



SKILLS MATRICES

Aerials ♦ Halfpipe ♦ Moguls ♦ Slopestyle/BigAir

FREESTYLE CANADA

Version 2.0
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Reference information in this document has been taken from:

Long-Term Athlete Development, **ATHLETE DEVELOPMENT MATRIX**. *Sport for Life*,
Version 1.1, November 2016

LONG-TERM DEVELOPMENT IN SPORT AND PHYSICAL ACTIVITY, *Sport for life*, Version 3.0,
2019

THANK YOU!!

SKILLS MATRICES PURPOSE

Almost every National Sport Organization in Canada has a Long-Term Athlete/Player Development Model as well as a sport specific «Skills Matrix». The Freestyle Canada LTAD and Skills Matrix papers contain information on how athlete development should be managed as well as how an athlete and/or coach should be developed within the sport to reach their maximum potential.

Freestyle Canada has recently revised the Long-Term Athlete Development Model (www.ltad.freestylecanada.ski) as well as the Skills Matrices for the 5 disciplines of freestyle skiing. The revised tools follow the same basic premises,

- Outline the foundation of our sport development system,
- Applicable to all of our disciplines,
- Align our athlete's programs with the coach's courses, competition circuit, judges and officials' modules and event organization,
- Provide an important source of information for parents, coaches and athletes.

The skills matrices are designed to enable each individual to engage in life-long healthy physical activity and, for those on the excellence pathway, to reach their full potential and deliver peak performance¹. Each of our disciplines has its own skills matrix with the Goal Medal Profile integrated into them. While the skills matrices could be seen as a list of technical skills needed to be consolidated by the athletes at the different stages of their development, they are not that limited. The skills matrices consider the athletes globally with the focus on 4 components in which the athlete should be developed to be well rounded:

- Technical skills
- Physical capacities
- Psychological skills
- Life skills.

The Freestyle Canada skills matrices will continue to be revised on an ongoing basis as the disciplines require. The version presented in this document will help to:

- Shape de champions of tomorrow,
- Retain young skiers in the sport.

¹ Long-Term Athlete Development, ATHLETE DEVELOPMENT MATRIX. *Sport for Life*, Version 1.1, November 2016

Building the «current» Skills Matrices

- Revision was done based on existing materials.
- For each of the disciplines, the experts were brought together into one or two sessions to discuss the changes and addition that needed to be made with respect to the technical components. Experts working with athletes from all LTAD stages were consulted (national team coaches, provincial team coaches, club coaches).
- The main concern arising across all the discussion panel was the lack of skiing and acrobatic foundation (addressed in the new version of the skill matrices).
- Effort was made to ensure the 4 skills matrices were aligned at the introduction levels (up to Learn to Train) to make sure athletes are learning the foundation for all the disciplines at the entry level.
- For the Physical Capacities, Psychological Skills and Life Skills, expert information provided by Sport for Life was relied upon. Phase two of our revision will be to adapt the skills identified in those components to each discipline.

Gold Medal Profile

The “GMP” is the collection of skills and attributes that underpins the performance of an athlete capable of stepping onto the Olympic or World Championship podium². In the Freestyle Canada skills matrices, we have chosen to include the GMP, starting at the end of the Train to Train stages. It’s important to understand that the skills identified in the entry level sport stages are foundation that prepares:

- All athletes to have the basic abilities in freestyle skiing and to be a well-rounded athlete, skier, person,
- The athlete who wants to pursue the Podium Pathway has to have the basic skills to reach his full potential.

ATHLETE SPECIALIZATION IN FREESTYLE SKIING

Using the definition of Sport For Life, *there appears to be an advantage when an athlete starts practicing a sport during the time of optimum skill development (Learn to Train), while peak performance is usually not achieved until the athlete is in their twenties³*, freestyle skiing is describe as an early entry sport, but late specialization.

² LONG-TERM DEVELOPMENT IN SPORT AND PHYSICAL ACTIVITY, *Sport for life*, Version 3.0, 2019

³ Long-Term Athlete Development, ATHLETE DEVELOPMENT MATRIX. *Sport for Life*, Version 1.1, November 2016

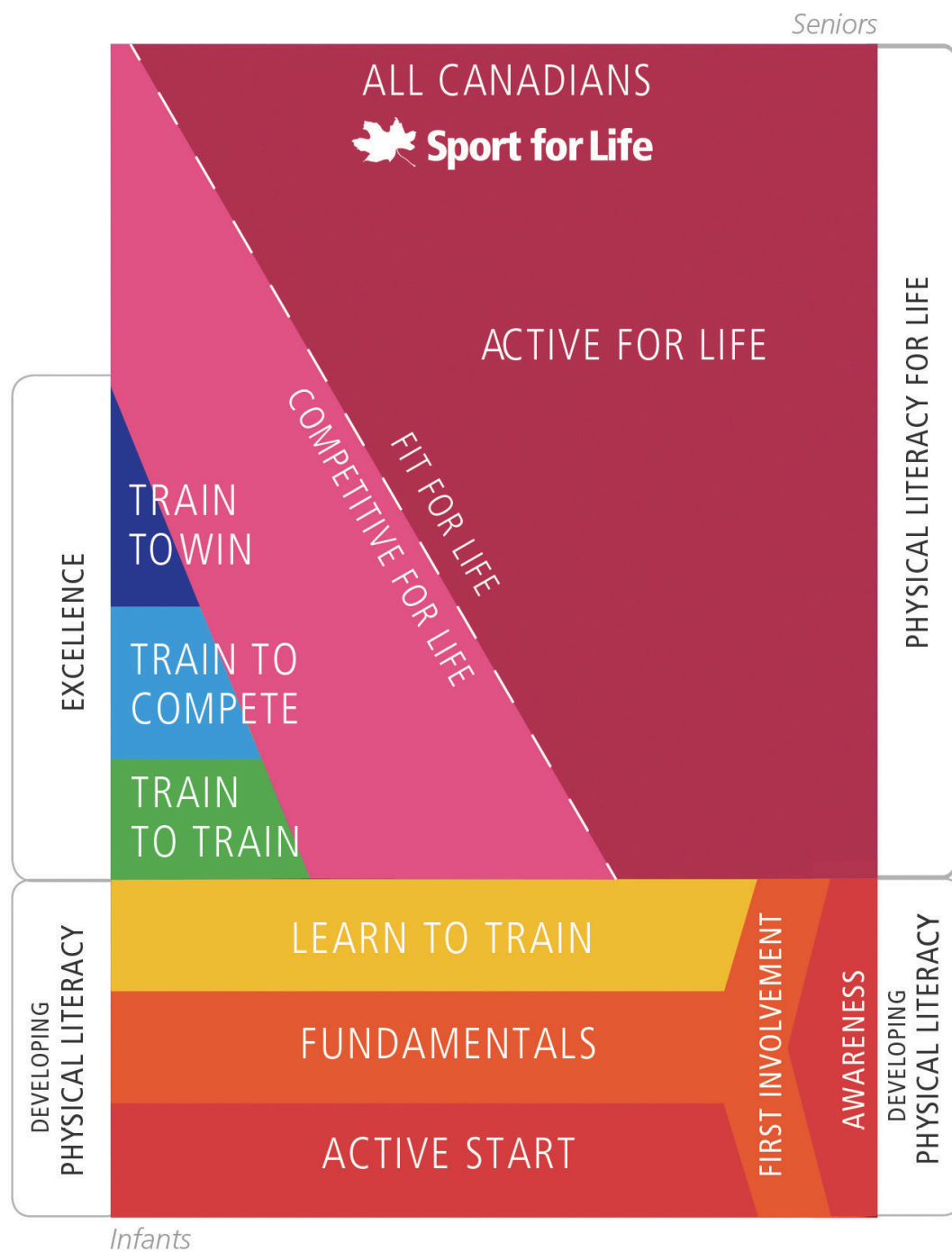
It appears that being introduced at a younger age to certain environments, like ski hill or ice ring, will help the child adapt faster than an adult to those environments. This also applies to acrobatics skills (easier to develop at a younger age). Clearly, exposure to freestyle skiing early in the child development model could be helpful to learn the sport. On the other hand, there is no advantage for the athletes to specialize in freestyle skiing and/or in one discipline of freestyle skiing before the end of the Train to Train stage.

