



SSA
SNOWBOARD
AUSTRALIA

SYDNEY

JINDABYNE

MELBOURNE

BRIGHT

SSA ALPINE U 14, U12 CONDITIONING PROGRAMS April 2013

STRENGTH

SUPPLENESS

SKILL & SPEED

STAMINA

TOOLS you need as a young athletes

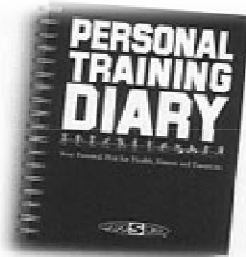
Drinking bottles



Heart rate monitor (under 14)



Personal training diary



Slack line-or similar



Good running shoes



Goal setting

SSA Alpine
Recording Sheets : CHILDREN

First name	
Last name	



Test / Challenge	Date	# 1		# 2		# 3	
		Measu	Test	Goal	Test	Goal	Test
Height	Cm's						N/A
Weight	Kg's						
Sit & Reach	Cm's						
4 stage abs	Stage						
Max Push Up							
Vertical Jump right	Cm's						
Vertical Jump left							
V jump left leg							
V jump right leg							
Single jump - both legs							
Single jump - right leg							
Single jump - left leg							
Penta Jump - both							
Penta Jump - right leg							
Penta Jump - left leg							
40m sprint	# seconds						
Illinois Agility Run L-R							
Illinois Agility Run R-L							
Max Single leg squats							
Max Chins	#						
Box jump: 0 - 30	# touches		N/A		N/A		N/A
Box jump: 0 - 60							
Box jump: Total							
Balance test							
Cooper 12 min run							
20m shuttle (beep)	Stage/level						
Other							

- Why Stamina:** It creates the base for all other motor skills important for a skier
Improves recovery thus less injuries
- Why weight bearing activities:** Skiing is a weight bearing activity thus training must consist out of weight bearing activities such as jumping and running
- Why lateral strength/jump exercises:** In skiing forces such as speed, terrain, turn courses, snow conditions effecting athletes thus joints and soft tissue must be protected
- Why agility:** Ever changing conditions on the hill force athletes to anticipate, be proactive and react and adapt quickly.
- Why reactive jumping and Plyometrics are so critical:** It strengthens the joint (ankle, hip, knee, spine) and improves proprioceptive ability
- Why Flexibility:** Restriction in range of motion may cause compensation in other areas thus results in overuse. Being too supple is a disadvantage-instability.
- Why Fun:** To keep motivated - a fun variety of activities is important to keep motivated

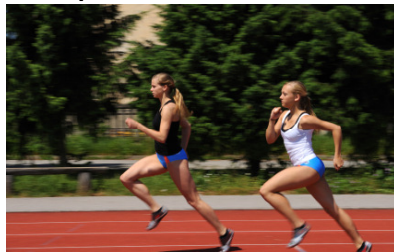
Training Program April 2013

April	Cardio	Xfit circuit	Speed/Agility	Flexibility	School sport
1	2km run non stop			Flex	
2				Flex	
3		2 blocks			
4			Yellow		
5	U 12 2km fast run, U 14 3km fast run				
6					
7	Warm up 10min run or play/cycling etc	2 blocks		Flex	
8			Green	Flex	
9	U 14: 5X 400m run around the oval U 12: 3X 400m run around oval. As fast as possible				
10		2 blocks			
11				Flex	
12					
13	2.5km run - U 14 3km run				
14		2 blocks			
15					
16			Yellow	Flex	
17					
18	12 min run as far as possible- 10min warm up first				
19				Flex	
20		2 blocks			
21					
22	U 14 5km run, U 12 4km run				
23		2 blocks		Flex	
24			Green	Flex	
25					
26	Fitness Clinic				
27	Fitness Clinic				
28	Fitness Clinic				
29					
30					

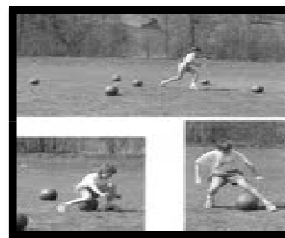
Speed-green/Agility-yellow

Exercise	Duration	Reps	Sets	Rest	Notes
20m sprints		5 sprints	2	1min between sets	As fast as you can (make sure you have been warming up. At least 10min running or games.
Slalom sit ball	U 14: 15 sec, U12 10 sec	6balls and repeat	U 12-2sets U 14 -4sets	1min between sets	stepping over the ball to be able to touch the ball with your behind
Penta Jumps (5 consecutive Jumps)		5 conc jumps	U14: 4sets, U12: 2 sets		double legged jumps- make sure good form
Balance activities	5min-bosu ball, fit ball skate board, inline skating		1		whatever you love, like to do
Illinois run	change direction as in test		5 runs	2min	
Quick feet on floor	10sec as fast, quick as you can		3 sets		
Quick feet standing	10sec		2 sets		keep arms off body
Quick feet with ski boots	10sec as fast, quick as you can		2 sets	2min	give it a go
rope balance	10min-Slackline				Fence will do too
Trampolining-	Slalom jumps,360, flip?, tuck jump, torso twists etc	5min	4 sets	1min between sets	great for skiing
Slalom run	hands on your hip, hands free -alternate	10sec	U14: 4sets, U12: 2 sets	1min between runs	Run as fast you can thru the course

