



## Introduction

On behalf of Special Olympics International, THANK YOU for contributing your time and expertise. The knowledge you share with the course participants will make a significant impact on the lives of athletes with intellectual disabilities.

The Advanced Coach Course offers an opportunity for coaches who have gained at least one year's experience coaching Special Olympics athletes in alpine skiing to expand their knowledge. The participating coaches should have already attended the Special Olympics Alpine Skiing Volunteer Coach Course.

**Coaches should leave the training school with a clear understanding of the following:**

- Ideas on how to expand the effectiveness of a training program
- How to adapt drills and activities to meet the needs of athletes of different ability levels
- Updates to Special Olympics alpine skiing rules
- How to better prepare athletes for competition
- The technical teaching progressions for alpine skiing
- Other advanced skills and concepts

Review the Quick Quiz at the end of this guide to identify major points and ensure that they are covered within the course.

### Suggestions for Instructors

- **Review the Special Olympics Alpine Skiing Coaching Guide.** It provides the necessary background to Special Olympics coaching program.
- **Stay on schedule.** There is a lot of material to be covered, and it is easy to fall behind. Remember, this course is an overview. Encourage coaches to take additional coaching courses.
- **Use team teaching.** Two instructors can bring different expertise to the course and also make this course more enjoyable for the participants. It is recommended that one instructor be a specialist in alpine skiing and the other in Special Olympics.

Your ideas on the course are welcomed. Please send any ideas for future improvement to the SOI Alpine Skiing Director, Special Olympics International, 1133 19<sup>th</sup> Street N.W., Washington, D.C. 20036.





## Advanced Alpine Skiing Volunteer Coach Training School Agenda

### **PART 1      Classroom Session (120 minutes)**

- 1.1 Welcome, Introductions, and Course Overview
- 1.2 Venue Selection
- 1.3 Coaching Resources
- 1.4 Psychology of Coaching Athletes with Intellectual Disabilities (Technical Aspects)
- 1.5 Psychology of Coaching Athletes with Intellectual Disabilities (Tactical Aspects)
- 1.6 Video Analysis
- 1.7 Review of Skills Assessment and Ability Levels

### **PART 2      Activity Session (300 minutes)**

- 2.1 Warm-Up and Stretching
- 2.2 Progressions
- 2.3 Free Skiing Exercises
- 2.4 The Training Venue
- 2.5 The Race Venue
- 2.6 Course Setting
- 2.7 Use of Drill Courses for Slalom and Giant Slalom

### **PART 3      Special Olympics Athletes Training Session (90 minutes)**

- 3.1 Model Training Session

### **PART 4      Classroom Wrap-Up (30 minutes)**

- 4.1 Review (Questions)
- 4.2 Quick Quiz
- 4.3 Certification Process and Application
- 4.4 Training School Evaluation

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### **Materials**

- Course Agendas (one per participant)
- Special Olympics Alpine Skiing Coaching Guides
- Samples of recommended coaching books/videos for display

### **Equipment**

- Skis, boots, bindings, poles
- Wax table with accessories (optional)
- Proper alpine clothing
- Supplemental items (tape, old skis, markers, etc.)
- Water and first-aid kit





**PART 1**  
**Classroom Session**  
(120 minutes)

**1.1 Welcome, Introductions, and Course Overview**

**1.2 Venue Selection**

- Teaching
- Racing/Training

**1.3 Coaching Resources**

- Ski school (teaching areas)
- Ski club or race organization (coaches and equipment)

**1.4 Psychology of Coaching Athletes with Intellectual Disabilities (Technical Aspects)**

- Limited talking
- Quality demonstrations
- Allowance for plenty skier miles (that is DON'T STAND AROUND...SKI!)

**1.5 Psychology of Coaching Athletes with Intellectual Disabilities (Tactical Aspects)**

- Use specific drills for specific purposes
- Begin with the giant slalom training before moving to the slalom.
- Always consider the safety of the venue first.
- Follow Official Special Olympics Winter Sports Rules.

**1.6 Video Analysis**

- Alpine Coach #1
- Alpine Coach #2
- USSA Course Setting

**1.7 Review of Skills Assessment and Ability Levels**

- Beginner
- Novice
- Intermediate
- Advanced





**PART 2**  
**Activity Session**  
(150 minutes)

The first on-the-snow activity session focuses on the technical aspects of more advanced alpine skiing fundamentals.

**2.1 Warm-Up and Stretching** [30 minutes]

**2.2 Discussion of Assessment Process** [60 minutes]

- Beginner (brief review)
- Novice
- Intermediate
- Advanced

**2.3 Free Skiing Exercises** [60 minutes]

- Long radius turns; short radius turns
- Balance Exercises
- Weight transfer exercises
- Edging Exercises
- Stepping Exercises





## PART 2

### Activity Session II

(150 minutes)

This activity session focuses on venue courses and race tactics.

#### 2.4 The Training Venue

- Safety
- Venue selection
- Start/Finish area and how to set up
- Bamboo/Flex gates
- Use of flags and panels

#### 2.5 The Race Venue

- Safety
- Venue selection
- Start/Finish area and how to set up
- Bamboo/Flex gates
- Use of flags and panels
- Race Officials (See the *Competition Management* section, earlier in this Guide.)

