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Manual Version:

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Always make sure safety is your #1 priority. For a coach, this means safe ski jumps, trails, environment, equipment, safety plan, and know the Emergency/Accident Protocol.

You are reading this because you are coaching young athletes and have a passion for sport and skiing. In this Level 1 manual you will learn and/or sharpen your skills as an influential person in the life of a young athlete. You will help pave the way for the future of your athletes. You have the most important job as you are the face of your organization as well as the gateway to what could be an amazing experience for your athletes.

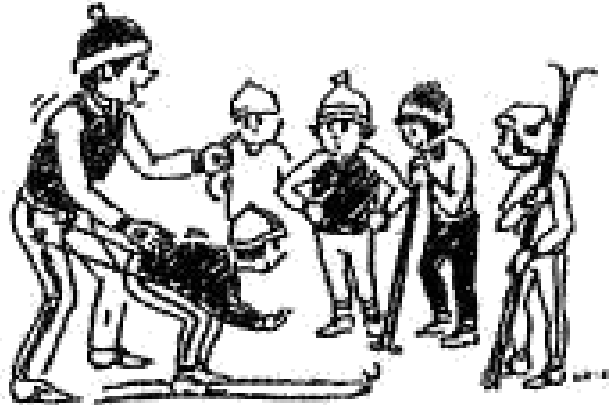
The goal for the beginner level ski jumper is to start him or her on alpine gear transitioning them into Nordic gear when they **are ready**. Start off by teaching basic ski jumping fundamentals: the ability to safely control their actions, ski play skills, and ski jumping positions. Ski jumping specific activities should only be one aspect of a young skier's overall skiing experience. Although ski jumping equipment is specialized it is not necessary at the beginner level. Basic ski jumping skills can be learned on telemark and cross-country equipment as well. Alpine equipment should be used until the skier is confident in his or her abilities and can demonstrate to the coaching staff safe skiing skills and fundamentals.



How we introduce positions and skills

When we work with young skiers, we find that learning is easiest through demonstration and participation. At the beginner level our goal is to teach skiing & ski jumping skills by creating an environment with activities that are fun and challenging.

- demonstrate new skills or positions on flat ground and then progress to a slope
- give simple and clear explanations
- demonstrate motions and positions
- provide a positive learning environment
- allow the skier to try the activities individually and as a group before giving any feedback
- Once a skill or position is introduced and practiced, then give the skier fun activities that enable them to learn the skill or position
- **IMPORTANT:** Not everyone learns at the same speed and in the same way. Learn all about your athletes and really get to know them so you can cater to the individual's needs.



Fundamentals of skiing (ABC's)

There are basic skills that need to be learned on skis prior to the introduction of ski jumping positions or activities.

- Downhill skiing, gliding ability
- Balance, turning, and stopping (Agility & Balance on Skis)
- Control of speed and body position (Coordination/Speed)
- These are all taught through ski play



BASIC SKI JUMPING FUNDAMENTALS

Inrun Position

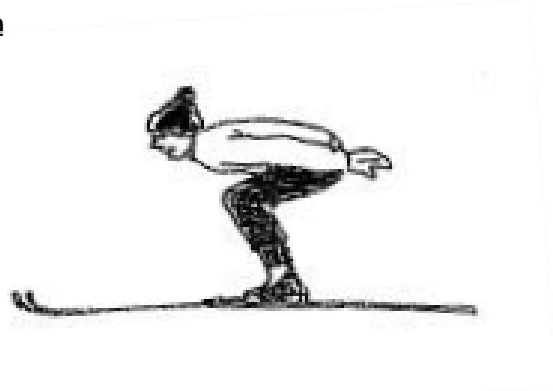
Key Points:

- Equal weight on both feet
- Arms held at the side
- Upper body on top of thighs
- Head in a natural position
- Knees apart under shoulders
- (Focus on keeping skis flat)



