



RIDERS

GROM TRAINING

**BLUE
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. It is important to note that BLUE is a FULL DAY program which will be a big jump for riders coming from GREEN. Be aware of fatigue, attention, and any difficulty new or younger riders may have.

Week 1: Introductions & Fundamentals Review

Week 2: Carving- Turn Shape

Week 3: Carving - Introduction to Riding Gates

Week 4: Freestyle: Tricks off small Jumps + 180

Week 5: Slopestyle: Combining tricks; multiple features

Week 6: Snowboardcross Skills + Intro to SBX Course

Week 7: Halfpipe Riding

Week 8: Mock Competition - Discipline Specific

Suggested Week 9-12 (additional sessions)

Week 9: Alpine Skills 2 - Gates and Course Variation

Week 9+: Alpine Skills 2 Carving, Turn Shape & Steering

Week 10: Style and Variation

Week 11: All Mountain Freestyle

Week 12: Mock Competition 2 - Multi Discipline

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

GUIDED WARM-UP

At this point most riders will have done 6-12 pre-session warm-ups or more in GREEN. You want to guide the warm-up, but week by week have the riders come up with the warm-up exercises, even if they are the same ones. This will both teach warm-up, allow a new perspective to add creativity, and grow the rider's confidence of speaking out.

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 (Intro): 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: "Who knows what an Ollie is?" "Today we will learn how to ollie!" "What is the opposite cousin of an ollie? A Nollie!" "Why would we want to ollie? "it is good for XXXXX"

**Each session description will have key points for that day.*

Warm-up: Full body dynamic warm-up. Games. Keep them moving. In the toolbox will be some activities or specific warm-ups relevant to that session.

1. Get the Blood Flowing (See ToolBox 1).
2. Use a Dynamic Warm-up (See Toolbox 1)
 - Add in activities that mirror physical skills learnt that day
3. Games: Playing a few small or one larger game during the warm-up is a good, fun way to start the session. In BLUE you will need to adjust the games for the older Rider.
4. 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. This is also 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 the session with a run that is low technical but can involve the whole group. Mass follow the leader game is a good example. Keep this similar each day to add continuity and structure but with different type of runs.

Cool down: Have a quick active stretch. “3-5 min functional movement” Touch toes, pull back shoulders, bend neck side to side..etc. .. 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 Review

Equipment Required: None

Goal of Session: Introduction, Review, and Assessment: Get to know new athletes, assess their level of riding and set program tone. FUN and inclusive!

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 athlete.

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 Green and Blue – Blue Theme is "Courses" and what that means. Slope/SBX/Alpine/HP. Our days are longer, there is a lunch break.

WARM-UP

You want to guide the warm-up, but week by week 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**.

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 athlete 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 athletes 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 feedback focused on **balance & stance** issues.

End with a few runs challenging their turning skills. Vary the turn corridor and the steepness of pitch. Keep an eye on **board performance**. Assess both sliding and carving turns.

PM: Switch Riding Assessment: Have them ride switch at the bottom of a post-break warm-up run, 200 feet from the chair on easy terrain. If successful, try a switch run on more difficult terrain.

Generating Lift Assessment

Find a quiet spot you can hike a short area. **Ollie over stick challenge, Nollie Challenge**.

Review Park Safety, Roll through park, check it out. Test their knowledge on **park safety** and review each point – it's important for them to know this. On 2nd run through have them 50/50 the easiest rails and do some straight airs off of the small jumps.

Transition Assessment

Find features with transition and see how well the riders can ride up and down, try turns, rock-fakie and air-fakie.

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, Lean 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.

Conclusion Key points of Balance and Stance. Fundamentals and Fun: Provide info on next session; where to meet, who to look for, times, and places.

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 in a SB Video?" 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 GAMEI

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

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.

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

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.

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

Ollie over stick challenge: Place a stick in the snow, have the riders ollie over it. Hold it in the air, or place on snow piles, have them ollie over that. Let them do it multiple times at each height.
Nollie over stick Challenge Same as Ollie above

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.

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 2

Carving – Getting Low & Turn Shape

Equipment Required: Wide open green and blue runs.

Goal of Session: Improve edging skills introduction of inclination and angulation regular and switch.

Coach: Edging is involved any time there is a direction change while snowboarding. For effective edging (using the edge as a slicing tool), a rider needs to recruit the ankle, knee and/or hip joints to increase or decrease edge angle. 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: Review what edging is and why it's important to being an awesome snowboarder: we are building the ground floor for endless progression. Being able to edge effectively allows us to make direction changes, manage speed and ride the mountain confidently. Too little edging and we cannot maintain our line. Too much edging creates excessive friction that slows us down. Edging is like buttering bread, too much edge on the knife and you will rip the bread, too little edge and the butter will not spread.

WARM-UP

You want to guide the warm-up, but 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**.

Take a Warm-up run on a mellow blue run and have riders do **hop turns**. Next have athletes do a run demonstrating their best carved turns (**C or J?**) and take a look at each rider and assess where they are initiating their turn.

MAIN PART

AM – Inclination and Angulation

- Find a flat area where all riders can unstrap safely and have riders unstrap their back foot too demonstrate inclination.
 - Inclination** - With everyone starting with their back foot on their heel edge have them step over the board and lean in with their body straight and ridged. Now have them step back over their board to the heel edge, again with their body straight and ridged. Ensure every is 'getting it'.
 - Now move to a blue run. Have athletes do a few runs of '**zombie turns**'. Have the athletes ride as stiff as they can and only use inclination to initiate the edge and complete the turn.
- Now find a flat area where all athletes can unstrap safely and have everyone unstrap their back foot too demonstrate angulation.
 - Angulation** – With everyone starting with their back foot on their heel edge have them step over the board with their body straight and ridged. As they start to come down have them reach for their heel edge with their front hand. Now have them step back over their board to the heel edge, again with their body straight and ridged. As they start to come down have them reach for their toe edge with the backhand.
 - Now move to a blue run. Have athletes do a few runs of '**reach for the edge**' focusing on inclination to initiation the turn and angulation from the fall-line to completing the turn.
- Have athletes put everything they've learned back into their 'normal turns' (inclination + angulation) and show you a run at mid speed and one at higher speed using as much edging as they can throughout.

