

Coaching the Fundamentals Module



DESCRIPTION

- For any level of certification
- 20 Education credits
- Ideal for those who are working towards Level 3 and Level 4 certification

The Coaching the Fundamentals module develops skiing fundamentals as well as developing the ability to create learning environments that develop skiing fundamentals.

SCHEDULE

Day 1

❖ Registration

❖ On snow (4.5 hours)

- › **AM** – Improve skiing fundamentals of the participants
 - Free skiing drills on varied groomed terrain
 - Creating external focus (line, looking ahead)
- › **PM** – Improve skiing fundamentals of the participants
 - Using situations, environments and imposed turns to develop new motor patterns
 - Corridor training with stubbies/Brush courses

❖ Indoor (45 min)

- › How to create learning environments that develop skiing fundamentals
- › Video debriefing using IACRCv, to establish the challenging zone and time on task, in order to move from one skills stage to the next.

Day 2

❖ On snow (4.5 hours)

- › **AM** - Improve skiing fundamentals of the participants
 - Creating external focus (line, looking ahead)
 - Skiing versatility/agility
- › **PM** – Improve skiing fundamentals of the participants
 - Versatility set challenges