

# Teaching Suggestions for Snowboard Instructors

**TEACHING GAMES:** Be motivated and positive. Little children tire easily, so balance activity with slow times. Keep your games and activities goal oriented and simple. Stop games and Activities when they reach a high level of excitement so they will want to do it again later. Learning is very difficult for some because they focus on their failures and shortcomings. Always point out the positive things they are learning. Children learn from doing and seeing. Keep them moving. Ride at their level and allow your imagination to keep them trying. Be fair, but allow everyone the opportunity to be successful. Ask for student input, but limit choices. Climb out of your adult mold and reach out to them.

**CLASS RULES:** To insure safety and fun use common sense. Follow and make sure your students know the Snow Sports Responsibility Code. Stop below each other and to the side of the run or trail. Take turns being first. Yell “wipe out” when someone falls. The whistle means stop. Be respectful in line. You will have your own rules to suit your style of teaching.

**THE UNDISCIPLINED CHILD:** Try giving them responsibility or a task, teacher helper, ski patrol, ect.... If they don't respond after numerous attempts, take them back to the program supervisor and have them “benched” for one run. You are not a babysitter. Be honest with them and their parents. They know what they are doing.

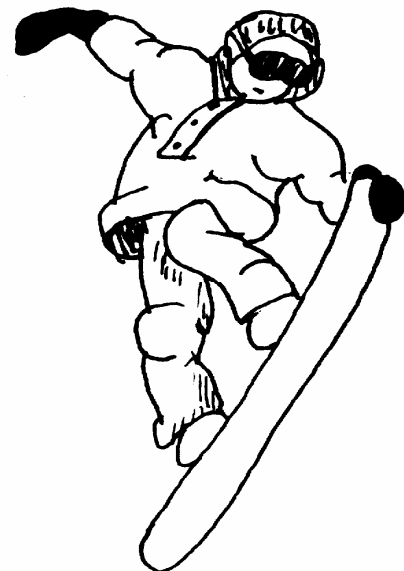
**FINISH CLASS WITH HIGH SPIRITS:** Use the last few minutes of the class to generate tremendous enthusiasm. Use a game, activity, challenge, contest, song, chant something in which your students are totally enjoying themselves. If they don't want to leave the class you have done a very good job in motivating and showing interest in them.

## SSCS Teaching Motto

**BE SAFE    HAVE FUN    LEARN ONE THING**

### Flatland Games

- ✚ Relays, Races
- ✚ 360 Turn Around
- ✚ One Foot Races & Relays
- ✚ Make A Stairway up/down hill
- ✚ Skate Board
- ✚ Flat Run
- ✚ Guessing Games
- ✚ Mother May I
- ✚ Monkey See, Monkey Do
- ✚ Movement Exploration find a way to.....
- ✚ What If bathroom, chairlift, lost, to fast
- ✚ Red Light, Green Light
- ✚ Tail Ride, Nose Ride
- ✚ Pet The Dog
- ✚ Guess What Kind Of Animal I Am
- ✚ Turn With One Foot Out
- ✚ Snow Frog
- ✚ Rollovers
- ✚ Follow The Leader



## Downhill Games

### **Maintain control by position of instructor**

- ✎ Slam On Brakes
- ✎ Track The Animal stay in track
- ✎ Stork Traverse lift tail/tip
- ✎ Platter Relay must carry two items
- ✎ Ball Pass
- ✎ Me & My Shadow front/back side/side
- ✎ Count Number Of Turns
- ✎ Kangaroo Turns
- ✎ Ride Switch
- ✎ Hold A Snow Ball
- ✎ Hug Tag hug yourself until caught
- ✎ Three Turns And Stop
- ✎ Hands In Box