PM – Symmetry and Looking Ahead

- '**Symmetry/even turns**' – have the riders focus on completing turns that are symmetrical from toe side to heel side. Have athletes count in a consistent manner 1,2,3,4 for each turn. The longer the turn the slower the counting, the shorter the turn the quicker the counting. Do not limit to just one run – mileage is key.

- Draw a straight line down the fall line with course dye or drag your foot to make a line. Make the line as straight as possible. Have the athletes ride down focusing on the line in the snow and making the edge change as they pass over the line. The initiation phase of the turn should start as they cross over the line. This will promote **'looking ahead'** and focusing on where to turn.
- Mark a point in the snow with course dye, or anything you have at your disposal (extra glove, pine bough or a pile of snow). Have athletes all turn at that spot, focusing on initiating the turn above the mark and executing the turn as they pass by the mark.
- Gather all the riders and go to the spot they turned around to review the different lines. Make adjustments as needed and give feedback and pointers. Repeat the exercise with the other turn.

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, Lean Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...etc.

Conclusion: Review the key points of Edging and the importance of good edging and how it translates into all areas of snowboarding – knowing how to carve and manipulate your turn shape is a super important foundational skill and is super fun!

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

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.

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.

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.

Hockey-Stop-Hops: On a moderately steep blue pitch, have athletes straight run for a few seconds and then quickly come to a stop (like on hockey skates). Athlete then has to use their edges to hop 3 times up-hill.

Touch Knees to snow: Once the board is pointing down the fall line have the athletes try to touch their knees to the snow. On the toe edge athletes should be pushing the back knee to the snow. On the heel edge athletes should be pushing the front knee to the snow.

Sponsor Turns: Explain that the athletes are competing in a big event and the sides of the trail (or trees on the side) are the 'fans'. Their goal is to show the bottom of the board (their sponsor name) to the crowd. This should lead to the athlete initiating their turn earlier and have them on edge through the power phase.

Zombie Turns: Have athletes be 'as stiff as a board' or 'like a zombie' and use only inclination to edge and make turns. The key to this drill will be getting them used to the feeling now so that it can be put back into their riding (initiation with inclination), in later weeks.

Reach for the edge: Have athletes initiate the turn with inclination (moving the center of mass over the board), then once the board is in the fall-line have them reach for the edge that is up. On a heel turn have them reach for their toe edge, on a toe turn have them reach for their heel edge.

WEEK 3

Alpine: Intro to Riding Gates

Equipment Required: Wide open green or blue run. 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 and bit and gate key is required if using stubbies and feather dusters, brushes, or course dye are super helpful to indicate the rise line. Don't be intimidated by the equipment list, work with what you have – a creative coach is a good coach.

Goal of session: Introduce alpine racing techniques and racing line in course "Rise Line". Initiate the session with a recap of symmetrical turn shape.

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.

S.E. By now you should know who is the shy and who is the not-so-shy riders. Try to balance out the group by gently drawing out shyness and easing the not-so-shy.

Introduction:

- Quiz group on alpine racing – Ask about the gear? Different disciplines? Give example if needed.
- Quiz group on alpine racing – what does the board look like? Boots? Course?
 - Give them the basics and show an alpine board if available.
 - Do we have any Canadian Olympic Medalists? (YES! Jasey Jay Anderson – Gold 2010)
 - Dominique Maltais, Mike Robertson (SBX Medalists were PGS racers)

WARM-UP

You want to guide the warm-up, but 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 of '**hop turns**' to get body moving and activate small joints.

- Follow with a run of '**cat and mouse**', encourage riders to vary the turn size and shape. Have riders switch position half way down or do a second run.

MAIN PART

AM– Introduction to gates and rise line

- Head to '**Course**' (gates/pylons/etc). Have the course set if possible or set the course with the riders. Set a corridor of about 10 to 14 turns (symmetrical). Set dusters or brushes for the '**rise line**', you can set the whole course with markers or just the first few gates. Speak to athletes about snowboard gates (stay to the small side of the flag) and the '**rise line**' as your setting.
- If the course is set or after the course is set, bring the group through all together and do an **inspection**. Use this time to explain more in depth about '**rise line**' and where to prepare, initiate, and execute the turn. You can also demonstrate the line for 1 or 2 turns.
- Remind them that the goal is to prepare and initiate before the 'rise line' marker, and complete the turn by the gate/pylon.
- Have them do a few runs in the course with the '**rise line**' marker to set the line. Continue running the course with the focus on proper line and turn shape.
- For the last few runs in the course remove all the markers and have the athletes run the course with only the gates/pylons.

PM – Training course

- Head to the '**course**'. Have the course set if possible or set the course with the riders. Set a corridor of about 10 to 14 gates. This time do not set a rise line indicator.
- 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 riders side slip the ideal line.

- Have riders ride the course, with the focus on the ideal line/rise line, make adjustments as needed.
- After a few runs bring the group together again at the top of the course. Have everyone side slip through the course to look at the line that has been developed. See if any changes have to be made to create the ideal line.
- Have riders ride the course again, focusing on the changes to the ideal line (Tighter, rounder, closer to the gate, etc.)

COOL DOWN

Easy paced cool down run aiming for nice large even 'carved' turns the whole 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: Today was probably the first time they ever rode a 'course' and it was likely pushing the comfort zone - That's good! Touch on the key points from today and use reflections questions: What did you like today? What are you most proud of? What did you struggle with today and what did you do to overcome it? Try to give everyone a chance to share but don't force anyone to speak up who doesn't feel comfortable.