This concept of an early sport entry, but late specialization is reflected in our skills matrices. Up to Learn to Train, the 4 skill matrices are developing similar skiing and trampoline skills. There are some skills that are more specific to some disciplines, and are encouraged to be developed for all of the freestyle athletes at that specific level.

The Train to Train stage of development is the time where the athlete will usually be directed toward specific Freestyle disciplines (Aerials, Moguls) or the Freeski side of the sport (Halfpipe, Slopestyle/BigAir). The skills matrices are organized so the athletes that will pursue the Podium Pathway after the Train to Train stage, will start to specialize in one of the 4 disciplines (slopestyle and big air being the same athletes).

LTAD AND SKILLS MATRICES STAGES

The Long-Term Athlete Development and the Skills Matrices are models that rely on stage of development. The figure below shows those different stages and how the individual athlete is progressing towards them.



**Teachers, parents and coaches working with children in the first three stages of Long-Term Athlete Development must think of themselves as preparing young athletes with the skills and confidence to engage in any sport activity at any time in the future⁴.*

⁴ Long-Term Athlete Development, ATHLETE DEVELOPMENT MATRIX. *Sport for Life*, Version 1.1, November 2016

There are also some relative ages associated to some of the stages, but we have to remain cautious when assigning an age to a stage. Each individual is different and there are considerable differences between the biological and the chronological age of an individual. The relation between one stage and the proposed chronological age is not always relevant.

The same can be said even if those stages are shown as static boxes. What is inside the box does not always represent the reality since every athlete/individual is progressing, changing and growing at a different pace and can be at a very different stage of his development. As a coach and a parent, it is critical to keep this in mind and remain flexible when working with athletes. The tools presented are to be used as simply as a guide.

LTAD STAGES	RELATIVE AGES	NOTES
ACTIVE START	Infant Female 0-6 / Male 0-6	Defined only by the age of participants.
FUNDAMENTALS	Childhood Female 6-8 / Male 6-9	
LEARN TO TRAIN	Late Childhood Female 8-11 / Male 9-12	Early or late entry into puberty/adolescence has the greatest impact on the duration of the Learn to Train Stage. Since Learn to Train is when the pre-adolescent body is primed for skill learning, the longer duration of this stage in late developers (male or female) provides a longer period of optimum skill development which might provide a long-term advantage.
TRAIN TO TRAIN	Adolescence Female 11-15 / Male 12-16	Period of adolescent growth for both males and females – there are visible biological markers.
LEARN TO COMPETE	Late Adolescence Female 14-18 / Male 15-20	
TRAIN TO COMPETE	Early Adulthood Female 16+ / Male 17+	
LEARN TO WIN	Adulthood Female 16+ / Male 18+	
TRAIN TO WIN		
ACTIVE FOR LIFE	Post Competitive Involvement	

FREESTYLE CANADA ATHLETE DEVELOPMENT MATRICES –

Training and competition;

As mentioned, Freestyle Canada's athletes' programs are guided by the skill matrices in conjunction with technical, physical psychological and life skill components outlined. Recommended training and competition volume and programs are indicated for each stage in the skills matrices.

LTAD STAGES	TRAINING ENVIRONMENT		COMPETITIONS	
	PROGRAMS	COMMITMENT (day annually)	VOLUME	LEVEL
ACTIVE START	Ski with parents as much as possible. Entry level for all different sports.	<u>Ski</u> : 15+ days / year <u>Gymnastics/Trampoline</u> : 30-45 min./week	N/A	N/A
FUNDAMENTALS	Fundamentalz program or racing program. U8-U10 Still no need to be involved in a club, just need to ski.	<u>Ski</u> : App. 30 days/ year <u>Trampoline</u> : 50 h/year Introduction to the water ramps. Other structured and unstructured sports.	1 event/yr	Fundamentalz event or Fun club events
LEARN TO TRAIN	Freestylarz Program U12	<u>Ski</u> : App. 40 days/year <u>Trampoline</u> : 100 h/year <u>Water ramps/Air bag</u> : App. 300 jumps Other structured and unstructured sports.	Freestylarz Evaluation 1 - 2 /yr or Regional competitions 2 - 3 /yr	Freestylarz Evaluation Regional competitions Fun club events Super Youth
TRAIN TO TRAIN	Canfree Program Competitive Club Regional Team Provincial Team U14-U16	<u>Ski</u> : App.60 days/year MO/AE <u>Supervised trampoline</u> : App. 150 h/year <u>Water ramps</u> : App. 500 jumps HP/SS/BA <u>Supervised & Unsupervised trampoline</u> : App. 150 h/year	MO/AE : 3 - 7 /yr HP/SS/BA : 3 - 6 /yr	Regional events Provincial events Canada Cups JR Nationals AE : Domestic NorAm

LTAD STAGES	TRAINING ENVIRONMENT		COMPETITIONS	
	PROGRAMS	COMMITMENT (day annually)	VOLUME	LEVEL
LEARN TO COMPETE	Provincial Team	80+ days periodized training program.	AE: 7 - 8/yr HP: 7 - 5 /yr MO: 7 - 8 /yr SS/BA: Female: 3 - 4 /yr Male: 6 - 8 /yr	Canada Cups Canada Games NorAm AE: Europa Cup SR Nationals HP/SS/BA: Youth Olympic Games MO: SR National
TRAIN TO COMPETE	Provincial Team NextGen Team	60% of the athlete's time is devoted to the sport. Training programs are evidence-based built, yearly periodized and individualized.	AE: 8 /yr HP: 6 - 8 /yr MO: 7 - 10 /yr SS/BA: Female: 5 - 6 /yr Male: 7 - 8 /yr	Nor Am (top 8) JR Worlds Domestic World Cup AE: SR Nationals Europa Cup HP/SS/BA: Canada Cup Youth Olympic Games MO: Canada Cup SR National
LEARN TO WIN	Next Gen Team National B Team	Sport-specific technical, tactical and physical training is full time. Number of training days and competitions is individualized.	8-10+ comp/yr	World Cups World Championships AE/MO: SR Nationals HP/SS/BA: X-Games Dew Tour
TRAIN TO WIN	National A Team			World Cups (Top 5) World Championships Olympics Games HP/SS/BA: X-Games Dew Tour
ACTIVE FOR LIFE	Move from competitive sport to recreational activities or stay competitive in a sport that has a late specialization.			

FREESTYLE CANADA ATHLETE DEVELOPMENT MATRICES –

Physical capacities, Psychological skills and Life skills Components;

The following section illustrated the physical capacities, psychological skills and life skills that should be implemented in conjunction with each of the 4 skills matrices. Those components are the same for all the disciplines.

