

Never Ever Lesson (For someone who has never ever skied before)

The goal of these sessions are to teach the leaders how to conduct a basic lesson. Your job is to teach a lesson to the leaders and explain why you are doing what you are doing. A basic lesson will contain the following components:

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| Brief explanation: | Tell them what you want them to do |
| Moving Demonstration: | Show them what you want them to do |
| Activity: | Have them do it |
| Feedback: | Explain how they can improve what they did. With positive encouragement |

Assume that you have a group of kids of similar age. The following is a progression that you would use to take them to a level of snowplow turns. Uphill skills can be taught at the same time. This is the basic mechanics it is up to you to teach this progression at an age appropriate level, utilizing children's overflowing imagination to create games, themes and adventures.

Understanding Skiing Skills

There are 5 basic skills involved in skiing. Here is a brief summary

Stance and Balance

S&B is the act of maintaining fore and aft, and side-to-side balance on skis, while moving over changing terrain. Good balance requires athletic stance (flexed in ankles knees and hips) looking ahead, hands in front

Pivoting

Pivoting is the turning of the ski with the foot and leg. Ideally the ski is pivoted directly under the centre of the foot.

Edging

Edging is the tipping of the ski on edge causing the ski to grip.

Pressure Control

This is the act of controlling the amount of pressure between the ski and snow. This is mostly performed by bending and stretching of the lower body.

Timing and Coordination

T&C is the blending of all the skills and movement to achieve fluid skiing.

Good instructors will take a movement like a snowplow and break it down into simple movements allowing students to learn the easiest movement first and then to build upon it. This is called a "Teaching Progression"

The objectives of the beginner lesson are to teach S&B, Pivoting and encourage mobility. The more time you spend in the "pre-ski training" (without skis on) the more successful you will be when it comes time to ski.

Teaching environment:

- Preferably flat with a shallow hill nearby that has a nice run-out. Any slope that a student can glide down with out effort is good. Even if it is very short 10 feet. The student should be able to slide downhill and stop without any effort.
- Create a square with cones, or poles, or clothing, cedar boughs etc.
- It is OK to have one side of the square going up a slight hill and the other side going down.
- Students do not need skis to start
- For class control always work in circles/squares with the coach in the middle demonstrating.

Pre-ski Teaching Progression

- Demonstrate pivoting. Imagine a nail driven through your foot. Pivot your foot around that nail. The pivoting motion should include your whole leg to the hip joint.
- Next implement the **Bob's rule of thumb "1st you learn to move, then you move to learn"**
- Have the students try this.

Next perform many variations of this simple movement. This could take 10 - 15 minutes

- Pivot left foot in the air
- Pivot right foot in the air
- Pivot left foot in the snow
- Pivot right foot in the snow
- Pivot both feet in the snow
- Move sideways by pivoting feet
- Move sideways with toe to heel pivoting
- Charleston pivoting
- Jump in the air and land in a snowplow using pivoting
- Walk around the square pigeon toed
- Walk around the square herring bone
- Change back and forth while walking.
- Young children can lie on their back while coach pivots their feet for them.

Coaching Intervention

Watch students to ensure they are performing movement to your satisfaction. Ensure the toe and heel are moving while the center of the foot is stationary. Use the hands on if the student is not "getting it". See last step above. Skill specific

Sliding Progression - boot skiing

Terrain: a gentle slope

Class Control: Use cones to create a start area at the top and turn around area at the bottom. Ensure that the kids go uphill on a separate path from the kids going down hill.

Skills: Stance and balance, pivoting

- Have students run and jump and land on their feet and slide on the snow.
- Add-on landing in a snowplow as they improve.

Coaching Intervention: Teach balance, hands in front, looking ahead, shoulder width stance. Keep kids moving in a circle. Encourage good balance

Safety: Modify exercise if conditions are icy. Do not use poles.

Sliding Progression - 1 ski

Terrain: Use square that you created earlier

Class Control: Have kids face the middle of the square and spaced out around the square.

Skills: Equipment knowledge, Stance and balance, pivoting

- Teach binding function and have kids put on one ski. Ensure that they all put the ski on the same side. For example that they all have the ski on their right foot
- Have the students lightly slide the ski fore and aft while standing in one spot. Have students lift and pivot skis underneath themselves. Ensure that tip and tail of the skis are displaced in opposite directions.
- Have students jump into snowplow position.
- Have students push a scrape a pile of snow by first with heel push then increase expectations to see pivoting skills, increase expectations again to see hip sliding out with ski as if student were balanced more over turning ski.
- **Sliding:** Students can now turn their skis in-line with the perimeter of the box.
- **Safety note:** Ensure that all extra equipment is inside the box so students do not run over equipment.
- **Coaching Intervention:** You should be in the middle of the square giving frequent demonstrations of desired performance
- Kids can now walk around the square with one ski on. Have kids walk in a direction so that the one ski is on the outside of the turn.
- Encourage sliding and balancing on the one ski
- Demonstrate and encourage herring bone on up-hill portion

- Demonstrate and Encourage snowplow stop at the corners of square
- Have students see how far they can balance on one ski
- Encourage balancing skills as described above
- Ensure that you are demonstrating good technique. Kids will copy you if you are sliding with your hands at your side.

Change ski on feet and perform the above progression with ski on the left foot. Reverse direction.

Two skis

Terrain: Flat as possible

Class Control: As soon as you put on two skis things will go haywire as kids start sliding off in all directions and stepping on one and others skis. Do not worry they are learning. Allow a fair bit of room, but create some boundaries

Skills: Pivoting and S&B. You should be teaching the kids how to lift and turn their skis.

- Turning in a circle while tips and tails move around feet
- Turning in a circle while feet move around tips
- Turning in a circle while feet mover around tails
- Side stepping keeping skis parallel
- Herring bone stepping

From here teach snowplow skills (pivoting)

- Brushing the right tail out while keeping the tip stationary (500 times)
- Creating a pile of snow while doing this
- Change feet
- The ultimate performance of this skill is balancing most (70%) of the body weight on the sliding ski
- Jumping jacks into a snowplow (200 times)
- Light jump while sliding skis into a snowplow (250 times)

Coaching intervention: Constant demonstration, Watch students and provide feedback, say, "watch this" "copy me" "try it again" "Good Job" Work toward having the student perform the skill at the highest level.

Sliding Straight run

Terrain: Gentle hill, 10 ` long with nice run out where the students will come to a stop without breaking.

Teaching environment: Set up cones, make a start gate and a finish area. Create a downhill lane and an uphill lane, so that students will be moving in a circle. Use the full length of the slope.

Bob's Rule of Thumb "minimum slope maximum speed"

Skills: Stance and balance, athletic stance, students should be standing on their skis, feet shoulder width apart, flexed in ankles knees and hips, hands up as if holding a steering wheel, head up looking ahead

Coaching intervention: Have students experiment with balance and movement, changing body positions as they slide, lift one leg, squat down, lean from side to side. Coaches should demonstrate 1 time for every 3 kids. Introduce tunnels with the use of skis poles, or limbo. Try to avoid catching children at the bottom as this will encourage sitting back. Students having difficulty can place hand on their knees. Use props, balls, play hand off. As the students become more proficient increase speed by pushing or pulling them...(remember min slope..max speed)

Sliding – Breaking Snowplow

Coaching Intervention: Start by demonstrating a snowplow, have students start their glide with a snowplow. The work you did earlier will pay off now.

Terrain: You may have to increase the hill steepness now or increase the speed but use the same hill

Games: "Red Light – Green Light" Students start with a straight run, coach says, "Red Light" and the student breaks with a snowplow, coach says, "Green Light" the student slides