

Ski Coach Level One

Course Outline

Focus

This level one coach course is designed to be an introduction to all competitive based skiing disciplines. It is based on the elementary principles of race coaching and freeski coaching.

This course is the first step in the pathway to becoming a qualified SSNZ coach. To find more information on this model and the pathway please go to the Snow Sports New Zealand website www.snowsports-coaching.co.nz

The course is made up of 5 disciplines including Giant Slalom, Slalom, Skier Cross, half Pipe and Slopestyle.

This course is attendance based. 100% attendance is required to pass the course.

Course information

Course dates: 20st – 24th September 2010

Venue: Cardrona

Meeting time and place: 9am outside archway

Equipment:

- Helmet (Mandatory for all days)
- Slalom Protection - Shin Guards and Pole Guards
- Race ski
- Twin tip ski

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.

Adam Dooney | Director of Coach & Sport Development



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Training schedule

Day One – Giant Slalom

Coaching Concepts

Technical philosophy step one: Basic position and steering phase

Giant slalom course setting and training

Development course setting (drill courses)

Giant Slalom skill development

Day Two – Slalom

Technical philosophy step two: pressure phase and timing

Slalom course setting and training

Development course setting (drill courses)

Slalom skill\ development

Introduction to rules and regulations

Day Three - Skier Cross

Course setting

Start design and starting

Skier X Rules

Skills for features

Technique and tactics

Day Four - Half Pipe

Pipe design

Pipe etiquette

Half pipe introduction

Technical development and riding

Video analysis

Day five - Slope style

Introduction to terrain park – etiquette and rules

Simple techniques and balance /switch, one leg, inside leg/

Jump technique + introduction to 3

Introduction to boxes and rails

Please Note: This is the basic outline. You will receive written information at the course. It may need to be adjusted according to the availability of a Pipe & Terrain Park features.

Assessment

This level one coach course is attendance based.