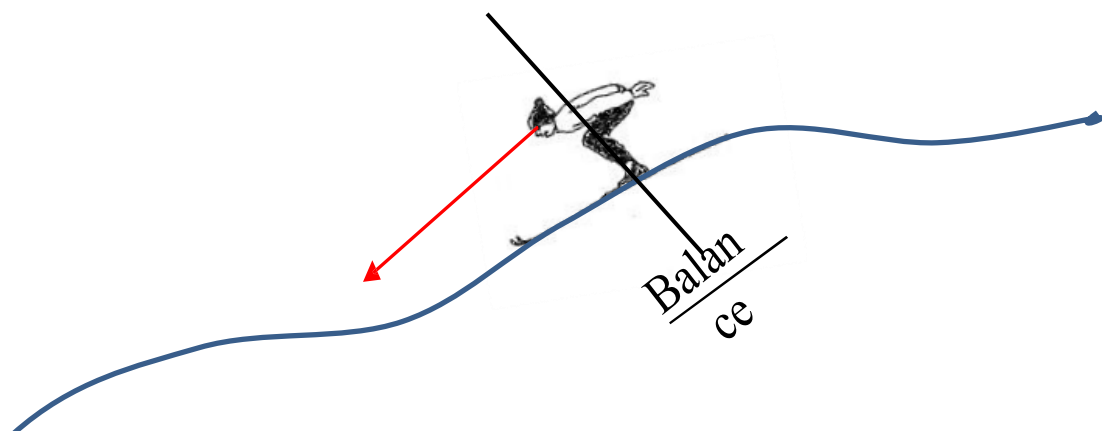
Introductory activities that we use for practicing inrun positions

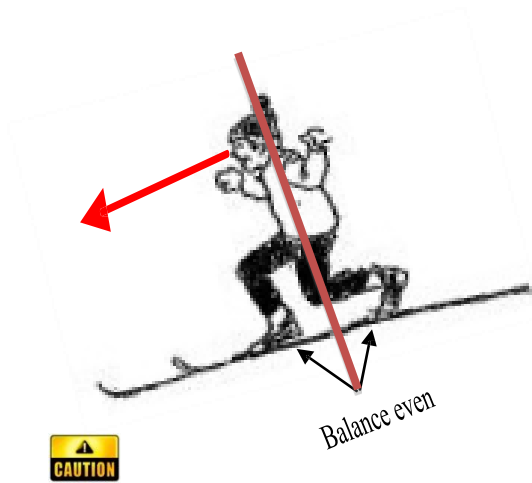
- Demonstrate and practice setting inrun position on flat ground
- Ski straight down a gentle slope in a inrun position
- Repeat on a bumpy or uneven slope
- Balanced inrun position is the goal!



Exercises for inrun positions:

- Inrun-UP-Inrun-UP: Skier will start in an inrun position and then moves to a standing position sets back to into the inrun position. Have the skier do a combination of 3-5 inrun sets while gliding depending on the length of the slope.





Nordic, Cross-country, or telemark gear only

Telemark landing for ski jumping

Key Points: Balance

Equal foot pressure. Upper body upright. Hips pressed forward

Head up: eyes forward

Arms straight out to the side



Introductory activities for practicing the telemark landing:

- Demonstrate and practice on flat ground
- Step forward into telemark
- Stand still and fall forward catching your fall with your left or right foot
- Ski down a gentle slope and move in and out of telemark position
- Achieve balance throughout all motions

Combination exercise for the telemark:

Telemark-UP-telemark: Skier starts in an inrun position and then moves into a telemark and then into an inrun to telemark finishing up in a standing position. Have the jumpers continue this movement 3-5 times depending on slope length. We look for and emphasize fluidity, balance, and coordination in the movements. We like to see the athlete switch which foot moves forward to enhance confidence and balance.

Combination Exercises for Inrun and Telemark

Key Points: Balance

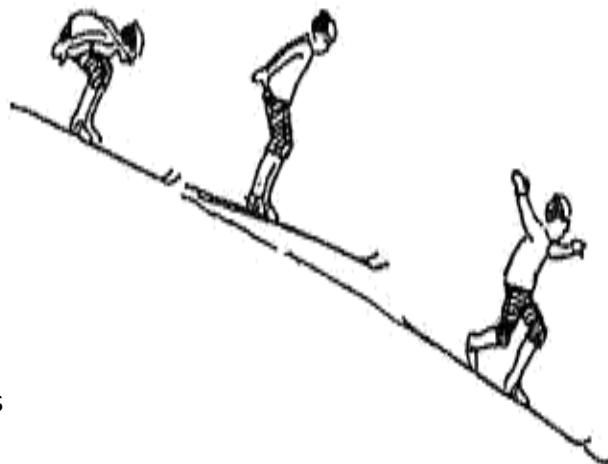
Smoothness between positions (balance)

Inrun - Telemark: Skier starts in an inrun position and moves up and into a telemark. We have the skiers repeat this 3-5 times on a slight slope. Re-peat on a bumpy slope to advance the skill!

