

## Play Book Curriculum

These descriptions are written for the purpose of helping to track a skier's performance. It is important to know the movements and skill blends necessary to perform each of these tasks. If not already familiar, please refer to manuals and training in order to teach a task and understand how each task relates to "good skiing".

### **Play Book Key for Parents**

At the end of each lesson the Play Book is updated by the coaches to reflect the proficiency of each child as they work on the tasks. By practicing this wide variety of tasks, your child is gaining the skills necessary to build a solid foundation for "all mountain" skiing. Tasks are given 3 or 4 stages of accomplishment which reflect higher levels of complexity and mastery:

1. Introduced to task
2. Showing some proficiency
3. Proficient at task

A full listing and description of all the Playbook tasks can be found on the Playbook Description web page.

Just for clarification, the Play Book may not be a complete accounting of your child's ability. For instance, they may not have been present on the day a specific task was covered; consequently that area in the Play Book would be blank even if you know them to be accomplished at the task. The more days a child was able to participate, the more info the coaches were able to enter into their Play Book.

### **Playbook Description on the web**

The Playbook is designed to both give motivation and track measurable skill improvement over the season. Here is a list of the activities and their descriptions that we use to build skills. Under the Playbook Charts page there is a chart for each Explorer that is updated regularly to show what has been accomplished.

## GREEN TASKS

### Most tasks are to be performed on green or easy blue terrain, unless specified

Kick Turn: Blue terrain (groomed or skier packed)

1. Able to pivot the downhill ski, unstable when pivoting uphill ski
2. Completing kicks to one side, skis not always across fall line, sliding forward
3. Completing kicks to both sides, skis across fall line and parallel

Skating on Flats: Pushing off with an angled, edged ski leaving a clean track in the snow.

1. Can lift one and / or the other ski, not yet pushing off
2. Can push off with one or both skis with some forward movement
3. Can push off consistently with both feet with constant forward movement

Skating Uphill: Pushing off with an angled, edged ski leaving a clean track in the snow.

1. Can “duckwalk” uphill
2. Beginning to glide uphill with some forward momentum
3. Gliding uphill from both feet

Hop ski to ski: Straight run on one ski with other ski off the snow and level with terrain. Then hop to other ski.

1. Can straight run on one ski with step to the other
2. Can hop from ski to ski, tip or tail touching snow with one or both up skis
3. Can hop from ski to ski with up ski parallel with snow

Ski backwards in a wedge

1. Straight run in a gliding wedge
2. Can turn either left or right and stop in a backwards wedge
3. Can turn both ways in a gliding wedge

Falling Leaf: Skier alternately sideslips forward and backward to move down the hill.

1. Can slide sideways with little forward or backward movement
2. Can slide sideways and move forward or backward
3. Can slide sideways with consistent forward and backward movement

Hockey Stops: Skier quickly turns skis sideways to the direction of travel and sets edges, causing the skis to rapidly stop

1. Can do a quick edge set and stop, but still has some wedge.
2. Beginning to pivot both skis across fall-line, with skidding and some possible forward movement
3. Turning skis sideways and setting edges to a stop on both sides

Pole Plants: Pole swing and touch compliments various turn shapes on blue terrain

1. Hands held in front of body, pole baskets behind body
2. Swing and touch out sync with turn (legs and feet)
3. Hands remain in front of body. Swing and touch (timing) complementing turn

## BLUE TASKS

### **Most tasks are to be performed on green or easy blue terrain, unless specified**

Skating Downhill: Push off on an angled, edged ski leaving a clean track. Glide onto the other ski. Repeat. (on green terrain)

1. Can lift one and / or the other ski, stepping from ski to ski, not pushing off
2. Can push off with one or both skis, but weak stance while gliding
3. Can push off consistently with angled edged ski, gliding to other ski

One ski turns: Transfer weight to outside ski, while lifting inside ski off the snow. At turn transition, transfer weight to new outside ski, repeat.

1. Transferring weight to outside ski and lifting inside ski. Dropping inside ski to snow before completing turn.
2. Holds ski up in continuous stance and /or drags tip / tail
3. Able to accomplish task on both sides

Ski Backwards

1. From a stopped position turns backwards, can travel either left or right with wedged skis. Stopping to turn back forwards
2. Skiing forward and turning into a backward position. Some turns left and right with either a wedge or parallel skis. Stopping to move back to a forward position
3. Skiing forward and pivoting into a backward position with continuous movement. Turning both left and right with parallel skis. Pivoting skis to a forward position, with continuous forward movement.

Side Slip: blue terrain

1. Sliding sideways, inconsistent speed and stance width, floating forward and back
2. Sliding sideways, floating forward and backward
3. Consistent slide, remains in small corridor, able to perform both ways

Double Pole plants: Hands forward of body. Both poles swing forward and touch snow, complementing turn initiation and follow-thru.

