

Coaches  
Speed Training 2026

- **Station 1.** (Sentimental Journey) 4-5 gates on very moderate terrain to work on high tuck, low tuck, tuck turns. Aerodynamics. Hand position.
- **Station 2/3.** Start house. Wand included. Work on starts, skating, and balance trying to gain maximum speed through 3-4 gates. Progress to including the jump. We will have a jump on the first moderate pitch. Consider starting lower in the course (below the start) and progressing to the start as comfort levels increase with the jump.
- **Station 4.** Starting just above the headwall to below the finish of the headwall. 5 - 6 gates. Work on pressuring the appropriate ski, can incorporate an apex drill with a delay. Brushes.
- As day progresses blend.
- End of day, top to bottom run. Times to be released to coaches after event if timed runs.

**Key points and teaching opportunities:**

Yellow flag meaning  
No hiking  
Inspection techniques  
No pole plants, why?  
Look ahead, as a way to work fear and speed

Use environments  
Separate into small groups  
U12's utilize visuals of U14's training