

Candidate:

Location:

Date:

Student  
Profile

Gender: Male Female      Background: \_\_\_\_\_

Approximate Age: \_\_\_\_\_      Skiing Experiences: \_\_\_\_\_

**1. What do you think this student expects from a lesson (according to the description at the start of the video) and why?** \_\_\_\_\_

**2. Describe what you see relative to:**

*Does the skier look balanced with joints evenly flexed?* \_\_\_\_\_

*How does the skier complete and enter a new turn? Is the skier moving in the intended direction of the new turn?* \_\_\_\_\_

*Do guiding movements of both skis originate in the lower body?* \_\_\_\_\_

Are turn shapes consistent and round? What is the skier doing to control the shape of the turn? \_\_\_\_\_

**3. What is the student doing well and how would you describe this to your student?** \_\_\_\_\_

**4. Based on your observations above and the student profile, what is the overall goal for the lesson?** (discuss in terms of Balance & Stance, Turn Entry, and Turn Shape)

**5. What specifically will you work on to achieve the goal above?** (Technical focus; skills, skill blend, movement pattern) \_\_\_\_\_

**6. Describe your plan to progress the student:**

a. What are optimal terrain and snow conditions for your lesson plan? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

b. What will you focus on in your demos? What do you want them to see? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

c. What kinds of drills, activities, games and/or exercises will you use to reinforce movement pattern change or improvement? Include how you would use visual, auditory, or kinesthetic cues to enhance the process. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

d. How will set up practice time during the lesson? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

e. How will you summarize the key points of this lesson? What should the student do next? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

f. How might you adapt your lesson plan for a different aged student? (adult to child or vice versa) Use the CAP model to organize your thoughts. \_\_\_\_\_

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