

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. _____

