



DRAFT Dec 5-7, 2019 Mt St Louis Moonstone Coach Education Schedule

Thursday Dec 5 AM – invite only for AOA Skill Evaluators

- 5 basic skills and how to teach them (sequencing up to a basic parallel turn)
- Straight running (stance and balance)
- Add a breaking snowplow (edging)
- Straight running 1 foot on both sides (pivoting)
- Sliding snowplow and diagonal sideslip
- Glide Christie and how it relates to a race turn and a carved turn

Structure of a lesson – Pedagogy

- Deliver a structured lesson, what the content is and how to achieve a goal by doing.
- Less talk, show them by using mirror neuron approach (show video to CC's)

Sequence a lesson up to on-my-6 (follow the leader and copy)

- 1st you get good, then you get fast –
- On-My-Six is a test
 - If they can do it, take them to a drill
 - If they can't do it, go back to skills and skiing

Teach the skill Friday, test the skill Saturday.

If the skill is deficient on the test, how do you take them out of the environment and improve the skill?

Improve the skiing to run the environment better – If you can't ski you can't race

Thursday Dec 5 PM – invite only for AOA Skill Evaluators

Setting –See AOA site for list of 11 environments

1. Apex
2. Free ski with pole usage
3. Skating race
4. Picket Fence
5. Straight-run to sideslip
6. Linked 360's
7. One ski skiing

8. Outside ski turns
9. Pole Jumpers
10. Straight-Run-In-Wave-Track
11. Side Slip Traverse
12. Obstacle course (terrain dependent)

(<https://www.alpineontario.ca/skills-drills-thrills/>)

Talk about **OUTCOMES** related to skills

Coaches need an understanding of the skills to evaluate the drill environment

FRIDAY Dec 6 AM

- Deliver Thursday AM content
- Show coaches progression/sequencing of how to develop a parallel turn
 - 5 basic skills
- Show structure of a lesson by example – keep it moving (try this!)
- Demonstrate good skiing and make suggestions about how to make skiing at MSLM interesting
 - Can you turn every run into 3-4min of skiing?
- How do we light the fire?

FRIDAY Dec 6 PM

- Training coaches eyes
 - Watch kids skiing with wranglers and identify what they need to work on and how to fix it
- Can coaches demonstrate at a U12 level?
- Progression to On-my-6
- What terrain is available to ski through to promote athletic stance and use of all joints?

SATURDAY Dec 7 AM/PM

- Environment setting
- See list above
- If the skill is deficient on the test, how do you take them out of the environment and improve the skill?
- Teach the skill on the hill, test the skill