



**RIDERS**

GROM TRAINING

**BLACK  
CURRICULUM**

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# Session Plans

Each week of the program has a one-page session plan that includes the goal of the week followed by a detailed training session, drills & activities. These sessions are a framework. Programs may be shorter, longer, or have more sessions. The more time you have the more riders can experiment with the concepts. Mileage is always beneficial for all levels of riders.

**Week 1:** FUNdamentlas & Assessment Day

**Week 2:** Carving Review & Carve for Speed

**Week 3:** Gates, Course Variation & Racing

**Week 4:** The 360

**Week 5:** Slopestyle - Perfecting Tricks & Making a Run

**Week 6:** Snowboardcross Skills -Strategy & Speed

**Week 7:** Halfpipe - Air & Tricks

**Week 8:** Grom Series Event or Mock Comp

Suggested Week 9-12 (additional sessions)

**Week 9:** Parallel Race Gates

**Week 9/10:** Halfpipe 2

**Week 10:** Blue Park Jumps

**Week 11:** Snowboardcross Skills -Strategy & Speed 2

**Week 12:** Program Review & Wrap up or Mock Comp, or Grom Series Event 2

# Equipment Required

## BE PREPARED

This section shows what is needed for each session. At the end of each session, check to see what equipment is needed for next session. This gives you the week to gather, find, borrow, beg, or build what you need. A good coach is a prepared coach and equipment is part of the game. This area will identify specific equipment needed beyond the usual (Appropriate clothing, safety equipment, phone, lift pass, and this booklet). This program will require race gates and the tools needed to put them in the snow. Consider strongly what this means for you. Can you get away with pylons, dusters, bamboo or do you need full stubbies and screw in gates?

# Warm-up & Introduction

## SELF WARM-UP

The goal of the BLACK warm-up is to have the riders do the warm-up themselves so that they are fully able to warm-up, and get in the habit of warming up on their own. They lead you and you guide on correct technique.

**Coach:** This area will inform you of specifics of this session, key points to make, or items to note. This section will give you some perspectives on the session.

**Social Engagement (S.E.):** Use this time to kick off the interaction of the rest of the session. It is important that the riders are interacting in a healthy and positive way. Shut down negativity, bullying, or disrespect at this time. Don't wait until it becomes a problem. Be sensitive to shyness, language difficulties, and anyone that is feeling lost or way out of their comfort zone.

**Introduction:** Use this time to introduce what the session is about. Determine what they know, inform them of why or how this fits into their overall snowboarding. You want to setup a level of understand of WHY the riders will be learning specific things. This lends purpose as well as begins to understand the bigger picture.

**Example:** Discuss difference between new skills, landed skills, perfected skills. Have each rider pick a new trick they want to learn, discuss how it fits into their run (Ec they can do FS 180, so Cab 180 or cab 360).

**Warm-up:** Full body dynamic warm-up.

- They Lead you, you Guide them on correct technique, reminders, and introduction.
- In the coach's toolbox, there will be some activities or specific warm-ups relevant to that session.
- Allow focus on body areas you will be training hard that session
- Allow riders to do individual stretches if they have tight, sore, or injury recovered parts.

A Warm-up Run is a good way to either get going or to finish a warm-up. Make the run dynamic, everything should flex at some point. Also, a warm-up run is a good opportunity to check out the conditions of runs, parks, or areas you want to be training in.

# Cool Down & Conclusion

## REVIEW THE SESSION, PREPARE FOR THE NEXT

End sessions with a fun cool down that has a medium technical level, but has the group interacting. Allow them some freedom to get to the bottom as they choose. Keep this similar each day to add continuity and structure. Cool down: Have a quick stretch. “3 min static stretch” Touch toes, pull back shoulders, bend neck side to side..etc. Have the riders focus on areas that they have used that session. This is one step closer to the major cool down/recovery later in their athletic lives and provides a good opportunity for a conclusion.

**Conclusion:** During cool down wrap up the whole session and tie it to the introduction. Point out where it fits in the whole program, and their riding. Leave each with an individual best thing they did that day, or things they are close to achieving. Setup the next week. Always finish with a “Thank you for coming” and a round of Hi-5s (or make it your own).

## Social and Emotional Learning (SEL):

Snowboarding can help develop social and emotional skills that can be used in other areas of life. Although it is an individual sport, it is usually done in groups and has a large social aspect as well as being a “lifestyle sport”. Throughout the program there will be developmental key points to watch for and try to develop. As much as possible, integrate snowboarding into their daily lives.

## WEEK 1

# FUNDamentals & Assessment Day

**Equipment Required:** None

**Goal of Session:** Get to know the riders and assess their level of riding. Determine the level of the program, main goals, and focus.

**Coach:** Make it FUN and show a high level of energy and enthusiasm. These could be all new or all returning or a mix. Make sure not to ‘favor’ returning riders, yet acknowledge them as “veterans” as you may be able to call on them during the program. Inspect everyone’s gear and ensure it all fits, is set up properly and is appropriate for the rider.

**S.E.** Introduce yourself and any assistant coaches using a **name game**. \*if all returning, try an **advanced name game**.

**Intro:** Review **program protocols**. Explain difference between Blue and Black program – Black Theme is “Competitions” and what that means (learning competition formats, how to put together a run, maybe get a chance to enter an event?!?)

## WARM-UP

Have riders lead you and the group through a warm-up while you guide them on correct technique, reminders, and the introduction to the session. Make it fun and a **Dynamic Warm-up**. Use your judgment on the temperature but **Get the blood flowing**.

Take a Warm-up run on a mellow blue run. Take a look at each rider and assess their riding level.

## MAIN PART: RIDER ASSESSMENT

Learn their names and use them as often as possible. After the first hour make sure you give each rider at least one individual correction on their riding but don’t over coach, it is assessment, review, and warm-up day

## AM

Use Mileage to assess the Fundamental Skills riding level and if there are any splits in the group. Avoid too much stopping. The riders may be nervous, first day on snow, just had growth spurts, or be in new equipment.

Give them time to get in the groove. Take a look at each rider and assess his or her riding skill.

- Assess general riding ability – body position, turn shape, what is the board doing (**sliding, slarving, or carving**).
- Challenge their balance and work towards a balanced body position.
  - Have riders ride high, low, with arms in various positions, jump while traversing fall line, etc.
    - **Follow the leader** works well with this one and make it tough!
  - Get the riders to swap partners a few times. This will help them meet others and help you figure out good partners for future drills.
- Keep any feedback focused on **balance & stance issues**
- Switch Assessment: Switch is critical at this stage for continued development so have them try drills & exercises switch as well.
  - How far apart are their carves from their regular ones?
  - If successful, try a switch run on more difficult terrain.
- Carving Assessment: End with a few runs challenging their turning skills. Vary the turn corridor and the steepness of pitch.
- Keep an eye on **board performance**.
  - Use smooth and dynamic movements (flexion & extension) to load and unload the board (for greater board performance).
  - **Extreme Sponsor Turns & Heel & Toe Side Slashes**

## PM

- Review Park Safety: Roll through park, check it out. Test their knowledge on **Park Safety**.
- Jump and Rail Assessment: After an inspection run, allow riders to hit whichever features they want (use your best judgment here, it should be appropriate for everyone in the group to find success).
- Request to see, in order, a completed 50/50, straight air with a pop, straight air with a grab, 180 both ways, either 180 on or 180 off an easy rail feature.
- Transition/HP Assessment: Find features with transition and see how well the riders can ride up and down, try turns, rock-fakie and air-fakie.
- If you have a halfpipe, do some mellow runs through the pipe and see where their pipe riding skills are at
- Flatland Assessment: Finish with a fun **Game of SKATE** doing nose press, tail press, butters, and other flatland tricks.

## COOL DOWN

Cool down run: Bring the session back together and have riders do a cool down, easy paced run.

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc. Keep it simple and easy but make sure you do this for at least a few mins so that it becomes part of the session.

**SEL:** Try to use their name and something good they did. Make them all feel part of the group. Give them something to learn for next time “What is the biggest spin done is a Slopestyle Contest”. Give Hi 5’s to each Rider and send them home.

*\* It is important at the end of the day to address with your leader any group ability split issues that may cause issues*

# WEEK 1: COACHES' TOOLBOX

## Name Games:

1. My name is John and my favorite snowboarder is Mark McMorris. Any 'my favorite' is great. Be creative – my favorite: food, month, color, trick, ...)
2. Have to say something you like that starts with the first letter of your name. 'My name is Max and I like Jelly beans'
3. "I am awesome" statements can be fun with more confident groups. 'My name is Amelia and I'm awesome because I'm a really good skateboarder'.

## \*\*ADVANCED Name Game\*\*

1. Go in a circle and everyone needs to try to re-name each person before them. Then, reverse the order and do a 2nd time.
2. Break into groups of 2 or 3. Then have Riders introduce other riders

Get the blood flowing: Caution! Never get the athletes sweating excessively on a very, very cold day.

1. Jog – on the spot or moving.
2. On-snow soccer game
3. Game of tag
4. Frog hop race (partner up and teams have to frog hop over each other to a line/marker).
5. Strap in, penguin walk race.
6. Duck-duck-Goose (with smaller groups).

**Dynamic Warm-up:** There are lots, the key is to move joints/limbs.

- Skipping, Carioca, one-foot hops, backwards jog, jumping 360's.
- Butt kicks, walking knee hugs, toe touches.
- Arm circles, trunk twists, wrist circles.
- Leg swings, lunges, side squats.

**Follow the Leader:** A drill to use to emphasize and demonstrate a particular goal. Leader should choose terrain that to achieve desired outcome.

