

Quechee U10/12 VARA Fundamentals Camp 2026 Drills

1/30/26

Skating Drill: Handle Tow, Left Side – Quechee - #1

Set Up: Start & Finish gate, Bamboo poles set in a figure 8, 30m end to end

Flat Area: Closed to skier traffic

Skills: Edging, coordination, agility, lower joint mobility, power

Picket Fence U10-U12: Above T-Bar on one of the sections - Okemo- #2

Set Up: ~30 Stubbies – Set gates in a straight line down the fall line at 2-2.25 m vertical distance on consistent medium or steep terrain

Variations: Dual, chase the leader) start 4-5 gates apart), in and out – start opposite ways, 1 gate apart and stay together (synchro) or start same way 1 or 2 gates apart and keep the same rhythm.

Skills Emphasised: Pole plant, separation of upper and lower body, movement, steering, timing, coordination, edging.

Impossible Flush with Brushes: T-Bar – Pico - #3

Set Up: 80 brushes on moderate terrain, does not necessarily need to be set in a straight line. Brushes need to be set at 2 meters distance.

Intent: Measure athletes' agility and endurance. Develop the tactical skill of controlling or maintaining speed while looking ahead. Technical skills are good upper and lower body separation and use of Pole Plant

Tall Pole Set with Stubbie: Lower Clean Break to Plateau – Okemo #4

Set Up: Tall pole set with a blue dye line above the gate forcing the athlete to ski above and outside of the rise line dyed 5-6' above the gate.

Intent: To get the athletes putting the apex of the turn in the right place.

Panel-Stubbie-Panel Kombi A U10-U12: T-Bar – Pico - #5

Set Up: ~5 panel gates (~10-M) followed by ~5 stubbies (~8.5-M) then ~5 panel gates (~10-M)

Intent: Focus on accuracy of feet and the turn arc. Get turn correct in panels then keep it in stubbie section, then back into panels.

Flush Drill with Brushes: T-Bar – S6 - #6

Set Up: A series of brush flushes on alternating sides to skis like a lane change drill, but with brushes. Could be skied on one foot for extra challenge.

Intent: Athletes need to ski with an established rhythm and turn shape, break that rhythm and re-create the same turn shape in a new fall line. Athletes need to have balance and it also incorporates the skills of rotary, edging and pressure.

Angled SL Stubbie Drill: Chute above Face – Quechee - #7

Set Up: Angled stubbies. Open gates only with 5-9 meters set for the U10's and 6-10 meters set for the U12's. Gates are set at 30-60 degrees to snow surface and can become more vertical towards the end of the course

Intent: Teach pole plant follow through and moving through gates.

Apex Drill: Top of chair, exit to right (Little Kings) – Quechee - #8

Set Up: Stubbie gates set with entrance helper brushes, ~10 gates set at ~9M with lesser offset.

Intent: Balance, timing, speed management or ability to generate speed through flat combinations

Straight Line Brush Flush: Top of chair, exit to left (Stagecoach) – Quechee - #9

Set Up: Brush gates set in a straight line on moderate terrain; distances will vary depending on age class and terrain

Intent: Balance, timing, speed management or ability to generate speed through flat combinations

Blue line Drill: On Flats before Chute leading to the Face – Quechee - #10

Set Up: Straight Blue Line with dye on gentle pitch. Athletes will step side to side over the line with each foot independently moving both feet onto either side of the line alternately as they move forward.

Intent: Balance, timing, lateral motion

Corridor Drill: Face, just below Start Shack – Killington - #11

Set Up: Brushes or dye in a space of 12-15 meters (12 meters is more appropriate for SL skis and younger age athletes). Brushes or dye are set straight down the hill to create a consistent corridor

Variation: The corridor can also be set as an hourglass so athletes are made to not only carve turns but they also need to change their turn shape through the hourglass

Intent: Teach the athlete the importance of snow contact, speed control through consistent turn shapes and the position of the center of mass in transition to achieve linked carved turns. Many drills can be done through a corridor, and it works best when drills are set up as a progression. For example: Run 1-skiers ski through with poles. Run 2-skiers go without poles. Run 3-skiers have their hands on their hips. Run 4-skiers have their arms crossed against their chest. Run 5-skiers have their poles back. This progression mixes up the balance points, and most athletes will feel much more in balance when they finally get their poles back

SL Stubby Gate Drill U10 Version: Face, skiers left, just below Tower 6 – Killington - #12

Set Up: Straight and angled age-appropriate stubbies, two courses of 10-12 gates. Open gates only with 5-9 meters set for the U10's. Gates are set at 30-60 degrees to snow surface and can become more vertical towards the end of the course. Racers ski first course, stop and then ski the second.

Intent: Teach outside arm gate clearing with pole plant follow through. Angled gates keep skiers from over reaching when first learning to clear gates.

SL Gate Drill U12 Version: Face, skiers right, just below Tower 6 – Killington - #13

(Changed to a Combo Drill)

Set Up: Straight and angled age-appropriate long pole, two courses of 10-12 gates. Open gates only with 6-10 meter set for the U12's. Gates are set at 30-60 degrees to snow surface and can become more vertical towards the end of the course. Racers ski first course, stop and then ski the second.

Intent: Teach outside arm gate clearing with pole plant follow through. Angled gates keep skiers from overreaching when first learning to clear gates.

Tall Pole Set with Pole Plant Target Brushes: Clean Break – Okemo/Quechee - #14

Set Up: Simple rhythm course, open gates, 6-10 meter set, with a brush set to identify proper pole plant location.

Intent: Teach timing and proper pole plant location with respect to the turn.

Afternoon Set – to be set directly after morning pull

Dual Long Pole SL – Face (Kill, Que, S6, NVC)

Dual Stubbie SL – T-Bar (Pico, Okemo, SVC)

