



2019 - Ősz Edzőtovábbképzés



EMBERI ERŐFORRÁSOK
MINISZTERIUMA

SKI HUNGARY

Basic movements (Essential movements)

- Vertical movements
- Lateral movements
- Back and forward
- Rotational movements

Basic movements (Essential movements)

- Vetical Movements (Up and Down)



Basic movements (Essential movements)

- Vetical Movements (Up and Down)



Basic movements (Essential movements)

- Vertical Movements (Up and Down)



Basic movements (Essential movements)

- Lateral movements (Angulation and Inclination)



Basic movements (Essential movements)

- Lateral movements (Inclination)



Basic movements (Essential movements)

- Lateral movements (Angolation)



Basic movements (Essential movements)

- Back and Forward movement



Basic movements (Essential movements)

- Rotational movements



SL



GS

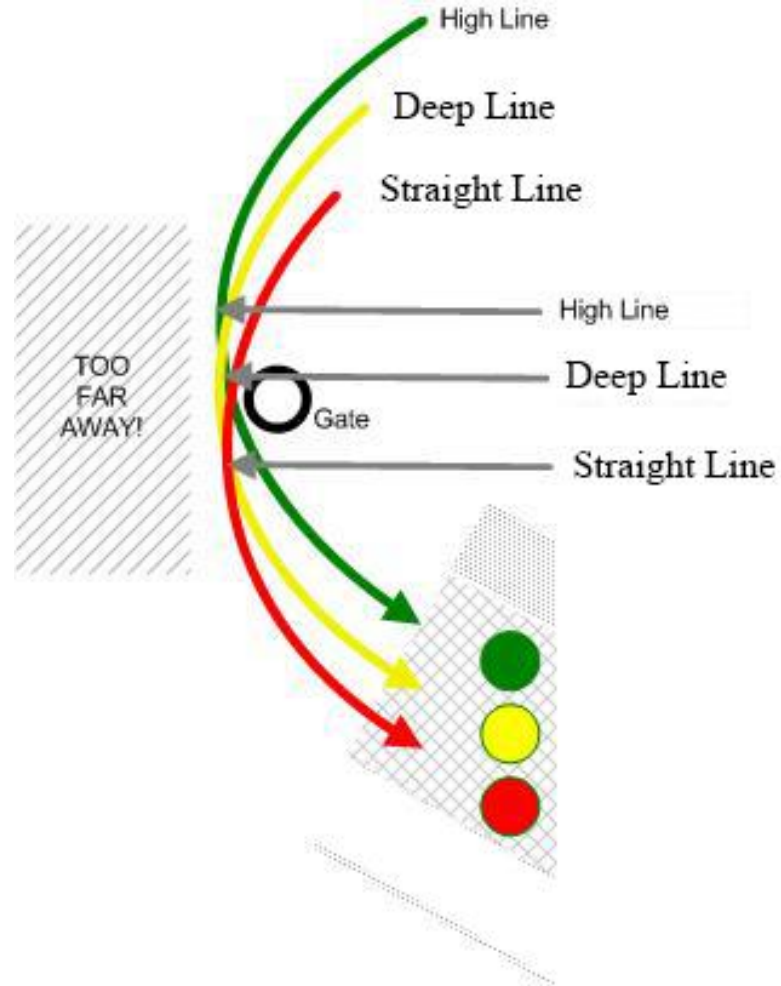
Basic movements (Essential movements)