## Individual Activities

- ✎ Animal Sounds & Charades
- ✎ Clap Hands Over Head For Rhythm
- ✎ Sing Your Attitude Down The Hill
- ✎ Student Becomes Instructor
- ✎ Arms sideways, forward, hugging
- ✎ Ride Right, Ride Wrong
- ✎ Verbalize Turn Intensity turn!, tuurn
- ✎ Eyes Closed
- ✎ Leapers/Retractors Turns
- ✎ Sensory Focus what part of foot
- ✎ Tracker look for edges, belly marks
- ✎ Compare Z Turns To S Turns
- ✎ Giant And Midget ride high & low
- ✎ Centered Focus head, foot, stomach

## Group Activities

- ✎ Synchronized Riding
- ✎ Match The Track
- ✎ Syncopated Riding
- ✎ Line Rotation
- ✎ Group Singing
- ✎ Lead Follow
- ✎ Weave The Needle long/short
- ✎ Imitate Others
- ✎ Formation Riding
- ✎ Ride In Corridor
- ✎

## Edging

- ✎ Walking With Board On
- ✎ Side Stepping
- ✎ Straight Run To Edge fan if necessary
- ✎ Hop To Stop
- ✎ Frog Hop
- ✎ Garlands heel/toe
- ✎ Gas Peddle
- ✎ Speed Check
- ✎ Side Slipping toe/heel, from traverse
- ✎ Patience Garlands release edges
- ✎ Falling Leaf
- ✎ Tug Of War
- ✎ Linked Turns switch
- ✎ Tap Turns
- ✎ Long Leg Short Leg
- ✎ Skating
- ✎ Long Turns with multiple edge sets
- ✎ Pivot Turns
- ✎ Short Turns
- ✎ Change Edges use feet, ankles, knees

## Controlling Force Build Up

- ✎ Rocking Fore And Aft find center
- ✎ Straight Run
- ✎ Hopping On Snowboard
- ✎ Rising And Sinking straight run & turns
- ✎ Pedal Turn
- ✎ Hockey Stop
- ✎ Side Slipping gradual slowing/accelerating
- ✎ Toaster Turns hop to initiate
- ✎ Harsh Sinking down unweighting to initiate
- ✎ Turn With No Vertical Change
- ✎ 1000 Tail Taps
- ✎ Hopping Through Turns
- ✎ Excessive Sinking At End Of Turn
- ✎ Float Like A Butterfly Sting Like A Bee
- ✎ Fast Side Slip To Fast Stop toe/heel
- ✎ Work With Angulation
- ✎ Short Turns very harsh, very smooth
- ✎ Check Garlands
- ✎ Straight Run Through Bumps
- ✎ Straight Run Over Transition pre jump
- ✎ Early Edge Change before fall line
- ✎ Pivot Turns In Bumps
- ✎ Easy Jumping explode for more air

## Turning Exercises

### Beginners

- ✘ Scooter Turns
- ✘ Turns No Snowboard
- ✘ Fan System
- ✘ Toe Drag / Heel Drag Turns
- ✘ Straight Run pivot to stop
- ✘ Garland Turns
- ✘ Hockey Stop
- ✘ Mental Practice
- ✘ Side Slipping toe/heel
- ✘ Pedal Turns
- ✘ Run Slalom
- ✘ Follow The Leader
- ✘ Skating

### Intermediate

- ✘ Garlands
- ✘ More, More, Most
- ✘ 1000 Tail Taps
- ✘ Falling Leaf
- ✘ Gravity Turns
- ✘ Skating
- ✘ Counting
- ✘ Terrain Unweighting
- ✘ J Turns Z Turns S Turns
- ✘ 360 Spins
- ✘ Check Turns
- ✘ Turn Hop Uphill

### Advanced

- ✘ Short Turns
- ✘ Pivot Turns
- ✘ Gas Peddle
- ✘ Slalom/Giant Slalom
- ✘ Rebound
- ✘ Early Crossover
- ✘ Short Leg Long Leg
- ✘ Initiate With Early Edge
- ✘

## Riding Dynamics

### Anticipation

- ✘ Eyes Down The Hill
- ✘ Pre Turn
- ✘ Edge Set
- ✘ Shadow Turns
- ✘ Shot Turns with countering finish