SEL: Give everyone a goal to work on for the week. Shy riders can work on talking to someone they don't know. Not-so Shy riders can be tasked with finding an opportunity that they were going to speak out, yet they asked someone else what they thought.

WEEK 3: COACHES' TOOLBOX

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

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 – or mark it with some course dye.

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),

Looking ahead: While riding in a course, athletes should be looking 2 gates ahead of where they are. Not at the gate they are turning around at. While free riding you scan the slope for hazards or terrain, the same should happen in the course.

WEEK 4

Freestyle: Tricks off Small Jumps + 180

Equipment Required: A progression terrain park (rollers, banks, side hits and small jump), if there is no progression park, use a run with side hits, and rollers.

Goal of Session: POP – SM jumps, Various Grabs, 180 Progression

Coach: The toughest part of this session will be getting those with a weak pop to continue to work on it before moving forward. That said, it is important to introduce the 180 progression.

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: This is the first park session of the program. Everyone will be excited. This is good, but keep things in control and safe.

WARM-UP

Make it fun and a **Dynamic Warm-up** adding additional skills such as two foot hops, hop 180s into footprints. Have riders jump from nose to tail with board strapped in going forward and backwards back and forth a few times. Use your judgement on the temperature but **Get the blood flowing**.

Take a Warm-up run on a mellow blue run and ride switch halfway down.

MAIN PART

AM

Find a nice mellow run. Show riders how to and then have them try **popping, ollie's and nollie's** moving slowly.

Clearly demonstrate the difference between **popping, ollie's and nollie's**.

Give feedback and ensure everyone's 'getting it'.

Park Safety

Stop at the top of the park. Review **park safety**. Make sure riders understand the way a park works, safe stopping spots (if any). Do an inspection run through the park. Point out features, landings, and any red flags.

Small Jumps. Find a small jump or side hit to get warmed up into jumping. Have them all do a Straight Airst. Then have them do straight airs with pop - practice this a few times.

- Discuss the approach including the **no turn zone**. Demonstrate – this is the preparation phase.
- Show riders how to and then get them to **resist the takeoff** with the legs leading into a pop – this is the execution phase.
- Discuss what to do on the **landing** – this is the completion phase.

Putting it all together

- Have riders take what they learned at the beginning of the session and show you their best straight air – making sure they track straight off the lip of the jump.
- Depending on the level of the group, introduce an easy grab(s).
- If athletes are having success, move to trying other features.

PM

*If riders were struggling in the AM, have those riders continue to do straight airs in the park.

After the break, do a switch warm-up run then find a flat spot to stop and start the 180 Progression

- Explain difference between FS 180 and BS 180. Recommendation is to start with FS 180 as it is easiest because the landing is visible.
- Do 180 spins into footprints (boards off). Make sure head is going first, and all the way around to spot landing.
- Find an open green/blue run. Do **cross hill 180's** spinning UP the fall line.
- When everyone is getting it, find a green run and do straight run pop-180s.
 - Don't do this for too long as most riders will counter-rotate these (strength) and develop bad habits.
- Move into Small jump when riders are ready.
 - Remind them of the **no turn zone**.
 - Explain a slight **approach angle**.
 - Practice 180s on small jumps until end of session.

COOL DOWN

Easy paced cool down run (try to hit as many side hits 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: Review the key points from today: Straight Airls. No Turn Zone, Pop. 180. *Practice your 180s*

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

Popping: Ride up to the feature with enough speed to make the landing, adding leg extension at the lip of the jump will increase the height of the lift.

Movement timing for Popping:

- **Preparation Phase:** Approach the feature in the freestyle stance.
- **Initiation:** Push against the ground equally (extend knees, hips) with both legs to generate the lift from a flat base.
 - Execution: Flex the legs up (hips and knees) to stabilize the body in the air.
- **Completion:** Extend the legs to reach for the landing to absorb the impact force.

**Timing the pop with the lip of the jump increases the height of the lift; popping is NOT ollieing.*

Ollie & Nollie: These basic maneuvers increase lift by harnessing the spring (camber and flex) of the snowboard. The ollie springs off the tail of the board; while the nollie springs off the nose. These movements can generate large amounts of lift with or without a jump.

**Biomechanically, the ollie & nollie movements are symmetrical, however the nollie is slightly more challenging as the rider must remain balanced while in motion and the spring is against the direction of motion.*

Movement timing for an Ollie: (reverse the legs for Nollie)

- **Preparation Phase:** Approach the feature in the neutral athletic stance.
- **Initiation:** Shift the center of mass over the back leg and apply force against the ground with the back leg. The spring of the board will “snap” the rider higher into the air.
- **Execution:** Return the center of mass back over the center of the board to regain a balance position with the board parallel to the snow.
- **Completion:** Extend both legs towards the landing and absorb the impact force.

'No turn zone': The area before a feature where a rider should not turn or speed check. Late turns or speed adjustments prior to a feature can cause a rider to become unstable. Make sure riders adjust their speed well before a feature, so they are balanced and ready for it.

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. Popping after this will increase height rider can extend hips and knees at takeoff.

Landing Completion: Extend the legs to reach for the landing and absorb the impact force.

180 Progression:

Flatland 180s with board off will help to make sure the movement and initiation is correct. Watch closely. The head needs to go first, followed by shoulder, hips, knees, and feet. Do this until they get it. Then take it onto the run.

Doing 180s across the hill will get the riders use to spinning while moving. Always start with uphill spinning, heel edge. Again, watch for rotation not counter rotation. Once this is going well, find a small huck rut or bump and decrease the across hill angle until spinning almost down the fall line. Don't let them cheat and Nollie spin. When they are ready, head to a small jump.

Approach angle: Approaching the takeoff with a slight angle makes it easier to take off from an edge as well as allowing a less than full 180 degrees of spin.

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 5

Slopestyle: Rails, Combining Tricks, Multiple Features

Equipment Required: A progression terrain park with entry-level features in good condition.