- Rotational movements



Basic tactics - line

1. Round/High line
2. Straight line
3. Deep line



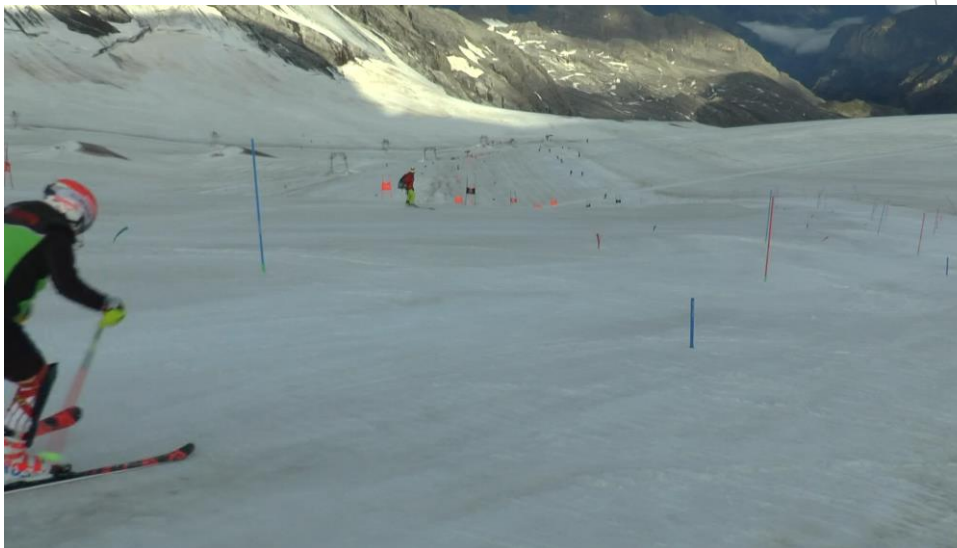
Basic tactics - line

1. Round/High line



Basic tactics - line

2. Straight line



Basic tactics - line

3. Deep line



How to teach line and basics?

- ▶ Easy - Difficult
- ▶ Simple - Complex
- ▶ Rythmic - Non rythmic
- ▶ Stubies - Long gates

- ▶ Choice of a appropriate terrain and course setting

Feedback coach , correction

- ▶ Solutions not mistakes
- ▶ Short and simple
- ▶ When and how?
- ▶ Video analyze

Safety

- Course setting
- Coaches on course
- Radio communication
- Safety nets „A” and „B”
-

Safety

- Course setting



Safety

- Coaches on course



Safety

- Radio communication



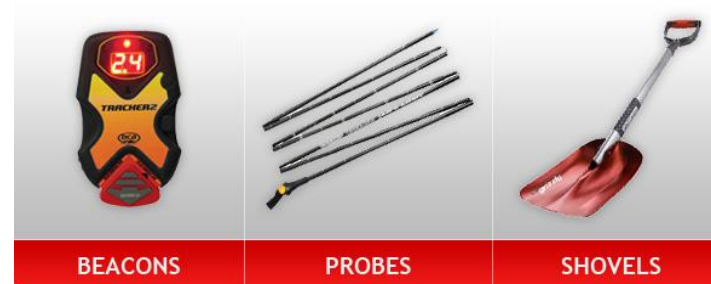
Safety

- Safety nets „A” and „B”



Safety

- Off slope skiing
- Watch the weatherforecast
- Look around before you go
- Wear avalanche equipment
- Take part on avalanche course
- Sölden tragedy (<https://vimeo.com/300630599>)



Planning and career

- Training session
 - Warm up
 - Main part
 - Conclusion
- Training Camp
- Periodisation of a season

Planning and career

- Training session

 - Warm up

 - Main part

 - Conclusion



Planning and career

- Training Camp

Planning and career

- Periodisation of a season
- Quantity - Quality
- Versatility - Specialisation

	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	March
K1	Comp/Transition	General Preparation Phase						Specific Preparation	Pre competition	Competition phase		
	Maximize on snow time	Focus complementary sports/school - aerobic conditioning - general strength - athletic abilities						On snow training - dryland continues		Racing - training - dryland maintenance		
K2	Comp/Transition	General Preparation Phase						Specific Preparation	Pre competition	Competition phase		
	Whistler Cup Peak	Focus complementary sports/school - aerobic conditioning - general strength - athletic abilities						On snow training - dryland continues		Single Peak - K2 Nationals/Whistler Cup		
J1	Comp/Transition	General Preparation Phase			Specific Preparation			Pre competition	Competition phase			
	Spring Series/Rest	Focus - school - physical preparation - summer technical camps			Focus - specific physical preparation - specific ski camp			Refine race skills	Single Peak - J1 Nationals/J1 International			
J2	Comp/Transition	General Preparation Phase			Specific Preparation			Pre competition	Competition phase			
	Spring Series/Rest	Focus - school - physical preparation - summer technical camps			Focus - specific physical preparation - specific ski camp			Refine race skills	Multi Peaks - NorAm - PGMC Cup - Nationals - World Juniors			
PSO/CAST	Comp/Transition	General Preparation Phase			Specific Preparation			Pre competition	Competition phase			
	Spring Series/Rest	Focus - school - physical preparation - spring/summer technical camps			Focus - specific physical preparation - specific ski camp			Refine race skills	Multi Peaks - NorAm - Europa Cup - PGMC Cup - Nationals - World Juniors			
WCUP	Transition	General Preparation Phase			Specific Preparation		Pre competition	Competition phase				
	Ski test/Rest	Focus - school - physical preparation - spring/summer technical camps			Specific physical preparation - specific ski preparation		Refine race skills	Multi Peaks Worldcup calendar - World Championships - Olympics				