LTAD STAGES	PHYSICAL CAPACITIES	PSYCHOLOGICAL SKILLS	LIFE SKILLS
A C T I V E S T A R T	<p>Introduce: <u>Play:</u> Indoor, Outdoor, Water based, Snow and iced based. Walk, Run, Wheel, stop & go and Change of directions. Static and dynamic Balance on ground-level. Basic hand-eye and foot-eye Coordination. Experience different Body Orientations.</p> <p>Develop through play: Aerobic capacity multidirectional Speed Anaerobic alactic capacity Flexibility</p>	<p>Introduce: Informal goal setting. Prompt child to think aloud and reframe negative self-talk with positive self-talk. Help child refocus when attention drifts.</p> <p>Develop: Working memory, Self-regulation and Cognitive flexibility (between 3 and 5 years old). Competence and confidence in basic human movements.</p> <p>MUCH learning comes from trial and error and this is to be encouraged. Link physical challenges with problem solving - involved moving and thinking at the same time. Focus on repetition of previous learned tasks and introduction of novel tasks. Engage child in imaginative play and creative expression. Child experiences free, independent play within a safe and supportive play environment.</p>	<p>Introduce: Concept of taking turns and sharing with others. Provide opportunity to play with different groups of children.</p> <p>Make choices related to specific activities. Learn how to follow instructions. Develop trust in adult and new adults who enter his life.</p> <p>Parents should provide healthy meals and healthy snacks. Sleep: 11-13 h/night. Insure proper rest time during the day.</p>
F U N D A M E N T A L S	<p><u>Extend play:</u> Indoor, Outdoor, Water based, Snow and iced based.</p> <p>Introduce: Core strength Power Segment and multi directional Speed Anaerobic alactic capacity and power</p> <p>Develop: Rapid stop & go, changes of directions, using different modes of movement in different environments. Static and dynamic Balance on multiples surfaces: skis, skates, grass, gym - and on different body parts. Efficient hand-eye and foot-eye Coordination when stationary and moving. Comfort with Body Orientation. Hand and feet Speed (skipping rope). Aerobic capacity Whole body Speed Flexibility</p>	<p>Develop: Executive functions and explore ways to achieve desired goals. Decision making Distraction control (Assist child to remain focused by identifying key areas to focus on). Adult-led and guided short term goal setting for skill and physical objectives.</p> <p>Encourage trial and error learning. Understand that their actions impact others. Positive self-talk is externally prompted through questioning. Positive learning environment where child can play without judgment. Able to articulate how he is feeling. Development of accurate binocular vision and depth perception.</p>	<p>Use free play to encourage creativity and social interaction. Explore new activities and environments. Structure challenges so that the child knows when he has succeeded and does not need to turn to adult for validation. Expectation of sharing and taking turns established. Understand what is appropriate in child-adult relationships.</p> <p>Adult guide in selecting own snacks, assist with food preparation at home. Sleep: 10-11h/night Establish pre-bedtime routine (avoiding screen-time Increase duration of activities while allowing adequate rest.</p>
L E A R N T O T R A I N	<p>Introduce: Strength with body weight (excellent technique, medicine and stability ball)</p> <p>Develop: Aerobic capacity (extending duration of activity at elevated heart rate in a variety of different activities) Core strength (good technique) Power (hoping and bouncing activities) multi direction Speed Anaerobic alactic capacity (multiple burst of 15-20 sec activity towards the end of the warm-up)</p> <p>Consolidate: Rapid changes of directions in multiple environments. Multiple sport-specific static and dynamic balance at different heights and on multiple sport surfaces. Balance on different body parts. Body orientation required for effective sport participation. Speed (period of maximum focus on segments speed arm/hand - foot/leg). Anaerobic alactic power Flexibility (develop optimal range of motion)</p>	<p>Introduce: Basic visualization Taking responsibility for repeating visualization exercises on own. Recognition of body signs of anxiety. Controlled breathing. Basic strategies to defuse emotional situations. Simple sport movement pattern recognition and appropriate responses.</p> <p>Encourage children to persist. Understanding that errors are to be expected. Focus on the process more than the outcomes. Reframe setbacks as learning opportunities. Short-term goal setting under adult guidance. Identified areas of negative self-talk and guided to replace with positive wording. Systematic increase in duration of activities and guide child back to the activity if the attention drifts. Identified, with assistance, key sport elements on which to have a narrow focused attention.</p> <p>Use specific positive feedback to tell what the athlete is doing right and what needs to be improved. Do not focus on what is being done wrong. Ask the athlete how he feels when performing well.</p>	<p>Arrive prepared to the activity. Have well developed self-respect. Take on small leadership roles under guidance of the coach. Understand the concept of fairness and the rules in his sport. Understand that own actions have consequences for self and others. Understand the importance of positive relationships with teammates.</p> <p>Parents provide healthy snacks and teach basic nutrition/food groups. Understand what is quality food. Ensure adequate hydration for athletes. Introduce basic hydration concepts. Sleep: 9.5 - 10h/night Maintain pre-bedtime routine. Increase duration of activities while allowing adequate rest.</p>

LTAD STAGES	PHYSICAL CAPACITIES	PSYCHOLOGICAL SKILLS	LIFE SKILLS
TRAIN TO TRAIN	<p>Develop: Anaerobic lactic capacity and power (increase the exercises intensity) Maximum Strength (low repetitions and increase weight slowly) and strength endurance (low weight and high repetitions)</p> <p>Consolidate: Aerobic capacity and power (exercises at targeted heart rate for timed duration, interval training) Core strength Power Strength (focus on speed first than strength) Multi direction Speed (peak time for developing multi-directional speed) Anaerobic capacity and power (specific training of short duration, very high intensity activity) Segment and whole body Speed (focus on linear speed and lateral speed)</p> <p>Maintain: Flexibility (critical time to maintain range of motion through both static and dynamic mobility)</p>	<p>Challenge and help athlete re-frame negative attitude. Develop scripts and tracks implementation of positive self-talk. Establish setbacks as a normal, to be expected, faced and overcome. Positive training environment where errors are seen as opportunities to learn and improve - not failures. Develop strategy in response to negative incident. Practice attention refocus routine. Error patterns are identified and strategies for error elimination are developed.</p> <p>Strong affiliation to a club or a team. Feeling of acceptance is particularly critical for female participants. Short and long term goals are set in collaboration between athletes and coaches. Increasing responsibilities for goal setting. Take responsibilities for visualization. Focus on correct execution and time accuracy of visualized skills. Controlled breathing well-established Track when they experience anxiety. Identified feelings that are associated with good performances. Learn movement pattern recognition and discrimination of useful stimuli. Ability to make fast accurate decisions based on pattern recognition.</p>	<p>Self-motivated to improve sport skills and fitness. Develops confidence in performance capacity. Learn to deal with being cut from a team or losing an event Links training commitment to long-term performance goals. Balance education and sport goals. Have participant articulate what they must do today to achieve long-term goals.</p> <p>Understands that all competitors are subject to doping control and that doping is cheating. Practice being interviewed.</p> <p>Makes wiser food choice. Learn about sport nutrition. Involved in meal preparation at home. Athletes assisted to develop an adequate nutrition plan. Adjust sleep times ahead of time zone travel.</p>
LEARN TO COMPETE	<p>Consolidate: Anaerobic lactic capacity and power.</p> <p>Refine: Strength body weight Maximum Strength and strength endurance Core strength Power Speed</p> <p>Anaerobic alactic capacity and power (Systematic test-based individualized, increase sport specificity of exercises).</p> <p>Maintain: Flexibility Whole body Speed</p>	<p>Develop systematic analysis of setback and possible responses. Set personal annual and multi-year goals. Teach athlete to track goals. Visualize body response and preparation for large crowds and international differences in sport venues. Positive competition environment with demanding but realistic expectations. Can control anxiety level with learned technique. Develop strategies for response to negative incidents under high stress conditions and public scrutiny. Use attention refocus routine in high stress environment.</p> <p>Able to self-determine source of errors and make corrections. Develop strategies to recreate high performance feeling on demand. Develop capacity to ignore distracting and non-useful stimuli.</p>	<p>Take responsibility for setting performance goals. Develop confidence in performance capacity. Balance demands of sport, education, work and relationships. Have a plan B in sport and life. Make short term sacrifices to achieve long-term objectives. Capable of multi-year planning to achieve sporting and career goals. Develop working relationships with local media.</p> <p>Understand nutrition needs for the sport and promote healthy eating. Develop training and competition hydration plan based on environmental conditions. Established well trialed approach to minimizing impact of jetlag and understand personal adaptation to time zone travel.</p> <p>Understands obligations and rights in doping control.</p>
LEARN TO LEARN		<p>Take on full responsibility for setting and tracking goals and seek assistance from specialists and sport leaders. Strategies to retain correct focus developed, implemented and used under high stress situations. Optimum skill execution and decision making based on rapid and correct perception of stimuli.</p>	<p>Take responsibility for being full-time athlete and balance sport and non-sport demands. Plan for end of high performance career and transition to next stage of life plan. Assist new team members and take more explicit mentor role.</p> <p>Understand the value of good working relationships with local, national and international media.</p> <p>Develop international travel guidelines and strategies, particularly with respect to food intake and intestinal issues. Have deep understanding of own nutritional needs and the needs for their sport.</p> <p>Comply with all anti-doping requirements and fully aware of doping control procedures.</p>
TRAIN TO LEARN			

