



## Training Systems - Key Concepts

U.S. Ski & Snowboard Training Systems are divided into six Phases of Development and seven Domains.

The Phases of Development track an athlete from starting in the sport to World Class Performance. The phases are based on a combination of an athlete's chronological, biological and training ages. These three factors are the primary determinants of what activities, skills and competition level is appropriate for a given phase.

The Domains are the major categories used to define each area of focus for each phase. Each domain consists of several Elements that make up each domain. The Training Systems consist of the following seven domains:

The **Development Domain** gives definitions and guidelines used to determine an athlete phase placement. The determining factors are Chronological Age (actual age of the athlete), Biological Age (stage of physical development) and Training Age (number year of sport participation). The Development Domain also provides guidelines for appropriate training volumes, annual training, training focus and complementary sports.

The **Physical Fitness Domain** provides definition and guidelines for development of an athlete's physical capabilities based on phase and age appropriate recommendations. This domain also addresses guidelines on nutrition, hydration and recovery throughout the phases of development.

The **Technical Domain** contains guidelines and benchmarks for the development of key skills required at each phase. Skills presented in the earlier phases are critical to the progression into the higher levels of each sport. The recommended skills in each phase were defined and developed by U.S. Ski & Snowboard coaches, Sport Education Committees and other experts in each sport.

The **Tactical Domain** builds on the Technical Domain by providing recommendations for application of skills to terrain, courses, features and competition venues.

The **Equipment Selection and Preparation Domain** outlines the knowledge and skills an athlete needs to maintain and prepare their equipment for training and competition.

The **Mental and Social Skills Domain** addresses the progression of performance psychology through an athlete's development.

Finally, The **Competition Domain** outlines a gradual pipeline through the competition pathways for each phase of development.



Taken as a whole, the U.S. Ski & Snowboard Training System provide a thorough and comprehensive set of recommendation for Long Term Athlete Development in each sport. They are designed to help USSA Clubs, Coaches and Parents gain an understanding of the critical factors in each phase of development.