Freestyle Canada’s NCCP FUNdamentalz Coach

On-Snow Module Learning Facilitator Quick Guide

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| Day 1 AM INSIDE |
| Activity  | Instructional Design | Key Point | Other |
| INSIDE |
| Welcome | Self Introduction | Model participation | Learn names! |
| Ice Breaker | “What is common” | Connecting |  |
| Active Learning/SEL/H5 | CC’s Read | Understand FC philosphy | LF Guide page 8/back Pocket Guide |
| 2 Teaching Methods | Compare NCCP andI DO.WE DO.YOU DO | Use intentional approach/start critical thinking on coaching | NCCP **explain, show, watch, give feedback, and watch again** |
| DAY 1 AM OUTSIDE  |
| Star Of The Day | Everyone gets a turn to be special |  | Bring something to wear for “Star” (eg old world cup bib) |
| Play Clans | Do equipment check while playing Use game to get heartrate up | Helmet, goggles, bindings, gloves, baskets on poles, boots function, dressed for weather | Talk to parents and don’t let leave until check is complete in case there’s a problem |
| Managing Transitions | Line up by number and remember who is next to you  | This is fun and will make the day go smoothly | Use an visual cue with words “line-up”, and rehearse a few times |
| Warm-up ski | Get moving quickly! | Play with lateral/fore-aft/rotational balance and movements | Start to assess candidates abilities and experience |
| Scan the environment | Introduce “Coaches Hat”  | Coaches must assess that conditions are appropriate for class |  |
| 180/360 on snow | Keeping moving and playing- intro managing traffic | Freestyle involves lots of different movements | Introduce vision points and edge control  |
| Switch Wedge Turns | Red/Light Green light | Pressure outside edge, lead rotation upper body | use magic finger to lead, and to look where going! |
| Skiers Responsibility Code | Make this a “find it” game | Familiarize CC’s | Give lots of clues! |
| 4X 4 turn phases/skills | Draw diagram in snow |  Keep High level! | Use TISC |
| Activity  | Instructional Design | Key Point | Other |
| Transition | Use Hops to get balanced | Athletic Body Position- Balance | This is not static phase – it is connector motion |
| Initiation | Tapping drill builds movement to outside ski | *forces shift and the movement of lower joints start the turn.* | Tap “inside” ski |
| Shaping | Power Wedge drill builds steering skills | *the lower body is actively steering the ski and loading the edge to create a rounded turn shape* | Take back into medium radius turns |
| Completion | J-turns finish turn and teach separation movement | *Effort in completing rounded turn will control speed and set up the next turn.* | Also intro pole plant in this phase to set up for new turn |
| Observe skiers on hill | Break into 2 groups to discuss | *Learn to assess skills to report card standards* | Group 1 ABP through turn, Lower body joints start turn, steeringGroup 2:pressured edge presseure outside ski, Pole plant timing |
| Roller Blading | Ask if CC want to explain? demo? | *Roll knees to create edging – stay balanced on edges* | Assess if cc’s are meeting ski standard – or need to take Skiing Skillz |
| Angulation drill | You explain and demo | *should develop angulation/ separation/timing* | Emphasize solid mechanics that allows for individual style/varying tactics |
| Peer Coaching | You observe and if time allows give one on one feedback | Coaches peer coach assessing balance and edging/carving | Focus on one key feedback for candidates who require support to pass |

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| Day 1 Lunch Inside |
| Activity  | Instructional Design | Key Point | Other |
| Pocket Guide Quiz | Orient candidates to guide | Make sure they are using guide! | Prep from LF Guide |
| H2O | Discussion | Make aware of hydration and cold | See LF guide |
| Day 1 PM Outside |
| Warm-up | Knee Fencing | Tap opponents knee 3 times to win and switch partners |  |
| Side Slipping races/Draw Boxes in snow | Develop skills on the way to the park  |  Take your time to master foundation movements |  |
| Terrain Guide Etiquette | Learn in the moment | Call Dropping/identify safe stop zones/Jump open closed signs |  |
| Hockey Stops | Use drill to get feel for 90 pivot | Strong up pivot motion – feel difference on and off edge | Make sure wide low stance and body facing down hill  |
| Scan Environment - boxes | Coaches identify condition and safety of features | Critical thinking – coaches hat – what happens to people on first attempt on box? |  |
| Intro box progression | Slide straight/Hand Spot/Corridor rail review/ spot slow moving entry/ progress to 90 pop on. | Don’t skip steps!  | Ask if stronger candidates want to try switch exit or entry.(direction controlled with core) |
| Practice Visualisation exercise | Use in a moment when introducing a new skill | Have skiers relax with deep breathing and talk them through visualising skill with their eyes closed | Not all can visualise at this age but good skill to work on! |
| Scan Environment – Wall/Halfpipe | Coaches hat moment  | Try using the last hit of pipe with entry low point on wall to introduce skills. | Ideally find wall skill for at least part of/or all lesson if no pipe. |
| Air 180/Alley-oop/Air to Fakie | Use demo and try | ABP/Small to Big extension up wall/feel zero G point | If time discuss using more edging to control speed/line. |

