



Competition-Coaching Introduction Advanced (T2T)

Step 8: Practice Coaching Session: On Snow



**Reference Material
for On Snow Workshop**



PARTNERS IN COACH EDUCATION

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Patrimoine canadien

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Planning a Practice

Before practices, especially when training in novel locations, coaches should perform a safety check to insure that the athletes and facilities being use are safe and athletes are not put in harms way. The following are simple guidelines and reminders that coaches should be aware of at every practice.

8.1 Safety Checklist: On Snow Training

Item	What to look for
Skis	Proper fit, binding secure to ski, no cracks
Boots	Excessive wear, holes, proper fit, good ankle support
Poles	Cracks, proper straps, correct height
Clothes	Ventilated properly, weather and temperature appropriate, proper fit, clean and intact
Trail condition	Grooming conditions, free of holes, debris, not excessively icy.
Signage	Trails marked and signed, athletes are aware of route.
Other skiers	Congestion on the trail, use by others, high traffic zones.
Weather	Extreme cold, practice should be modified in very cold conditions to protect lungs and prevent frostbite.

8.2 First aid and Emergency Equipment

At all practices first aid kits and emergency action plans should be available to all coaches and volunteers.

Item	Components
First Aid	Emergency equipment and first aid kit well stocked and accessible to all coaches and athletes. Regular inventory performed on contents.
Phone	Quick access to an emergency phone. Ensure phones are charged and have reception.
Emergency Action Plan	Emergency contacts, medical information up to date, stored in the correct location.

8.3 Creating a Great Practice

Before planning a practice coaches should review the following table and the self-assessment sheet to help plan and prepare for a great practice. Although many of these items will be second nature to you, it is still important to review to ensure you are getting the most out of your athletes at every practice.

Practice Element	Things To Consider
What is the goal of the practice?	Weekly training objectives, skill level of the participants, elements/athletic abilities to be included.
Time	How much time will be spent on each element of the practice?
Terrain	What is the terrain of the practice location, how can you take advantage of the terrain to engage and challenge athletes? How would you modify your practice if terrain makes your exercises difficult to manage?
Safety	What are the safety considerations of your practice location? What do you need to remind your athletes to be aware of?
Excitement	How can you challenge and motivate your athletes to engage and perform new skills and techniques?
Personal Knowledge	Why are the athletes completing this type of workout today? What energy systems are you targeting? Do you know all the elements of the skills and techniques you are covering? If not where can you refresh your knowledge?
Working with others	How will you communicate your practice plan to other coaches? What sort of involvement will they have in practice and how can you make them feel as though they are contributing to the practice?

8.4 Planning Practice Self Assessment

To rate your ability to plan a practice, circle the number at right that best represents whether you achieve the corresponding statement at left (Never, Sometimes, Often, Always).

I plan safe and effective on snow practices by....	Never	Sometimes	Often	Always
Ensuring the athlete's equipment is in good working order and properly sized.	1	2	3	4
Confirming that the athlete's clothing is weather and temperature appropriate.	1	2	3	4
Observing the grooming and track conditions are appropriate for the planned activity	1	2	3	4
Ensuring athletes are aware of the route and practice plan at the start of the practice.	1	2	3	4
Being aware of other skiers and groups using the trail.	1	2	3	4
Modifying practices in extreme weather conditions.	1	2	3	4
Know the location of the first aid kit, phone and have a thorough understanding of the emergency action plan.	1	2	3	4
I create a challenging and engaging practice by	Never	Sometimes	Often	Always
Defining a training goal or objective for the practice.	1	2	3	4
Using the terrain available to teach new skills and abilities.	1	2	3	4
Motiving and encouraging athletes to push their limits in a fun environment.	1	2	3	4
Using other coaches and athletes to help impart skills and work with the team.	1	2	3	4

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REFERENCES

Coaching Association of Canada, Planning a Practice Reference Material

Cross Country Canada, Planning a practice Reference Material, Comp-Intro (L2T), 2007

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