

Candidate: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Student Profile</b>	Skier Number _____	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. Look for these basic movements in the skier and describe the most important things you see during during the *Turn Transition and Turn Shaping* phases of the turns.**

- Control the relationship of the Center of Mass to the base of support. \_\_\_\_\_ Does the skiers relationship of the Center of Mass to the base of support to direct pressure along the length of the skis?
- Control pressure from ski to ski and direct pressure toward the outside ski. \_\_\_\_\_ Is the pressure controlled from ski to ski and directed toward the outside ski?
- Control edge angles through a combination of inclination and angulation. \_\_\_\_\_ Does the skier control of edge angles come through a combination of inclination and angulation?
- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body \_\_\_\_\_ Is the Control of the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body?
- Regulate the magnitude of pressure created through ski/snow interaction. \_\_\_\_\_ Does the skier regulate the magnitude of pressure created through ski/snow interaction?

*Turn Transition* (How does the skier complete the turn and enter the new turn?) \_\_\_\_\_

\_\_\_\_\_

*Turn Shape* (What is the turn shape like and 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 the above observations and the student profile, what do you believe is the most important aspect of the student's skiing that you choose to address? In other words, what is the overall goal for the lesson?** (Will you help them start their turns, control speed, vary turn size, ski steeper terrain, or...?)

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\_\_\_\_\_

**5. State the technical focus of the lesson.** (What basic movement(s) or skill(s) will you improve to help meet the chosen goal?) \_\_\_\_\_

\_\_\_\_\_

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

a. In easily understandable terms, explain why your technical focus will help the student (preview). \_\_\_\_\_

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\_\_\_\_\_

b. What are optimal terrain and snow conditions for student success? What safety precautions will you take? \_\_\_\_\_

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\_\_\_\_\_

c. How will you show/demonstrate the changes you want your student to see and understand? \_\_\_\_\_

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\_\_\_\_\_

d. What kinds of cues, phrases (visual, auditory and/or kinesthetic) do you use to help the student understand the concept? \_\_\_\_\_

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\_\_\_\_\_

e. What kinds of drills, activities, games and exercises do you use to reinforce movement pattern change or improvement? \_\_\_\_\_

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f. How will you set up practice time during the lesson to apply this information? \_\_\_\_\_

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

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