Goal of Session: Review 50/50, pops, and 180s. – 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. Try to link features together 1 straight air, and 1 straight air with a grab. Allow reverts (180-revert-straight air) but try to discourage it - explain why.

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: Quiz group on the rules of the park – Inspection runs, where to stand out of the way, calling drop ins, progression (always start with straight air to test speed), helmets, traffic (don't cross lanes to hit a feature). "Today we will be combining tricks so that when you run through a park, or go to an event, such as a Grom Series Event, you can do multiple tricks or grabs.

WARM-UP

Make it fun and a **Dynamic Warm-up** adding additional skills such as two foot hops, hop 180s into footprints and try static 180s with the boards on. Have riders jump from nose to tail with board strapped in going forward and backwards back and forth a few times. Use your judgement on the temperature but **Get the blood flowing**.

Take a Warm-up run on a mellow blue run and include a switch run.

MAIN PART

AM – Rails & Jumps

- Stop at the top of the park and do a **style inspection run** through the park. Point out features, landings, and any red flags.
- **0/50 Review:** Depending on the level of the group, use a bamboo in the ground or an easy ride-on box/rail in the park.
 - Ensure everyone can 50/50.
 - Once the group is comfortable, move to a slightly more technical feature (longer, narrower box, flat down or rainbow box) and see if the skills can still be transferred.
 - Advanced riders can use gap-on, or rails instead of ride-on boxes or can try to 180 on or off the feature.
 - Introduce a nose or tail press if time permits on a mellow feature.
- **180 Review:** On the runs down to the park, get the riders to do as many 180s as they can – utilize side hits.
 - If anyone is struggling, get them to practice **sliding 180s across the hill** and then bring it back to small side hits or pops.
 - Once in the park, 180's off small jumps until the break.
 - Coaching point: keep looking around in order to complete the rotation and spot the landing.

During Break: Get the riders to pick 4 tricks that include 2 jump & 2 rails (modify to match available features). Depending on level, could be different grabs same trick. (Keep confidence high. If only straight airs and 50/50 then do 2 grabs and 2 different rails).

PM

Head back to the park. 2 warm-up runs, 1st: check conditions of features. 2nd: Straight air no grabs and 50/50s.

- Have riders do a run using all 4 of their chosen tricks
- See if they can mix the order of the tricks (if applicable).
- Get them to decide the best order – guide them through this process
- See if they can do the same run 3 times in a row.

COOL DOWN

Easy paced cool down run (try to hit as many side hits 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: Get the riders to list their “run” that they did out loud.

SEL: Have them come up with their idea of the Olympic Winning Run.

WEEK 5: COACHES' TOOLBOX

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.

Style Inspection Run:

- Before hitting park features it is important to inspect the park, even if you have hit it yesterday. Parks change every day. 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?

'No turn zone': The area before a feature where a rider should not turn or speed check. Late turns or speed adjustments prior to a feature can cause a rider to become unstable. Make sure riders adjust their speed well before a feature, so they are balanced and ready for the feature.

Steps for Successful Rail Riding:

1. Start with having athletes slide over a piece of bamboo on the ground. Look for basic corrections: where are the eyes looking? Are they aligned with the feature?
2. Move to a ride on box with a good width that is close to the ground. Practice 50-50's and move onto boardslides.
3. As athletes gain confidence, move to other rails and boxes and try other skills (spinning on/off, frontsides, ect).

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.

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.

180 Progression:

Flatland 180s with board off will help to make sure the movement and initiation is correct. Watch closely. The head needs to go first, followed by shoulder, hips, knees, and feet. Do this until they get it. Then take it onto the run.

Doing 180s across the hill will get the riders use to spinning while moving. Always start with uphill spinning, heel edge. Again, watch for rotation not counter rotation. Once this is going well, find a small huck rut or bump and decrease the across hill angle until spinning almost down the fall line. Don't let them cheat and Nollie spin. When they are ready, head to a small jump.

WEEK 6

Snowboardcross Skills + Intro to SBX Course

Equipment Required: Mellow rollers, banked turns and small jump(s). If not available, use park features or varied terrain to practice skills. Cones/ bamboo if no SBX track is available.

Goal of Session: Improvement to Snowboardcross skills (absorption, timing, banked turns, etc.) and introduction to SBX track. Riding close to other people with control – MANAGE SPEED & SPACE APPROPRIATELY.

Coach: Absorbing bumps requires both balance, managing instability, and timing. Aim for 2 of 3 for success. Keep in mind some riders may not have much ankle flexion in boots. Watch for breaking at the waist instead of ankle/knee. Mental skill focus – Visualization “See/Feel”

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: Today is about riding over bumps. Your legs are shock absorbers like a car. You want your body to remain in the same spot while your board goes up and down, using your ankles, knees, and hips.

Ask the group about our Canadian SBX Olympic Medalist, do they know any? (Dominique Maltais – 2014 Silver, 2006 Bronze, Maelle Ricker – Gold 2010, Mike Robertson – Silver 2010) Have they watched it on TV?

WARM-UP

You want to guide the warm-up, but 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 a blue run with as many terrain changes as possible.

MAIN PART

AM – Riding Different Features

- Take riders to a feature to warm-up their **absorption/pressure (knees up/arms down)/terrain adaptation**. A series of rollers or small jumps would work best.
- Have riders cycle through (lots of mileage) working on **absorption**, ensure no one's board is leaving the ground.
 - Increase speed after each run when approaching the feature – do boards remain on the ground?
 - Progressing quickly? Move to a larger feature and start slow again.
 - When everyone is ‘getting it’ have riders put it all together by absorbing jumps - minimizing the air time in order to keep the shortest trajectory.
- Take group to a banked turn. **Experiment with the line** in the banked turn to discover faster and slower trajectories.
 - Draw a picture in the snow to show where the ‘ideal’ line is throughout the turn & discuss key points: keep board flat and allow the bank to make the turn.
 - Be aware of **body position over board** on entrance and exit of banks to create flow through the entire feature set.
 - Coaching point: Look for the hips to return to neutral in the middle of the berm.
- If no banked turns available, use halfpipe walls to get the same feeling OR have riders practice ‘**inverse traverse**’ on a blue run.
 - The sides of jumps that are ‘dished out’ can work well to simulate a banked turn – get creative coach!

