



2.4 CCC Athlete Development Grid

LTAD STAGE	COACH LEVEL	FACILITIES	TECHNIQUE	PHYSIOLOGY	STRENGTH & FLEXIBILITY	MENTAL SKILLS	COMPETITION	OTHER
"FUNDamentals" stage of athlete development. Boys and Girls 6 - 7 (first part of the FUNDamentals stage)	NCCP Community Coach (i.e. completed NCCP Coaching (CC) workshop) Minimum 26 hrs. training.	Varied terrain, groomed tracks for skating and classic techniques. Daylodge in stadium area. Continue to make use of ski playgrounds/terrain parks. Lit ski playground.	Master fundamental movement skills, develop overall motor skills. Acquire basic cross-country ski skills (both classic and skating techniques); equal use of techniques; develop downhill abilities. Focus on balance, agility and rhythm. Use "Snow Goals" to encourage time on snow. Good technique habits are developed through repeated practice.	Window of optimal trainability for speed 1 and flexibility development. Develop general fitness through participation in a variety of sports/activities on a regular basis, year round. Utilize games to develop technique, speed, skills and fitness.	Introduce basic flexibility exercises. Introduce strength exercises using the child's own body weight, medicine balls, Swiss balls.	Create awareness of the importance of mental skills. Exposure to positive thinking skills to build confidence and the ability to cope with stress. Integrated mental, cognitive and emotional development.	Ski tournaments, club relays, treasure hunts, year-end activities. 5 - 10 min. (0.5 to 1 km) 4 races/season. Use varied terrain, include some unconventional settings (e.g. obstacle courses, terrain parks). Introduce competition in a team environment whenever possible.	Ensure appropriate ski equipment including waxable skis. Practice sessions: two per/wk, minimum 16 on-snow sessions 60 min. organized activity plus supervised active ski play. Practice sessions should be well-structured and monitored. Time on skis in addition to practice sessions - as many ski playground experiences as possible (several times a week). Basic ski care.





LTAD STAGE	COACH LEVEL	FACILITIES	TECHNIQUE	PHYSIOLOGY	STRENGTH & FLEXIBILITY	MENTAL SKILLS	COMPETITION	OTHER
"Fundamentals" stage of athlete development. Boys and Girls 8 years (girls) and 8-9 years (boys) - second step in the Fundamentals stage	NCCP Community Coach (i.e. completed NCCP Community Coaching (CC) workshop) Minimum 26 hrs. training.	Varied terrain, groomed tracks for skating and classic techniques. Daylodge in stadium area. Continue to make use of ski playgrounds/ terrain parks. Lit ski playground.	Master fundamental movement skills, develop overall motor skills. Acquire basic cross- country ski skills (both classic and skating techniques); equal use of techniques; develop downhill abilities. Focus on balance, agility and rhythm. Use "Snow Goals" to encourage time on snow. Good technique habits are developed through repeated practice.	Develop linear, lateral and multi- directional speed with the duration of repetitions less than five seconds. Avoid anaerobic (capacity and power) efforts (i.e. 30-90 sec at highest intensity.	Introduce basic flexibility exercises. Introduce strength exercises using the child's own body weight, medicine balls, Swiss balls.	Create awareness of the importance of mental skills. Exposure to positive thinking skills to build confidence and the ability to cope with stress. Integrated mental, cognitive and emotional development.	Ski tournaments, club relays, treasure hunts, year-end activities. 4-6 races/ season Distance: 0.5 to 1 km (5 - 10 min.) Sprints: 100-200 m (skills race) Introduce competition in a team environment whenever possible. Adapt race distances to time guidelines for the stage of development. No racing below -15°C.	Ensure appropriate ski equipment including waxable skis. Practice sessions: two per/wk, minimum 30 on- snow sessions, 90 min. organized activity plus supervised active ski play, 10 pre-ski season/ classroom sessions. Practice sessions should be well- structured and monitored. Time on skis in addition to practice sessions - as many ski playground experiences as possible (several times a week). Basic ski care. Encourage inter- club social, skill and fitness-oriented ski activities (e.g. camps) during the ski season. Develop a team/ social atmosphere.

