Level 1</b>             | Use lower joint to absorb the bumps.   |  |
|                     | <b>Level 2</b>             | Show a tall position in between the bumps and a small position over the bumps.   |  |
|                     | <b>Level 3</b>             | Can stay tall in the backside of the bumps.                                      |  |
| <b>FREESTYLERZ</b>  | <b>Focus</b>               | Flexion and extension of the body's joints to control speed (phase 3)            |  |
|                     | <b>Working environment</b> | All kind of radius turns in moguls   |  |
|                     | <b>Level 4</b>             | Knees and feet lead the way while skis are going in fall line.                   |  |
|                     | <b>Level 5</b>             | Body's center is going towards the center of the turn (not the end of the turn). |  |
|                     | <b>Level 6</b>             | Can determine the amount of pressure needed to control the radius of the turn.   |  |

| MOGULS SKILL - 4    |                            | TIMING AND COORDINATION  |  |
|---------------------|----------------------------|--|--|
| <b>FUNDAMENTALZ</b> | <b>Focus</b>               | Sequencing good pole plant (phase 4)   | <b>SUGGESTED DRILLS</b><br><br>Double pole plant in roller<br>Hockey stop with pole plant in turns<br>Visual markers in the rollers and moguls for pole plant<br>Outside pole dragging on snow (straight line with front part of the binding) and pole plant |
|                     | <b>Working environment</b> | All kind of radius turns on easy moguls  |  |
|                     | <b>Level 1</b>             | Use pole to mark the end of turn.  |  |
|                     | <b>Level 2</b>             | Pole plant on top of the moguls, near the outside ski.   |  |
|                     | <b>Level 3</b>             | Rythmical pole plant in the moguls while connecting turns.   |  |
| <b>FREESTYLERZ</b>  | <b>Focus</b>               | Sequencing good pole plant and turn actions (phase 4)  |  |
|                     | <b>Working environment</b> | All kind of radius turns in moguls   |  |
|                     | <b>Level 4</b>             | Use of pole plant in phase 4 of the turn and weight shifting in phase 2.                             |  |
|                     | <b>Level 5</b>             | Use pressure control, dynamic balance and pole plant in phase 4.                                     |  |
|                     | <b>Level 6</b>             | Use a blend of steering/edging and pressure control to manage speed and stay balanced through turns. |  |



## SKILLS MATRICES FREESTYLE CANADA

### ***Fundamentals and Learn to Train Stages***

Below is the Skills Matrix for the Fundamentals and the Learn to Train stages. Those 2 stages are linked with the Fundamentalz and Freestylerz' programs and they promote the multi discipline approach.



