

Ski Jumping Technique

All Information is from Bine, Jan, and Igor

U10

- Strict about inrun position
- Arms natural and symmetrical in inrun
- Landing hill balance exercises
- Playing on the inrun as well
- Everything starts on the ground
- Alpine or short jumping skis
 - Ok to start on alpine skis in the summer
- Use roller board from a young age

U12

- Strict about flight position
- Control the skis in the air
- Arm position in the air
- Short skis/small hills
- Ski Play
- No scoring in the competitions until 12 years old or U14
 - Restrict the number of times an athlete can ski up an age group per year

U14

- Strict about Arms and Skis
- Telemark is not an option it must be done
- Ski Your Age appropriate hill
- Start to Use Cycles for training plans

General Guidelines

- Athletes need to learn what a good inrun is. Have athletes draw an inrun.
- Athletes need to learn how to use their legs
 - It is less intimidating to do this on the ground or the landing hill
- Memories of a movement become skills so that longer an athlete practices something wrong the harder the skill is to change.
- We need to spend more time focusing on the inrun and flight instead of just the take-off
 - Mix things up
 - Spend some days just working on flights
 - Take videos of inrun from behind
 - Have a coach at the top, and watching flights
- The time from the end of the takeoff until 20 meters off the end is so important at building effect

Suit Guidelines

- An athlete can actually be disqualified for a suit being too tight (men not under 1 cm/ women 2cm)
- Learn how to measure body because it is so important and number can never go down
- Know where belt needs to be compared to belly button for the crotch measurement at top