FREESTYLE CANADA ATHLETE DEVELOPMENT MATRICES –

Technical Components – Trampoline environment;

Trampoline is a critical tool used for the 5 disciplines of freestyle skiing. The following information outlines all the needed trampoline skills for each discipline at each stages of the athlete development.

LTAD STAGES	AERIALS	MOGULS	HALFPIPE	SLOPESTYLE / BIG AIR
A C T I V E	Developping spatial awareness Learn how to jump, land, push off the ground, spin, roll			
F U N D A M E N T A L S	Display proper basic bouncing technique (balanced/not travelling) Stop bounce Straight airs with a variety of positions/grabs, straight spins in both directions Switch bouncing Basic landings: Seat, front and back drop, adding twists in both directions before and after. Combination skills: Seat to front, Front to back, Back to front Roller skills: Seat rollers, back rollers On-axis basics: Progression toward front tuck and back tuck Off-axis basics: Front turntable both directions, Misty drop, Misty rollover, back rollers with a variety of postitons/grabs Easy routines of 3 to 5 skills in a row. Floor skills: Forward rolls, shoulder rolls, Core strength and body position games (plank push up hold, hollow, candle) Progression toward handstand with wall support etc. BENCHMARKS: Stop bounce, straight jumps.			
L E A R N I N G	Display smooth efficient bouncing 3-5 feet of amplitude Variations of rollovers, pullovers, cradles and cruises; adding grabs and spin both directions On axis forward: Front tuck, pike; Barani tuck, pike, straight On axis backward: Back drop; Back tuck, pike, lay; 3/4 back ; Progression toward back full (arabian, 3/4 back half) Off axis: Lincoln/side flip both sides; Cork 7 Floor skills: Perfecting rolls in all directions, Handstand (handstand roll, roll to handstand), Cartwheel, Misty and cork progressions onto safety mat BENCHMARKS: Set take off from feet, lift vertically from core and hips.			
T R A I N I N G	Develop strong trampoline takeoffs, lift, head/body position, timing the bed, strong core, creating rotation from feet good vision. FEMALE On axis forward: Porpoise; 3/4 front; Barani ballout, Barani tuck, pike, straight On-axis backward: 3/4 back tuck, pike, lay; Back tuck, pike, lay; 180° to stomach, Arabian 3/4, Back full Combinaison of back and barani Bungee: Back full; Lay-Tuck Off axis: All progression skills landing on Back or Stomach depending of the direction MALE On-axis forward: Porpoise; 3/4 front; Barani tuck, pike, straight; 1 3/4 front; Rudi On-axis backward: 3/4 back tuck, pike, lay; Back full; 1 1/4 back Off axis: All progression skills landing on Back or Stomach depending on direction, Cork 7	Forward skills: Rudy, 1 3/4 front; Barrani out tuck Backward Skills: Doube full; Cody; 2 back tuck Floor skills: Progression toward Front Tuck, Standing back tuck FEMALE: Bungee : Lay-Full, Full-Tuck, Full-Full MALE: Foward skills: Barani out pike, Progression for randi Backward skills: Progression for triple full, Double back pike Bungee: Lay-Lay, Lay-Full, Lay 2full, Full-Full, Full 2full, 2full-full	Develop strong trampoline takeoffs FOCUS on VISION and spotting with what they FEEL, timing of the bed, strong core, creating rotation from feet. Train with forward and switch bounce Floor skills: Standing back tuck, wall flips, misty 5. FEMALE Off axis: Cork 7, Misty 5 both way, Rodeo 5, Bio 5, Misty 7', Rodeo 7's, Bio 9's, Cork 9's Flare's, Underflip's On-axis forward: 3/4 front; Front tuck, pike, lay; Barani tuck, pie, straight On-axis backward: 3/4 back tuck, pike, lay; Back tuck, pike, lay, 180 to stomach, Arabian 3/4 MALE Off axis: All basic singles in both directions, Misty 9-10 (swcork10), Cork 9, Cork 10, Rodeo 9; Advanced off axis skills: D-spin, Flat 5, Flat 3, Cork 3-5, Double misty, cork and rodeo progression's both ways On-axis forward: Straight 900's, ballout, 3/4 front; Front tuck, pike, lay; Barani tuck, pike, straight, 1 3/4 front; Rudi On-axis backward: 3/4 back tuck, pike, lay; Back tuck, pike, lay; Back full; 1 1/4 back BENCHMARKS: Single flips in all 4 directions.	

