SNOWBOARD PROGRESSION

LEVELS 1-4

HOW DO WE GET STUDENTS TO DEVELOP SKILLS TO REACH A GOAL

To develop new skills, teaching new information is delivered in a progressive manner, beginning with simple exercises and moving onto more complex exercises as you go. Introducing the skill starting from the ground up, making sure each student is competent before moving on to the next movement.

Static: in which a goal or sensation is introduced at most basic level. The student is exposed to correct movements or sensations while standing still with or without the snowboard on.

Simple: in which the movements or sensations are introduced in the stationary exercise-set in motion.

Complex: Student can improve exercise and accuracy at slow speed on comfortable terrain. Same movements as simple.

Whole: applied during student's free riding with the skills learned so far.

LEVEL 1: INTRO TO SLIDING ON A SNOWBOARD-FLAT FIRST

Static: boot work: teaching proper stance, balance, alignment on snowboard

Teaching how to flex/extend twist and rotate without sliding. Teach loading and unloading carpet

Simple: Skating with one foot out on flats

Complex: Straight glide on gentle slope with foot out

LEVEL 2: STRAIGHT GLIDE TO NATURAL STOP: TWO FOOTED

Static: on flat , lift toes then heels to feel edge of board

Simple: Straight glide on flat, lift toes or heels to stop

Complex: Facing directly downhill, glide on gentle slope and lift toes or heels to stop (side slip)

LEVEL 2: FLOATING LEAF

Static: Standing on flat, using knees and ankles pressure the front, then back foot

Simple: On flat, holding instructor hands make a direction change with slight speed

Complex: on gentle slope, floating leaf in zig zag pattern on heel edge, then toe edge

LEVEL 3: GARLAND TURNS: FOCUS ON HEEL EDGE THEN TOE EDGE (OR WHICHEVER STUDENT PREFERENCE IS FIRST)

Static: Standing on flat, using knees and ankles pressure the front, pivot board back to neutral or draw a garland in snow

Simple: On flat, using one foot skate and make same side edge turns

Complex: on gentle slope, point nose of board into fall line, make same side edge turn and repeat

At this point teach how to ride chairlift

LEVEL 3: J TURNS: FOCUS ON HEEL EDGE THEN TOE EDGE (OR WHICHEVER STUDENT PREFERENCE IS FIRST)

Static: Standing on flat, using knees and ankles pressure the front, pivot board back to neutral

Simple: On flat or gentle slope, using one foot skate and make j turn

Complex: on gentle slope, point nose of board into fall line, make edge turn to stop

LEVEL 3: C TURNS: FOCUS ON HEEL EDGE THEN TOE EDGE (OR WHICHEVER STUDENT PREFERENCE IS FIRST)

Static: Standing on flat, one foot unstrapped, use hands to show how you begin tall in your turn, then bend knees at apex of turn (raise hands up with knees straight, lower hands as knees bend)

Simple: On flat or gentle slope, using one foot skate and make c turn ensuring body is closed to the slope at finish of turn board is perpendicular to fall line

Complex: on gentle slope, point nose of board into fall line, make edge turn to stop ensuring body is closed to slope at finish of turn and board is perpendicular to fall line

LEVEL 4: LINKED TURNS

Static: Standing on flat, both feet strapped in use hands to show how you begin tall in your turn, then bend knees at apex of turn (raise hands up with knees straight, lower hands as knees bend). Make edge roll transitions by slowly going from toe to heel

Simple: On flat or gentle slope, using one foot skate and make liked turns or edge rolls

Complex: on gentle slope, use hands to get body in rhythm. Begin tall in your turn, then bend knees at apex of turn (raise hands up with knees straight, lower hands as knees bend).

Whole: ride without using hands and making linked turns

SKILL BUILDING & CHAIRLIFT

- Teach safe loading/unloading; always use bar.
- Apply progression principle: *old skill → new terrain / old terrain → new skill*.
- Reinforce skills before adding new challenges.
- Use drills/games: stopping, starting, turning, direction change.

Beginner terrain flow: Turnpike → Gemini (download if needed) → Village Way

Indoor boot fitting and drills > One footed drills > Heel / Toe side slip > Heel / Toe floating leaf > Heel / Toe traverse > Heel / Toe Garland > Heel / Toe J turn > Heel / Toe C turn > Linked turns

******new skills, old terrain****** Teach new skills on familiar terrain, practice old skills on new terrain. Once students can link turns and control speed independently, moving to new terrain is appropriate. Does not have to be any steeper. Ride a longer similar pitch for practicing.