**FUNDAMENTAL + LEARN TO TRAIN ATHLETE SKILL MATRIX**

| LTAD STAGES            | FUNDAMENTALS  | LEARN TO TRAIN   |
|------------------------|---|--|
| SKIING                 | Basic body position and alignment, weight shift and loading while doing medium radius turns on groomed<br>Introduce separation of upper/lower body.<br>Introduce edging and carving.<br>Able to do hockey stop.<br>Control and generate speed using a range of turn shape<br>Fun on flats & all mountain<br>Standing on outside ski - independence - weight transfer,<br>Range of motion<br>Switch power plow.  | Ski with confidence.<br>Maintain good body position and parallel skis through turns.<br>Introduce ROM<br>Able to short radius turns with neutral body position.<br>Able to ski a mogul course from top to bottom (no jump).<br>Snow plow switch turns<br>Start using pressure,<br>Work on edging and carving long turns technique.<br>Weight dosage in pump track.   |
| AIR                    | Confidant stance in front of the jump, Body position on take offs and pop, Controlled landings<br>Straight airs with variety of positions/grabs; 180° & 360° both ways<br>Carve and straight take off.<br>BENCHMARK: Strong pop doing up-rights.  | Confidant stance in the in-run, Extension and pop on take off, Tightness in the air and body awareness, Strong and controlled landings<br><b>FEMALE:</b> 180° & 360° both directions with grabs; Double up-rights (variety of positions/grabs), Triple Up-right; Switch 180° both directions; Flare, Front tuck, Back tuck<br><b>MALE:</b> 180° all 4 ways; 360° & 540° both directions with grabs; Triple Up-right; Switch 360° both directions; Switch 540:720°; Flare, Alley Oop; Front tuck; Back tuck, pike   |
| PARK & PIPE            | Work with the quarter pipe, smaller jumps that have a pipe entry, ski cross course that have a curved transition, pump track.<br>Slide box, rails and flat rails.   | Weight dosage in pump track<br>Ski the line in the pipe<br>Work on edging and pumping<br><b>FEMALE:</b> Rail Slide to forward & switch; All 8 ways on box; Surface switch up on box; Initiation to scisors on rails<br><b>MALE:</b> All 8 on rails; F/B 270 off  |
| ROLLERS & MOGUL        | Pole plants.<br>Weight shift, loading and balanced position.<br>Able to do 5 to 10 consecutive turns in the mogul course (no jump)<br>Small roller jumps with emphasis on power from lower body and core on take off.   | Introduce ROM and turn timing on the backside of the rollers/moguls.<br>Centered Balanced position and correct alignment through range of motion in rollers and easy beginner moguls (18 - 20 degree)<br>Turn initiation in easy rollers.<br>Pole plant = end of turn and pole placement in moguls.<br>Able to ski a mogul course top to bottom (no jump)  |
| ACROBATIC / TRAMPOLINE | Display proper basic bouncing technique (balanced/not travelling).<br>Stop bounce.<br>Straight airs with variety of positions/grabs, straight spins in both directions<br>Switch bouncing.<br><b>Basic landings:</b> Seat, front and back drops, adding twisting both directions before and after.<br><b>Combination skills:</b> Seat to front, Front to back, Back to front;<br><b>Roller skills:</b> Seat rollers, back rollers;<br><b>On-axis basics:</b> Progression toward front tuck and back tuck.<br><b>Off-axis basics:</b> Front turntables both directions, Misty drop, Misty rollover, back rollers with a variety of positons/grabs;<br>Easy routines of 3 to 5 skills in a row.<br><b>Floor skills:</b> Forward rolls, shoulder rolls, Core strength and body position games (plank push up hold, hollow, candle), Progression toward handstand with wall support etc.<br><b>BENCHMARKS: Stop bounce, straight jumps.</b> | Display smooth efficient bouncing 3-5 feet of amplitude.<br>Variations of rollovers, pullovers, cradles and cruises: adding grabs and spin both directions,<br><b>On axis foward:</b> Front tuck, pike; Barani tuck, pike, straight<br><b>On axis backward:</b> Back drop; Back tuck, pike, lay; 3/4 back ; Progression toward back full (arabian, 3/4 back half)<br><b>Off axis:</b> Lincoln/side flip both sides; Cork 7<br><b>Floor skills:</b> Perfecting rolls in all directions, Handstand (handstand roll, roll to handstand), Cartwheel, Misty and cork progressions onto safety mat<br><b>BENCHMARKS:</b> Set take off from feet, lift vertically from core and hips. |
| PUMPING SKILLS         | Start to do in-line skating and bmx in terrain that have some curve's transitions.  | Practice pumping in-line skating and/or bmx in a pump track in the skate park.   |
| WATER RAMP             | At the end of this stage, introduction to water ramp (Ini-ramp, jump turn, swimming with skis).<br>In-run stance, body position on take off, Proper landing technique.<br><b>FEMALE:</b> Single Up-right with a wide variety of positions and grabs; Doube up-rights; 180°, 360°<br><b>MALE:</b> Single Up-right with a wide variety of positions and grabs; Double up-rights; Triple up-rights; 180°, 360° both directions   | Focus on the proper stance in the in-run, Body position and extension on take off, Tightness and body awareness, Emphasis on landing technique<br><b>FEMALE:</b> Triple Up-right , 360° both directions, 720°, Front Tuck, Back Tuck<br><b>MALE:</b> 720°; Front Tuck; Back Tuck, Pike, Lay  |