LTAD - Long term athlete development Hosszú távú sportágfejlesztési program

- MI az LTAD
- Specializáció
- Szenzitív időszakok
- Sportolót kell nevelnünk

LTAD - Long term athlete development Hosszú távú sportágfejlesztési program

- MI az LTAD?



Alpine Skiing — A Sport for Life

www.canski.org | www.canadianparaforski.ca

The goal of alpine Canada is to ensure that any child entering the alpine ski racing system is provided every opportunity to experience the necessary building blocks in order to reach the desired highest levels of sport. Although the primary objective of AIM 2 WIN is to produce greater number of ski racers capable of achieving at the highest level, it also provides a platform for clubs and coaches to encourage and support participants at every level to fulfill their potential and maintain a lifelong involvement in the sport of alpine skiing.

Home | **Community** | **Provincial** | **National** | **International**

Gliding Start
Children can learn fundamental movement skills through play and physical activity for a minimum of 60 minutes a day. They can be introduced to play on skis to increase confidence, develop motor skills, and increase mobility. Start later on level 1 (the age 6-9 level) or level 2 (the age 10-14 level) if a child can start at level 1 or 2.

Skiier Essentials
Young athletes are developing overall movement skills for all sports and learning to move on snow. The focus is on introduction to basic skills and are introduced to general fitness for ski racing. Athletes will be competing 1-2 nights a week and will be on the snow up to 20-30 days a year. In addition to snow time, athletes should continue to participate in other physical activities for 3-4 hours per week.

Learning to Train
Athletes are training up to five sessions a week to improve their technical, tactical and conditioning. They are crucial during and refining the basic skills and are introduced to general fitness for ski racing. Athletes will be competing 1-2 nights a week and will be on the snow up to 20-30 days a year. In addition to snow time, athletes should continue to participate in other physical activities for 3-4 hours per week.

Learning to Race
Athletes are training 3-7 sessions per week, training up to five sessions a week to improve their technical, tactical and conditioning. They will be spending up to 1-2 days a year on snow, but not on physical activity 5-6 times per week with overall attention. Athletes are spending up to 1-2 days a year on snow, but not on physical activity 5-6 times per week with overall attention. Athletes are spending up to 1-2 days a year on snow, but not on physical activity 5-6 times per week with overall attention.

Training to Race
Athletes are training the event specific racing skills through training 2-3 hours a week, 18-20 sessions a week depending on their level. Additional dry land training or complete training sessions can be used to supplement on snow sessions up to five times a week. Athletes are spending up to 1-2 days a year on snow, but not on physical activity 5-6 times per week with overall attention.

Training to Win
Athletes are training approximately 100 days a year on snow to excel during any performance. During the off season, they will have 40-70 days of the best day to the first night of the following season. The focus is on evaluation and refinement of strategy and tactics and performance at the level.

Adaptive
Athletes with a Disability (AWAD) should be made aware of opportunities available to do cover alpine along with a partner and adapted for environment. Although the age and level of progress may differ, they will progress through the same stages as able bodied athletes.