#### 2.6 Course Setting

- Downhill
- Giant slalom
- Slalom
- 10-meter walk
- Glide
- Super glide

#### 2.7 Use of Drill Courses for Slalom and Giant Slalom





**PART 3**  
**Special Olympics Athletes Training Session**  
(90 minutes)

**Guidelines**

This part of the training school provides an opportunity for coaches to work directly with Special Olympics athletes and to participate in some of the ideas introduced earlier.

Coaches will benefit by taking part in the teaching of the introductory skills discussed earlier in the course. Small groups of athletes should be assigned to each coach. The size of each group may vary depending on the number of coaches and athletes involved.

**A minimum of three Special Olympics alpine skiing athletes** are needed for this part of the training school.

The instructors should oversee this session while assisting coaches and answering questions.

**Model Training Session with Athletes**

**1. Equipment Preparation**

**2. Flexibility Routine**

**3. Stations (15 minutes each)**

- Ski teaching (progressive technical ski teaching)
- Free skiing tactical (balance work)
- The ski race (race venue)
  - Starts and the start area
  - Discussing proper line
  - Finish areas
- Course setting (*coaches only*)
- Drill courses for training

**4. Cool-Down and Discussion** (recognize athletes and their efforts)





**PART 4**  
**Classroom Wrap-up Session**  
(30 minutes)

**4.1 Review (Questions and Answers) [5 minutes]**

- Review the points of emphasis.
- Network existing programs and ski-areas support.

**4.2 Quick Quiz (see following page) [15 minutes]**

- Ask coaches to complete the Quick Quiz.
- Provide the answers to each question.
- Coaches grade their own quiz.

**4.3 Certification Process and Form [5 minutes]**

- Ask coaches to fill out the first part of the certification form.
- In addition to taking this course on teaching and coaching a specific sport, a Special Olympics coach must do the following in order to achieve certification:
  - Attend a General Orientation as a basic introduction to Special Olympics
  - Complete a course on the basics of teaching and coaching Special Olympics athletes.
  - Complete 10 hours of working with Special Olympics athletes under an experienced coach
  - Complete the training programs for Protective Behaviors and Concussion Training and submit confirmation of completion to the Local Special Olympics Program (U.S. only).
  - Receive endorsement from his/her Program as having fulfilled the above criteria, as well as general screening approval as a suitable individual to work with Special Olympics athletes.

**4.4 Training School Evaluation [5 minutes]**

- Coaches complete the course evaluation and return it before leaving the training school.  
(See attached form.)





## Quick Quiz

1. Discuss two reasons a Special Olympics alpine coach should work with the ski area ski school director to design an on-snow training (teaching) program.

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2. List four (out of six) drills to be used as alpine technical free-skiing exercises for promoting better balance.

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3. List two (out of four) reasons why it is better to start with discipline-specific training with giant slalom rather than slalom.

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4. A coach can propose a sport rules change by \_\_\_\_\_.

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5. Special Olympics alpine downhill skiers wear helmets for \_\_\_\_\_.

6. The three alpine events Special Olympics offers to athletes with lower abilities than the novice skier are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

7. You are in charge of a Special Olympics alpine skiing event and you must select a Jury. The titles of these seven Jury members are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

8. If you had a choice between using bamboo and flex gates to set a training course, which would you choose and why.

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9. The start area should always be flat because \_\_\_\_\_.

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10. The six alpine skiing events which a Course Setter must be prepared to set for a competition are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

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## Quick Quiz

1. Discuss two reasons a Special Olympics alpine coach should work with the ski area ski school director to design an on-snow training (teaching) program.  
**The Ski school is a tremendous resource for knowing ski teaching and being familiar with the mountain when the program will be run. Also, the instructors may be able to work with the athletes and coaches during their slower times. Finally, the ski school may provide equipment for your program at either no cost or reduced rate.**
2. List four (out of six) drills to be used as alpine technical free-skiing exercises for promoting better balance.  
**Ski with one pole; ski with boots unbuckled; ski with no poles; ski on one ski and rise other above snow; ski backward in a wedge position; ski with poles across top of wrists.**
3. List two (out of four) reasons why it is better to start with discipline-specific training with giant slalom rather than slalom.  
**Giant Slalom requires more time in a balanced position through the entire arc of the turn. Weight on the outside ski is better emphasized in giant slalom. There is more emphasis on proper line in giant slalom, especially in the early season. Giant slalom is easier to set (*make sure the outside gate is also set*).**
4. A coach can propose a sport rules change by **filling out a Proposed Rules Change Form (Appendix B – Official Winter Sports Rule Book) and sending it to the Alpine Skiing Director at Special Olympics International headquarters.**
5. Special Olympics alpine downhill skiers wear helmets **for speed and safety consideration.**
6. The three alpine events Special Olympics offers to athletes with lower abilities than the novice skier are **Ten-Meter Walk, Glide, and Super Glide.**
7. You are in charge of a Special Olympics alpine skiing event and you must select a Jury. The titles of these seven Jury members are **Chief of Race, Chief of Course, Technical Delegate, Referee, Assistant Referee, Start Referee, and Finish Referee.**
8. If you had a choice between using bamboo and flex gates to set a training course, which would you choose and why. **Flex gates should be used for safety considerations.**
9. The start area should always be flat because **a flat start allows the skier to maintain a relaxed and ready position.**
10. The six alpine skiing events which a Course Setter must be prepared to set for a competition are **Ten-Meter Walk, Glide, Super Glide, Slalom, Giant Slalom, and Downhill.**

