swissski | EDUCATION ALPINE SKIING

MAIN PARTNER

Sunrise

PREMIUM PARTNER

RAIFFEISEN helvetia BKW

swissski | EDUCATION ALPINE SKIING

Skills-Check

Foundation 1 to Talent 2

Off-snow · On-snow · Mental · 4 follow-up checks per stage

Athlete

Year of birth

Club / Team

Coach

Note: My Swiss-Ski and the **Club App** offer a **digital evaluation tool for the Skills Checks**. This booklet complements it, e.g. for recording results directly at training or for printing.

FTEM · THE ATHLETE PATHWAY

What's next?

All stages from F1 to M are here.

Foundation | Talent | Elite | Mastery

my.ftem.swiss-ski.ch →

How it works

RATING

3 – Green – achieved
All criteria fully met.
→ Maintain the level, aim for progression.

2 – Yellow – partly achieved
Standard just reached or some criteria not clean.
→ Work on it specifically.

1 – Red – not achieved
Criteria not yet reached.
→ Lead-up exercises in the warm-up/training.

PROCEDURE

1. **Each stage** (F1, F2, F3, T1, T2) has its own chapter, identified by its colour (Foundation turquoise, Talent gold). Following FTEM Alpine Skiing, the checks are grouped into **Off-snow** (strength, endurance, mobility, speed), **On-snow** and **Mental**.
2. **4 follow-up checks per stage:** at the start of the stage, enter the dates of checks 1–4, then fill in or tap one circle per exercise and check.
3. The **QR code** next to each area leads to LernFlink: videos, exact criteria and lead-up exercises.
4. Fill in the **Ø points and overall light** at the bottom of the table, then note under “Goals & notes” what to work on until the next check.

Overall traffic light (suggestion)
Ø points = sum of all ratings ÷ number of exercises, rounded to 0.5

- **Ø 2.5–3**
- **Ø 1.5–2**
- **Ø 1**

Notes

Check 1 Goals / priorities until the next check

Check 2 Goals / priorities until the next check

Check 3 Goals / priorities until the next check

Check 4 Goals / priorities until the next check

Contents

One chapter per stage · 4 follow-up checks each

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STAGE · FOUNDATION · AGE U8

F1 · Foundation 1

Date	Check 1	Check 2	Check 3	Check 4

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
OFF-SNOW	**Strength & power**					
1	Strength & stability – Core & upper body	○○●	○○●	○○●	○○●	
2	Strength & stability – Legs	○○●	○○●	○○●	○○●	
OFF-SNOW	**Endurance**					
1	Running off-road	○○●	○○●	○○●	○○●	
2	Course (off-road)	○○●	○○●	○○●	○○●	
3	Rolling & gliding	○○●	○○●	○○●	○○●	
4	Cycling	○○●	○○●	○○●	○○●	
OFF-SNOW	**Mobility & flexibility**					
1	Top 10 mobility	○○●	○○●	○○●	○○●	

T2 **Talent 2**

Video & criteria: QR code next to each area

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
OFF-SNOW	**Mobility & flexibility (continued)**					
5	Thomas test (hip extension)	○○●	○○●	○○●	○○●	
6	Shinbox Hip Extension (hip rotation)	○○●	○○●	○○●	○○●	
7	Knee-to-Wall (ankle)	○○●	○○●	○○●	○○●	
OFF-SNOW	**Speed & agility**					
1	Running drills (ABC)	○○●	○○●	○○●	○○●	
2	Sprint	○○●	○○●	○○●	○○●	
3	Rope skipping	○○●	○○●	○○●	○○●	
ON-SNOW	**Technique**					
1	Short turn	○○●	○○●	○○●	○○●	
2	Short turn variations	○○●	○○●	○○●	○○●	
3	Mogul slope	○○●	○○●	○○●	○○●	
4	Ungroomed snow	○○●	○○●	○○●	○○●	
5	Step turns	○○●	○○●	○○●	○○●	
6	Terrain transition	○○●	○○●	○○●	○○●	
7	Tuck jump	○○●	○○●	○○●	○○●	
8	Carved turn	○○●	○○●	○○●	○○●	
9	Slalom challenge	○○●	○○●	○○●	○○●	
10	Start	○○●	○○●	○○●	○○●	
MENTAL	**Focusing**					
1	Inspection in speed training	○○●	○○●	○○●	○○●	
2	Line points	○○●	○○●	○○●	○○●	
3	Parking thoughts	○○●	○○●	○○●	○○●	
4	16-second routine	○○●	○○●	○○●	○○●	
	Ø points Sum ÷ count, round to 0.5					Ø 2.5–3 green Ø 1.5–2 yellow Ø 1 red
	Overall light	○○●	○○●	○○●	○○●	