LTAD STAGES	AERIALS	MOGULS	HALFPIPE	SLOPESTYLE / BIG AIR
LEARN TO COMPETE	<p>Keep improving the take off technique on all skills. Work on the perfect body alignment. Keep improving the perfect vision.</p> <p>FEMALE Backward skills: Progression for LL, LF, FF Combine singles and doubles Bungee: F2F; 2FF; L2F; 2F2F, LTT, LTF</p> <p>MALE Foward skills: Progression for Rudy out tuck, Rudy out Backward skills: Progression for LL, LF, FF Combine singles and doubles Bungee: 2F2F, LTF, LFF, L2FF, FFF</p>	<p>FEMALE On-axis foward: Barani tuck, pike, straight with connexion to back; Rudi, 1 3/4 front On-axis backward: Back full; 1 1/4 back Off axis: Cork 7 with safety mat</p> <p>MALE On-axis foward: Rudi, Randi, Barani-out On-axis backward: Back double full, basic doubles Off axis: Cork 10, Dub cork</p>	<p>FEMALE Off axis: Progression for doubles; misty 5 bailout, misty 7 bailout, off-axis singles to back drop On-axis: 1 3/4 front BENCHMARKS: Variety of ball out, dub misty 9, dub back flip, all 4 ways cork 9</p> <p>MALE Off axis: Advanced singles: 4 ways cork 10'S Progression for doubles; misty 5 bailout, misty 7 bailout, double misty 9, double cork 10, double lincoln On-axis foward: Rudi, Randi, 1 3/4 front Barani-out On-axis backward: Back double full, basic doubles BENCHMARKS: Start triples progression, doubles all 4 ways.</p>	<p>FEMALE Off axis: Progression for doubles; misty 5 bailout, misty 7 bailout, off-axis singles to back drop, Sw Misty9's, sw cork 9's On-axis: Straight 900's, Barani tuck, pike, straight; 1 3/4 front BENCHMARKS: 1 3/4 front 540 all ways, Cork9's, Switch cork 7's</p> <p>MALE Off axis: Advanced singles: 4 ways cork 10'S Progression for doubles; misty 5 bailout, misty 7 bailout, double misty 9-10's (swDub), double cork 10-12's, Swcork 12 progression's double lincoln, On-axis foward: Rudi, Randi, Barani-out On-axis backward: Back double full, basic doubles BENCHMARKS: Variety of Ball outs, 4 ways 9s, simple 4 doubles</p>
TRAIN TO COMPETE	<p>Keep improving lifting and takeoff technique on all skills. Work on specific exercises to improve the ramp and snow technique.</p> <p>FEMALE Bungee: LTF, LFF, FFF, L2FF, ++</p> <p>MALE Bungee: F2FF, 2FFF, FF2F, ++</p>	<p>Keep working on the previous level skills according to each individual plan. Combine multiple skills into small routines. Variety of doubles Keep improving lifting and takeoff technique on all skills. Bouncing at an amplitude of 6-8 feet.</p>	<p>FEMALE Off axis: rodeo 540, cork 9 in 4 directions, underflip both directions, switch rodeo 540, misty 540 (grabs in each skill) Advanced doubles: double back, double misty 9, sw rodeo 9, double flat 7-9, double cork 10-12 On axis: double full, randi BENCHMARKS: Off axis all singles in both directions.</p> <p>MALE Off axis: mastered all single axis (in Air 2) Advanced doubles: (+ = up to 1800) double back, double misty 9, sw double rodeo 9+, sw double rodeo 9+, double flat 7+, double cork 10+, sw double cork 9+ Start triples progression. On axis: full out, full in back out, full full BENCHMARKS: Start triples progression, doubles all 4 ways, triple cork 14, triple flat 10+, sw triple rodeo 10+, triple backs</p>	<p>FEMALE Off axis: All singles in both directions 10's; Dub misty 9's, dub lincoln/side, dub cork 10's On Axis: double full, rudi, randi, Barani out, Double back, BENCHMARKS: Variety of ball outs. Dub Misty 9 & dub back flip, all 4 way cork 10</p> <p>MALE Off axis: Basic doubles both directions. Add more spin: dub misty 10+12, dub cork 12+14), sw14's, variety of grabs/ style, Triple progressions On axis: Tuck-Tuck, Lay-Full, Full-Tuck (both ways) BENCHMARKS: Start triples progression, harder doubles all 4 ways</p>
LEARN TO WIN	<p>Continual improvement of aerial awareness, confidence, decision-making. Keep adding twists. Maximize excellent take off technique.</p>	<p>Continual improvement of aerial awareness, confidence, and decision-making. Keep adding new skills (spin, flip, amplitude, style and variety).</p>	<p>FEMALE Off-Axis: Basic doubles both directions, Add more spin: dub misty 10+12, dub cork 12+14, variety of grabs/ style On axis: Tuck-Tuck, Lay-Full, Full in back out BENCHMARKS: 10+ rotation progression, doubles progression</p> <p>MALE Variety of doubles in all directions, keep improving lift, takeoff technique and core power on all skills. Continue triples progressions, CREATIVITY & INNOVATION. BENCHMARKS: Triple progressions, variety of triples.</p>	<p>FEMALE Off-Axis: dub 9, swdub 9, Dub 10), variety of grabs/style. CREATY & INNOVATION On axis: 900's, Sw 900, 1080, Tuck-Tuck, Lay-Full BENCHMARKS: 10+ rotation progression, doubles progression</p> <p>MALE Variety of doubles in all directions, keep improving lifting and takeoff technique on all skills core power. Continue triples progressions toward a variety of triples, integrate different body positions to mimic higher DD grab . CREATIVITY & INNOVATION. BENCHMARKS: Triple progressions, variety of triples.</p>
TRAINING TO	<p>Perfecting and amplifying the above skills, encouraging innovation and adding more twists.</p>	<p>Perfecting all above skills, encouraging innovation, variety of grabs and style. Linking difficult skills into routines.</p>	<p>Continual improvement of aerial awareness, confidence, decision-making and bailouts. Keep adding inventing/creating new skills (more spin, more flip, more style and variety). Maximize excellent takeoff technique. Linking difficult skills into routines.</p>	

FREESTYLE CANADA ATHLETE DEVELOPMENT MATRICES –

Aerials Skills Matrix, Technical component

LTAD STAGES	SKILL DEVELOPMENT	SKIING	WATER RAMP SKILLS		SNOW AERIALS SKILLS		AIR SITE	PROJECTION 2026		PROJECTION 2030	
			FEMALE	MALE	FEMALE	MALE		FEMALE	MALE	FEMALE	MALE
A C T I V E	FUNDAMENTAL MOVEMENTS Locomotor skills Object manipulation Balance skills on land, water, snow, air	Start to ski with parallele skis. Improve ability to stop and turn. Start to control speed.	N/A		N/A		N/A	N/A		N/A	
F U N D A M E N T A L S	FUNDAMENTAL acrobatic and skiing skills for all freestyle disciplines.	Basic body position and alignment, weight shift and loading while doing medium radius turns on groomed. Introduce separation of upper/lower body. Introduce edging. Able to do hockey stop. Control and generate speed using a range of turn shape. Able to do 5 to 10 consecutive turns in the mogul course (no jump). Fun on flats & all mountain.	At the end of this stage, introduction to water ramp (In-ramp, jump turn, swimming with skis). In-run stance, body position on take off, Proper landing technique.	Single up-rights with a wide variety of positions and grabs Double up-rights 180°, 360°	Single up-right with a wide variety of positions and grabs Double up-rights Triple up-rights 180°, 360° both directions	Learn the signs for the air site. Confidant stance in front of the jump. Body position on take off. Control and precision in the air. Strong and controlled landing.	Small air site (in run 20m, knoll about 8m , landing 20m 32°) MO jump Hybrid jump (1,4m, 45°)	N/A		N/A	
L E A R N I N G	Fundamental skiing and acrobatics skills have to be consolidated by the end of this stage.	Ski with confidence. Maintain mogul stance and parallel skis through turns. Introduce ROM and turn timing on the backside of the rollers/moguls. Able to short radius turns with neutral body position. Able to ski a mogul course from top to bottom (no jump).	Focus on the proper stance in the in-run. Body position and extension on take off. Tightness and body awareness. Emphasis on landing technique.	Triple up-rights 360° both directions 720° Front Tuck Back Tuck Back Pike Back Lay	720° Front Tuck Back Tuck Back Pike Back Lay	Confidant stance in the in-run. Extension on take off. Tightness in the air and body awareness. Strong and controlled landings.	Small air site (in run 20m, knoll about 8m , landing 20m 32°) MO jump Hybrid jump (1,4m, 45°) Single (2m, 55°)	720° Back Lay	Back Lay Back Full	Back Lay Back Full	Back Lay Back Full
T R A I N I N G	Developing the discipline specific skiing and acrobatics skills refinements. By the end of this stage, specialization.	Stable body position, Ski line in rollers with correct turn initiation (timing and edging). Proper range of motion (lower body). Introduce methods of speed control. Full mogul runs. Variety of mogul lines.	Early T2T Back Pike Back Lay Back Full Late T2T Back 2 full Lay-Tuck Lay-Lay	Early T2T Back Full Cork Back 2full Lay-Tuck Late T2T Lay-Lay Lay-Full Full-Full Lay 2Full	Early T2T Back Pike Back Lay Late T2T Lay-Tuck Lay-Lay	Early T2T Back Lay Back Full Tuck-Tuck Late T2T Back 2full Lay-Tuck Lay-Lay Lay-Full	Air site (in run 30m, knoll about 10m, landing 25m 35°) MO jump Hybrid jump (1,4m, 45°) Single and double (FIS spec.)	Early T2T Back Full Lay-Tuck Late T2T Lay-Pike Lay-Lay	Early T2T Back Full 2full Lay-Tuck Lay-Pike Lay-Lay Late T2T Lay-Pike Lay-Full Full-Full	Early T2T Lay-Tuck Lay-Pike Late T2T Lay-Lay Lay-Full Late T2T Lay-Full Full-Full Full-2Full	