- **Movement:** Ride variable terrain and over emphasize the movement the athletes should be performing

- **Turn shape:** Execute various turn shapes and have riders stay as close as possible and execute similar turn shape
- **Air:** Find a run with side hits, rollers or any varying terrain. Challenge athletes to coast, pop, ollie, nollie, absorb etc.
- **Rotations:** 180's and 360's, change directions, regular and switch, slide them, pop them etc.
- **Line choice:** Have riders follow you through a course, pipe, feature, and follow your line

**Balance & Stance Issues:** see Reference Manual. Getting everyone centered over their boards in a good athletic position is the most important step 1.

**Board performance in a turn:** Can the rider get "performance" from their board? Can they use the full length of the edge? How the athlete is able to manipulate their board.

Are the turns being performed as?

- **Sliding:** Any turn which has any degree of skidding, can be described as a sliding turn. Sliding is evident when the tail of the snowboard takes a wider arc than the nose
- **Carving:** A turn that leaves a "pencil line" in the snow can be described as a Carved Turn. Carved Turns have no steering angle, as the tail follows the exact path of the nose.
- **Slarving:** Any turn with a combination of sliding and a carving.

**Game of SKATE:** Game to play to encourage riders to try new tricks. Rider calls and trick and has to land it. If they land it, the rest of the group has to as well. If they fall they get a letter. Work to spell out the word. One player keeps the trick until he fails to complete the skill they call, or cycle through all players.

**Functional Movements:** are movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

**Program Protocols:** These will be distinct per program, resort, age.. Go over the meeting places, safety considerations, rules on the run, “always stop below the group on the side..etc.) how long the session is, if any breaks etc.

**Extreme Sponsor Turns:** Showing the base of the snowboard at the start of a turn. Emphasizes riders to get the board on edge early on the downhill edge.

**Heel and Tow Side Slashes:** Turning exercises to work on increasing pressure through the execution phase of a turn. Can be used in any terrain, have riders pressure through the back leg as then execute a turn and spray as much snow as possible.

## WEEK 2

### Carving Review & Carve for Speed

**Equipment Required:** Wide open blue run. Perhaps consider riders change their stance with some slightly more directional angles (forward/forward).

*\*Don't forget to change stances back at end of session\**

Stubbies to set a short course (10 to 16 gates with 20-24 meters measured from turning gate to turning gate). Tall poles and Gate Panels are nice if you have access to them. Drill and bit, and gate key is required. Feather dusters or brushes for indicators.

Don't get overwhelmed by the equipment list – do your best with what you have and get creative!

**Goal of Session:** Introduction to pressure to generate speed.

**Coach:** Riders require the ability to create (load), control and release (unload) pressure and manage the external forces acting on the board and rider at any given time. There is a continuous sequence of movements to maintain balance and to respond to varying terrain and snow conditions. Mileage is important here – don't rush the process.

**S.E. Modified Name Game:** Get them talking to each other! It is important here to consider gender differences. Try to encourage cross-gender interaction and discourage any misogyny.

**Intro:** Pressure is the result of loading or unloading the board. We can create, control and release pressure to influence a desired outcome – in this case, generating speed from a turn. Too much pressure and we create excessive frictions that slows us down – too little pressure and we lose the ability to direct and redirect our board, legs, feet and other body parts according to the terrain or conditions to perform the desired outcome.

### WARM-UP

Have riders lead you and the group though a warm-up while you guide them on correct technique, reminders, and the introduction to the session. Make it fun and a **Dynamic Warm-up**. Use your judgment on the temperature but **Get the blood flowing**.

- Take a warm-up run on a mellow blue run & do a run of **hop turns** to get the blood flowing and riders moving their ankles and knees. Next, have riders do a run of **Dolphin Turns**, or jump from edge to edge.

## MAIN PART

### AM – Intro to pressure

- Find a flat area where you can explain **pressure** as it relates to carving. Refer to the times on the face of the clock, and what the outcome is if pressure is applied at those times.
  - Draw an example in the snow if needed.
- Head to a wide open blue run. Have all riders demonstrate their best-carved turns and focus on where the snow is coming off their boards.
  - Are they spraying snow down the hill, to the side of the hill, or uphill?
  - Challenge the riders to spray snow to the side of the hill.
- Have the riders **count 1,2,3** as they perform each turn and have them play with the speed as to which they count.
  - The slower the counting the later the pressure, the faster the counting the earlier the pressure.
- Have riders continue focusing on where the pressure is created in the turn over the course of a couple runs.

### PM – Pressure in gates

- Head to a course on a blue run. Set a corridor about 24 meters from turning gate to turning gate. On the outside of the turn set 3 dusters or brushes. Set one at 1 o'clock, one at 3 o'clock and one at 5 o'clock.
- Gather all riders for an inspection run through the course. Explain the purpose of the dusters/brushes as indicators as to where to try and spray snow.
- Have the riders run the course and spray snow/create pressure at the 3 o'clock position.
- Once they have completed a few runs and are consistently spraying snow/creating pressure at 3 o'clock, challenge them to spray snow at the 1 o'clock position.
- For the last few runs in the course remove the dusters/brushes and see if the riders can continue to spray snow between 1 o'clock and 3 o'clock.

## COOL DOWN

Cool down run: Bring the session back together and have riders do a couple cool down, easy paced runs thinking about where they are applying pressure in their turns.

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Ask riders if they felt a difference when they added pressure higher in the turn vs lower in the turn. Once you put a rider into the gates they will generally take a few steps backwards in their riding as they will be focused on where to turn not how to turn. Do not expect riders to be able to achieve the same results in a course as they do outside the course.

**SEL:** Remind athletes how they learnt something about someone they didn't know/ Let them know they did well, that it is hard skills to learn, and they can keep working on it each week.



## WEEK 2: COACHES' TOOLBOX

**Dolphin turns:** As the riders completes one turn they Ollie into the next turn landing on the new edge. The goal is for the athletes to feel the board build pressure and release that pressure.

**Pressure in reference to the face of a clock:** Creating pressure with the board at different times in the turn will have different outcomes. The earlier pressure can be created in a turn the more speed is generated.

- If pressure is applied between 1 o'clock and 2:30 or 9:30 and 11 o'clock, the athlete is creating speed down the hill
- If pressure is applied between 2:30 and 3:30 or 8:30 and 9:30, the athlete is maintaining speed.
- If pressure is applied between 3:30 and 6 o'clock or 8:30 and 6 o'clock, the athlete is slowing down.

**Counting 1,2,3:** The athlete counts as they complete each turn. 1 is the point at which they switch edges. 2 is the point at which they are lowest on the board. 3 is the point at which they start to push off the board. The slower the counting the lower in the turn the pressure is created. The faster the counting the high in the turn the pressure is created.

**Modified Name Game:** Get riders to introduce one of the other riders. Put them into doubles or small groups, give them a few minutes to learn something about their partner(s) and then have them go round. This will help them feel comfortable speaking up as well as grow a bond between partners and encourage interaction.

Get the blood flowing: Caution! Never get the athletes sweating excessively on a very, very cold day.

1. Jog – on the spot or moving.
2. On-snow soccer game
3. Game of tag
4. Frog hop race (partner up and teams have to frog hop over each other to a line/marker).
5. Strap in, penguin walk race.
6. Duck-duck-Goose (with smaller groups).

**Dynamic Warm-up:** There are lots, the key is to move joints/limbs.

- Skipping, Carioca, one-foot hops, backwards jog, jumping 360's.
- Butt kicks, walking knee hugs, toe touches.
- Arm circles, trunk twists, wrist circles.
- Leg swings, lunges, side squats.

**Hop Turns:** On a green or blue run riders make large turns and come all the way across the fall line all while making small hops. Taking off on and landing with both feet at the same time, not ollies and nollies. The athlete does not need to jump as high as they can but focus on flexing ankles and knees.

## WEEK 3

# Gates, Course Variation & Racing

Equipment Required: Blue run with varied terrain. Perhaps consider riders change their stance with some more directional angled bindings.

*\*Don't forget to change stances back at end of session\**

Try to get some pylons or stubbies to set a short course (8-14 gates with 20-24 meters measured from turning gate to turning gate). A measuring tape or rope marked at premeasured intervals can be helpful for even spacing. A drill, bit and gate key is required if using stubbies and feather dusters, brushes, and course dye are super helpful to indicate the rise line. Find a stopwatch or use the timer on your devise. Don't be intimidated by the equipment list, work with what you have – a creative coach is a good coach.

*\*If you can't set a course, use available terrain to simulate a course and provide locations for the riders to turn around.*

**Goal of Session:** Introduction to course variations (rhythm changes and delay gates). Tips for riders to remember sections of the course.

**Coach:** Once you put an athlete into the gates they will generally take a few steps backwards in their riding as they will be focused on where to turn not how to turn. Do not expect athletes to be able to achieve the same results in a course as they do outside the course.

**Intro:** Quiz group on alpine racing – Ask about the gear? Different disciplines? Give example if needed.

## WARM-UP

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a Dynamic Warm-up. Use your judgement on the temperature but Get the blood flowing.

Warm-up run on an easy blue run with the riders demonstrating large, symmetrical turns, and proper joint sequencing (large to small). Play with body position while warming up, challenge where the body should be at all points through the turns.

## MAIN PART

Major goals for today are looking ahead to see the line, increasing speed/time by changing line and challenging the timing of movements (when & where they happen) in the course.

To measure success, consider challenging/rewarding riders who have the most consistent times, completed runs and/or most improved time of the day.

### AM – Course with Rhythm change

- Head to the 'course'. Have the course set if possible or set the course with the riders. Set a corridor of about 5 or 6 turns then adjust the rhythm and continue setting. Make gates have less off set for the remainder of the course, but symmetrical.
- After the course is set bring the group through all together and do an inspection run. Review 'rise line' and where the turn should be initiated and executed. As you proceed down the course have the athletes side slip the ideal line.
- At the rhythms changes, question the riders to see if they can see the change. Show the different in turn shape due to the change.
- Have riders ride the course, with the focus on the ideal line/rise line, make adjustments as needed.
- After a few runs through the course do a slight course reset. Move the last few gates to create another rhythm change, make gates more offset.
- Have all the riders inspect the course again after the reset.
- Have riders ride the course, with the focus on the ideal line/rise line, make adjustments as needed.