Link

Mozgáskészségek	Tárgyak kontrolálásának képessége	Egyensúlyozási képesség
• Járások	Továbbítások:	• Egyensúlyozás
• Futások	• Rúgások	• Testforgások
• Oldalazások	• Hordások	• Kitérések
• Irányváltások	• Gurítások	• Taposások
• Megállások	• Ütések (labda, korong, karika)	• Lebegések
• Menekülés és üldözés	• Dobások	• Földet érések
• Szökdelések	Fogadások:	• Indulási pozíciók
• Ugrások és érkezések	• Elkapások	• Süllyedések/esések
• Kúszások, csúszások	• Megállítások	• Spinning
• Mászások	• Trapping	• Megállások
• Lendítések, körzések	Mozgás eszközzel:	• Gurulások/gördülések
• Hajlítások és nyújtások	• Cselezés (lábbal)	• Fordulatok
• Fordítások, fordulatok	• Cselezés (kézzel/karral)	• Csavarások/forgások
• Tolások és húzások	• Cselezés (ütővel)	
• Emelések és leengedések	Fogadás és továbbítás:	
• Testsúlymozgatások és támaszok	• Ütve irányítás (baseballütővel, krikettütővel)	
• Gurulások és átfordulások	• Ütés (tenisz, tollas, squash)	
• Dőlések és esések	• Ütés (bottal, ütővel - jégkorong, gyeplabda, floorball)	
• Egyensúlyi helyzetek	• Levegőben tartás (végtagokkal)	
• Függések és lengések		
• Taposások		
• Vágtázás		
• Tartások		
• Evezések		
• Korcsolyázás		
• Lengések/lendületek		
• Kerekezés (gurulás a kerekesszéssel)		

LTAD - Long term athlete development Hosszú távú sportágfejlesztési program

- Specializáció

A korai specializáció a késői vagy a nagyon késői specializációt igénylő

sportágakban a következőket okozza:

- egyoldalú, sportágspecifikus felkészítés;
- az agilitás, az egyensúly, a koordinációs képességek és a gyorsaság hiánya, az alapvető mozgáskészség, mozgásügyesség és az alapvető sportkészségek, sportügyesség nem megfelelő szintje;
- túlterheléses sérülékenység;
- korai kiégés;
- lemorzsolódás.

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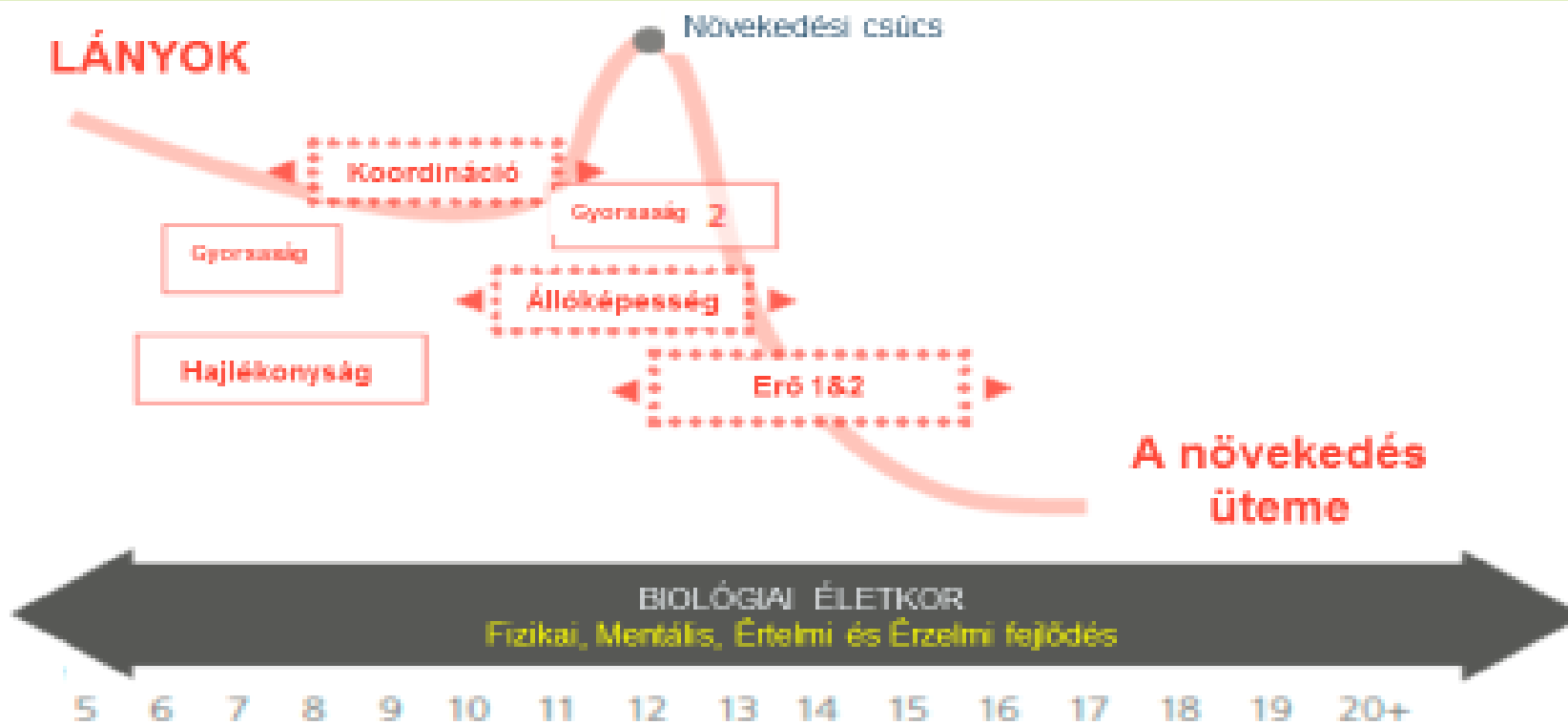
- Szenzitív időszakok

