

NYSSRA Skill Assessment

There is widespread agreement across the state to focus on fundamental skill development, especially at the U10 and U12 level. SkillsQuest is an excellent program when administered by trained coaches in a manageable environment. However, when put into practice, especially at competitions, it has been cumbersome and inconsistent and the scoring can be challenging for athletes to understand.

As coaches, our goal is to teach until autonomous mastery, not “experiential” with partial skill acquisition and move on. The simplified challenges below with clear scoring are intended to develop a simple and effective mastery culture that develops athletes who are ready to take on SkillsQuest Phase 2.

Each skill has a possible 4-point score if all 4 scoring elements are executed perfectly.

Perfect Jumps (SQ phase 1.5 Pressure)

Terrain:Teaching hill/green terrain

Athlete instructions

- Ski straight down the hill
- Jump three times into the air
- Keep your skis and knees the same distance apart when you jump and land
- Jump using your legs with a quiet upper body

Athlete straight runs in the fall-line and performs 3 jumps off the snow

Scoring elements

- Quiet upper body with movement coming primarily from ankle knees and hips
- Ski leaves snow along its entire length
- Take off and landing simultaneously with both feet
- Continuous motion between flexing to a ready position and extension to clear snow

Possible score of 4.

Edge Steps (SQ phase 1.5 Edging)

Terrain:Green Circle with width

Athlete instructions

- Ski 6-8 GS turns while slowly stepping from edge to edge through the entire turn
- You'll make about 5-10 steps each turn
- Tip: ski slow and in control to successfully step edge-to-edge; control your speed by skiing all the way across the hill
- Your poles are only used for pole plants, do not drag them or use them for balance

Athlete performs 6-8 large radius turns while **slowly** stepping from edge to edge. Turns are completed for speed control into a shallow traverse before executing subsequent turns.

Scoring elements:

- Athlete steps entire ski (tip and tail)
- Athlete is able to complete turns to a slowing traverse
- Athlete steps from an edged ski to an edged ski (no flat skis)
- Skis remain parallel

Possible 4 points

Slalom turns into whirlybirds (phase 1.5 rotary)

Terrain: Any green circle

Athlete Instructions:

- Make 3-4 short radius turns with pole usage.
- As you finish the last turn, continue pivoting in the same direction into one whirlybird.
- As you spin, be sure your skis are flat and parallel
- Do this again, this time spinning your whirlybird in the *opposite* direction.

Athlete performs 3 short radius turns with pole usage. At the completion of the third turn, athlete continues to rotate skis into a one rotation whirlybird. As skis are aligned with the fall line athlete executes 3 more turns and completes a 1 rotation whirlybird in the opposite direction. Perform 3 reps in succession

Scoring elements:

- Skis remain parallel (no stepping)
- Motion is continuous from turn to whirlybirds and back
- Primary movement comes from femur rotation
- Upper body realigns with a falling bias in the short turn portion of the exercise

Possible 4 points

Short turns to "j" turn (phase 1.5 balance)

Terrain: Green circle with widths

Athlete Instructions:

- Make 3-5 short radius turns with pole usage.
- As you finish the last turn, continue balancing on your edges as you arc back up the hill and eventually stop (J turn).
- When you finish your J, there should be 2 clean lines in the snow.

Description:

Athlete performs 3-5 short radius steered turns with pole usage. At the completion of their last short turn the athlete uses progress edging to carve a long radius j turn to a stop

Scoring elements

- Ability to transition from steered turn to clean edge carve
- J turn is carved to a stop (not skidded)
- Balance is maintained over the length of the ski
- Balance is biased to the outside ski in all turns

Possible 4 points

Sample grade card

Athlete Name and bib #: Billy Schusstail #22					
	In fallline	No arms or waist!	Both feet at once	One motion	Total
Perfect jump	✓		✓	✓	3
	Entire Ski	Turn until you slow	Edge to edge	Parallel skis	
Edge steps	✓	✓	✓	✓	4
	Parallel skis	Smooth flow	Legs do the work	Upper body face the fall-line	
Whirlybird to turns	✓	✓		✓	3
	Steer the shorts carve the longs	J to stop	Tip to tail	Outside ski	
Short turn to j turn	✓	✓	✓	✓	4
How to score higher!		Jump with legs not shoulders!	Feel your legs do the twist!		
Total					14

*Chaos Dual (deals with **BERP** key sills in a flow-go format)*

Incorporates fun inspection skills

Will provide a 12m/15m/18m rope to set

<i>Start Monte Carlo</i>	<i>s</i>	<i>Start out of skis</i>	
<i>Hop through two turns 18 meter</i>		<i>Two panels / dye hop cues</i>	
<i>Pressure /timing</i>			
<i>Tee pee turn right</i>		<i>Made with single gate poles</i>	
<i>J-turn to edged skate</i>			
<i>Duck and hop two gates 12 meters</i>		<i>6 single pole gates</i>	
<i>Flexion / Extension / Pressure</i>			
<i>Serpent two 18 meter turn shapes</i>		<i>Brushes 2.5 meters apart in GS</i>	<i>shape</i>
<i>Athleticism / quick edging /</i>			
<i>Panel gate w/transition hop 2 turns 18m</i>		<i>Two panels / dye hop cue</i>	
<i>Transition</i>			
<i>Two whirly birds (CW / CC)</i>		<i>Dyed corridor (brushes) 15m</i>	
<i>Fore / Aft Balance</i>			
<i>Tee pee turn left</i>		<i>Made with single gate poles</i>	
<i>J-turn to edged skate</i>			
<i>Backwards skiing two panel gates 12 meters</i>		<i>Two panel gates set fairly straight</i>	
<i>Adaptability / Weight Transfer</i>			
<i>Skate to finish hockey stop</i>		<i>Finish line with 5 meter box</i>	
<i>Focus through finish / edging / balance</i>			
<i>This is the idea may have to flex with hill space and terrain.</i>			
<i>(ie less and pattern mix) Will send schematic to venues.</i>			

Schedule for day (time frame flexible)

8:30 Groups identified and broken up 5 athletes Warm up free skiing

9:30 Start progression skills progressional teaching

10:45 Score

12:00 Break

1:00 Chaos Dual

Will need supplemental evaluators for scoring, and scribes