### PM – Course with Delay Gates

- Head to the 'course'. Have the course set if possible or set the course with the riders. Set a course with a delay gate or two, one to the right the one to the left.
- After the course is set bring the group through all together and do an inspection run. Review 'rise line' and where the turn should be initiated and executed. As you proceed down the course have the athletes side slip the ideal line.
- At the 'delay gate' explain the purpose of a delay gate to the athletes (direction change, rhythm change, shift the course over).

- Have athletes ride the course, with the focus on the ideal line/rise line, make adjustments as needed.
- If time permits do a course reset incorporating a simple rhythm change and a delay gate.

## COOL DOWN

Have the athletes do a couple slow mellow runs focusing on changing the rhythm in their turns. Not every turn is or should be the same.

Do some Functional Movements for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Gather all the riders together after riding the course. Review the difference types of rhythm changes used and others they may encounter.

## WEEK 3: COACHES' TOOLBOX

**Symmetry/Even turns:** Turns on both heel and toe sides are the same size, rider can carve on both edges well, and can manipulate the size or radius of the turn on both edges. Have the athletes count as they go through the turns, they should count at the same speed and to the same number for every turn.

**Inclination:** Moving the center of mass over the edge of the board by leaning in the desired direction. Inclination is used in the initiation of a turn to move the body to or from neutral and onto the desired edge.

**Angulation:** Flexing the ankle, knee and hip joints to increase the edge angle while maintaining balance over the board.

### Combination of inclining and angulating

Using inclination and angulation together, the rider is able to increase the edge angle beyond that obtained by inclination only. Your riders should be able to understand when they should use either technique and in combination for the best result.

- Sliding out of a turn? Add more angulation – get lower through the execution phase of turn.
- Can't get on to edge easily? Incline first, then angulate.
- Is the board slipping out on takeoff when rotating? Make sure athletes are staying low keeping the board underneath their bodies when beginning to spin.

### “C” vs ‘J’ Turns:

**J Turn:** Path may look like a J or upside down. Characterized by a quick steering during execution phase with longer straight running. Beginner may turn quickly then run the board straight down the fall line, and turn across or even up hill. Can be used in high performance racing as a technique to increase velocity gate to gate.

**C Turn:** Path may look like a C or S when linked together. Longer steering period with little straight running. Rider will transition to new edge before the fall line and initiate turn on downhill edge.

**Hop Turns:** On a green or blue run riders make large turns and come all the way across the fall line all while making small hops. Taking off on and landing with both feet at the same time, not ollies and nollies. The athlete does not need to jump as high as they can but focus on flexing ankles and knees.

**Cat and Mouse:** Athletes partner up. The lead rider rides down the hill and try's to loose the follower. Lead athlete can be imaginative and make a variety of turn sizes and shapes. The follower tries to do follow right in the leaders track. Doing exactly the same thing as the leader.

**Rise Line:** Imaginary line directly up the fall line from the stubby. The rise line is the indication for the riders to start their new turn. In a course, you can set a second stubby, feather duster, or brushes about 10 feet above the turning gate to give a visual to riders.

**Ideal Line:** Where athletes are making round even turns from toes to heels. The turn is initiated above the gate at the rise line and executed as they pass the gate. Not straight at the gate and not to round, but just enough to effectively complete a turn while passing close to the gate.

**Inspection:** Sideslip run through the course looking at the course, do not set an edge. Look at the snow condition, the distance the gates are set (vertical and horizontal), the terrain the gates are set on (fall away, flat, steep, rollers, off fall-line).

**Big Joints to Small Joints:** Leading moves with the hips (big joints) and progressing to small joints gives the movement more power, which can translate into acceleration and increased velocity.

**Vertical distance:** The distance down the hill from one gate to the next. The vertical distance dictates how long the turn is. No set minimum or maximum.

**Horizontal distance/offset:** The distance across the hill from one gate to the next. The horizontal distance dictates how wide the turn is. No set minimum or maximum.

**Rhythm change:** A point in a course where the vertical or horizontal distance changes.

**Delay gate/banana:** Two gates set in the same direction in a row. Delay gates are designed to lengthen the turn creating a direction or rhythm change. Delay gates are set closer together turning gate to turning gate with a maximum of 10 meters separating them.

## WEEK 4

# The 360

**Equipment Required:** A terrain park with SM/MD features in good condition.

**Goal of Session:** Lap the Park, Improve skills with a focus on spin progressions of SM features.

**Coach:** Although your riders may not have a lot of tricks you can use different variations instead. Focus on a strong platform to build initiating larger spins off of – mileage is key here, don't rush the process.

**S.E.** This is halfway through your program. You want to take a good look at the group dynamic and determine if any intervention is necessary to quash negative aspects (bullying, fun poking). Try to pair up anyone that hasn't interacted.

**Intro:** \*Discuss difference between new skills, landed skills, perfected skills. Have each rider pick a new trick they want to learn, discuss how it fits into their run (eg- they can do FS 180, so Cab 180 or cab 360).

## WARM-UP

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a **Dynamic Warm-up**. Incorporate jumps from nose to tail with board strapped in going forward and backward back and forth a few times. **Penguin walk** forward and reverse relay (mellow or flat terrain). Flat Land 360's.

Take a Warm-up run on a mellow blue run.

## MAIN PART

**AM – 180 review, 360 Progression**

### Review Park Safety

Stop at the top of the park and discuss Smart Style. Roll through park & check it out – pointing out features, landings and any red flags.

Have the riders do their best 180s over the small jumps. If there is any weakness, work on the 180s for a while.

## 360 Progression

- Board off– on flat ground.
- Practice jumping up and spinning 360 both FS & BS.
- Head to a mellow run and have them spin 360s keeping the board on the snow (pirouette).
  - Ensure correct movement (head, shoulders, hips, knees, board).
- Once they are comfortable with that, traverse across the hill and pop 180's in the air to switch. (Spinning uphill)
- If that goes well, then pop 180's in the air and slide the board around the final 180 on the snow continuing to spend more spin in the air and less on the snow until it is a full 360 in the air.
- Once everyone is comfortable, head to a small jump.
- Do a run of 180s, then begin to do 360's. Detect & Correct the 360 until the break.

## PM

During break each rider should set trick goal for the afternoon with support from the coach. Chose 1 for jumps and 1 for rails.

- Inspect the park and specifically the features that you will session.

**4 stages of a maneuver:** Detect & Correct the individual tricks chosen at the break:

- **Preparation Phase:** Appropriate line of approach/carving, speed/hour glass.
- **Initiation:** Resist absorbing the takeoff (maintaining pressure throughout), Balanced platform, proper timing of release.
- **Execution Phase:** Rotations (reg and switch), Grabs, follow through, looking, spotting.
- **Completion:** Balanced, landing on two feet.

Hiking or doing runs, try to have every rider reach a fundamental level of proficiency for their chosen trick.

## COOL DOWN

Easy paced cool down run.

Do some Functional Movements for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Review the key points from today: Pop. 180, 360 Progression & 4 phases of a maneuver. \*Practice your 180s & 360s\*

**SEL:** Although freestyle snowboarding is really fun, a little wild, and “Free” if the rules of the game aren’t followed then it can have severe consequences such as injury. Riders should learn that there is space to push boundaries, but not at the expense of safety or rules.

## WEEK 4: COACHES’ TOOLBOX

**Penguin walk:** Riders start by practicing both nose and tail presses, as this exercise incorporates both movements. The key is to focus on keeping weight centered over the board to stay balanced once forward movement is introduced. Once riders are comfortable with these skills, have them start to transition between a nose and tail press. Alternate your weight and focus on using your knees to bend the tail press and pop back out of the nose press. Start to incorporate the toe edge to move forward. Each time the rider transitions between the nose and tail, dig the toe edge into the snow to produce forward momentum. Have riders focus on one foot at a time to establish a rhythm.

### The Smart Style Terrain Park Safety Program Has Four Main Messages:

1. Make A Plan - Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.
2. Look Before You Leap - Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.
3. Easy Style It - Start small and work your way up. (Inverted aerials not recommended).
4. Respect Gets Respect - From the lift line through the park.

### Basic 360 Spin Progression:

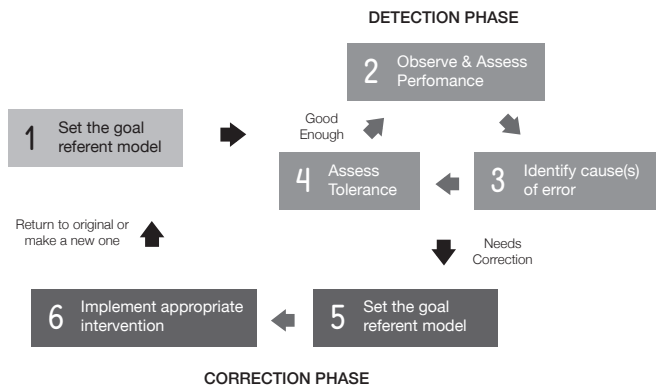
Before your riders start spinning off a jump, work through these basic steps:

1. Board off, on flat ground, practice jumping up and spinning both FS & BS
2. On a gentle slope spinning keeping the board on the snow.
3. Travel across the hill and progress to pop 180’s (in the air).
4. 180’s in the air continuing to the 360 by sliding the board on the snow.
5. Full 360 in the air.
6. Move it to a small jump.