LTAD STAGES	SKILL DEVELOPMENT	SKIING	WATER RAMP SKILLS		SNOW AERIALS SKILLS		AIR SITE	PROJECTION 2026		PROJECTION 2030	
			FEMALE	MALE	FEMALE	MALE		FEMALE	MALE	FEMALE	MALE
LEARNER TECHNIQUE	Specialization Learning and improving discipline specific competitive skills and tactics for competition.	Ski all over the mountain with confidence. Ski at high speeds with control. Ski moguls with confidence.	Lay-Lay Lay-Full Full-Full Lay-2full	Full 2Full 2Full Full 2Full 2 Full Lay Tuck Tuck Lay Tuck Full Lay Full Full (all combination)	Lay-Tuck Lay-Lay Lay-Full	Lay-Full Full-Full 2full-Full Full-2full	FIS Aerial Site Specification	Lay Full Full Tuck	Full Full Lay 2Full	Full Tuck Full Full	Lay Full Full Tuck Full Full
TRAINER TECHNIQUE	Entry to the Podium Pathway Increasing competitive knowledge and mileage for consistent base performance level.		Full 2full 2full-Full	Lay 2full Full Full Full Full 2Full 2Full Full 2Full Full Full (all combination)	Lay-Full Full-Full	2full-Full Lay-Tuck-Full Lay-Full-Full Full-Full-Full	FIS Aerial Site Specification	Full Full Lay 2Full	Full 2Full 2Full Full Lay Tuck Full Lay Full Full	Lay 2Full Full 2Full	Full 2Full 2Full Full Lay Tuck Full
TO LEARN TRAINING	Improving competitive skills and developing higher level performances.	Elite skier	Lay Tuck Tuck Lay Tuck Full	4 Twists 5 Twists	Full 2Full 2Full Full	Full Full Full Full 2Full Full	FIS Aerial Site Specification	Full 2Full 2Full Full	Lay Full Full Full Full Full Lay 2Full Full	2Full Full Lay Tuck Tuck Lay Tuck Full	Full Full Full Full 2Full Full
TO TRAIN TRAINING	Perfecting competitive skills and increasing a consistent medal contending performance.		Lay Full Full ++	4 Twists 5 Twists	Lay Tuck Tuck Lay Tuck Full Lay Full Full ++	4 Twists 5 Twists	FIS Aerial Site Specification	Lay Tuck Tuck Lay Tuck Full Lay Full Full ++	Full 2Full Full 2Full Full Full ++	Lay Full Full Full Full Full ++	2Full Full Full Full Full 2Full 2Full full 2Full ++
ACTIVE LIFE	Engage in Freestyle as interested to help better the sport in your community										

FREESTYLE CANADA ATHLETE DEVELOPMENT MATRICES –

Halfpipe Skills Matrix, Technical component

LTAD STAGES	SKILL DEVELOPMENT	HALFPIPE SKILLS			PUMPING SKILLS	PROJECTION 2022	PROJECTION 2026
		SKIING	PIPE	AIR SKILLS			
A C T I V E	FUNDAMENTAL MOVEMENTS: Locomotor skills; Object manipulation; Balance skills on land, water, snow, air.	FUN LEARNING: Safe, exploring in skiing Start to ski with parallel skis. Improve ability to stop and turn. Start to control speed.			Get introduced to in-line skating and bmx.	N/A	N/A
F U N D A M E N T A L S	FUNDAMENTAL acrobatic skills and racing skiing skills.	Work on Body Position. Introduction to Edging and carving. Controlled turn shape. Switch power plow. Fun on flats & all mountain.	Entry level halfpipe. Work with the quarter pipe, with smaller jumps that have a pipe entry, with a ski cross course that have a curved transition, with a pump track.	Focus on take off and landing. Up-rights air with a variety of positions and grabs. FEMALE Spread eagle, 180, 360 MALE 360 540	Start to do in-line skating and bmx in terrain that have some curved transitions.	N/A	N/A
L E A R N I N G	Fundamental skiing and acrobatic skills have to be consolidated by the end of this stage.	Body Position. Work on edging and carving technique. Snow plow switch turns. Racing skills, gates carving long turns. Start using the pressure.	Weight dosage in pump track. Ski the line in the pipe. Work on edging and pumping.	Focus on strong take off & landing. FEMALE Spins both ways 180 - 360 with grabs Flare MALE Spins both ways 360 - 540 with grabs Flare Alley Oop	Practice pumping in-line skating and/or bmx in a pump track.	N/A	N/A
T R A I N I N G	Developing the discipline specific skiing and acrobatic skills refinements. By the end of this stage, specialization.	Good body position. Holding an edge effectively. Parallel skiing switch looking over both shoulders. Pressure control skills.	Effective line in the pipe Edging and carding Pumping acceleration FEMALE Drop in perfected MALE Drop in forward and switch perfected	Take offs & landings perfected FEMALE Spins both ways 540 down the pipe. Grabs on every spin. Flare in one direction. Switch alley oop both directions. Alley oop both directions MALE Spins down the pipe both ways 540-900. Grabs every spin or flip. Flares both directions. Alley Oop 360 both directions. Alley oop 540 Switch down the pipe 540 both directions.	Keep training pumping skill on in-line skates or bmx in the pump track.	FEMALE Spins both ways 540. Cork 540 grabs Huge flares MALE Spins both ways Cork 1080, Flat 540. Down the pipe switch spins	FEMALE Max amplitude Spins both ways 540, 360. All four directions of switch spin 180 or greater Alley-oop both directions 720 MALE Max amplitude Switch cork 7 Flat 3 Double Flare Double cork

