

WORKSHEET

How to Analyze Your Ski Season and Plan for Next Year's Goals

As the ski season winds down, it's the perfect time to reflect on your progress, evaluate your strengths and weaknesses, and set strategic goals for the next season. Analyzing your skiing performance helps maximize improvement and ensures that you start next winter stronger than ever. Here's how to break down your ski season and plan effectively for the future.

1. Review Your Ski Season Performance

Start by assessing how you performed this season. Consider the following questions:

- What were your biggest improvements
- What areas still need work?
- Did you achieve any personal skiing milestones
- How did your fitness and endurance hold up throughout the season
- Did equipment or technique limit your progress



Keep a ski journal or log your experiences in an app to track key moments, breakthrough days, and struggles. This self-reflection will help create a baseline for your future goals.

2. Analyze Your Ski Technique

Breaking down your technique is crucial for identifying areas to improve.

Focus on:

- **Carving and Edge Control:** Were you able to hold a clean edge at higher speeds?
- **Turn Transitions:** How fluid were your turns?
- **Moguls and Off-Piste:** Did you struggle with bumps or deep snow?
- **Body Positioning:** Were you centered over your skis, or did you find yourself in the backseat?
- **Speed Control:** Did you feel confident skiing faster or steeper terrain



Consider recording videos of your skiing to visually analyze your form or consult a ski coach for professional feedback.

3. Assess Your Equipment Performance

Your skis, boots, and bindings play a significant role in your skiing ability. Ask yourself:

- Did my skis match my ability and terrain preferences?
- Were my boots providing the right level of support and flex?
- Did I have any issues with my bindings or stance alignment?
- Is it time for a ski tune-up, boot adjustments, or new gear?



Spring sales offer great deals on equipment, making it an excellent time to upgrade before the next season.

4. Evaluate Your Strength and Conditioning

Skiing is physically demanding, and fitness plays a major role in performance. Review:

- **Leg Strength & Endurance:** Did fatigue limit your skiing days?
- **Core Stability:** Was your balance strong, or did you struggle with control?
- **Flexibility & Mobility:** Did stiffness or tight muscles affect your skiing?

Use this analysis to design a **pre-season fitness plan** that includes strength training, cardio, and flexibility exercises to enhance performance next year.



5. Set Clear Goals for Next Season

Now that you have assessed your season, set specific goals for the next one. Use the SMART goal framework (Specific, Measurable, Achievable, Relevant, Time-bound):

- **Skill-based Goals:** Improve carving on steep terrain, ski moguls with better rhythm, or master powder skiing.
- **Fitness Goals:** Increase lower-body strength, improve endurance for longer ski days, or work on flexibility to enhance agility.
- **Equipment Goals:** Upgrade skis, adjust boot fitting, or get a professional stance analysis.
- **Competitive Goals:** Participate in a ski race, join a ski camp, or achieve a certification level.



6. Create an Off-Season Training Plan

Ski performance is built year-round. A solid off-season training plan should include:

- **Strength Training:** Squats, lunges, deadlifts, and core workouts to build ski-specific strength.
- **Cardio Workouts:** Cycling, running, or hiking to maintain endurance.
- **Balance & Agility Drills:** BOSU ball exercises, plyometrics, and yoga to improve stability.
- **Mental Preparation:** Visualization techniques, video analysis, or working with a coach to mentally reinforce techniques.



7. Plan Ski Trips and Training for Next Season

Look ahead to the next season and consider:

- Which ski resorts you want to visit.
- Whether to join a ski clinic or training camp.
- Booking lessons with a ski instructor early.
- Scheduling pre-season indoor or dry slope training to get a head start.



Final Thoughts

Taking time to analyze your ski season and plan for next year ensures continued improvement and a more fulfilling experience on the slopes. By assessing your technique, equipment, fitness, and goals, you can create a structured approach to maximize your performance. Use the off-season wisely, stay active, and come back stronger, more confident, and ready to conquer new challenges next season!