**Hourglass preparation:** Tactic to have the athlete on the desired edge for the takeoff for a short period of time if they are rotating early. Athlete rides in on opposite edge and holds as long as possible. Start with a wide hourglass; progressively tighten up the shape of the turns.

**Rotational platform:** Solid base to allow the rider to create rotation. Lower body needs to remain stable, while upper body is able to windup without the board starting to turn or rotate until the platform is released at the lip of the jump.

### Detect & Correct:



## WEEK 5

# Slopestyle: Perfecting Tricks, Making a Run

**Equipment Required:** A terrain park with small/medium-level features in good condition.

**Goal of Session:** Improve Slopestyle skills with a competition focus (put together a comp run) – Be aware and use the **Park Safety Protocol** and the basic skills for jumps and boxes.

**Coach:** Although your riders may not have a lot of tricks you can use different variations instead. Help riders understand the components to 'build a run' and support the plan to execute - try to link features together 2 jumps and 2 rails.

**S.E.** The park can be one of the most dangerous places in the resort. Riders need to be able to be thoughtful, listen and follow instruction. This could be their first opportunity (other than crossing the road) experiencing a dangerous situation on purpose. Impress on them the need for caution, thoughtfulness, and safety. Can you make the group self-policing? They need to watch out for each other.

**Intro: "Meet Inside".** Talk About Making a Run. 2 jumps, 2 rails. Have riders list the things judges are looking for in a freestyle event (overall impression = amplitude, execution, difficulty, variety, style, etc.) Use what you have available. Have **Skill Sheets** available with pens. Have them write down all their tricks with execution. Then work with the group and individuals to make a **Slopestyle RUN**. Guide them through best trick selection, flow, no reverts.

## WARM-UP

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a **Dynamic Warm-up** with big focus on neck, shoulders, arms, wrists. These are areas that might have impact falls during learning. Incorporate any movements of skills riders have picked (ex 180s – do 180 hops to land in footprints)

## MAIN PART

### AM – *Perfecting Tricks*

Take a warm-up run on a mellow blue run.

- Take group through an **inspection run** of the park as if they were in a competition.
- Identify a series of features that the group will train on.
- Have riders call tricks they plan to do over a series of features allowing them to try out different runs until everyone settles on the run they choose.
  - Can they rotate off jumps in multiple directions?
  - Can they rotate on or off boxes?
  - Can they change up their grabs on each jump?
- Allow plenty of discussion as well as group input!
- Encourage them to skills they have the potential for good execution.

During the break finalize the “run” for each rider using the knowledge of current features and conditions.

### PM

After a quick warm-up and a re-inspection of the park, have each rider do their run over and over again. If you start to see signs of **fatigue**, it's time to call it a day.

### COOL DOWN

Easy paced cool down run.

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Hand out Skills Sheets. Discuss their run and how they should practice it.

**SEL:** Practice makes perfect! Encourage riders to cheer for themselves and others – everyone benefits when the group supports and respects each other's process.

## WEEK 5: COACHES' TOOLBOX

### Judging Freestyle Events:

Judges are looking for overall run and performance of the athlete as they descend the course. They are taking everything into consideration including; amplitude, difficulty, variety, execution, risk, combinations, progression and course or pipe use.

- **Amplitude:** The height of the trick preformed.
- **Difficulty:** Difficulty of the trick as well as it's placement in the run and the combinations used.
- **Variety:** Refers to a mix of straight airs and rotations on both walls (halfpipe), rotations on different axis, as well as a variety of grabs and directions of spins used.
- **Execution and Lands:** Refers to the stability, fluidity (and style), and control of the tricks preformed.

**Skill Sheet:** are a visual description of the skill level of freestyle riders. Listing the skills in order of difficulty down the bottom and the different spin directions up the left, the coach or riders score themselves an execution score (1-10) in the box corresponding to each trick (example BS 180, done solid with Grab, put 8 in the box). These are built in Excel but can be copied into Word or printed and done on paper.

**Slopestyle RUN:** A run, done during a competition, that has different tricks on each feature, with no reverts between features, that will score as high as possible.

**Inspection runs:** Taking a run at slower speed not hitting features to get an idea of the shape, snow condition and quality of a parks freestyle features or SBX or alpine course. Before hitting park features it is important to inspect the park, even if you have hit it yesterday. Parks change everyday. Could be grooming issues, loose features, speed changes due to snow etc. Always look and inspect the run.

- Do you know the speed to hit the sweet spot in the landing?

**Fatigue:** both physical and mental, is usually a when, not if, question. When riders begin to make mistakes, you know they have overcome, sloppy takeoffs, increased falls on landing, slow to get up, or show a



lack of energy, it is time to move onto something easier, more fun, or a different venue. Give them a rest, mix it up, and, using your judgment, see if you can get back on track. If not, end on a fun note.

### **Park Safety:**

The Smart Style Terrain Park Safety Program Has Four Main Messages:

1. **Make A Plan-** Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.
2. **Look Before You Leap-** Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.
3. **Easy Style It-** Start small and work your way up. (Inverted aerials not recommended).
4. **Respect Gets Respect-** From the lift line through the park.

## **WEEK 6**

# **Snowboardcross Strategy & Speed**

**Equipment Required:** Mellow rollers, banked turns and small jump ideally. If not available, use park features or varied terrain to practice skills. Cones/ bamboo if no SBX track is available. Start gates (Two 2x4's). Create a course with gates through undulating and varied terrain

**Goal of Session:** Improvement to Snowboardcross skills. Building **agility** in small joints. Reading the race line & riding the race line. Adapting the race line with and without traffic. Starts. **Visualization** (See/Feel/Hear).

**Coach:** This is an opportunity to get riders comfortable riding in close proximity to other riders in control. Emphasize the importance of safety and looking ahead.

**S.E.** Riders at this stage begin utilizing the concept of masking emotions and can vary their use of coping strategies to deal with challenging situations. In peer interactions, riders may start to engage in leadership, goal-setting, elaborate fantasy play and an assortment of interactive games - nurture this and encourage an open, inclusive and positive group dynamic.

**Intro:** Ask the group about our Canadian SBX Olympic Medalists, do they know any? What events can SBX be found at? How do the courses change? What is the difference between the top riders and the other riders?

## **WARM-UP**

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a **Dynamic Warm-up** – have riders try to knock each other off balance, strap in and try again – have them figure out what body positions create stability when in contact with other riders.

Warm-up run – move with the big joints, then add in the small joint (ankles) movements – popping from edge to edge, find little cut out lines to ride.

## **MAIN PART**

### **AM (if you have a SBX Course):**

- Head to the SBX Course
  - Inspect the course with the riders – look at different lines and have them try and choose lines that they would like to ride.

- Check the landings and features for any ruts or icy bits and point them out to the group.
- Create a **Gate Set** (whether on an SBX or on a green/blue open run with varied terrain or through a park if allowed)
  - Set a variety of gates that challenge riders to take different lines, regardless of what might actually be faster or the visible race line might be
  - Experiment and get high volume
  - Encourage riders to change their lines on different turns (eg – enter a berm high, exit low etc.)
  - Have riders choose where what line they want to ride and see if they can – make a game out of it!
  - Follow the leader, be on a different line, be on the same line, make a pass, block a pass...

### PM (if you have a SBX Course):

After the break, do a warm-up run with as many terrain changes as possible.

Take another run and have riders pair up with someone of similar riding level. **Follow the leader** with the goal of the person in the back never being more than two board lengths away – safety is the #1 priority, ensure terrain and rider pairs are appropriate.

Head to the SBX Course

- Practice **Starts**
  - If you don't have a gate, start on your back, head downhill.
  - Race head to head to the first feature if possible.
- Work on having more than one rider on the course at a time
  - Allow for time to sit and watch each other – ask them what they see in other riders as successful lines
  - Manage **fatigue** appropriately, if riders are showing signs it's time to end on a good note!

### MAIN PART (IF YOU DO NOT HAVE A TRACK):

- Starts:
  - You may need to find/build a start. Consider two 2x4's or similar, start huts or doorways to allow for proper start sequences to be practiced. Start area should be well protected from public.

- Sequence of movements to pull out of the start gate (arms, then core)
  - If you don't have a gate, start on your back, head downhill.
  - Race head to head to the first feature if possible.
- Set a rhythmical course (on groomed or varied terrain) with two gate for each turn (to mimic an SBX set).
- Send two riders head to head and pose the following challenges:
  - Two riders go around the same side of the gate at the same time. Goal is to look for opportunities to pass/block etc. Communication and creativity is key.
  - Two riders on the course, each rider has a "side" of the course (ie the rider on the right always has the gates on their left and vice versa). Race head to head.

### COOL DOWN

Try to have them do a run through on a green run, or side slip through the course (lead them so they can't pass you)

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc. Yoga stretches and foam roller if you have access to them – this is likely to be a high crashing session, so ensure they have water at cool down.

**Conclusion:** What was successful, how did you feel about the course at the start of the day, and towards the end? How do you think that relates to how you feel in competition? Can you change how you feel based on this? What does the course look like, what does your body do through the course (feel) what does it sound like when there are other riders around? How do you use different parts of your body to change what is happening?

**SEL** Highlight that SBX uses aspects from all disciplines of riding (carving, jumping, adapting to terrain). Adapting to the terrain allows us to ride in control, gain speed and add flow to our individual riding styles. Make sure to touch on something everyone was doing really well and how its progressing their snowboarding.

## WEEK 6: COACHES' TOOLBOX

**Agility:** The ability to perform maneuvers with speed especially those using small joints.

General Guidelines to Setting an SBX Stage 3 Course – Grom Series Events (Coach Set)

- Generally small and medium features (refer to Smart Style) that develop range of movement, looking ahead and challenge balance.
- Course should encourage riders to seek speed, rather than just trying to survive. Most courses are too fast.
- Long landings and space between features are necessary for athletes to re balance between features and to promote skill development.
- Approx. 30 to 40 seconds long (prepare for stage 4 events)
- Minimal or no direction change in the air (ie hip transfers)
- Green slopes, with natural variation.