20 m Sprint



Slalom sit ball

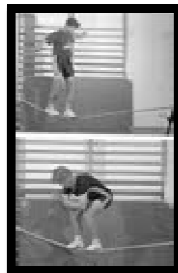


Trampolining

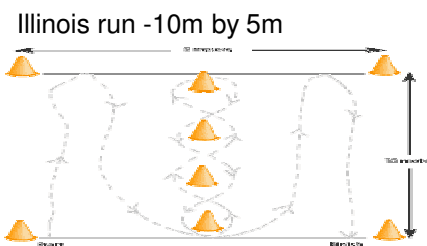
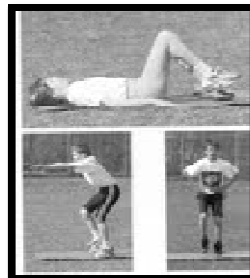


Obstacle course

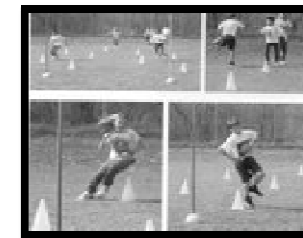
Balance activities



Quick step floor, quick step standing



Slalom runs



Stretching

Each stretch 10sec repeat 4 times



Reps:
Holding of stretch
Intensity:
When to stretch:
Sets:
Notes:
Variety:





4
 10sec
 Trying to stretch without major pressure and support
 After warming up - muscles you are going to work on
 After cool down- all major muscle groups
 1
 Foam rolling exercises are essential for skiers
 dynamic stretching should be part of your stretching routine
 It consists out of controlled leg and arm swings - gently take
 to the limits of range of motion. No bouncing movement!
 E.g: controlled arm swing, leg swing, torso rotation etc

Activity	Weight	Reps			Notes
Singl leg Squat-change leg each time	BW (Body weight)	10			
Alternate Knee to chest	BW	10			
Pullups	BW	10			
Vertical Jumps	BW (Body weight)	5			
decline Pushups (place feet/knees on bench)	BW	10			
Hanging Reverse Curls	BW	5			
Burpees	BW (Body weight)	5			
Lat Planking with leg lift/change leg each time	BW	10			
Sit Ups -keep feet on floor	BW	10			
box jumps	BW	20			
Cross crunches	BW	15			
Leg curl single/double leg	BW	10			

Each block 8 minutes as hard as you can do- choose weight which is doable with good posture/form

1 training session includes 2 blocks (6 exercises) 3min rest between blocks




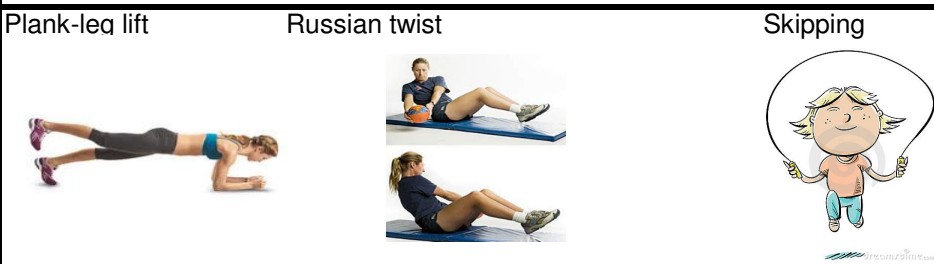
2X circuit per week - choose every time 2 different blocks of exercises.

<p>Single leg squat Alternate knee to chest Pull ups</p> 	<p>Vertical Jump Decline Pushups Hanging Reverse Curls</p> 
<p>Burpees lat plank with leg lift Sit Ups -feet on floor</p> 	<p>Lat steps/box jumps Cross crunches Leg curls</p> 

Activity -Circuit 2	Weight	Reps			
Push ups with med ball	BW	10			
Med Ball/Ball through into ground	U14 3kg/U12 ball	10			
Lat. Step up jumps (stay on same leg)	BW	10			
Lunge split jumps	BW	5			
Dips	BW	10			
Pull ups	BW	10			
Box jumps	BW	10			
Clap Pushups	BW	10			
Chin ups	BW	5			
Planking leg lift -each leg	BW	10			
Russian Twist	Ball	10			
Skipping	BW	20			

Each block 8 minutes as hard as you can do- Each exercise must be performed with good posture/form

One training session includes 2 blocks (6 exercises) 3min rest between blocks

<p>Push Up on one leg Ball through into ground Lat.step up jumps</p> 	<p>Split jumps dips Pull ups</p> 
<p>Tuck Jumps Clap Push Ups Chin ups</p> 	<p>Plank-leq lift Russian twist Skipping</p> 

Complete as many rounds and reps as possible in 8 minutes