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**

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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	○○○	○○○	○○○	○○○	

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	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	

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 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					Ø 2.5–3 green Ø 1.5–2 yellow Ø 1 red
	Overall light	○○○	○○○	○○○	○○○	

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)	○○○	○○○	○○○	○○○	

F3 Foundation 3

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	○○○	○○○	○○○	○○○	

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

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)	○○○	○○○	○○○	○○○	

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	○○○	○○○	○○○	○○○	

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**

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)	○○○	○○○	○○○	○○○	

	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					

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**

Notes

swissski | EDUCATION ALPINE SKIING

MAIN PARTNER
Sunrise

PREMIUM PARTNER
RAIFFEISEN
helvetia
BKW