**Looking ahead to see the line:** Riders need to look ahead to prepare them for what is coming. The faster they are going the further ahead they need to look. Train them not to look at their feet, but look to where they are going. When racing they need to be able to see the race line, and learn to ride it.

**Start Gate Body Position:** Start at feet – bend the knees, set the hips above the knees, twist at the waist, place hands on handles, lower chest, lift head to look out at course, keeping arms slightly bent. Take a deep breath, squeeze the handles, pull out of the gates trying to keep body from opening up completely, then push down into snowboard position (knees bent, hips dropped, arms to sides)

\*This position needs to be repeated throughout these stages so that it become natural, and some of the movements start to combine.

**Shortest trajectory:** Air shape that will allow rider to clear the feature as fast as possible. Absorbing jumps, doubling rollers etc.

**Line:** The best route through terrain.

- SBX: The most appropriate line for the feature
- Will depend on feature, snow condition, speed, other riders etc
- Riders should experiment with different lines through features
- Race line: Fastest line through the course

**Absorption:** A skill to keep your board as close to the ground as possible, preformed differently on various terrain. Timing is critical with this skill.

**Rollers:** Want to decrease vertical momentum and keep board sliding on the snow. Raise centre of mass when going up roller, raise arms and flex hips, and knees. This will raise the centre of mass and unweight the board when cresting roll extend lower body against the roller to use the feature to accelerate.

**Jumps:** Goal to adjust the trajectory of the air to limit the vertical gain. Raise centre of mass at the lip of the jump, by flexing hips and knees instead of extending or resisting the pressure of the takeoff

**Safety processes of SBX track:** A snowboardcross (SBX) track consists of a combination of bank turns, jumps, transitions and rollers. It is important that we emphasize safety to our riders – the same risks exist here as they do in the park. You should always do a speed inspection run and have the riders try to remember what they see and what comes next. Make sure to point out the appropriate area for them to stop/wait for the group at the bottom of the course.

It is important to let riders know that we do not stop on, pull off or re-enter the course (this is dangerous as most riders try to enter the course again and fail to look uphill for traffic or misjudge speed and can cause a collision). Let riders know they should ride the entire course without stopping and wait for the group at the designated area at the end of the course.

Highlight the importance of not going as fast as we can on the first few runs – we need to build up our speed over a couple of runs and memorize what's coming next so we can be prepared and focused.

**Visualization:** What do you remember seeing – what's coming next? Can you remember where all of the features are? Can you SEE yourself riding a feature(s)?

**Managing Anxiety:** Use building a body position to remember what they have control over. Control is what helps to manage the anxiety – set the feet, bend the knees, lower hips, straight back, loose arms.

**Fatigue:** both physical and mental, is usually a when, not if, question. When riders begin to make mistakes, you know they have overcome, sloppy takeoffs, increased falls on landing, slow to get up, or show a lack of energy, it is time to move onto something easier, more fun, or a different venue. Give them a rest, mix it up, and, using your judgement, see if you can get back on track. If not, end on a fun note.

## WEEK 7

# Halfpipe – Air & Tricks

**Equipment Required:** Wide open blue run. Halfpipe, quarter pipe OR jump takeoffs/landings, stall features, side cuts on runs.

**Goal of Session:** Air out of pipe and developing halfpipe tricks.

**Coach:** See below for alternatives if you do not have a Halfpipe. Remember that Halfpipe is all about mileage for younger riders. If you do not have access to a Halfpipe – you can still run this session with some creativity!

**S.E.** This is the last session before the Skills Testing. See if you can encourage the riders to begin to help each other on items that they are good at and others are weaker. Try to identify opportunities where every rider is “good” and has the opportunity to teach their peer.

**Intro:** Today is all about working on halfpipe skills! For riders who have not ridden a Halfpipe – remind them that they have ridden many transitions before – HP is the same but with two transitions back-to-back.

## WARM-UP

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a **Dynamic Warm-up** with big focus on neck, shoulders, arms, wrists. These are areas that might have impact falls during learning. Incorporate any movements of skills riders have picked (ex 180s – do 180 hops to land in footprints)

**Warm-up-Run #1:** Warm-up on a blue run and hit every transition that you know of and the riders have ridden before.

**Warm-up-Run #2:** On a blue run, have riders show you their best ‘carved’ turns. **Downhill 180s** to improve edge control and get riders comfortable rotating downhill.

## MAIN PART

**AM – AIRs** out of pipe:

- To generate speed introduce the technique of **Pumping**. Try it out heading down mellow terrain (cat-track). Then on down transitions if available.

- Have riders start in middle of pipe at a standstill. Then, using pumping techniques, see how high they can get up the wall.
  - They should increase speed and height each hit.
- Introduce proper (balanced) **drop-in** on both sides with focus on “90 degrees to the snow throughout the transition”
  - Start by dropping in just as the wall begins to grow, and then have the riders drop in higher and higher as confidence and technique builds.
- To increase, or decrease speed, play with the **down line** angle. At the lip, mark in snow with (snowman) or dye (if allowed and available) where you want the riders to hit the wall. As they aim for this spot it will determine their down line from the previous hit.
- Stay vigilant on progressing solid riding technique with stage appropriate amplitude. Encourage practice of fundamental pipe riding skills alongside trick development.
- Do a few switch runs before break. Those that can ride pipe switch may be ready for 360.

### PM – Tricks

After the break, do a warm-up run with as many terrain changes as possible.

- Encourage a variety of grabs for straight airs:
- Introduce and teach:
  - **Alley-oops** on both walls (Backside and Frontside)
  - **Air-to-fakie** on both walls
- Introduce the **Pipe 360**: (for those that are ready \*those that can ride pipe switch\*)
- If riders can drop in from the top of the wall and the pipe is not busy consider hiking the last hit to get lots of spin mileage!
  - Encourage athletes to spin 360's in every direction.

### No HP?

- If no Halfpipe Available: **Dealing with limited access** presents a unique challenge; the trick is being creative and working with what you have available: Use berms/sbx course or freeriding terrain that most resembles a halfpipe with focus on aggressive inclination/early edging to simulate the feeling of riding in the halfpipe. Use hip jumps/spines/quarter pipes in the park to teach all halfpipe specific tricks.
- **Creative feature use** can simulate the transitions of a halfpipe wall.

- **Pumping**: have riders drop-into the feature from a standstill. They must pressure their edge through the transition to generate speed. The athletes are trying to get higher up the feature wall from hit to hit. Encourage pumping a variety of features ('dished out' jump landings, rollers, ¼ pipes, WU Tangs etc...)
- **Rotations**: introduce and encourage athletes to spin 360's in every direction. This can be worked on/refined in freeride terrain emphasizing solid takeoff platform and halfpipe-like drifting “re-entry” trajectories. Taking off from the tail is critical.
- Try **Downhill 180s** to improve edge control and get riders comfortable rotating downhill.
- Introduce the concept of pressure control and maintaining a line throughout a transition or feature.
  - **Transfers and intentional traveling** can simulate maintaining pressure and a line through a transition.

### COOL DOWN

Easy paced cool down run (try to hit as many transitions as possible on the way down!)

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion**: Sum up all the main skills that were learnt over the 7 weeks – we have done a lot! Begin to setup discussions about RIDERS signing up for another program (this year or next).

**SEL** Next week is Skills Testing. Prepare the riders at this point that they should show up next week ready to encourage each other to do their best, and that the skills testing is for each rider to do AS GOOD AS THEY CAN INDIVIDUALLY DO!

## WEEK 7: COACHES' TOOLBOX

**Airs:** As edging and body position becomes consolidated, board will eventually clear the lip, edge change occur at apex of air, taking off and landing on opposite edges.

**Key Points to Pumping:** Pumping: Applying pressure to the board against the wall on the down and up transitions to propel rider forward at faster speed. With a solid edge, the rider can push (pressure the board) against the bottom of the transition to accelerate down and across the pipe using the entire transition to transfer as much momentum toward the opposite wall.

- Pumping movements are based on feeling and controlling pressure. It takes time and mileage to develop.
- In hard snow conditions, pumping while the board is carving is more effective than pumping from a flat base. The carving edge transfers more force against the solid surface.
- In slushy or soft snow, pushing against a carving edge will cause it to sink and momentum will be lost. A flatter base offers a greater surface area to push against.
- Riders can pump while traveling up or down any transition. Pumping while re-entering the pipe is most effective as gravity is also providing acceleration.

### Movements for Dropping-in:

**Preparation Phase:** 50/50 the coping: Ride parallel to the coping, just on the edge of the pipe.

**Initiation: Roll-in:** Use a slight edge angle to enter the pipe. Drop the body over the front of the board while allowing the board and body to roll onto the vertical wall. This movement must be done quickly. In a good roll-in the rider's head should be at the same height on the wall as his feet.

**Execution: Line:** Transfer the center of gravity back over the center of the board and set the desired line/edge and maintain it through the transition while keeping the center of gravity in the center of the board.

**Down line:** This is the angle at which the rider is heading down towards the bottom of the pipe relative to the wall. The steeper the line,

the faster the rider will go (more downhill) \* Factors affecting line choice: Wall height, pipe length, pitch pipe built on, width of pipe walls, trick choice, and snow condition.

**Speed checks:** Riders should avoid speed checks if possible as they could change lines across the flat bottom. The angle leaving and re-entering the pipe will affect down line:

- More rotation ( $100^\circ - 180^\circ$ ) = sharper lines = slower speed
- Less ( $70^\circ - 90^\circ$ ) = open line = more speed

**Alley-oops:** A straight air on the riders wall where the rider turns up the pipe instead of down. Up on the toe edge, down on the heel edge (frontside) and up on the heel edge, down on the toe edge (backside).

