

Candidate: _____

Location: _____

Date: _____

Student Profile	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.

Directional movements, vision, and pole action: Do directional movements, vision, and pole action lead toward the intended direction of travel?

Fore/aft balance: Is fore-aft balance managed over the whole foot with pressure distributed appropriately along the length of the skis?

Lateral balance and pressure: Is lateral balance and pressure managed appropriately from outside ski to outside ski through turns (the outside ski bends more than the inside ski)?

Rotational (guiding) movements: Do rotational (guiding) movements of both skis originate in the lower body?

Progressive increase and decrease of edge angle: Does progressive increase and decrease of edge angle occur with both skis as needed?

Flexion and extension movements: Are flexion and extension movements effectively used to manage balance, pressure, and edge release and engagement?

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...?)

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). _____

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

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

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

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

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

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

