

**THEORETICAL-METHODICAL ASPECTS REGARDING THE POLYVALENT
INSTRUCTION PLANNING FOR THE TECHNICAL FACTOR AT ALPINE SKIING EVENTS
-THE PREPARATORY STAGE-**

Abstract

Competition alpine skiing represents a sport branch where the technical factor plays a major part in obtaining performance. This article presents the way in which two famous ski schools, the French one and the Austrian one, organize the instruction process for the technical component of training in sports, by its polyvalent approach, with a view to forming the sportsmen's capacity of motor adaptation to the numerous variables which characterize not only every event in alpine skiing but also the execution environment – natural and/or artificial – which these events contain.

Keywords: alpine skiing, planning, preparatory stage, technical training, polyvalence, motor adaptation, sports performance.