Az egy adott képességre fókuszáló edzésprogram a szenzitív időszakokban gyorsabb alkalmazkodást okoz a testben a növekedés és az érés során.

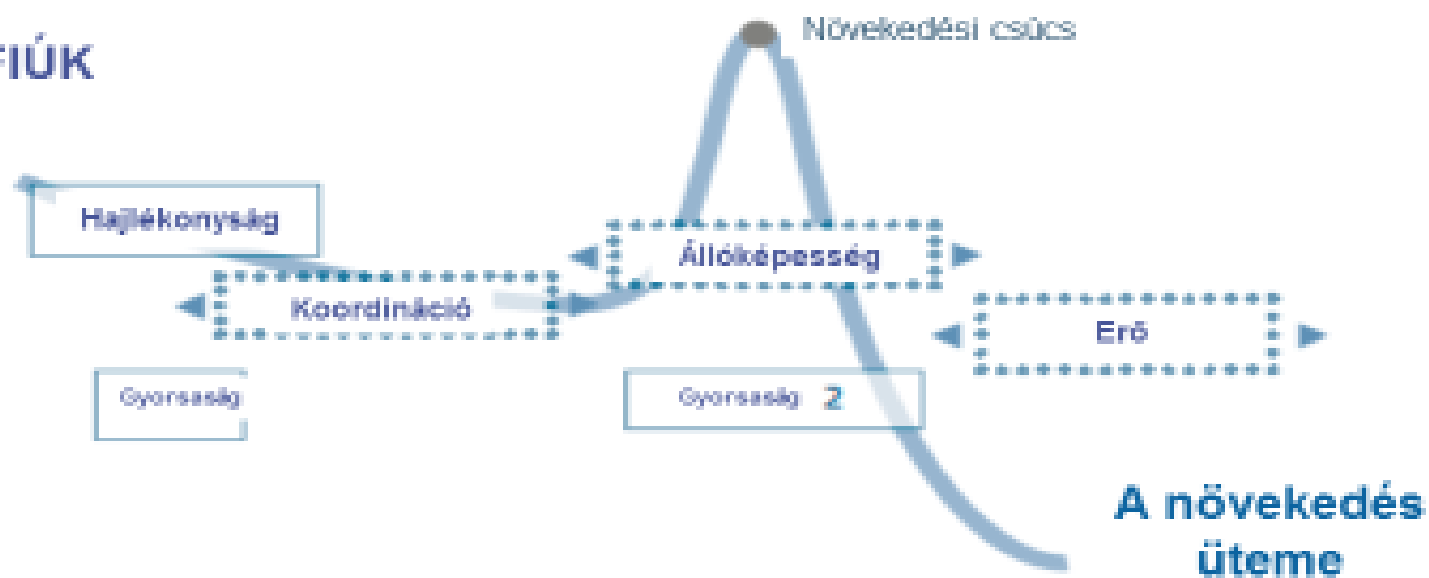
A szenzitív időszakok alatt az adott képesség edzhetősége maximális.

Ezen kívül is lehet fejleszteni az adott képességet, azonban már csak részleges fejlődés érhető el.

LÁNYOK



FIÚK



LTAD - Long term athlete development Hosszú távú sportágfejlesztési program

- Sok oldalú sportolókat kell nevelnünk és nem sízőket

- Korai versenyeztetés - kapus edzések
- Korai eredménycentrikus edzések
- Kondicionális képességek hiányosak
- Sínapok és azok hasznossága

Köszönjük a Figyelmüket!