PM – Intro to 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, if one is available to you.

- Introduce the **safety processes of SBX course** - It is important that we emphasize safety to our riders – the same risks exist here as they do in the park.
- Do a thorough **inspection** of the course.

- Check the landings and any ruts or icy bits and point them out to the group.

*If no SBX course is available, be creative and create a “course”. Use the park, use some moguls, use an open run with different lines and lots of side hits. It only takes a few laps to create a nice little banked slalom, just get everyone carving the same line, digging edges as much as possible, and within a few laps, you’ll be good to go!

- Have riders cycle through the course (lots of mileage) at a cautious speed, gradually increasing speed overtime.
 - Review the key points to **absorption** (timings key – arms up, flex hips/knees) & challenge riders to identify features on course to absorb.
 - Review pumping – can riders apply increased pressure to the backside of rollers or landings to generate speed?
- **Put it all together:** Let riders run the course a few times, focusing on good absorption/pumping of different features and experimenting with different lines though banked turns - give them time to experiment – watch for the riders getting tired – are they making poor choices, missing timing? If so pull the plug – safety first!

COOL DOWN

Green or mellow blue cool down run – try to over exaggerate the body positions through each feature to do your dynamic cool down – how low can you go?

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: What do you remember from the course? What are the sections? What do the movements feel like – can you show me how you will use your body to make things happen Remind them of what happens at a Grom Series Event for SBX, ask what they’ve liked of their first experience and what they’ve learned from it.

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

‘Speed’ Inspection Run:

- An inspection run is used to take a detailed look at the features in the course. Try and remember what you see, and plan your line down 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 center of mass when going up roller, raise arms and flex hips, and knees. This will raise the center 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

Inverse traverse: Have riders traverse a mellow green pitch and try to roll to their ‘downhill’ edge and traverse on it as long as possible. The athlete will quickly feel unbalanced or like they need to turn which is fine. The goal is to practice moving to the downhill edge and getting this feeling.

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.

Terrain adaptation: choosing the right skill to achieve the goal depending on the feature and other factors when riding in.

- Do you have too much speed? Better absorb the takeoff
- Do you need to clear a gap with less speed? Resist the takeoff and possibly extend lower body
- Need to increase speed? Apply increased pressure to the backside of rollers, or landings

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.

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 we 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.

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

No SBX Course? SBX tracks often mimic free-riding, so try setting a course on a run that is like an SBX course (travelling across hill, as well as downhill) has rolls and lips. In and out of the trees, lay down bamboo to go over. Use lines in the park – just make sure riders are aware of uphill traffic using the park or other terrain.

WEEK 7

Halfpipe Skills

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

Goal of Session: Learning to ride the Halfpipe (HP) & improving all mountain skills.

Coach: See below for alternatives if you do not have a Halfpipe. HP with younger riders is mostly about mileage.

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 we are going to work on our HP skills! In RIDERS Green you learnt how to ride a transition, HP is the same but with two transitions back-to-back!

WARM-UP

You want to guide the warm-up, but 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 #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. Try **Downhill 180s** to improve edge control and get riders comfortable rotating downhill.

MAIN PART

Choose whether you, the coach, will watch from the top, demo and watch from the bottom, stop half way, or all ride in a line. This may depend on how busy the pipe is and you can mix it up throughout the session.

AM

Take the riders to the halfpipe. Go over the **safety rules**.

- Start by having the riders all ride in from the middle, and do low, smooth back and forth turns up the wall with good **Halfpipe Riding** techniques.
- Progression and getting comfortable with this feature is key.
- Start with **sliding turns low on the wall** focusing on ensuring athletes are keeping a mostly flat base, leaning away from the wall (typical error to try and reach for or stand up towards wall), good stance and letting the transition do most of the work. Make corrections and allow for lots of mileage.
 - As athletes gain confidence, have them try to remain in the same position but allow themselves to move further up onto the wall before making the turn.
 - The goal for the athletes will be to get very comfortable with riding the halfpipe like this until they can reach the lip doing so. Use a drill such as **Spray the Lip**

Make sure riders do not to reach for the wall (with hands) as they are going up. They need to allow the wall to be the **‘new down’**

PM

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

- Introduce **Ollie in the Pipe**. Continue to use mileage to lock in pipe riding skills.
- If riders are progressing quickly, encourage a variety of straight airs:
 - Multiple grabs
 - Alley-oops on both walls
 - Air-to-fakie on both walls

No Halfpipe?

- **Dealing with limited access** presents a unique challenge; the trick is being creative and working with what you have available. Use hip jumps/spines/quarter pipes in the park to teach all halfpipe specific tricks. 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
- Creative feature use can simulate the transitions of a halfpipe wall. Start with smooth back and forth turns up to the feature emphasizing spraying snow up/over the feature to emphasize balanced riding up the transitions.

- Review proper edging in the pipe (riding uphill edge), and not to reach for the wall as they are going up.
 - Encourage early edging though **extreme sponsor turns**.
- Introduce the concept of pressure control and maintaining a line through a transition or feature. **Transfers and intentional traveling** can simulate maintaining pressure and a line through a transition.
- If a wall ride is available, use it to teach rock-to-fakie and then air-to-fakies (without air first) to at least get them feeling what transition is like.

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! They are not competing against each other.

WEEK 7: COACHES' TOOLBOX

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.

Halfpipe Safety: Call our drop ins, ride the entire pipe without stopping.... The halfpipe is just another feature in the 'park' and the same rules of the park apply here. Use this opportunity to quiz riders on safety etiquette and identify anything that's important to note (pipe not being groomed, lots of traffic, people dropping in for the deck of the pipe).