1. One pole touches without the other
2. Both poles touch, not yet in time with turn (feet and legs)
3. Both poles swing and touch with turn

## **BLACK TASKS**

### **Most tasks are to be performed on blue or easy black terrain, unless specified**

Pumpers / Pop ups: straight run with a progressive bouncing motion. As speed builds flex more deeply.

1. Moving only in the hips, not progressive
2. Moving in the hips and knees not progressive
3. Hips, knees and ankles moving progressively

Leapers: Flex then hop vertically (using pole plant) steer skis in the air slightly downhill and toward new turn (changing edges). Absorb impact by flexing into landing. Repeat.

1. Hopping sequentially, then landing before turn
2. Hopping then landing on flat skis, then tipping onto edge to turn
3. Hopping then landing on new edges then turning

Short Swing Turn: (blue terrain) Short turns down the fall line, emphasizing quick edging and steering with pole plant at turn completion

1. Able to make consistent, quick short radius turns
2. Emphasizing edge set at turn completion without slowing momentum. Pole swing / plant not consistent
3. Accomplishing task with pole timed at edge set

Ski on One ski: ski a series of turns on only one foot

1. Able to ski on one ski but still touching or dragging the other ski, no real turns
2. Able to perform task on one side, or inconsistent turns
3. Able to perform task on both sides

Pivot Slip: blue terrain - Slipping skis down-hill perpendicular to fall-line. Pivot with extension / edge release, and continue slipping when facing the new direction (no stop)

1. Side slipping with out consistent movement downhill. Drifting forwards and or backwards beyond corridor
2. Side slipping (both directions) with consistent movement downhill. Some wedging or turning skis to change direction
3. Side slipping and pivoting both directions without forward or backward drift.

Javelin Turns: Lift the inside ski in the turn and cross it over the outside ski pointing it downhill. Repeat.

1. Lifting the ski with very little cross over
2. Lifting ski and crossing over late in the turn, unbalanced stance
3. Lifting ski and crossing it over early in the turn. Accomplished on both sides.

Hop Turns: Hop quickly into air with pole plant. Steer skis in the air, land and repeat other direction

1. Hop brings skis off snow with very little steering, and / or sequential hop
2. Hops off snow with steering, unable to link
3. Linking hops both directions with skis coming off snow

## GREEN TERRAIN PARK

### All Terrain Park tasks are done in Starfish or Terrain Garden on Musical Chairs

ATML: Approach, Takeoff, Maneuver, Landing

1. Can name the four phases
2. Can demonstrate different 2 tactics/movements in each phase
  - a. Examples: wedge or scrub in approach, pop or float takeoff, straight air or Shifty, land and go straight or land and scrub
3. Can describe important focus points in each phase
  - a. Examples: how to gauge speed, direction of pop, counter-balancing body movements, spot landing/hands forward

Basic Jump: Getting air off the smaller jumps in Starfish or Terrain Garden.

1. Consistent speed in approach with no last minute braking, balanced pop, may or may not get air
2. Consistent speed in approach, balanced pop and landing, not airing all the way to the landing zone
3. Does a balanced straight air clear to the landing zone, lands in balance

Wide Flat Box: Rides the box in the Terrain Garden.

1. Consistent speed in approach, may have to step onto box, shuffles to end
2. Carries speed and does a straight 50/50 off the end, lands in balance
3. 50/50 with a Shifty, lands in balance

Spine: Can ride the Spine in the Terrain Garden in a variety of ways.

1. Balanced turns across the Spine, turn transition is at the peak
2. Side-slides/butters on either side of Spine
3. Side-slide/grinds the top of the Spine without losing speed

Advanced Jump: Clean air off the smaller jumps in Starfish, always airing to the landing.

1. Straight air, tucks up feet in air, lands in balance
2. Spread Eagle, lands in balance
3. Shifty, lands in balance
4. Basic grab, lands in balance

Advanced Box: Narrower flat box, down box, easy Rainbow, in Starfish.

1. Consistent speed in approach, may have to step onto box, shuffles or slides to end
2. Carries speed and does a straight 50/50 off the end, lands in balance
3. Pops onto box, may do a Shifty, lands in balance
4. Does a balanced side-slide on the wide box in Terrain Garden

## BLUE FREESTYLE

### Tasks are performed outside the park on green or blue terrain

Surface180: Smoothly go from forward to switch.

