

USST: ALPINE SKI FUNDAMENTALS - LESSON PLAN



COACH: DATE:

GROUP: LOCATION:

CAMP SKIING GOAL:

- SESSION SKIING GOALS:
1.
 2.
 3.

TIME:	SESSION:	DRILLS/COURSE DETAILS, ETC.
	WARM UP:	
	DRILLS:	
	COURSE/GATES:	
	CONCLUSION:	
	WEATHER PLAN (DRYLAND PLAN)	
COMMENTS/THINGS TO IMPROVE:		