Halfpipe riding: Halfpipe riding requires precise edging, body positioning and board control.

- **Edging:** Riders should be riding uphill edge throughout the pipe. Down the pipe wall, across the flat and up the opposite wall, edge change occurs at the apex of air or turn. I.e. Up the wall on the toes, down on the heels, stay on heels across flat bottom and up next wall, change edges at apex of turn
- **Body Position:** Riders needs to match the transition with center of mass perpendicular to the wall while pressuring the board throughout the transitions and flat bottom.

Sliding turns on the wall: Ride toward the wall on the uphill edge and as you begin to lose speed initiate a turn or rotation downhill. Edge change should occur at apex on the wall. As confidence increases go higher and higher on the wall and change edges at the lip of the pipe, ensure proper body position: Goal is to increase comfort with the pipe to with strong edging and body position while getting higher and higher on the wall and eventually above the lip.

Spray the Lip: start with smooth back and forth turns up to the lip emphasizing spraying snow up the wall and over the lip to emphasize balanced riding up the walls and good turn technique. Ensure there is an edge change right after the spray.

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.

The New Down One of the coolest things about riding halfpipe is that the wall remains the ground being ridden on and DOWN is in the same position (below your board) even though the rider is beginning to go perpendicular to gravity. This is possible through centrifugal forces and is why speed is required. Encourage your riders to buy into the New Down and position body the same as if standing on flat ground.

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 performed on either wall, frontside or backside.

Ollies in the pipe: allow the board to leave the snow and hop from edge to edge, again at the apex of the turn. This is a subtle movement and is used at perfection once the rider is leaving the lip of the pipe to ensure that the board comes back down inside the wall.

COACHES' TOOLBOX LIMITED ACCESS

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, ¼ 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

Transfers and Intentional Travelling: 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?

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.

WEEK 8

Mock Competition

**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 with some support. 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).

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. 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

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.

WEEK 9: ALPINE SKILLS 2

Gates and Course Variation

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. 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 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 – Course with Rhythm change

- Recall early turn initiation, do a couple of hop turns to re-emphasize getting on edge early.
- 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

Conclusion: Review the difference types of rhythm changes used and others they may encounter.

WEEK 9: 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 tries to lose 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 leader's 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 too 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 9+: ALPINE SKILLS 2

Carving, Turn Shape & Steering

Equipment Required: Wide-open green or blue run, stopwatch and mini-course (gates/pylons/stubbies/dye/tree bales/bamboo)

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. 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 (dye/tree bales/bamboo)

Goal of Session: Improvement of carving skills and steering and a bread down of how to reach higher velocity going from **big to small joints**, while maintaining symmetrical turn shape on heels and toes. Basic course inspection; tips for riders to remember sections of the course.

Coach: For effective edging (using the edge as a slicing tool), a rider needs to recruit the ankle, knee and/or hip joints to increase or decrease edge angle. Once you put a rider into a course 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. Mileage is important here – don't rush the process.

Intro: Review edging: effective edging allows us to make direction changes, manage speed and ride the mountain confidently. Too little edging and we cannot maintain our line. Too much edging creates excessive friction that slows us down. Edging is like buttering bread, too much edge on the knife and you will rip the bread, too little edge and the butter will not spread.

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 – Carving & Turn Shape

- Find a wide open blue run with good coaching visibility.
 - Have riders show you their 'best' turns, one at a time. Look for turn shape ('**C**' vs '**J**'), pay attention to where they are initiating the turn and what the board does (sliding or on edge?).
 - Share with them the different stages of the **initiation phase** of a turn so it's well understood and easier to achieve.
 - Try **sponsor turns** as a refresher and challenge them to show you nice even turns (uniform heel/toe) with the **steering** occurring at the top of the turn.
 - Repeat both drills switch!
 - Set goals about trying to close the gap between regular carves and switch.
- Edging skills: Move to a steeper run and work on '**hockey stop hops**'.
 - Get the riders to use their ankles and knees to create edge angle.
 - If successful, get them to try **heel and toes side slashes** at increasingly higher speeds back into straight position to practice balance and weight transfer/control.
 - Move to a mellow quite run and have riders to hop up twice on uphill edge and then hop onto downhill edge to help set the board for next turn.
- Have riders put everything they've learned back into their 'normal turns' and show you a run at mid speed and one at higher speed using as much edging as they can throughout.
- Can they carve switch at the same pace?

PM – Turning around gates (or marker)

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

- Recall early turn initiation, do a run of **hop turns** to re-emphasize getting on edge early.
 - Watch for **joint sequencing** and ensure they are starting with the big joints and finishing with the small.

*** Have the 'course' set if possible or set the course with the riders. Try to keep the course as rhythmic as possible ***

- While riding to the 'course' set turning locations and have riders make their turns at specific locations.
 - Use terrain features to challenge the turns, vary the locations – be creative and have fun! **Follow the leader** would work well.
- Do a quick inspection of the 'course' and try to have the riders think about how their **ideal line** and where to initiate their turns.
 - Ask a question or two about the course to test recall – this can be repeated as riders familiarize themselves with the course thought mileage.
- Do a few runs through the 'course' and get them put together what they have practiced earlier– the goal is to prepare and initiate before the gate to finish the turn rather than start the turn at the gate.
- If everyone's linking turns properly, have them do a little race against the watch or each other (if you can set a parallel course).
- Continue to **follow the leader** each run on route to the 'course' – switching up partners each time.
 - Focus on leaders varying turn shape and size.

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: Review the difference types of rhythm changes used and others they may encounter. Review the key points of Edging and the importance of good edging and how it translates into all areas of snowboarding.

WEEK 9+: 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.

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.

Steering: The combination of movements used to direct the snowboard in the intended directions within a turn. Steering efforts starts from the lower joints (hips/knees/ankles).