STAGE · TALENT · AGE U14–U16

T2 · Talent 2

Date	Check 1	Check 2	Check 3	Check 4

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
OFF-SNOW	**Strength & power**					
1	Single-leg squat					
2	Front squat with extra weight					
3	Overhead squat with bar / barbell					
4	Power clean with bar / barbell					
5	Two-leg leg curl with mat					
6	Nordic hamstring – variation					
7	Single-leg balance					
8	Jump from knee-high box					
9	Lateral jumps with stabilisation					
10	Box jump					
11	Push-ups					
12	Pull-up					
OFF-SNOW	**Endurance**					
1	Continuous run or cycling without a break					
2	1000 m run					
3	12-minute run					
OFF-SNOW	**Mobility & flexibility**					
1	Cow Face Pose Arms (shoulder)					
2	Wall Slides (shoulder)					
3	Thoracic Wall Rotation (thoracic spine)					
4	Pelvic Tilt in long sitting (hamstrings)					

F1 **Foundation 1**

Video & criteria: QR code next to each area

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
OFF-SNOW	**Speed & agility**					
1	Gymnastics					
2	Running fast					
3	Jumping high and far					
ON-SNOW	**Technique**					
1	Bronze – Course					
2	Silver – Course					
3	Gold – Course 1					
4	Gold – Course 2					
MENTAL	**Focusing**					
1	Counting colours (external – wide)					
2	Squirrel – nut (external – narrow)					
3	Spaghetti – ski (internal – wide)					
4	Frog foot (internal – narrow)					

Ø points	Sum ÷ count, round to 0.5					Ø 2.5–3 green Ø 1.5–2 yellow Ø 1 red
Overall light						

F1 Foundation 1

Goals & notes

Check 1 Goals / priorities until the next check

Check 2 Goals / priorities until the next check

Check 3 Goals / priorities until the next check

Check 4 Goals / priorities until the next check

T1 Talent 1

Goals & notes

Check 1 Goals / priorities until the next check

Check 2 Goals / priorities until the next check

Check 3 Goals / priorities until the next check

Check 4 Goals / priorities until the next check

T1 **Talent 1**

Video & criteria: QR code next to each area

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
	OFF-SNOW Mobility & flexibility (continued)					
5	Thomas test (hip extension)	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
6	Shinbox Hip Extension (hip rotation)	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
7	Knee-to-Wall (ankle)	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
	OFF-SNOW Speed & agility					
1	Running drills (ABC)	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
2	Sprint	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
3	Rope skipping	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
	ON-SNOW Technique					
1	Short turn	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
2	Short turn variations	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
3	Mogul slope	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
4	Ungroomed snow	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
5	Step turns	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
6	Skating step	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
7	Short turn race in GS gates	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
8	Terrain transition	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
9	One-leg skiing	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
10	Tuck jump	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
	MENTAL Focusing					
1	360° inspection	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
2	Turn initiation	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
3	Body scan on the chairlift	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
4	Key word	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
	Ø points Sum ÷ count, round to 0.5					Ø 2.5–3 green Ø 1.5–2 yellow Ø 1 red
	Overall light	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	

STAGE · FOUNDATION · AGE U8–U10

F2 · Foundation 2

Date	Check 1	Check 2	Check 3	Check 4

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
	OFF-SNOW Strength & power					
1	Strength & stability – Core & upper body	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
2	Strength & stability – Legs	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
	OFF-SNOW Endurance					
1	Running off-road	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
2	Course (off-road)	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
3	Rolling & gliding	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
4	Cycling	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	
	OFF-SNOW Mobility & flexibility					
1	Top 10 mobility	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	

F2 Foundation 2

Video & criteria: QR code next to each area

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
	OFF-SNOW Speed & agility					
1	Gymnastics	○○○	○○○	○○○	○○○	
2	Running fast	○○○	○○○	○○○	○○○	
3	Jumping high and far	○○○	○○○	○○○	○○○	
	ON-SNOW Technique					
1	Bronze – Course 1	○○○	○○○	○○○	○○○	
2	Bronze – Course 2	○○○	○○○	○○○	○○○	
3	Silver – Course 1	○○○	○○○	○○○	○○○	
4	Silver – Course 2	○○○	○○○	○○○	○○○	
5	Gold – Course 1	○○○	○○○	○○○	○○○	
6	Gold – Course 2	○○○	○○○	○○○	○○○	
	MENTAL Focusing					
1	Counting colours (external – wide)	○○○	○○○	○○○	○○○	
2	Squirrel – nut (external – narrow)	○○○	○○○	○○○	○○○	
3	Spaghetti – ski (internal – wide)	○○○	○○○	○○○	○○○	
4	Frog foot (internal – narrow)	○○○	○○○	○○○	○○○	
	Ø points Sum ÷ count, round to 0.5					
	Overall light	○○○	○○○	○○○	○○○	