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| Day 1 After Skiing Inside |
| Activity  | Instructional Design | Key Point | Other |
| LTAD activity | Divide into groups and draw 6-9 child and FUNz coach | Refer to LTAD guide – how kids learn, what they like | Kee fun |
| Terrain Guide | Share PPT | This is on resource centre to share with resorts |  |
| Q&A Matching Activity |  |  |  |
| Coach Pathway | Review | Ensure coaches know what steps they require |  |
| Explain Evaluation Process | Go over the evaluation sheet | Make sure coaches know the standard and how they are being assessed |  |
| Review Report Cards | From Today watching skiers – think about what boxes you would tick. | This is very important for parents |  |
| Review Duty Of Car | Ask who can explain | *athletes should ideally always be supervised and delivered to parents directly at end of day.* |  |
| Review Accident reports cards | Show where to find on FC website | Emphasize importance to make insurance claim | In Membership – club section. |
| Group Managment | Break into 3-4 superhero groups | Each group discuss one type and debrief Sandwich, 2 stars and wish/specific/positive | Each group review group managment |
| Give Coach assignments | CC try coaching | See LF guide | Looking for clear/concise instructions, fun and safe active learning |

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| Day 2 AM Indoors |
| Activity  | Instructional Design | Key Point | Other |
| I Statements | coaches make their own I statement | Introduce goal setting |  |
| Safety Scenario | Give group scenario to discuss- debrief as full group – you lead | Coaches develop critical thinking around risk |  |
| Day 2 AM Outdoors |
| Land Sea Air/Simon Says | Play games to raise heartrate and include jump skills in games | Directions should be clear – check in for understanding –  | don’t eliminate anyone from participating |
|  Scan Environment – coaches hat | At jump – include 3 rules jumping  | Review inrun, jump landing | Review jump open closed – position coach in best spot  |
|  Try the Jump – straight Air | Coaches learn by doing | Watch for timing of extension(lift) and balance |  |
| Tuck Jump and Spread Eagle | Intro on ground first | Practicel movement before doing off jump |  |
| Twister | Peer Coach | Push hips through for full extension/counter twist in air |  |
| Jump 180  | CC leads Learn on flats  | Discuss movements including contact point at feet that creates rotation | Refer to rotation principles in PG and check everyone is clear |
| 180 jumps both ways | Use rollers etc if you have them – then back to jump | Encourage active learning of this skill | Emphasize teaching both directions - vision |
| Switch take-off | Introduce if you have time – use stronger jumpers | Makes sure feet/edge are set to create contact |  |
| Name A Grab | Cc leads Play name a grab game as break |  Cover japan, mute. Safety and allow creative grabs |  |
| Try Grabs! | CC work on grabs of their choice – at least one attempted | Try to get in at least 3 jumps ea | LF feedback, and CC’s can help each other informally |
| Indoors for lunch |
| Lunch |  LF updates evaluations | Encourage healthy choices Discourage sugary treats |  |

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| Day 2 PM Outdoors |
| Activity  | Instructional Design | Key Point | Other |
| Knee fencing and Mogul Tag | Warm up games | Show “proud” mogul stance. Hands up for double fist bump |  |
| Tray of Drinks - groomed | Introduce on flats – use “hot Chocolate” | Tall quite upper body – vision up –legs move to turn |  |
| Practice Mogul Stance | Show a video of Olympic Mogul Skier/try skiing like them | Emphasize stance |  |
| Scan The Environment – Coach Hat | Review moguls roller tank terrain | Check for shape/condition/possible hazards | Make sure pitch is green steepness |
| Absorption extension | Intro on land/ demo and try in traverse | Show legs coming up to chest (not drop down) |  |
| Intro Parts of Moguls | Make a game  | May be first time with terms - introducing | Keep quick/active and simple! |
| Tray of Drinks – rollers or moguls | Same drill – adding up and down movement of legs | Check stance and balance and vision | Provide CC’s one on one feedback ‘tips’ informally through moguls section |
| Pole Plants | After a at least 2 tries turning in roller tank – add timing pole plant | Reach and touch on backside | This is not required outcome – but will help improve for/aft balance and timing |
| Add small jump in travers | Do this if you have terrain | Remind jumping skills |  |
| Turn in roller tank and or moguls | Pull it together with mileage | Encourage skiing over tops and sides and starting turn after crest | More advanced timing than required for course outcomes |
| Moguls Showcase Run | Give everyone a countdown and let then show-off their skills | Ask how they felt – in gate – on course – at end? | Showcase runs develop readiness to enter competitions |
| Last Chance for on-hill Questions! | Save time for any onhill skills review | Limit to 10 minutes |  |
| Day 2 PM In Door Wrap up |
| Prepare for evals | Let everyone know when and where evals will happen | Wrap up and encourage everyone to continue their training and use resource centre and wiki | Make sure you have time to complete evals – 40 min |
| Debrief Candidates  | Give 5 minutes per person to cover results and next steps | This should take no more than an hour! | Check Candidate email to send them excel eval form and give them info on how to follow up |