### Cross Over

- ✘ 1000 Tail Taps
- ✘ Dive Into New Turn
- ✘ Pass Through Window
- ✘ Start Turn With Early Edge
- ✘ Long Leg Short Leg

### Rebound

- ✘ Check Hop Garlands
- ✘ Long Turns To Short Turns
- ✘ Linked Hockey Stops
- ✘ Bumps
- ✘ Travers Moguls
- ✘ Float Like A Butterfly Sting Like a Bee
- ✘ More, More, Most

### Angulation

- ✘ Pick Up The Dollar
- ✘ Look At Bottom Of Snowboard
- ✘ Long Leg Short Leg

### Carving

- ✘ More, More, Most
- ✘ Long Leg Short Leg
- ✘ Traversing
- ✘ Edge Lock / Release Traverse
- ✘ Multiple Check Turn
- ✘ Leave A Groove In The Snow
- ✘ S Turns

# **FIRST DAY ON-SNOW SNOWBOARD PROGRESSION**

## **ABILITY: New Snowboarder**

### **1. TERRAIN: Flat Use Magic Carpet**

**Back Foot Out Walk Around Push And Slide Push, Glide & Steer  
Both Feet In Stationary Pivot Turn Kick Back Foot Around  
Practice Both Directions**

### **2. TERRAIN: Flat To Slight Incline**

**Both Feet In From Sitting Position, Stand To Heel Edge, Sideslip To Stop  
From Kneeling Position, Stand To Toe Edge, Sideslip To Stop**

### **3. TERRAIN: Slight Incline**

**Heel Edge Falling Leaf Toe Edge Falling Leaf Straight Run Onto Edge  
Steer Uphill To Stop Like A Letter J Use Pivot Turns Practice Both Ways  
Contact Supervisor**

### **4. TERRAIN: Chairlift**

**With Your Supervisors Consent You Can Take Students To The Chairlift  
Explain To The Students What They Are To Do In A Way They Can Understand  
Watch Other People Loading Put Student On Side That Lift Operator Is On  
Ask Operator To Slow Down Lift Have Student Sit Back And Hold On With Two Hands  
Do Not Swing Or Kick Feet Do Not Look Backwards  
Keep Snowboard Up When Approaching Top Keep Snowboard Straight  
Tell Students When To Stand Up Make Sure They Have Scooted Forward  
Do Not Push Off Put Back Foot On Stomp Pad Push Back Foot Against Back Binding  
Lean Slightly Forward Slide Straight Down Ramp**

### **5. TERRAIN: Medium Incline Top Of Chairlift**

**Explain To Class What You Are Going To Do Before You Start Moving Use Caution  
Stay Below Your Class By Riding Backwards Use Side Slipping To Keep Speed Down  
Use Falling Leaf Use Uphill Turning  
Link Turns And Stopping As Soon As Terrain Or Ability Allows Make Lots Of Turns  
Check In With Supervisor Before Returning To Lift**

## **SNOWBOARDING LESSON PLAN**

### **WEEK 1 Balancing**

**1. Skate On One Foot 2. Lean Forward, Lean Back, Find Center 3. Hands In Front**

### **WEEK 2 Stopping**

**1. Red Light, Green Light 2. Pivot Turn 3. Hockey Stop**

### **WEEK 3 Turning**

**1. Gravity Turns 2. Follow The Leader 3. 1000 Tail Taps**

### **WEEK 4 Weight Transfer**

**1. Lean Downhill, Lean Uphill 2. Tap Tip, Tail, Whole Board 3. Hop To Start Turn**

### **WEEK 5 Edging**

**1. Stair Steps 2. Side Slipping 3. Falling Leaf**

### **WEEK 6 Flexing, Absorbing, Retracting, Angulation**

**1. Dribble And Shoot Basketball 2. Traverse Moguls 3. Early Edge Change**