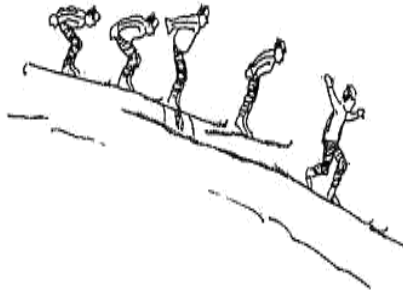
Combination Inrun-JumpTelemark

Key points: Timing! Jumping at a designated point on a slope.

- Take off/extension of legs
- Aggressive balanced jump
 - Upper body stays low
 - Raise ski tips/ telemark
- Have the skiers demonstrate an inrun-jump-telemark on flat ground before progressing to a slope!
- We will mark a line on a slope for the skier to jump
- We will focus on balance and timing in all the movements
- Several repetitions will be the emphases as well as technique.
- This activity is fun and challenging as to build confidence before progressing to the jumps.



Combination Bumps



Inrun - Jump - Telemark

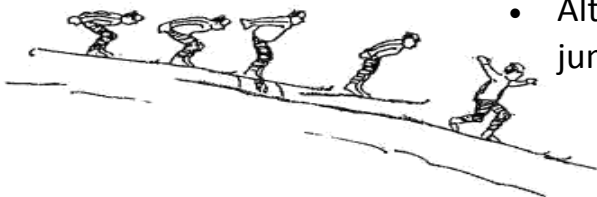
Key Points: Take-off/Extension of legs

- Upper body stays low as to stay aerodynamic
- Aggressive balanced fluid jump
- Ski tips come up
- Balanced telemark knees bent arms out



Have the skier do this combination exercise with at least 3-5 jumps in a row. We look for each jump to be explosive and end with a balanced telemark. The skier starts in an inrun position and jumps at the first bump landing in a telemark and then back into the inrun position and repeat jump telemark. We look for the movements to be smooth, quick and coordinated. This is the last step before moving to an actual ski jump.

- 3-5 bumps in a straight line
- Distance 30-70 feet apart
- Height approximately 1-2 feet for the jump
- Alternate distance and height of the jumps



THE FINAL GOAL

The final goal is to jump from a k-10 meter hill. All the time and exercises that have been introduced and practiced will lead to the skier taking his or her first jump. If the fundamentals are learned, the skier will be able to experience the joy of flying and take the first step to becoming a ski jumper.

Key Points:

- Maintain learned inrun position
- Upper body stays low
- Aggressive balanced jump/leg extension
- Balanced telemark

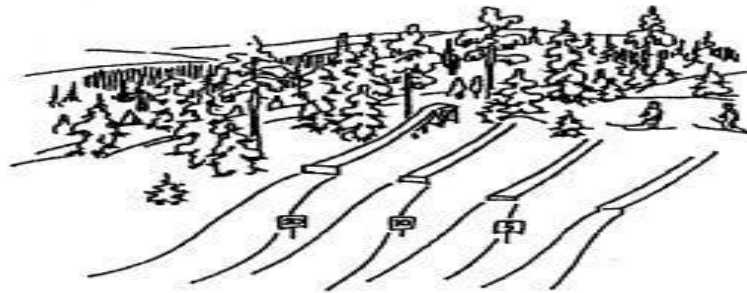
Basic fundamentals must be carriedover from the ski play and maintained on any size jump!



JUMPING FROM THE BIGGER HILLS

The ultimate goal in ski jumping is to have fun and that really comes when the skier can jump off of bigger hills and start to fly. This is when the true enjoyment of the sport begins. It takes many years of jumping from the smaller hills in an environment that allows the skier to master the basic fundamentals. The ability to maintain these fundamentals on the bigger hills will ensure the correct learning curve and success of the jumper. * **Do Not** rush the athletes or let them rush you. Be patient and reinforce the basics which will lead to "Skill".





Ski Jumping is a series of peaks and plateaus. Each child reaches them in their own time. You can expect that each child's learning curve is different so we constantly provide a safe environment that fosters optimal learning in different situations and conditions.

