



U12 (10- 11 y-o)

LTAD Stage:

Learning to Train (girls 8 - 11 years / boys 9 - 12 years)

Key concepts of the ACA / LTAD: LEARN THE SPORT

Once a wide range of fundamental movement skills has been acquired, participants progress into the Learn to Train stage leading to understanding basic rules, tactics and strategy and refinement of ski racing specific skills. The primary focus in the learn to train stage is to develop solid technical skill execution in all situations and environments at varying speeds. Ski racers begin to understand the use of dynamic, athletic turns in the different training environments to gain or maintain speed. In this stage, skiers are becoming ski racers and working on consolidation of their foundational movement and technical skiing skills in structured and unstructured environments. Create intrinsic motivation to become better ski racers through skill competitions. The focus on this stage is not on individual results, it is on providing a wide variety of experiences that fit the individual athletes challenge zone to enhance athlete confidence and skiing skill acquisition.



Program: Price TBD

Sport 50: 50 days on snow

Performance 70: 70 days on snow *(respect the training volume suggested by the LTAD)*

Performance 85: 85 days on snow *(respect the training volume suggested by the LTAD)*

In order to provide the best coaching to everyone and to respect the level of development of all, the U12 youths can choose between 3 separate programs. A 50-day sport program (Sport Program) and a more advance program based on ACA's long-term development program (Performance Program 70 & 85 day)

U12 Objectives

At this level, the child should be able to ski in control in most ski conditions. He will be introduced to tactical aspects (race line, making good decisions, understanding of various figures in slalom, Initiation to long gates in SL ...)

He will acquire the basic technical skills of alpine skiing:

- Ability separation
- Use of poles
- Use of all joints
- Natural and dynamic movements
- Carving on the outside ski

He will also learn to understand the two phases of the turn without mastering them perfectly:

- The execution phase
- The transition phase

The technical and tactical work is done through the consolidation of fundamental skills such as:

- Agility
- Coordination
- Balance
- Speed of execution of movements

Introduction of sports psychology development activities and implementation of mental preparation routines at the start, in training and in the course.

Teaching Tools:

- ACA Long-term athlete development program: <https://ltad.alpinecanada.org>
- Training aimed at decision-making
- Video
- Planning focused on the learner. Training plans may vary from group to group (85 vs 70 vs 50 days) in order to meet everyone's training needs.

Means of action:

- Free skiing (educational training in free skiing, ski in moguls, ski in the glades)
50 -65 % of total training
- Skiing in courses (educational training in courses, full courses, timing)
35 -50% of total training
- Races:
 - o 5 days of regional races (1 GS, 25 mm SL gate, SL baby gate, Kombi, duel)
 - o 3 days: provincial event on invitation only

Included in the program

	<i>U12 Sport</i>	<i>U12 Performance 70</i>	<i>U12 Performance 85</i>
<i>Week-end (36 days)</i>	X	X	X
<i>Friday (18 days)</i>		X	X
<i>Thursday (17 days)</i>			X
<i>Christmas camp (10 days)</i>	X	X	X
<i>GS camp (4 days)</i>		X	X
<i>School break week</i>	X	X	X

Training schedule:

From 9 a.m. to 3 p.m. (coaches may ask athletes to arrive earlier (7:45 a.m.) for free skiing or in the event that the first training session on the course begins earlier.

On snow training:

- From Thursday November 24 2022 to April 9 2023

Christmas camp:

- December 26 to January 6 (days off Dec. 24-25 & Dec. 31 -Jan. 1st)

SG camp:

- 4 training days from Monday to Thursday in end of January (dates TBD)

School break week:

- Quebec school break: (TBD)
- Ontario school break: (TBD)

Equipment:

CSMT ski length by age

<https://tad.alpinecanada.org/stages/learn-to-train/equipment>