

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