**Air-to-fakie:** Rider rides up the wall on edge and into the air and returns without rotating, now riding switch on the same edge as the take off. These can be preformed on either wall, frontside or backside.

**Pipe 360:** A 360 in the pipe is different than off a jump. 1. The first 180 is already completed during the "Straight Air" (or in reality  $70^\circ - 120^\circ$ ) and the rider needs to add an extra  $180^\circ$  to this (so in reality it is a  $300^\circ$ ). 2. The landing of the Pipe 360 is switch. The rotation is the same although frontside tends to be off the toes, and backside off the heels. Riders should still be landing on the uphill edge (Flatboard to edge)

**Dealing with Limited Access:** How can we facilitate the development of fundamental halfpipe skills when there may be limited access to facilities? i.e. - the resort you ride at has no halfpipe. Take a look around, are there jump takeoffs/landings that are carved or 'dished' out? Are there runs with plenty of side cuts on each side? Are there hips,  $\frac{1}{4}$  pipes, WU tangs or stall features? If you answered yes to any of the above, then you have some prime features to simulate the transitions of a halfpipe! If you answered no, don't worry, with a little creativity you can get the job done too!

**Creative Feature Use:** Utilize the sides of jumps or landings that are carved or 'dished' out to simulate a transition and introduce the Halfpipe Progression.

**Downhill 180s:** On a blue run, have the riders pop 180's across the fall line making sure they are spinning DOWNHILL. They should land on their opposite edge.

**Transfers and Intentional Traveling:** Use a small jump with a wide landing to start. Have riders approach the takeoff of the jump on a slight edge angle and aimed at a 60 or so degree angle (90 would be straight). The goal is to maintain consistent pressure throughout the takeoff while intentionally airing off edge (traveling/transferring) while maintaining the angled direction (line) and landing in the sweet spot.

**Need More?** Challenge progression by utilizing both toe and heel edges. Play with the approach angle. Can the rider maintain consistent pressure through the takeoff for maximum height?

## WEEK 8

### Grom Series Event or Mock Competition

Ideally this session will be a full day Grom Series Event event. If not, Run a MOCK Event on an obstacle course build specifically for this session.

Refer to Session 12 for more ideas about Mock Competition Formats & the last page of this book for the RIDERS Black Passport checklist!

#### OPTION A: GROM SERIES EVENT

Either HOST or Go to a Grom Series event.

**Coach Responsibilities at Event:** You are the physical and psychological anchor for your riders. Everything from ensuring hydration and making decisions on course safety to consoling disappointment and explain rules to parents. These can be long, yet rewarding, days. Make sure to have adequate water and food and clothing for yourself. Do NOT depend on getting into the lodge. You may get out of your car at 7am and be on the hill until you get back to your car at 6:00pm.

**Physical:** Gather the riders in the morning. Make sure they do a good warm-up. Ensure everyone drinks lots of water (not energy drinks) and eats food during the day. Keep an eye for injury and deal with them accordingly (Patrol is your best friend in this, use your EAP - Emergency Action Plan, and parents). Keep the riders warm and moving as much as possible that won't tire them out. Watch for signs of nervousness.

**Event Details:** Make sure they all register and get bibs. Deal with any issues there. Find out the rules, how long for inspection, start time, start list order, number of runs, if/details for finals, which features are included. (and more!)

**Tactical:** Help the riders pick what tricks they will do on which features. This can change with conditions. Always work to have them land a "Safety run" so they get a level of success (and points) and then consider "pushing it".

**Mental:** Keep them focused on the event, their own performance, and positive. Try not to let them get bored, talk them through any nerves or fear, and distract them if there is an injury on course. Events at this level should be FUN, SOCIAL, and REWARDING.

**Emotional:** A coach needs to be part leaning post, part motivator. Listen to riders' issues, fears, feelings and doubts but keep moving them forward towards the goal of completing a successful run to the best of their ability.

**Riders Responsibilities:** The main goal is to keep a positive attitude, enjoy the social atmosphere, and work towards completing the best run that rider can do. Focused on Personal Best this is an opportunity to "show your stuff"

## OPTION B: OBSTACLE COURSE

Course designed to test or train a certain skill. Be creative, can use any terrain, make sure everyone understands the course. Include, turns, ollies, jumps, berms etc

**Equipment Required:** Build an obstacle course!

### Logistics:

Set a **simple course** that incorporates the following:

- 4 – 6 gates space 15 m apart
- 2 banked turns or berms
- 4 rollers
- 1 – 2 air features (jump, hip, pipe wall etc)
- 1 – 2 rail features
- 1 transition feature (hip, pipe wall, quarter pipe)

**Timing:** use a stopwatch and a flag to indicate start time

- Subtract time for the following:
- Grab: -1sec
- 180: - 5sec
- Staying switch: -5sec
- 360: -7sec

### *Increase time for the following:*

- Missing a gate: +10s
- Revert: +5sec

If you don't have the terrain or a progression park, try the contest with an course down challenging terrain.

## COOL DOWN

Easy paced cool down run - try to incorporate a favorite run of the day or hit as many side hits!

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Cheer for the winners, cheer for everyone, cheer for themselves – snowboarding is about individual creativity and everyone has a different style and learns at a different pace. Don't get too caught up on winners and losers here – everyone wins when the day is spent snowboarding. For 8 week programs - wrap up and thank them for the season. If program is longer than 8 weeks, use today as a mid-point.

**SEL:** Cheering on the others even though they are 'competitors'. Being happy for the person that won and being able to put winning and losing into perspective.



## WEEK 8: COACHES' TOOLBOX

**Obstacle course:** Course designed to test or train a certain skill. Be creative, can use any terrain, Make sure everyone understands the course. Include, turns, ollies, jumps, berms etc.

**Absorption:** A skill to keep your board as close to the ground as possible, preformed differently on various terrain. Timing is critical with this skill.

- **Rollers:** Want to decrease vertical momentum and keep board sliding on the snow. Raise centre of mass when going up roller, raise arms and flex hips, and knees. This will raise the centre of mass and unweight the board when cresting roll extend lower body against the roller to use the feature to accelerate.
- **Jumps:** Goal to adjust the trajectory of the air to limit the vertical gain. Raise centre of mass at the lip of the jump, by flexing hips and knees instead of extending or resisting the pressure of the takeoff

**Follow the Leader:** A drill to use to emphasize and demonstrate a particular goal. Leader should choose terrain that to achieve desired outcome.

- **Movement:** Ride variable terrain and over emphasize the movement the athletes should be performing
- **Turn shape:** Execute various turn shapes and have riders stay as close as possible and execute similar turn shape
- **Air:** Find a run with side hits, rollers or any varying terrain. Challenge athletes to coast, pop, ollie, nollie, absorb etc.
- **Rotations:** 180's and 360's, change directions, regular and switch, slide them, pop them etc.
- **Line choice:** Have riders follow you through a course, pipe, feature, and follow your line.

**Popping / Resisting the takeoff:** Force on a rider increases as you move up the lip of a jump or pipe wall. Rider needs to apply an equal force against the jump as they ride off. Strong lower body and core. To increase height rider can extend hips and knees at takeoff.

### Body position challenge:

- Where are they most stable?
- Should they be in that position all the time?
- Take them riding over varying terrain and find that optimal position.
- Make sure they understand that they need to be able to move in all directions to match what the terrain demands.

## WEEK 9

# Alpine Skills 2: Parallel Race Gates

**Equipment Required:** Blue Run. Change in binding stance to slightly forward/forward. Stubbies to set a short course (10 to 16 gates with 20-24 meters measured from turning gate to turning gate). Tall poles and Gate Panels if you have access to them. Drill and bit, and gate key is required.

**Goal of Session:** Take everything from the Gates and Course Variation session and Race against other riders.

**Coach:** Once you put a rider into the gates they will generally take a few steps backwards in their riding as they will be focused on where to turn not how to turn. Do not expect riders to be able to achieve the same results in a course as they do outside the course.

**Intro:** Quiz group on alpine racing – Ask about the gear? Different disciplines? Give example if needed.

## WARM-UP

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a **Dynamic Warm-up**. Use your judgment on the temperature but **Get the blood flowing**.

Warm-up run on an easy blue run with the riders demonstrating large, symmetrical turns, and proper **joint sequencing** (large to small). Play with body position while warming up, challenge where the body should be at all points through the turns.

## MAIN PART

### AM

- Bring riders to course (approx 16-20 gates with 14-18M spacing), inspect the course and have them try and remember certain aspects of the course that may challenge them.
  - Outcome of course: test and increase stamina, timing and coordination
- Remind them that the goal is to prepare and initiate before the gate to finish the turn rather than start the turn at the gate.

- Major goals for alpine:
  - Looking ahead to see the line
  - Increasing speed/time by changing line (add timing)
  - Challenge the timing of movements (where and when they happen) in the course
- To measure success, consider challenging/rewarding riders who have:
  - The most consistent times
  - The most completed runs
  - The most improved time
  - Outside of the course create an advanced obstacle course – use park features, or other terrain features to turn around. Vary turn shape, size etc. Use banks, berms, jumps, etc Follow the leader may work well
  - If you are able to sets a dual obstacle course have riders go head-to-head

### PM – *Easy courses, set parallel*

After the break, do a warm-up run with as many terrain changes as possible and have riders focus on symmetrical turns.

- Have a course set that will challenge the riders. Set a basic corridor, no rhythm change or delay gates.
- Gather the riders and bring them over to the course.
- Do an inspection run on both courses. Have the riders tell you where the ideal line is and if there are any tricky/hard gates on the course.
  - Challenge them to memorize the course and tell you the course before they start.
- Start with having the riders ride each course 1 at a time before you start riding beside another person.
- Match riders up with similar skill and speed. Encourage each rider to focus on their own riding not the person next to them.
  - Have them do a run in each course with their partner.
- Now let the riders pair up with someone they want to race. Have them do a run in each course with their partner.
- Observe each rider when possible and give feedback when required, on riding, line, looking ahead not at the other person, etc.