**FUNDAMENTAL + LEARN TO TRAIN ATHLETE SKILL MATRIX**

| LTAD STAGES                | FUNDAMENTALS   | LEARN TO TRAIN   |
|----------------------------|--|--|
| <b>TRAINING PROGRAMS</b>   | Fundamentalz program<br>U8-U10<br>Still no need to be involved in a club, just need to ski.  | Freestylerz Program<br>U12   |
| <b>TRAINING VOLUME</b>     | App. 30 ski days/ year<br>50h supervised trampoline/year<br>App. 120 to 175 jumps on water ramps<br>Other structured and unstructured sports   | App. 40 ski + water ramps days/year<br>100h supervised trampoline/year<br>App. 300-350 jumps on water ramp<br>Other structured and unstructured sports   |
| <b>COMPETITIONS</b>        | 1 event/yr<br>Fundamentalz event + Some in club events for fun.  | 1 -2 Freestylerz Festival/year or 2-3 regional competitions/year   |
| <b>SKILL DEVELOPMENT</b>   | FUNDAMENTAL acrobatic and skiing skills for all freestyle disciplines.   | Fundamental skiing and acrobatics skills have to be consolidated by the end of this stage.   |
| <b>PHYSIOLOGICAL</b>       | <p><u>Extend play:</u> Indoor, Outdoor, Water based, Snow and iced based.</p> <p><b>Introduce:</b><br/>Core strength,<br/>Power,<br/>Segment and multi directional Speed<br/>Anaerobic alactic capacity and power.</p> <p><b>Develop:</b><br/>Rapid stop and start, change of directions, using different modes of movements in different environments.<br/>Static and dynamic Balance on multiples surfaces: skis, skates, grass, gym - and on different body parts.<br/>Efficient hand-eye and foot-eye Coordination when stationary and moving.<br/>Comfort with Body Orientation.<br/>Hand and feet Speed (skipping rope).<br/>Aerobic capacity,<br/>Whole body Speed<br/>Flexibility.</p> | <p><b>Introduce:</b><br/>Strenght with body weight (using excellent technique, medicine and stability ball)</p> <p><b>Develop:</b><br/>Aerobic capacity (extending duration of activity at elevated heart rate in a variety of different activities),<br/>Core strength (good technique),<br/>Power (hoping and bouncing activities),<br/>multi direction Speed,<br/>Anaerobic alactic capacity (Multiple burst of 15-20 sec activity towards the end of the warm-up).</p> <p><b>Consolidate:</b><br/>Rapid change of directions in multiple environments.<br/>Multiple sport-pspecific static and dynamic balance at different heights and on multiple sport surfaces.<br/>Balance on different body parts as required by sport.<br/>Body orientation requiered for effective sport participation.<br/>Speed (period of maximum focus on segments speed arm/hand - foot/leg).<br/>Anaerobic alactic power.<br/>Flexibility (develop optimal range of motion).</p>   |
| <b>PSYCHOLOGICAL</b>       | <p><b>Develop:</b><br/>Executive function and explore ways to achieve desired goals.<br/>Decision making.<br/>Distraction control (Assist child to remain focused by identifying key areas to focus on.)<br/>Adult-led and guided short term goal setting for skill and physical objectives.</p> <p>Encourage trial and error learning.<br/>Understand that their actions impact others.<br/>Positive self-talk is externally prompted through questioning.<br/>Positive learning environement where child can play with an absence of judgment.<br/>Children are able to articulate how they are feeling.<br/>Development of accurate binocular vision and depth perception.</p>              | <p>Basic visualizaion<br/>Taking responsibility for repeating visualization exercises on own.<br/>Recognition of body signs of anxiety.<br/>Controlled breathing.<br/>Basic strategies to defuse emotional situations.<br/>Simple sport movement pattern recognition and appropriate responses.<br/>Encourage children to persist.</p> <p>Understanding that errors are to be exected. Focus on the process more than the outcomes.<br/>Reframe setbacks as learning opportunities.<br/>Short-term goal setting under adult guidance.<br/>Identified areas of negative self-talk and guided to replace with positive wording.<br/>Systematic increase in duration of activities and guide child back to the activity if the attention drifts.<br/>Identify, with assistance, key sport elements on which to have a narrow focused attention.<br/>Use specific positive feedback to tell them what they are doing right and what they need to do to improve. Do not focus on what they are doing wrong.<br/>Ask them how they feel when they are performing well.</p> |
| <b>SOCIAL / LIFE STYLE</b> | <p>Use free play to encourage creativity and social interaction.<br/>Explore new activities and environments.<br/>Structure challenges so that the children know when they have succeeded and do not need to turn to adult for validation.<br/>Expectation of sharing and taking turns established.<br/>Understands what is appropriate in child-adult relationships.</p> <p>Adult guide in selecting own snacks, assist with food preparation at home.<br/>Sleep: 10-11h/night<br/>Establish pre-bedtime routine (avoiding screen-time<br/>Increase duration of activities while allowing adaqueate rest.</p>   | <p>Arrives prepared to the activity.<br/>Has well developped self-respect.<br/>Takes on small leadership roles under guidance of the coach.<br/>Understands the concept of fairness and the rules in his sport.<br/>Understands that own actions have consequences for self and others.<br/>Understands the importance of positive relationships with teammates.<br/>Parents provide healthy snacks and teach basic nutrition/food groups<br/>Understands what is quality food<br/>Ensure adequate hydratation for athletes.<br/>Introduce basic hydratation concepts.<br/>Sleep: 9,5 - 10h/night<br/>Maintain pre-bedtime routine.<br/>Increase duration of activities while allowing adaqueate rest.</p>   |