LTAD STAGES	SKILL DEVELOPMENT	HALFPIPE SKILLS			PUMPING SKILLS	PROJECTION 2022	PROJECTION 2026
		SKIING	PIPE	AIR SKILLS			
LEARN TO COMPETE	Specialization Learning and improving discipline specific competitive skills and tactics for competition.	Body position is very good. Keep on perfecting edging and carving. Speed control techniques: scrubbing, using pressure through edging. Parallel switch skiing looking over both shoulders.	Effective line in the pipe Pumping acceleration FEMALE Take off and landing high transition. MALE Switch skiing Switch take off and landing	FEMALE Spins both ways 540 Cork 540 grabs Flares/underflip MALE Spins both ways cork 1080 Flat 540 Down the pipe switch spins	Keep training pumping skill on in-line skates or bmx in the pump track. Use roller skis in a pump track as well.	FEMALE Max amplitude Spins both ways 540, 360 All four directions of switch spin 180 or greater Right and left down pipe and alleyoop 720 MALE Max amplitude Switch cork 7 Flat 3 Double Flare Double cork	FEMALE Right or left flare Right or left cork 9 (must be completely inverted) Switch down pipe or alleyoop 540 MALE Switch alleyoop-flat 5 Double both directions Switch double
	Entry to the Podium Pathway Increasing competitive knowledge and mileage for consistent base performance level			FEMALE Max amplitude Spins both ways 540, 360 All four directions of switch spin 180 or greater - Right and left down pipe and alleyoop 720 MALE Max amplitude, Switch cork7 Flat 3, Double Flare, Double cork,		FEMALE Combinations of 4 or more of: Cork 9 both directions, switch 7, 1080, allyey-oop flat 5-7. Greater grabs and switch tricks. Amplitude of each trick app. 8+ feet. MALE Run with 3 to 4 doubles, one or more switch doubles. New innovative tricks with special grabs and double grabs.	FEMALE Combinations of 4 or more of: Cork 9 both directions, switch 7, 1080, allyey-oop flat 5-7. Greater grabs and switch tricks. Amplitude of each trick app. 8+ feet. MALE Run with 3 to 4 doubles, one or more switch doubles. New innovative tricks with special grabs and double grabs. Triples
LEARN TO ADVANCE	Improving competitive skills and developing higher level performances.	Perfecting and maximizing the amplitude of the skills. Keep on working on variation of grabs in all skills. Encouraging innovation FEMALE Flare both directions Cork 9 both directions (completed inverted) Sw down the pipe Alley oop 540 MALE Sw alley oop flat 5 Doubles both directions Sw double			Perfect the pumping skill in the pump track on in-line skates or roller skis.	FEMALE Combinations of two or more of: Corked 9 both directions, Switch 7, 1080, allyey-oop flat 5. Greater grabs and switch tricks. Amplitude of each trick app. 8+ feet. MALE Run with 3 to 5 doubles, one or more switch doubles. Variety of grabs and axis of doubles.	FEMALE Switch cork 7, cork 10, double sw 9 MALE Innovative new combinations of axis and rotation (switch flat axis with opposite twist). Triples
ACTIVE LIFESTYLE	Engage in Freestyle as interested to help better the sport in your community						

FREESTYLE CANADA ATHLETE DEVELOPMENT MATRICES –

Moguls Skills Matrix, Technical component

LTAD STAGES	SKILL DEVELOPMENT	TRAINING TARGET	MOGUL SKILLS			WATER RAMP / AIR BAG
			SKIING	JUMPS	EXIT SKILL	
A C T I V E	FUNDAMENTAL MOVEMENTS Locomotor skills Object manipulation Balance skills on land, water, snow, air.	ACTIVITIES ARE: Fun, safe, enjoyable, inclusive and part of the daily routine.	Start to ski with parallel skis. Improve ability to stop and turn. Start to control speed.	N/A	N/A	N/A
F U N D A M E N T A L S	FUNDAMENTAL acrobatic and skiing skills for all freestyle disciplines.		Basic body position and alignment, weight shift and loading while doing medium radius turns on groomed runs. Pole plants. Introduce separation of upper/lower body. Introduce edging. Able to do 5 to 10 consecutive turns in the mogul course (no jump). Fun on flats & all mountain.	Focus on confident stance in front of the jump, body position on take off & controlled landing. Up-right jumps with a wide variety of positions and grabs. (Spread eagle, grabs, 180, 360). Small roller jumps with emphasis on power from lower body and core on take off.	Weight shift, loading and balanced position. FEMALE TW/SP and safety grab. MALE 360, TW/SP and safety grab.	At the end of this stage, introduction to water ramp and/or air bag (Ini-ramp, jump turn, swimming with skis). In-run stance, body position on take off, proper landing technique. Up-right with a wide variety of positions and grabs, 180, 360.
L E A R N T O T R A I N	Fundamental skiing and acrobatic skills have to be consolidated by the end of this stage.	Focus should be geared towards acrobatic learning - body awareness and comfort in jumping. Skill development in skiing will be later once athletes grow and become stronger.	Body position in all terrain. Mogul stance and parallel skis through the turns. Expand on proper edging mechanics. Introduce ROM and turn timing on the backside of the rollers/moguls. Pole plant = end of turn and pole placement in moguls. Able to ski a mogul course top to bottom (no jump). Fun on flats & all mountain. Time skiing in a GS course.	Focus on body position, on the extension and the pop on the take off. Tightness, precision and amplitude in the air. Strong landings (hands and vision up). FEMALE Double up-rights (variety of positions and grabs), 180 both directions, 360 MALE 360, spins with grabs, front tuck.	Centered balanced position and correct alignment through range of motion in rollers and easy beginner moguls (18°-20°). Carving on groom. Turn initiation in easy rollers. FEMALE Double up-rights, Safety grab. MALE 360 grabs, Front tuck	Introduction to water ramp and/or air bag (Ini-ramp, jump turn, swimming with skis). In-run stance, body position and extension on take off, proper landing technique. Up-right with a wide variety of positions and grabs. 180 360 Front tuck
T R A I N T O T R A I N	Developing the discipline specific skiing and acrobatic skills refinements. By the end of this stage, specialization.	Heavy focus on basics and skiing correctly. Increased top to bottom runs while skiing through mistakes.	Stable body position. Ski line in rollers with correct turn initiation (timing and edging). Proper range of motion (lower body). Introduce methods of speed control. Full mogul runs. Variety of mogul lines.	FEMALE 2 airs in moguls run Body position on take off Strong landing 360, front tuck, back tuck MALE 2 airs in moguls run, Body position on take off Strong landing 360, 720, back tuck, grabs	Balanced body throughout ROM. Correct turn initiation in rollers. 4-5 feet of air 80% landing and exit execution. FEMALE Front & Back Tuck, 360. MALE Back Tuck, Grabs, 360.	FEMALE Fundamentals and intro to inverts 360 Front and Back tuck Focus on take off MALE Focus on take off 360/720 Front tuck Back (t.p.l) Grabs Cork 7

LTAD STAGES	SKILL DEVELOPMENT	TRAINING TARGET	MOGUL SKILLS			WATER RAMP / AIR BAG
			SKIING	JUMPS	EXIT SKILL	
LEARN TO COMPETE	Specialization Learning and improving discipline specific competitive skills and tactics for competition.	Periodized YTP	FEMALE Introduction to competition tactics in moguls. Introduce and develop multiple methods of speed control. Ski line in moguls. Speed: 8.2m/sec	Take off should be consistent. Landing should be strong and controlled. FEMALE Back tuck, pike, lay, Back with grabs	6-8 feet of air 90% landing and exit execution FEMALE Back tuck, pike , lay Back with grabs.	FEMALE Training inverts with intro to off-axis 360 with position/grabs Cork 7 Back with position/grabs Front with position/grabs MALE Training all twisting inverts and off-axis up to 1 full twist Introduced double twists
	Entry to the Podium Pathway. Increasing competitive knowledge and mileage for consistent base performance level.		MALE Tactics in a mogul line. Develop multiple methods of speed control. Ski line in moguls. Speed: 9.7m/sec	MALE Back full, cork 7 with grabs Cork 10, back double full.	MALE Cork10 Double full Cork7 with grab.	FEMALE Introduction to Back full and/or Cork MALE Perfecting back full and Cork 7 Work on Cork 10 and double full
LEARN TO WIN	Improving competitive skills and developing higher level performances.		Refine skiing skills and tactics as applied to competitions. Maximize individual styles of skiing. Encourage innovation	Maximize DD in jumps Encourage innovation	Maximum amplitude 95% landing and exit execution.	FEMALE Back Full Cork 7 Variety of grabs MALE Double Full Cork 1080 Dub Cork Variety of grabs
TRAIN TO WIN	Perfecting competitive skills and increasing a consistent medal contending performance.					
ACTIVE LIFE	Engage in Freestyle as interested to help the sport in your community.					