## COOL DOWN

Have the athletes do a couple slow mellow runs focusing on changing the rhythm in their turns. Not every turn is or should be the same.

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Gather all the riders together after riding the course. Ask them how was it to race against someone else. Could they still stay focused on their riding and not the other person?

## WEEK 9: COACHES' TOOLBOX

**Course setting:** Setting parallel courses takes a lot of work. Use the athletes to help set. The 2 courses should be set 8 to 10 meters apart for safety.

**Trouble Shooting Common Turn Mistakes:** Tipping In, Banking, Dropping the Shoulder or Patting the Dog.

- Tipping In is usually the result of cut off turn shape.
- By moving shoulders, instead of the core & mid section the rider banks into their turn. This is usually due to the wrong sequence of movements.
- Look for the entire body moving inside the turn to better remedy banking issues.

**Cause:** Rotation at the start of a turn, impatience, starting the turn pivoting and adding pressure after the fall line.

**Effect:** Jamming/Breaking/Losing Speed

**Correction:** Work on inclination at the top of the turn (downhill edge).

**Cause:** Poor turn shape and/or bad timing.

**Effect:** Skidding/Sliding

**Correction:** Work on steering or try the exercise on easier terrain.

**Timing:** Selecting the right movement to begin or complete an action for maximum effect.

- Move of the center of mass inside the arc and forward to begin loading the board (inclination and/or angulation).
- Release the center of mass to unload the board.
- Release the feet to unload the board.
- Apply force at the right time and place.
- Initiating movements of joints at the right time and place.

**Assessment of Skill:** A simple 5 step sequence to determine what type of correction is needed.

1. Can the rider link turns?  
Always relative to the skill level of the rider.
2. What kind of turn shape?  
Is the turn shape appropriate for the surface? For the snow conditions, steepness ect?

3. How is the board moving?  
How much edge angle? Slight angle at the top of the turn? Max angle in the power phase?  
Does the angle reduce once the rider begins exiting the fall line?
4. How are the big joints moving?  
Is mass moving over the board and then down into the new turn with good timing? Is there a sequence of movements? Does the rider get their mass back over the board then down into the new turn? Do they incline before angulating? Is the rider twisting?  
Twisting is a result of poor sequence of movements, mainly not moving over the board and then diving into turn.
5. How are the small joints moving?  
Are the ankles moving inside the turn with the mass? Are the arms supporting the movements, or throwing it off?

*\* Asses skills over time, try not to micro-manage riding skill.*

## WEEK 10

# Slopestyle Skills, Blue Park Jumps

**Equipment Required:** Appropriate sized terrain park features (small, med),

**Goal of Session:** Hit larger jumps.

**Coach:** Safety First! If any riders are NOT ready do not let them progress to this step. This is a difficult decision. Better to start off with 1 or 2 riders that are ready to hit this individually than the whole group. Take bravado and showing off and peer pressure out of the equation (for now, it can be useful later). Ensure the riders are ready for this. They need to be sure in themselves. It is HIGHLY recommended that you have hit the jumps before the session and are warmed up and ready to go.

**S.E.** Overcoming fear - A coach needs to be part leaning post, part motivator. Listen to riders' issues, fears, feelings and doubts but keep moving them forward towards the goal to the best of their ability. It is also important to put YOUR own ego aside and progress riders as they are ready for appropriate challenges/skills/terrain/features.

**Intro:** Taking what was learnt on small jumps and using it on big jump is a natural progression. The main difference is everything is faster which means timing needs to be more exact.

## WARM-UP

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a **Dynamic Warm-up**. Use your judgement on the temperature but **Get the blood flowing**.

*\*If you are worried, desire, or are able, to **chop the knuckle** of the jump - this could add to the safety of the session. Your resort may frown upon this – find appropriate features to use for the skill level of your riders or talk with your park builder beforehand to see if it's possible to have the features you want to use groomed the night before.*

## MAIN PART

Take a switch warm-up run on a mellow blue run. OR warm-up on the run on the way to the park.

## Review Park Safety

- Stop at the top of the park and quiz the group on the rules of the park – inspection runs, where to stand out of the way, calling drop ins, progression (always start with a straight air to test speed), helmets, traffic (don't cross lanes to hit a feature).
- Roll through park & check it out – pointing out features, landings and any red flags.
- Warm-up on a jump that all riders are comfortable with and progress to the biggest features the entire group can hit and do tricks they can do. Get their confidence up.
  - Have riders show you multiple grabs, spins up to 360s and link jumps into rail features if possible.
  - Can riders spin in all directions? Which way is the hardest? On the way to and from the park, work on rotating in that direction.
  - Can they rotate on or off of boxes?
- Once all the riders that will hit the big jumps are ready, do an inspection run through the bigger jumps.
- Ride from the drop-in zone over the deck and past the takeoff. See how much speed is needed to clear the jump. Watch others if available.
- Do a coach run over the jumps. This will help you get the speed right as well as give confidence to your riders.
- Have your riders tail or ride beside you to feel the speed. They can roll over the topdeck while you go over the jump.
- At the next run, if everyone is ready, you can either have the riders follow you into the jump for speed, or go on their own. Keep your explanations simple: "Ride in straight, pop off the end of the takeoff, bend your knees, stomp the landing"
- Roll through the park as many times as it takes for them to feel ready to hit the jumps and then, once hitting them, to get as much mileage on them as possible.

## COOL DOWN

Easy paced cool down run (try to hit as many transitions or side hits as possible on the way down!)

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Lean Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Review the key points from today: timing, pressure, release, speed, hourglass preparation.

## WEEK 10: COACHES' TOOLBOX

**Chop the knuckle:** using a shovel it is possible to break up the hard-top layer of snow on the knuckle of the jump so if the riders land short it is softer and there is less chance they bounce down to the bottom of the landing.

**Movement Timing for Rotations:** No matter what axis or combination of the rotation is being performed around, the movements timing is based on the following concepts.

**Preparation Phase:** A strong platform needs to be set for the desired amount of rotational momentum to be created. Rotation energy needs to be created by rotating the upper body towards the desired direction or in the opposite direction if the rider is using a windup. The lower body must maintain the strong platform causing the board to track straight off the lip.

**Initiation Phase:** The energy needs to be released at the proper time to create the rotation. Head and shoulders should lead the rotation while the lower body (hips,core) drives the rotation.

**Execution Phase:** The rotation can be accelerated in the air by decreasing the surface area of the rider (knees up, arms in) or decelerated in the air by increasing the surface area of the rider. Head and shoulders should continue to look in the direction of the desired rotation.

**Landing Phase:** The rotation must be finished and rider must extend the legs towards the landing of the jump to absorb the landing force. If the rider continues to rotate until the landing, reverting or edge catching will occur. Increasing the surface area of the body will slow the rotation, releasing the grab, looking for the landing and stopping the spin before the landing.

*\* These concepts can be developed in many different ways but they should always arrive at the same conclusion. The cleanest strongest rotations occur when the rider takes off a solid platform and the board leaves the lip in a straight line.*

*\* Sluffing, slarving, or washing takeoffs may allow for a fast spin and a quick progression, but will not lead to success off bigger features or rotations.*

*\* The greatest rotational momentum can be generated by using the hips to power the spin. The head and shoulders need to lead the rotation in the desired direction but the larger muscles attached to the hips will generate the greatest rotation.*

**Hourglass preparation:** Tactic to have the athlete on the desired edge for the takeoff for a short period of time if they are rotating early. Athlete rides in on opposite edge and holds as long as possible. Start with a wide hourglass; progressively tighten up the shape of the turns.

**Rotating on Rails:** A rotation onto a rail is no different than a rotation of any other feature. The rider must initiate the rotation from a platform, create and release the rotational energy, prepare to land on the rail and absorb landing forces.

Rotating off a rail is slightly different, as it is much harder to set a platform on the rail and you cannot use an edge to initiate the rotation. To rotate off a rail the rotation can be initiated at the takeoff and part of the rotational energy stored and released as the rider exits the rail.

One technique is allowing the upper body to begin the rotation and locking the hips until the end of the rail, then releasing the hips and completing the rotation.

Counter-rotation can also be used, rotating the upper body and contracting the core to allow the lower body to catch up.

## WEEK 11

# SnowboardCross: Strategy & Speed 2

**Equipment Required:** Start Gate and track. If no track set up a course through the park or on a run with SBX type features.

**Goal of Session:** Training snowboardcross skills and riding in heats (up to 4 person wide).

**Coach:** This is an opportunity to get riders comfortable riding in close proximity to other riders in control. Emphasize the importance of safety and looking ahead.

**Intro:** Talk about the different formats – 4 person, LCQs, time trials, 6 person.

## WARM-UP

Have the riders come up with the warm-up exercises, even if they are the same ones. Make it fun and a **Dynamic Warm-up**. Use your judgment on the temperature but **Get the blood flowing**. A game of strapped in soccer/volleyball/ultimate Frisbee is fun if you can.

## MAIN PART

### AM

Warm-up Run – have them go at a slow speed, play follow the lead in pairs, trying to tag touch the leader, switching leader half way down.

- Make sure everyone knows the course and inspect safely
- SBX style training with up to 4 people at a time
- Set up 4-5 training runs where they follow each other trying to stay in each other's lines – talk about drafting and passing
- Set up 3 mock races – level the playing field if necessary (let one go after the other, put the girls and boys together)

*\*If there is not track, use natural terrain or use park if available to create a course that allows for a similar training environment.*

### PM

After the break, do the same warm-up run from this morning but switch up partners – have them go at a slow speed, play follow the lead in pairs, trying to tag touch the leader, switching leader half way down.