1. Turns to switch, may stall before a full 180
2. Able to pivot skis to switch fairly smoothly
3. Pivots smoothly to switch with parallel skis, both ways

Flatland Spin / Whirly Bird; Pivoting skis in a complete 360 on the snow

1. Pivots or turns to switch, makes a wedge to step / pivot forward.
2. Pivoting to switch, hesitation before pivoting forward, both ways
3. Pivoting in a complete circle, both ways, skis parallel, no hesitation

Hop: Jump and land in balance

1. Able to flex and extend in balance, skis still in contact with snow
2. Flexing and extending, tips or tails coming off of snow, may be sequential
3. Tips and tails coming off of snow, landing softly

Tip & Tail Press: Shifting the center of mass and balance over the tips or tails of the ski, and then holding the slide before returning to center.

1. Able to slide skis forward and backward under upper body
2. Able to hold the tips or tails off snow
3. Able to hold tips or tails off snow, while sliding sideways or spinning

Scrub: Quickly pivoted skidded turn that is used to slow down

1. Able to pivot 1 ski at a time, skis one way or the other
2. Able to pivot skis both ways, not completely controlling skid, and drifting to the side
3. Able to pivot skis both ways and regulate length and duration of skid

## **BLACK FREESTYLE**

### **Tasks are performed outside the park on green or blue terrain**

Ollie: A pop in which the skier progressively moves pressure from the tips to the tails and pulls the knees and feet up under the body.

1. Able to move pressure from tips to tails and load skis
2. Able to achieve some pop after moving from tips to tails, landing off balance
3. Smooth Ollie and soft, balanced landing

Tip Roll: Go from forward to switch by pressing/levering off the tips with tails in the air.

1. Pivots smoothly to switch with parallel skis, both ways
2. Able to hold tails off somewhat off the snow, while sliding sideways/spinning
3. Pivots smoothly around tips to switch with tails and feet off snow, both ways

Switch turns: Ski backwards and make consistent, controlled turns in both directions.

1. Backwards wedge turns in both directions
2. Skidded switch turns that finish parallel in both directions
3. Parallel switch turns with higher edge angles and consistent steering that results in a reasonable degree of carving

Switch Nollies: While skiing backwards, a pop in which the skier progressively moves pressure from the tails to the tips and pulls the knees and feet up under the body.

1. Switch straight run with balanced flexion/extension movements.
2. Able to hop with one or both feet, some fore/aft movement, may land off balance
3. Smooth tail/tip move, simultaneous pop, soft landing and continues skiing

Butters: Combine tip and tail rolls to do continuous surface 360

1. Tip roll to switch, wedges and/or reverses rotation to go forward
2. Tip roll to switch, continuous rotation and pivots to go forward
3. Tip roll to tail roll in same direction, parallel skis, smooth continuous rotation

## **VARIED TERRAIN**

### **Skiing on blue or easy black terrain, but always ungroomed.**

Bumps: Blue Terrain, controlled turn

1. Can ski through bumps, skis not parallel
2. Can occasionally follow a consistent line through bumps, skis not always parallel
3. Can follow a consistent line through a bumps, skis parallel

Crud: Blue Terrain, cut up powder (appropriate to age and size of skier!)

1. Navigates by traversing across terrain, skis not parallel
2. Beginning to link turns with some traversing, skis not always parallel
3. Linking turns with varied turn shape, skis parallel

Trees / Off-piste (not tree trails): Blue Terrain

1. Navigates by frequent stops or traversing across terrain, skis not parallel
2. Beginning to link turns with some traversing, skis not always parallel
3. Linking turns with varied turn shape as dictated by the trees, skis parallel

Powder: Blue Terrain, smooth-ish powder (appropriate consistency to age and size of skier! Not crusty or glop)

1. Inconsistent stance width, one or both skis wander, skis not parallel
2. Beginning to link turns with some traversing, skis not always parallel
3. Linking turns with consistent pressure management, skis parallel



## **RACING**

### **Most tasks are to be performed on blue or easy black terrain, unless specified**

Railroad Track Turns: Carved turns leaving 2 clean tracks in the snow. Edge angle of both skis should match, equal pressure and balance over both skis

1. Some skidding present in turns
2. Carving outside ski, skidding inside ski
3. Carving both skis

Tuck Turns: Cat tracks or easy green terrain, balanced tuck with ankles and knees bent (shins pushed into the front of boots) proper pole position

1. Able to tuck without turn, balance is back
2. Balanced tuck, beginning to turn, some wedging
3. Balanced tuck, turning both directions

Stubby Slalom Course: Ski through the “candy cane” course that’s typically set up on the Enchanted Forest run.

1. Skis through leaving a wide space between themselves and the stubby
2. Getting closer to stubby but has erratic turns or several braking turns
3. Consistent turns with reasonable carving and fairly close to the stubby

Nastar: Runs the Nastar course on Midway.

1. Makes wedge turns on the steep and leaves a wide space between themselves and the gate.
2. Mostly parallel, wide distance on steep but fairly close to gate on the flat
3. Parallel turns with consistent turn shape, reasonable carving on the flat
4. Qualifies for a Bronze medal