The Three Phases of a turn are:

Phase 1: Preparation (unload or release)

Phase 2: Initiation (edging)

Phase 3: Execution (loading)

Phase 1: Preparation (Release)

Encourage riders in this phase to:

- Release the edge or unload the board from the previous turn (unweighting, propulsion, gliding)
- Move the upper body (centre of mass) over and ahead of the feet (alignment)
- Set the edge for the new turn (gliding on edge, inclination)
- Create a solid platform (base of support)

Phase 2: Initiation (Edging)

Encourage riders in this phase to:

- Maintain skeletal alignment and muscular effort in the legs
- Continue moving centre of mass forward and inside the arc (inclination)
- Increase lateral movement of lower joints (edging) with both feet and legs (steering)
- Prepare for pressure build-up (manage loading)

Phase 3: Execution (Loading)

Encourage riders in this phase to:

- Maintain alignment in all planes
- Continue inclination
- Increase edging to full flex (angulation)
- Try to use separation and angulation skills to manage loading
- Optimize board speed in the desired direction (steering)

Hockey-Stop-Hops: On a moderately steep blue pitch, have athletes straight run for a few seconds and then quickly come to a stop (like on hockey skates). Athlete then has to use their edges to hop 3 times uphill.

This drill encourages use of the small joints and knees in edging. Common errors include looking down, bending over at the waist and twisting with the body.

Challenge the group by trying:

- a. Stop and then 3 hops downhill
- b. Stop and then 3 hops up followed by 3 hops downhill
- c. Stop, 180, 3 hops (up or down)

Heel and Tow Slide 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.

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.

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

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 too round, but just enough to effectively complete a turn while passing close to the gate.

WEEK 10

Style and Variation Grabs, 180s + Putting them together.

Equipment Required: A progression terrain park with entry-level features in good condition.

Goal of Session: Ride the park, do tricks that already learnt, but make stylish, or add different grabs, or add tweaks.

Coach: This is an opportunity to lock in good freestyle skills. Try to keep them from moving into areas that were not taught already but working on skills they can do to perfect them

Intro: Quiz group on the rules of the park –Inspection runs, where to stand out of the way, calling drop ins, progression (always start with straight air to test speed), helmets, traffic (don't cross lanes to hit a feature). Have them name their tricks, and which ones they want to work on. Have riders list the things judges are looking for in a freestyle event.

WARM-UP

You want to guide the warm-up, but 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 #1: Switch warm-up run on green or mellow blue run. Challenge riders to ride switch the entire run.

Warm-up run #2: Toe-to-Toe & Heel-to-Heel Turns – these might take a few runs to get and can be practiced when riding to/from the park.

MAIN PART

AM

- Take group through an **inspection run of the park**. Point out safe stopping areas & review **park safety**.
- Recall coaching points from last SBS session – go over with the group and focus if needed.
- **Box/Rail Progression – Successful rail riding**

- Start on a wide short box with the basic 50-50 180' out fs/bs, boardslide fs/bs to switch or regular.
- Once the group is comfortable, move to a slightly more technical feature, longer narrower box, maybe flat-down or small rainbow box and see if skills can be transferred.
- Introduce a tail-press and nose-press.
- Jumps: start with straight airs with grabs and 180s on small jump, show riders a safe spot to start and remind them of the '**no more turns zone**' (give them a few tries to warm-up.)
 - Coaching point: keep looking around in order to complete rotation and spot the landing.
 - Emphasize the importance of a **strong rotational platform**. Discuss key points - timing, pressure, release, speed etc.

PM

After the break, do a warm-up run and incorporate **Toe-to-Toe & Heel-to-Heel Turns**.

- After inspection have the group plan and work toward executing a run, linking 3 features together.
 - Ideally a combination of air and rail features.
- Push progression, if riders are linking features, work toward:
 - Sliding sideways across boxes
 - Rotating onto and off boxes with rotations (multiple directions and ways – fs, bs, etc.)
 - Multiple direction 180's (fs, bs, switch fs, switch bs)
- To try emphasize progression by counting the number of linked completed runs (need to do a variety of skills for run to count. I.e. 50 – 50 – 180 – 180 only counts once, mix it up!

COOL DOWN

Easy paced cool down run – keep it fun and simple.

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: Get the riders to list their “run” that they did out loud.

WEEK 10: COACHES' TOOLBOX

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.

Style Inspection Run:

- Before hitting park features it is important to inspect the park, even if you have hit it yesterday. Parks change every day. 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?
- Do you know the “no turn zone?”

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.

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.

Toe-to-Toe & Heel-to-Heel Turns: Start traversing a pitch on your toe-edge. Slide 180 degrees on the snow moving 'frontside' or 'downhill'. You should now be traversing on your switch toe-side. Again slide 180 frontside and you are back to your regular toe-side. Continue this over and over on a run and aim to increase fluidity of the 180 and overall speed. Heel-to-heel is the same. Start traversing heelside and slide 'backside' or 'downhill' 180 (Caution: this one is blind so watch for

traffic and do only with solid riders that aren't bound to catch an edge during this). You'll now be on your switch heelside. Continue, repeat, get awesome.

The 'next step' for this exercise is to complete the 180 in the air. This can be a fun challenging exercise for athletes waiting for freestyle terrain to open, especially when done at speed.

Basic 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. Once successful, try again with the board on.
2. Flat Land 360's. Try spinning keeping the board on the snow (done on a gentle slope).
3. Travel across the hill and progress to pop 180's (in the air).
4. Full 360 in the air.
5. Move it to a small jump.

Steps for Successful Rail Riding:

1. Start with having athletes slide over a piece of bamboo on the ground. Look for basic corrections: where are the eyes looking? Are they aligned?
2. Move to a ride on box with a good width that is close to the ground. Practice 50/50's and move onto boardslides.
3. As the athletes gain confidence, move to other rails and boxes and try other skills (spinning on/off, frontside, etc.).

