

Teaching Ski Sport Technics for Kids and Youngsters

In teaching is very positive to work led by slogan “ **Better Ski Sports for Youth...Better Youth for Life !**” It shows that in very specialized sport we must **have larger targets** and finally also **special target – skiing** - will be realized better.

In modern teaching process are used very largely principles of **interdisciplinarity** . Bringing same ideas to ski sport we must use on all kid ski techniques teaching levels methods of interdisciplinarity. That means – we must not work only with skiing but add knowledges and skills from other subjects. To explain and plan experiences with winter , snow, weather changes, gliding and kicking. To understand that ski sport’s “home “ is nature, and we must respect environment. We must understand health and safety problems in outdoor ski life. Also recognize that ski sport has high social activity and can be used for very large specter of ages. As typical in teaching we can enlarge ski sport through other subjects and it is lot of cases when on ski slopes some young boy is understanding what is balance or speed in reality. Experiences in Estonia with interdisciplinarity project “ Juku Suusakool / Johnny`s Ski School “ showed that this kind approach is key to heart of children. Same results got also other kids ski projects – “Jack Rabbit “ in Canada, “ Kiwi Ski Teaching “ in New Zealand, “Skiland ” in Norway who all had same base - principles interdisciplinarity. That is the way of teaching for beginners.

Modern teaching is using also another attractive method – **interactivity**. If we plan kids and youngsters technique teaching we must fine ways to use something from capacity of interactivity possibilities. Feedback from done exercises, realized goals, used variants of ski techniques bring athletes more nearer to understanding what they are doing in skiing. Experiences in FIS Cross Country Training Camps underline highest role of interactive approach – in shortest time were made important changes in ski techniques. And finally – interactive work is fun for kids and youngsters because their everyday’s life is going mainly in interactive world.

Third *dot to i* in teaching is **integration**. In training is quite developed integration different exercises for good physical condition. But in techniques teaching and training integration is more simplicated. Side by side must be development of physical skills and cognitive abilities. Without last side in ski teaching is not possible to enlarge technical skills. Mental work, understanding, decribing, explaining your movements – these are follow steps being united in modern teaching theorie – **pedagogical kinesiology**.

In practice is most important not to work with one technical detail but try to use **teaching as system**. That means – use interdisciplinarity, interactivity and integration. If to take weakest points in techniques teaching – these are mainly problems with balance, co-ordination, flexibility and in final conclusion in mental approach – in thinking what to do and how to do.

Experiences in FIS Aid and Promotion Training Camps confirm that for development of different ski nations is necessary work out regular educational system where in one part must be ski technique teaching methodological and practical materials. Collecting ideas from different more developed ski countries we can prepare in quite short time good basic material. Using these common knowledges in different FIS educational project we can build up system for all skiers – kids, youngsters and adults.

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