Ø 2.5–3 green
Ø 1.5–2 yellow
Ø 1 red

STAGE · TALENT · AGE U12–U14

T1 · Talent 1

Date	Check 1	Check 2	Check 3	Check 4

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
	OFF-SNOW Strength & power					
1	Single-leg squat	○○○	○○○	○○○	○○○	
2	Front squat with extra weight	○○○	○○○	○○○	○○○	
3	Overhead squat with bar / barbell	○○○	○○○	○○○	○○○	
4	Power clean with bar / barbell	○○○	○○○	○○○	○○○	
5	Two-leg leg curl with mat	○○○	○○○	○○○	○○○	
6	Nordic hamstring – variation	○○○	○○○	○○○	○○○	
7	Single-leg balance	○○○	○○○	○○○	○○○	
8	Jump from knee-high box	○○○	○○○	○○○	○○○	
9	Lateral jumps with stabilisation	○○○	○○○	○○○	○○○	
10	Box jump	○○○	○○○	○○○	○○○	
11	Push-ups	○○○	○○○	○○○	○○○	
12	Pull-up	○○○	○○○	○○○	○○○	
	OFF-SNOW Endurance					
1	45 min of exercise without a break	○○○	○○○	○○○	○○○	
2	1000 m run	○○○	○○○	○○○	○○○	
3	12-minute run	○○○	○○○	○○○	○○○	
	OFF-SNOW Mobility & flexibility					
1	Cow Face Pose Arms (shoulder)	○○○	○○○	○○○	○○○	
2	Wall Slides (shoulder)	○○○	○○○	○○○	○○○	
3	Thoracic Wall Rotation (thoracic spine)	○○○	○○○	○○○	○○○	
4	Pelvic Tilt in long sitting (hamstrings)	○○○	○○○	○○○	○○○	

F3 Foundation 3

Goals & notes

Check 1 Goals / priorities until the next check

Check 2 Goals / priorities until the next check

Check 3 Goals / priorities until the next check

Check 4 Goals / priorities until the next check

F2 Foundation 2

Goals & notes

Check 1 Goals / priorities until the next check

Check 2 Goals / priorities until the next check

Check 3 Goals / priorities until the next check

Check 4 Goals / priorities until the next check

STAGE · FOUNDATION · AGE U10–U12

F3 · Foundation 3

Date	Check 1	Check 2	Check 3	Check 4

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
	OFF-SNOW Strength & power					
1	Single-leg squat on box	○○○	○○○	○○○	○○○	
2	Squat with mini band	○○○	○○○	○○○	○○○	
3	Overhead squat with stick	○○○	○○○	○○○	○○○	
4	Static bridging	○○○	○○○	○○○	○○○	
5	Single-leg balance	○○○	○○○	○○○	○○○	
6	Jump from knee-high box	○○○	○○○	○○○	○○○	
7	Push-ups	○○○	○○○	○○○	○○○	
8	Pull-up (eccentric)	○○○	○○○	○○○	○○○	
	OFF-SNOW Endurance					
1	30 min intermittent activity	○○○	○○○	○○○	○○○	
	OFF-SNOW Mobility & flexibility					
1	Cow Face Pose Arms (shoulder)	○○○	○○○	○○○	○○○	
2	Wall Slides (shoulder)	○○○	○○○	○○○	○○○	
3	Thoracic Wall Rotation (thoracic spine)	○○○	○○○	○○○	○○○	
4	Pelvic Tilt in long sitting (hamstrings)	○○○	○○○	○○○	○○○	
5	Thomas test (hip extension)	○○○	○○○	○○○	○○○	
6	Shinbox Hip Extension (hip rotation)	○○○	○○○	○○○	○○○	
7	Knee-to-Wall (ankle)	○○○	○○○	○○○	○○○	

Video & criteria: QR code next to each area

	Skills-Check	Check 1	Check 2	Check 3	Check 4	Video & criteria
	OFF-SNOW Speed & agility					
1	Running drills (ABC)	○○○	○○○	○○○	○○○	
2	Sprint	○○○	○○○	○○○	○○○	
3	Rope skipping	○○○	○○○	○○○	○○○	
	ON-SNOW Technique					
1	Short turn	○○○	○○○	○○○	○○○	
2	Short turn “race”	○○○	○○○	○○○	○○○	
3	Short turn variations	○○○	○○○	○○○	○○○	
4	Carved turn	○○○	○○○	○○○	○○○	
5	Carved turn variations	○○○	○○○	○○○	○○○	
6	Mogul slope	○○○	○○○	○○○	○○○	
7	Ungroomed snow	○○○	○○○	○○○	○○○	
8	Tuck jump	○○○	○○○	○○○	○○○	
9	Snow park	○○○	○○○	○○○	○○○	
	MENTAL Focusing					
1	Run overview	○○○	○○○	○○○	○○○	
2	Reading the snow	○○○	○○○	○○○	○○○	
3	Run replay	○○○	○○○	○○○	○○○	
4	One word per run	○○○	○○○	○○○	○○○	
	Ø points Sum ÷ count, round to 0.5					Ø 2.5–3 green Ø 1.5–2 yellow Ø 1 red
	Overall light	○○○	○○○	○○○	○○○	