



Snowsports Trainers Workshop Guide: Snowboard

The Instructor Candidate is evaluated in each portion for:

- * *Technical Knowledge for the Skill*
- * *Teaching/Coaching of the Skill*
- * *Toboggan Skills*
- * *Safety*
- * *Demo of Skill at or above Alpine Patroller Level.*
- * *MA/Evaluation of the Performance*
- * *People Skills & Communication*
- * *How all Fundamentals Relate*

Review of Safety when Teaching.

Warm Up - Appropriate terrain. Informal assessment of the group's skill and ability.

1. Fundamentals & Application -

- * **Review Fundamentals:** Focusing on Pressure, Edging & Rotary and how they are applied throughout the tasks and maneuvers.
- * **Movement Analysis**, how to Observe, Evaluate, and Prescribe & utilize fundamentals to discover real vs ideal movements & discover cause and effect relationships. *Remember: DIRT: Duration, Intensity, Rate and Timing*)
- * **Create a focus for the day** that helps instructors understand & evaluate a candidate so they can & build progressions, referencing fundamentals, to create successful results.

2. Skill Teaching & Demonstrations - Allow maneuvers & varied terrain to help guide discussions. (refer back to fundamentals, MA, and Tactics & Progressions).

- * **Aligned Athletic Stance** (*Purpose, Drills, Challenges*)
- * **Traverse** - Toe & Heel sides. (*cue: cue: Board tracks in snow, body position, COM*)
- * **Sideslip** - Toe and heel side in the fall line (*cue: fall line descent, speed controlled by tilt*)
- * **Falling leaf** - both sides (*cue: controls fore and aft movement with pressure &/or twist*)
- * **Quick Stops**- both sides stopping in a flexed position (*cue: fall line descent, pivoting board perpendicular to fall line under a stable upper body with a controlled stop in the fall line.*)
- * **Pivot Slips:** - keep the COM moving straight down the fall line, twisting / pivoting the board under a stable upper body.
- * **One Footed Uphill Step, Uphill Traverse:** *Explain skill, usage, & Mechanics*
- * **Instructor/Group: develop individual lesson plans for each participant**

3. Short Radius Turns on Moderate to Steep Groomed Terrain

- * **Objectives for various levels & uses.**
- * **Demo and Individual Feedback & Discussion & by lead instructors**
- * **Potential Practice Drills related to one or more of the fundamentals.**
 - * **Upper & Lower body aligned with the board and/or with Up/Lower body Sep.**
 - * **Flashlight turns to work on Leg Steering**
 - * **Torsional Twist and Active Steering**
 - * **Synchronized Riding**
 - * **Figure 8 Riding**
- * **Instructor/Group: develop individual lesson plans for each participant**

4. Medium Radius Turns on Moderate to Steep Groomed Terrain

- * **Objectives for various levels & uses.**
- * **Demo and Individual Feedback & Discussion**
- * **Practice Drills related to one or more of the fundamentals.**
 - * **Garlands across the fall line in both directions to show twist & Pivot**
 - * **Upper & Lower Body Aligned with the Board.**

4. Medium Radius Turns on Moderate to Steep Groomed Terrain (continued)

- * **Garlands (continued)**
 - * **Pull down on the bottom of the jacket with both hands on side for upper body alignment.**
- * **Cadence Turns: by counts to maintain a consistent speed throughout the turn**
1-2-3 Turn, 1-2-3-4 Turn
- * **Early turn initiation with weight transfer to the new edge at the top of the turn.**
- * **Leapers for weight transfer and develop pressure management.**
- * **Half Carved/Half Skidded Turns: Carve on heel side and skid on toe side, then try to carve on toe side and skid on heel side, developing tilt and rotary awareness.**
- * **Pencil and Eraser Turns: First rider carves and the second rider erases carves with skidded turns.**
- * **Synchronized Skiing/Riding & Follow the Leader**
- * **Instructor/Group: develop individual lesson plans for each participant**

5. Long Radius Turns on Moderate Groomed Terrain

- * **Objectives for various levels & uses.**
- * **Demo and Individual Feedback & Discussion & by lead instructors**
- * **Practice Drills related to one or more of the fundamentals.**
 - * **Upper & Lower Body Aligned with the board.**
 - * **Carved Garlands with edge release then returning to edge. 2-1-2**
 - * **Patience Turns**
 - * **J Turns.**
 - * **Leapers and Dolphin Turns**
 - * **Flexing at edge change to encourage early edge engagement**
 - * **Synchronized Skiing/Riding & Follow the Leader**
- * **Instructor/Group: develop individual lesson plans for each participant**

6. Mogul Skiing on Steep or Ungroomed Terrain

- * **Assessment & Understanding of fundamentals through a progression.**
 - * **Participants introduce a tactic/progression to teach the bumps.**
- * **Practice Drills related to one or more of the fundamentals.**
 - * **Sideslip: Toe and Heel side**
 - * **Falling Leaf: Toe and Heel side**
 - * **Independent Leg Movement (Ollies)**
 - * **Traverse with Absorption of terrain using independent Flexion/Extension**
 - * **Medium Radius Turns with Absorption**
 - * **Short Radius Turns with consistent speed**
 - * **Traverse bumps with snowballs in hand to practice absorption**
- * **Instructor/Group: develop individual lesson plans for each participant**

7. Basic Medium/Large Switch Turns

- * **Objectives for various levels & uses.**
- * **Demo and Individual Feedback & Discussion & by lead instructors**
- * **Practice Drills related to one or more of the fundamentals.**
 - * **Switch Traverses on both heel & toe sides**
 - * **Switch Hopping Traverses on both heel & toe sides**
 - * **Switch Garlands on both heel & toe sides**
 - * **Switch J and C turns on both heel & toe sides:**