

TRAINING SESSION PLANNING

Age of participants:

Snow Stars level:

Yearly period:

Date:

Club:

Time: from to

Equipment needed:

Hill space needed:

Goal(s):

Introduction

Key messages/safety points

Warm-up

Include general and specific warm-up, and stretching exercises

Key messages/safety points

Equipment needed

Main part

Check the order of the activities

Key messages/safety points

Equipment needed

Cool down

Key messages/safety points

Equipment needed

Conclusion

Key messages/safety points