

# Snowboard Coach Level Two

## Course Outline

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### Focus

The aim of this course is to prepare and assess coaches at being effective in coaching riders from an introductory level through to a Regional level. This includes coaches working with people on a one-off basis or with a team competing at regional and national level events.

A set of assessment standards for each discipline are listed in this outline. Candidates will be assessed on their knowledge, session planning, group handling and presentation skills for all disciplines throughout each relevant day.

Each day on snow a candidate will be given the task of presenting a particular skill or progression to the rest of the group. They will be given feedback from the Session leader and assessed on the quality of their presentation. Candidates will be asked to present more than once during the week.

This course is the second step in the pathway of the SSNZ coach. Completion of the Entry Level Coach is required before entering this course. To find more information on this model and the pathway please go to the Snow Sports New Zealand Coaching website [www.snowsports-coaching.co.nz](http://www.snowsports-coaching.co.nz)

### Course information

Course dates: 8<sup>th</sup> – 12<sup>th</sup> August 2009

Venue: Cardrona

Meeting time and place: 9am outside archway

Equipment: Helmet (Mandatory)

Day passes: if required, will be available to you at 50% discount at the Skier Services Office. An NZSIA course list will be at the Skier Services office by 8:30am.

Closed Days: If the mountain is closed gather at the Cardrona town office at 9:00am. An alternative arrangement of another mountain in the region or indoor session will be organised where a full day's content covered. Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation. Please have your equipment off the mountain in case another mountain is used.

Further enquiries about this course should be made to the Snow Sports New Zealand Director of Coach and sport development.

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## **Prerequisites**

- SSNZ Entry Level Coach
- 25 Logged Shadow/Training Hours Approved by SSNZ Coaching Director
- SSNZ Performance Coach Sports Generic Modules

## **Course Schedule**

### **Day One - Boarder Cross**

- Development BX Coaching
- Set a BX course for development
- Mastering the BX features
- Mastering BX Skills
  - Race Strategy
  - Race Line
  - Drafting
  - Gliding
  - Start Gates
- Video Analysis
- Increase Personal Riding Skills
- Assessments
- Coaching tasks - Show the ability to use tasks/games/drills on and off BX course to develop high end skills.

### **Day Two – GS**

- Development coaching in GS
- Set a GS course taking into consideration the terrain the course runs through
- Increase Personal Riding Skills
- Assessments
- Coaching tasks - Show the ability to use tasks/games/drills on and off GS course to develop high end skills.

### **Day Three – Slopestyle**

- Intro to Advanced Features
- Advanced Coaching Progressions and Manoeuvres
- Video Analysis
- Increase Personal Riding Skills
- Assessments
- Coaching Tasks - Present Advanced Coaching Progressions

### **Day Four – Halfpipe**

- Intro to Pipe
- Advanced Progressions and Manoeuvres
- Video Analysis
- Increase Personal Riding Skills
- Assessments
- Coaching Tasks - Present Advanced Coaching Progressions

## **Day Five - Coaching Assessment**

Show the ability to use tasks/games/drills for a given discipline to develop high end skills.

### **Riding Assessment Standards**

#### **Halfpipe**

The candidate should be able to

- Present a smooth and balanced riding style, demonstrating changes in speed-control though pumping and line of attack.
- Perform a range of straight airs including FS Airls, BS Airls, Air-to-Fakies and Alley-oops with a variety of grabs 2ft above the lip.
- Perform switch straight airs at the lip.
- Perform 3-360 variations close to the lip.
- Drop-in and drop-out of the pipe on both walls

#### **Slopestyle**

The candidate should be able to

- Jumps-All four 180's, two 360's, one 540, Switch Straight air, the ability to use various grabs with spins. All on a 20ft+ Park Table.
- Jibs-Front and backside boardslides, switch 50/50's, switch boardslides, press variations. To be demonstrated on medium to advanced features.

#### **Racing**

The candidate should be able to

- Ride a course within % time of chosen course runner
- Show mastery of skills to perform fast smooth runs
- Show mastery of all BX features
- Show mastery of skills to perform fast smooth runs