

CCC Athlete Development Grid - Learning to Train

LTAD STAGE	COACH LEVEL	FACILITIES	TECHNIQUE	PHYSIOLOGY, STRENGTH, FLEXIBILITY	MENTAL SKILLS	COMPETITION	OTHER
<p>“Learning to Train” stage of athlete development.</p> <p>Boys 9 – 12</p> <p>Girls 8 - 11</p>	<p>NCCP Competition Coaching Introduction (CCI) – Learning to Train</p> <p>Minimum 58 hours training.</p>	<p>Varied terrain, including challenging technical trails.</p> <p>Groomed tracks for skating and classic techniques.</p> <p>Lit trail system.</p> <p>Day lodge in stadium area.</p>	<p>Window of optimal trainability for motor-coordination.</p> <p>Introduce dryland ski techniques – ski walking and ski striding.</p> <p>The focus on snow is balance, agility and rhythm.</p> <p>Good technique habits are developed through repeated practice. Use games that reinforce technique being taught.</p> <p>All basic cross-country ski skills (classic and skating) should be refined before the end of this stage.</p> <p>Encourage unstructured play time on snow.</p>	<p>Utilize games to develop skills, speed, power and aerobic fitness.</p> <p>Window of optimal trainability for flexibility.</p> <p>Basic dynamic and static flexibility training with an emphasis on proper technique.</p> <p>Develop strength using medicine balls, Swiss balls, exercises that incorporate the child’s own body weight. Include basic core strength exercises. Use ski-related hopping and bounding exercises for developing leg strength and movement skills. Include speed exercises in the practice sessions by using specific activities that focus on agility, quickness and change of direction.</p> <p>Aerobic fitness is increasingly important. Include general aerobic activities 3-4x/wk.</p>	<p>Develop an awareness of the importance of practising basic mental skills.</p> <p>Introduce pre-race preparation.</p> <p>Introduce tactical skills.</p> <p>Introduce the mental skills of constructive self-talk, imagery and confident behaviour.</p> <p>Introduce basic stress management.</p> <p>Introduce basic goal setting.</p>	<p>Racing Rocks!</p> <ul style="list-style-type: none"> ✓ <i>Ski Tournaments</i> ✓ <i>Double Cross</i> ✓ <i>Team Sprints</i> ✓ <p>Midget Championships.</p> <p>Club, regional (and Provincial/Territorial Cup races when held within region).</p> <p>5-10 competitive experiences per season. Race distances: start with 1.0 km and progress to a maximum of 3 km. 5-10 min. max.). Sprints: 200m.</p> <p>Generally begin after Xmas.</p> <p>Introduce ancillary capacities. Competitive focus should be on personal improvement. Basic rules are learned.</p>	<p>Narrow the focus to three sports.</p> <p>Ensure appropriate ski equipment.</p> <p>Good nutrition; continued education on re-hydration.</p> <p>Emphasize group interaction, team building and social activities.</p> <p>Group sessions begin Sept. 15. 1.25 to 1.5 hrs. 3x /wk during fall and ski season. Maximum 70 sessions including competitions and special activities (includes winter safety and ski care education).</p> <p>Ensure “adventure-based” activities are built into season plan.</p> <p>Make good use of snow season.</p>

Important note for all age groups re: race distances. Early season races should be at the shorter end of the range. The maximum distance should only be raced a few times towards the end of the season. When establishing a race distance or deciding which race skiers will enter, take into account: the ability and fitness of the skiers; the difficulty of terrain; the elevation (altitude) of the race site; and whether the skiers are in the first or second year of their age class. The objective is to have skiers race at high speed with good technique, rather than struggle to finish the distance.