WEEK 11:

All Mountain Freestyle

Equipment Required: Blue terrain, mellow rollers, banked turns and small jump(s). Banked slalom course or pump track with berms or a gully. If not available, use park features or varied terrain to practice skills – get creative! Goal of Session: Riding close to other people with control – **MANAGE SPEED & SPACE APPROPRIATELY.**

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: Today is about riding over terrain close to other riders. This is an important skill to learn to prepare for riding in heats during a snowboardcross race – it also helps us look ahead to see the lines through variable terrain to add flow to our riding.

Ask the group about our Canadian SBX Olympic Medalist, do they know any? (Dominique Maltais – 2014 Silver, 2006 Bronze, Maelle Ricker – Gold 2010, Mike Robertson – Silver 2010) Have they watched it on TV?

WARM-UP

You want to guide the warm-up, but 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 a blue run with a focus on turns that bring riders across the hill. Mess around with different body positions – how does this change our ability to adapt to terrain?

MAIN PART

AM:

- Pair riders up based on similar ability levels and play **Follow the leader**, trying to stay as close to the rider in front as possible.
 - Leader should vary:
 - **Line:** shorter/larger radius turns, around and/or over bumps, rollers or small jumps/side hits.

- **Speed:** faster speeds in choppy terrain create the need for increased pressure control – emphasize riding in control!
- **Tricks:** Pop or slide 180s, pop or absorb.

- Switch leaders each run so everyone has the chance to lead.
- Take riders to a feature to warm-up their **absorption/pressure (knees up/arms down)/terrain adaptation** in the park.
 - A series of rollers or small jumps would work best.
 - Review **pumping** and **jumping techniques**.
 - Work towards learning how to select the right skill (pumping, absorbing, popping etc.) to get the desired outcome over various features (rollers, jumps etc.)
- Pair riders up based on ability and have them try and ride as close together as possible, experiment with holding hands (back hand to front hand) on their way to/from the park or features.
 - The idea is to increase comfort level of riding close to another rider.
- Experiment with riding in pairs of threes, have riders go off jumps together or through a mogul run.
 - Be creative and experiment with riding close together to increase comfort level for riding in heats.

PM:

After the break, do a switch warm-up run on mellow blue terrain.

- Use the afternoon session to introduce freestyle skills outside of the park – this is a switch up from skills this morning but challenges riders' ability to adapt!
- Use rollers, cutouts and flatland areas with good coaching visibility:
 - **Butters in 4 directions**
 - **180's - can they do more than one direction?**
 - **Toe to Toe & Heel to Heel - can they 'pop' the rotation?**
 - **Euro Carves**
 - **Tripods**
 - **Carved 360s on snow (Choose your location VERY carefully)**
- Challenge the group and push skills with creativity.
- If time permits, play a game of **SKATE** with flatland tricks!

COOL DOWN

Bring session back together and do a cool down, easy paced run aiming for nice large even 'carved' 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: Switching up terrain or skills we use while riding is what makes snowboarding unique and fun! Even if a rider is leaning towards a discipline (speed or style), encourage them to have a strong skill set in each – it will only make them better in their chosen discipline later on.

WEEK 11: COACHES' TOOLBOX

Pumping Techniques: Need to increase speed? Focus on applying increased pressure to the backside of rollers, or landings of features to generate speed. Timing is critical in this skill and requires lots of mileage to implement consistently.

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

Jumping Techniques: Coaches should have the ability to understand and introduce:

- Proper approach to the feature
- Adjusting the movement in the air through pop or absorbing the feature
- Speed control in and out of the feature
- Proper landing and absorption while maintaining or increasing speed

Toe-to-Toe & Heel-to-Heel Turns: Start traversing a pitch on your toe-edge. Slide 180 degrees on the snow moving 'frontside' or 'downhill'. You should now be traversing on your switch toe-side. Again slide 180 frontside and you are back to your regular toe-side. Continue this over and over on a run and aim to increase fluidity of the 180 and overall speed. Heel-to-heel is the same. Start traversing heelside and slide 'backside' or 'downhill' 180 (Caution: this one is blind so watch for traffic and do only with solid riders that aren't bound to catch an edge during this). You'll now be on your switch heelside. Continue, repeat, get awesome.

The 'next step' for this exercise is to complete the 180 in the air. This can be a fun challenging exercise for athletes waiting for freestyle terrain to open, especially when done at speed.

Butters: Pressing on the nose or tail while riding, add rotation into and out of presses in 4 directions. Mind the edges – as downhill edges catch easily.

Eurocarves: Carving drill using extreme inclination and angulation. Goal is to be laid out on the snow
Worm turns, penguin slides: Sliding on back or front, try entering from a carve or rotating in and out back.

Carved 360 Turn on Snow (Choose your location very carefully): Carving a 360 on an edge. Needs a lot of space practice uphill carves and try and go all the way around.

Tripods: Sliding move with two hands on the snow and while riding on the nose or tail of the board. Make a bid toe side carve going up the hill. As you run out of speed, put your weight on your back foot. When you stop, transfer your weight to your front foot and gently place the hands down on the snow.

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.

WEEK 12

Mock Competition 2

Equipment Required: Build an obstacle course! 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. **Mini skills** contest in all disciplines! Assess riders and complete their Blue Passport.

Coach: Contest should focus around all snowboard disciplines and challenge skills from each. Terrain utilized should include an element from each – if possible, discuss with your park builder about building progressive terrain that features elements from all disciplines (Terrain Based Learning” centers or terrain).

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 with some support. 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

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. Alternatively, organize a run that incorporates all disciplines into a single “Skills Run”. You are only limited by your creativity.

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.

Take the riders to a small jump and use **Follow the Coach** to get the group to show you a variety of air skills introduced throughout the program.

SKATE Contest

- Pick 1 box/rail that everyone can have success on.
- Play a game of **SKATE** on the box/rail – be sure to include everyone for the duration of the game.

COOL DOWN

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

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. This is the final session of your program – thank them for the season and invite them back again!

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.

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.



RIDERS

GROM SNOWBOARD PROGRAM

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

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