- Do a slow switch run through the course together – find out what they noticed
- Go through a few **managing anxiety exercise** from NCCP
- Do a full mock race, with one time trial (use a stop watch). Sort the racers out to try and get everyone racing each other. Rather than eliminating 3rd and 4th, have the lower finishers race each other
- Get lots of video if possible, and have them cross analyze each other.

## COOL DOWN

Do another switch run or side slip run of the track – keep it mellow and slow paced.

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Lean Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** What did you learn that you want to apply in the next session or event? How did you feel before during and after the mock race and what helped you to find a good emotional state (breathing, counting, checking body). What are you going to do if you feel nervous/detached/tired/bored/frustrated to have a good start.

**SEL** Talk about the value of performance vs winning – not everyone gets to win, but everyone can put it all out there and feel like they have performed at their best.

## WEEK 11: COACHES' TOOLBOX

**Absorption:** A skill to keep your board as close to the ground as possible, preformed differently on various terrain. Timing is critical with this skill.

- **Rollers:** Want to decrease vertical momentum and keep board sliding on the snow. Raise centre of mass when going up roller, raise arms and flex hips, and knees. This will raise the centre of mass and unweight the board when cresting roll extend lower body against the roller to use the feature to accelerate.
- **Jumps:** Goal to adjust the trajectory of the air to limit the vertical gain. Raise centre of mass at the lip of the jump, by flexing hips and knees instead of extending or resisting the pressure of the takeoff.

### General Guidelines to Setting an SBX Stage 3 Course – Grom Series Events (Coach Set)

- Generally small and medium features (refer to Smart Style) that develop range of movement, looking ahead and challenge balance.
- Course should encourage riders to seek speed, rather than just trying to survive. Most courses are too fast.
- Long landings and space between features are necessary for athletes to re balance between features and to promote skill development.
- Approx. 30 to 40 seconds long (prepare for stage 4 events)
- Minimal or no direction change in the air (ie hip transfers)
- Green slopes, with natural variation.

**Looking ahead to see the line:** Riders need to look ahead to prepare them for what is coming. The faster they are going the further ahead they need to look. Train them not to look at their feet, but look to where they are going. When racing they need to be able to see the race line, and learn to ride it.

**Start Gate Body Position:** Start at feet – bend the knees, set the hips above the knees, twist at the waist, place hands on handles, lower chest, lift head to look out at course, keeping arms slightly bent. Take a deep breath, squeeze the handles, pull out of the gates trying to keep

body from opening up completely, then push down into snowboard position (knees bent, hips dropped, arms to sides)  
*\*This position needs to be repeated throughout these stages so that it become natural, and some of the movements start to combine\**

**Shortest trajectory:** Air shape that will allow rider to clear the feature as fast as possible. Absorbing jumps, doubling rollers etc.

**Line:** The best route through terrain.

- SBX: The most appropriate line for the feature
- Will depend on feature, snow condition, speed, other riders etc
- Riders should experiment with different lines through features
- Race line: Fastest line through the course

**Looking ahead to see the line:** Riders need to look ahead to prepare them for what is coming. The faster they are going the further ahead they need to look. Train them not to look at their feet, but look to where they are going. When racing they need to be able to see the race line, and learn to ride it.

**Absorption:** A skill to keep your board as close to the ground as possible, preformed differently on various terrain. Timing is critical with this skill.

**Rollers:** Want to decrease vertical momentum and keep board sliding on the snow. Raise centre of mass when going up roller, raise arms and flex hips, and knees. This will raise the centre of mass and unweight the board when cresting roll extend lower body against the roller to use the feature to accelerate.

**Jumps:** Goal to adjust the trajectory of the air to limit the vertical gain. Raise centre of mass at the lip of the jump, by flexing hips and knees instead of extending or resisting the pressure of the takeoff

**Ideal Performance State:** This is the emotional state that an athlete needs to be in to put forth a strong performance, that they can ultimately be happy with

**Managing anxiety exercise:** Managing breathing rate and depth is a prerequisite of relaxation. Relaxation in turn is a prerequisite of visualization.

**Breathing exercise:** Close your eyes. Feel your stomach move out; keep your chest and shoulders steady. Slowly inhale, feeling the air in your chest increase and your shoulders rise. Hold your breath. Slowly exhale, feeling a release in tension as your shoulders and chest drop and your stomach relaxes. Now shift to listening to your breathing.

Visualization exercise: Stage1: Find a comfortable position, take two or three deep breaths, and say “relax” as you breathe out. Once you feel relaxed, go to Stage 2. Stage 2: Visualization exercise for all the senses. Now that you are feeling relaxed, imagine a place you might go when you want to get away from it all. A place that was/is special to you, a place with which you associate good feelings, and one in which you feel peaceful and safe.

- Imagine the scene in your mind and add as much detail in your mind as you can.
- Focus on the sounds you might hear in the situation you “see” in your mind.
- Focus on the sensations you would experience in your body (e.g. touch).
- Focus on the smells associated with the image in your mind.



## WEEK 12

# Mock Competition 2

*\*This session is written to cause the least amount of disruption and time usage by setting a course and using the park. Alternatively, organize a run that incorporates all disciplines into a single "Skills Run". You are only limited by your creativity!*

**Equipment Required:** Snowboard gates, drill, gate key (or use stubbies or pylons). Stop Watch (or phone device). Small flat box or other park feature, small jump.

**Goal of Session:** Review of all disciplines and mock competition (& wrap up for 8 week programs). **Mini skills** contest in all disciplines! Assess riders and complete their Blue Passport.

**Coach:** This is the riders first official introduction to competition. You should mold the day as close as possible to a **Grom Series EVENT**. Riders are competing against EACH OTHER but have a number of different **mini-awards** so that everyone can win something. Mark them down and present them at the end.

**S.E.** Cheering on others even though they may "beat" you. Help riders put winning and losing into proper perspective.

**Intro:** Today is a skills contest and review of all disciplines. This is an opportunity to show your skills and have fun. It's important to give your best effort and not focus on the outcome (winning).

## WARM-UP

They should all lead a portion of the warm-up. This will distract them from the 'testing' and get everyone engaged in the session.

Warm-up run on easy blue run – keep it simple and fun.

## MAIN PART

### AM – SPEED Contest

Set a **simple course** on a BLUE run using snowboard gates (alternative: stubbies or pylons or some sort of marker).

**Semi-finals:** Have riders 'race' down the course a few times focusing on making all gates and having FUN!

**Finals:** have the riders race the course. Time them, record the time. You can have 2 runs, best of, or combined times wins.

**Break:** Discuss Grom Series Events. Find out when they are and let the riders know what it would be like, what would happen.

## PM

After the break, do a warm-up run with as many terrain changes as possible – keep it light & fun.

**Air Skills:** Take the riders to a small jump and use **Follow the Coach** to get the group to show you absorbing a jump, clearing a jump and then their favorite jump skill they learned this season.

## STYLE Contest

- Pick 2 jumps and 1 rail – this is the 'course'
- Have the riders do their best runs through the 'course'.
- Everyone gets 2 runs – the best run counts.
- If time permits, have a semi-final and finals – but include everyone.

## COOL DOWN

Easy paced cool down run - try to incorporate a favorite run of the day or hit as many side hits!

Do some **Functional Movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

**Conclusion:** Cheer for the winners, cheer for everyone, cheer for themselves – snowboarding is about individual creativity and everyone has a different style and learns at a different pace. Don't get too caught up on winners and losers here – everyone wins when the day is spent snowboarding. Wrap up and thank them for the season.

**SEL:** Cheering on the others even though they are 'competitors'. Being happy for the person that won and being able to put winning and losing into perspective.

## WEEK 12: COACHES' TOOLBOX

**Mini skills contest:** Competition focused around testing snowboard skills from each competitive discipline. Should include an element or feature from all disciplines. Discuss with your park builders about building progressive terrain that features elements from all disciplines.

### Grom Series Event

A Grom Series event introduces participants to competitive snowboarding through a multi-discipline skills course designed to challenge freestyle, snowboardcross and alpine skills. Grom Series events feature courses that are designed to facilitate the refinement of fundamental snowboard skills and challenge the technical skills necessary for each of the competitive snowboard disciplines. To find an event visit: <https://www.canadasnowboard.ca/en/programs/riders/events/>

**Mini-awards:** Mini-awards will help to keep everyone positive. It is a fun and creative way to get all riders to experience success. Make up ones that will work for your group. You can even make them up on the fly, or at the end!

**Examples:** *The biggest improvement from the run from the beginning to the end of the session, most called runs completed cleanly, most variety of tricks thrown/stomped, Hardest trick done with an orange helmet on, most turns going into a jump, most creative trick, most ollies performed in one run.*

**Course Setting:** Course setters try to keep the course as rhythmic or symmetric as possible. To do so a course should be set with a measuring tape or rope with premeasured intervals. The distance to be measured is from one turning gate (stubby) to the next turning gate (stubby).

- PGS course is set between 20-27 meters from turning gate to turning gate, ideal 24 meters
- PSL course is set between 8-15 meters from turning gate to turning gate, ideal 12 meters
- 10 gates

*\*For added fun, put a bamboo in the snow to jump over.*

**Follow the Coach:** Coach sets the skill and should choose terrain that to achieve desired outcome. Promote fun and inclusion by all but also look to progress those riders doing well, perhaps by bringing in a couple extra tricks from your own bag.



# RIDERS

GROM SNOWBOARD PROGRAM

For any questions regarding the RIDERS Program,  
or to enroll your snow school please contact:

**CANADA SNOWBOARD**

[riders@canadasnowboard.ca](mailto:riders@canadasnowboard.ca)

604-568-1135 | [www.canadasnowboard.ca](http://www.canadasnowboard.ca)