FREESTYLE CANADA ATHLETE DEVELOPMENT MATRICES –

Slopestyle/Big Air Skills Matrix, Technical component

LTAD STAGES	SKILL DEVELOPMENT	SKIING SKILLS	SLOPESTYLE / BIG AIR SKILLS		STRATEGIC / TACTICAL PLANNING
			JUMPS	FEATURES	
A C T I V E	FUNDAMENTAL MOVEMENTS: Locomotor skills Object manipulation Balance skills on land, water, snow, air.	Start to ski with parallele skis. Improve ability to stop and turn. Start to control speed.	FUN LEARNING: Safe, exploring in Skiing		ACTIVITIES ARE: Fun, safe, enjoyable, inclusive and part of the daily routine.
F U N D A M E N T A L S	FUNDAMENTAL acrobatic and skiing skills for all freestyle disciplines.	Standing on outside ski, independence, weight transfer. Controlled turn shapes, range of motion. Switch power plow.	Spend the time needed to work on the pop. Up-right jumps with a variety of positions and grabs. 180° both ways 360° both ways Carve and straight take off. BENCHMARK: Strong pop doing up-rights.	Slide box Slide rails Flat rails	NO EXPECTATIONS. Encourage creativity and all mountain skiing
L E A R N T O T R A I N	Fundamental skiing and acrobatic skills have to be consolidated by the end of this stage.	Snow plow switch turns. Racing skills, gates carving long turns. Pressure. Weight dosage in pump track. Initiation to mini-pipe.	FEMALE Switch 180 both directions 360 both directions Up-rights with a wide variety of the grabs. Front Flip or Backflip Using the proper size of jump. MALE 360 and switch 360 both directions Backflip & Front flip, 1 way 540-720, Switch 540, 180 all four ways BENCHMARK: Strong pop doing 180, 360, 540.	FEMALE Rail slide to forward Rail slide to switch All 8 ways on box Surface switch up on box Initiation to scisors on rails MALE All 8 on rails 270 and switch 270 off	NO EXPECTATIONS. Encourage creativity and all mountain skiing
T R A I N T O T R A I N	Developing the discipline specific skiing and acrobatic skills refinements. By the end of this stage, specialization.	Parallele skiing switch looking over both shoulders. Efficient carving. Pressure control skills. Skiing transitions and pipe.	Carve on jumps and pipe FEMALE 360 all directions Two 540 Straight 720, mute & tail ++ Using the proper size of jump. MALE 9 all directions Switch 10 All different axis 3-5-7-9 Initiation to big jumps Pipe 5's above lip. BENCHMARKS: Focus on different grabs in singles. Start doubles only when all the aboves are completed.		Learn to strategize a good line in a park. Self awareness on readiness to take different size jumps, strategize the rails and other features. Positive environment and enjoy learning new skills.

LTAD STAGES	SKILL DEVELOPMENT	SKIING SKILLS	SLOPESTYLE / BIG AIR SKILLS		STRATEGIC / TACTICAL PLANNING
			JUMPS	FEATURES	
LEARN TO COMPETE	<p>Specialization</p> <p>Learning and improving discipline specific competitive skills and tactics for competition.</p>	<p>Use shark fin and ski pipe.</p> <p>Carving off jumps and pipe, alley-oops down the pipe.</p> <p>Speed control techniques: scrubbing, using pressure through edging, Parallel switch skiing looking over both shoulders.</p> <p>Driving knee/ankles in turn.</p>	<p>FEMALE</p> <p>All 540's 3 different grabs</p> <p>Rodeo 5</p> <p>Misty 5</p> <p>Cork 7</p> <p>Initiation to big jump</p> <p>MALE</p> <p>All 4 ways off-axis single 10</p> <p>3 ways doubles</p> <p>4 different grabs</p> <p>Fwd 9's and sw7 in the pipe</p>	<p>FEMALE</p> <p>All 8 ways on,</p> <p>All ways 2s off</p> <p>One 450 off</p> <p>All swaps reg/sw out</p> <p>Combo swap 2 off</p> <p>(all on urban comp rails)</p> <p>MALE</p> <p>All 8's 270 on</p> <p>3 different 450 on & off</p> <p>360 switch up,</p> <p>Front 630 out</p> <p>Back 8 out.</p>	<p>Flow of runs - speed management, awareness to adapt to different courses and variety of jump types & snow conditions.</p> <p>Feature plan within a competition.</p>
TRAIN TO COMPETE	<p>Entry to the Podium Pathway.</p> <p>Increasing competitive knowledge and mileage for consistent base performance level.</p>		<p>FEMALE</p> <p>All 7's 3 grabs</p> <p>Cork 9's</p> <p>One off axis 5 on shark fin or pipe</p> <p>MALE</p> <p>4 ways doubles 9-10-12-14</p> <p>One 16</p> <p>Initiation to creative grabs</p> <p>Double on shark fin or pipe.</p>	<p>FEMALE</p> <p>270 on</p> <p>F/B 450 off</p> <p>FswapF2's</p> <p>BswapF2's</p> <p>sw 270 on</p> <p>(all on comp urban rail)</p> <p>MALE</p> <p>Cork 8 out</p> <p>630 on & off</p> <p>Nose butter 450 on</p> <p>F/B 3 swaps</p> <p>4 different 4 on</p> <p>All 8 2p2/2c2.</p>	<p>Course/feature management</p> <p>Speed to support flow of run</p> <p>Strategize the features in a course.</p> <p>Judge panel in within the competitor field.</p>
LEARN TO WIN	<p>Improving competitive skills and developing higher level performances</p>	<p>Strategic skiing</p> <p>Landing switch looking over the opposite shoulder of the rotation.</p> <p>Learn to execute style follow through with the head.</p> <p>Arms have minimal movement (grounded), effortless skiing.</p>	<p>FEMALE</p> <p>Sw off axis 9</p> <p>Sw 10</p> <p>L/R Cork 9, 3 different grabs</p> <p>If all skills are mastered, introduction to doubles.</p> <p>MALE</p> <p>Doubles all 4 ways with 3 different grabs</p> <p>16's, 14's</p> <p>1 triple.</p>	<p>FEMALE</p> <p>Most F/B swaps 2 out</p> <p>3 ways 2 on 2 out</p> <p>All 4 out's, one 4 on.</p> <p>MALE</p> <p>All 2on swaps 2out,</p> <p>All 2on 4 out</p> <p>All 4 on 2 out.</p>	<p>Introducing tricks needed to podium into their runs so they can begin to get comfortable with competing the big tricks vs holding back and chasing a result on the day.</p>
TO TRAIN	<p>Perfecting competitive skills and increasing a consistent medal contending performance.</p>	<p>Mastering the above with a strategic & line in the park & style.</p>	<p>Perfecting and amplifying the above skills, encouraging innovation.</p>		<p>Training Podium tricks on a consistent & daily basis, regardless of weather conditions & course set up.</p>
ACTIVE LIFESTYLE	<p>Engage in Freestyle as interested to help better the sport in your community</p>				