

## **Race Skills: Course Content**

Starting December 2018, Chill Factore launches its new Race Skills training. The programme is based on the SkillsQuest programme produced by the High-Performance department of the U.S Ski and Snowboard Association and has been adapted to suit an indoor centre. It provides a framework where technical skiing skills are taught, measured and tracked over time.

Race Skills training target the 4 key technical areas;

1. Edge
2. Pressure
3. Rotation
4. Coordination of steering

Technical areas 1 to 3 teach the skills required to steer a ski and technical area 4 blends together these three areas during a performance or a set challenge.

These 4 skill areas are assessed individually in the Race Skills Assessment by using a series of scalable drills / tasks, that challenge participants in each of the areas. Before participating in the Assessment, each participant is aligned to their relevant development phase. This is based on both age and skill level, to ensure that drills with the correct level of difficulty are selected, and in turn ensures safety and enjoyment.

The basics of correct posture and balance will also be coached and developed. Poor posture and balance will ultimately result in poor performance in all 4 Race Skills and so will make up an important part of training and assessment.

## **Why we Focus on Skills Over Form**

The Race Skills training and assessment approach enable our instructors and coaches to follow a skills-based approach to developing skiing. This is important as it allows trainees to be taught based on their individual needs, rather than a one size fits all approach. To highlight the importance of skills over form, imagining watching an experienced skier ski down a piste with undulating slope angles and changeable snow conditions. A skilful skier will have to be able to apply all the basic core skiing skills (Race Skills) in different ways according to the conditions in front of him or her. As a result, the skier applies the skills in a continually changeable way, making varying forms of movement patterns / manoeuvres all the way down the piste. A skier that has been taught based on a rigid form routine is less able to blend and adapt to the changes in slope angle and snow conditions and would therefore be less successful.