



RIDERS

GROM TRAINING

**GREEN
CURRICULUM**

Table Of Contents

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Overview	4-7
Week 1: FUNdamentals	8-11
Week 2: All Mountain Riding	12-15
Week 3: Carving	16-19
Week 4: Freestyle: Generating Lift	20-23
Week 5: The Park; Safety & Use +Pop & 50/50	24-27
Week 6: Adapting to Terrain	28-31
Week 7: Riding Transition	32-35
Week 8: Passport to Blue: Show your skills	36-39
Week 9: Freeride, Powder, Shred the Gnarr	40-43
Week 10: Additional Freestyle	44-47
Week 11: Adapting to Terrain	48-51
Week 12: Show your Skills 2, Games of Skate, Horse, Snow	52-55

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.

****If doing a Full Day Program, an example format could be: Day 1: Week 1 AM, Week 2 PM Day 2: Week 3 AM, Week 4 PMetc. The Green Curriculum, in theory, can be completed in 4 days utilizing a full day format****

The Outline can be modified depending on snow or weather conditions, available terrain, and the riders although it is set up as a natural progression.

Week 1: FUNdamentals

Week 2: All Mountain Riding

Week 3: Carving

Week 4: Freestyle: Generating Lift

Week 5: The Park; Safety & Use +Pop & 50/50

Week 6: Adapting to Terrain

Week 7: Riding Transition

Week 8: Passport to Blue: Show your skills

Suggested Week 9-12 (additional sessions)

Week 9: Try Race Boots, Plates, and Board

Week 9/10: Free Ride "Riding the Gnarr"

Week 10: Additional Freestyle*

Week 11: Adapting to Terrain 2

Week 12: Show your Skills 2, Games of Skate, Horse, Snow.

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).

Warm-up & Introduction

LEARN TO WARM-UP

To keep it consistent and provide a safe, progressive learning environment Green Curriculum warm-ups should be similar for each session. Many riders have never done or seen a proper warm-up. They FOLLOW you and you are TEACHING them how to warm-up. Make it something they WANT to do. Use this time to assess your riders. Are they appropriately dressed, have correct equipment, are tired, nervous, scared? Find out about any injuries.

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 perspective 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): Introduce what the session is about. Determine what they know, inform them of why or how this fits into their overall snowboarding.

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.
4. A Warm-up Run (sliding not running) is a good way to either get going or to finish a warm-up. Make the run dynamic, everything should flex at some point. Also, this can be a good opportunity to check out the conditions of runs, parks, or areas you want to be training in.



Cool Down & Conclusion

FINISH ON A GOOD NOTE, REVIEW LEARNING

Each session should end with a cool down. This is for both a physical and mental shift from training session to parents. Keep this similar each day to add continuity and structure. Mention to the parents on day 1 to allow 5 mins at the bottom before you dismiss the group. *Even parents need to be “trained”.

An end of session “free run” without a specific skill focus gives a good transition to the end of the session and gives you the ability to get to the bottom fast if pressed for time. *If you prefer to conclude your session on the hill that is your prerogative but avoid repeating again later and don’t keep the riders sitting on the snow listening endlessly at their most tired level*

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 a prelude to a major cool down later in their athletic lives and provides a good opportunity for a conclusion.

Conclusion: During cool down, review the session and setup the next week. Mention key points of the session and things you worked on. Always finish with a “Thank you for coming/shredding! 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, snowboarding 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.

WEEK 1

FUNDamentals

Equipment Required: None.

Goal of Session: Get to know the athletes, assess their level of riding and set program tone. This is the first week so it has to be FUN and inclusive.

Coach: Show a high level of energy and enthusiasm, make it FUN and create a positive start to your program. Introduce yourself and any assistant coaches. Take a look at everyone's gear and ensure it all fits, is set up properly and is appropriate for the athlete.

S.E.: Using a **Name Game** get all riders to introduce themselves and a bit about them. Use this to determine things you need to know (age, year snowboarded, goofy or regular...etc)

Intro: Today is to get to know one another and how everyone rides. Review **Program Protocols**. Explain Coaching - "I will find different fun ways to get you to learn snowboard skills" (Guided Discovery).

WARM-UP

This may be their first warm-up ever - why they are doing a warm-up? Make it fun and a **dynamic warm-up**. Use your judgment on the temperature but **get the blood flowing**.

Take a warm-up run on easy green or blue run. Take a look at each rider and assess their riding level.

MAIN PART: RIDER ASSESSMENT

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.

- Learn their names and use them as often as possible on day 1
- After the first hour make sure you give each rider at least one individual correction on their riding.
- Assess general riding ability – body position, turn shape, what is the board doing (sliding, slarving, or carving)

- Challenge their balance and work towards a balanced body position.
 - Have riders ride high, low, with arms in various positions, jump while traversing fall line, etc.
 - **Follow the leader** works well with this one and make it tough! Get the riders to swap partners a few times. This will help them meet others and help you figure out good partners for future drills.
 - Ride basic varied terrain – small rollers, loose snow, etc.
 - End with a few runs challenging their turning skills. Vary the turn corridor and the steepness of pitch.
 - Keep an eye on **board performance** and who may be struggling. Keep the feedback focused on **balance & stance** issues
- Have them ride switch at the bottom of the run, 200ft from the chair on easy terrain.
 - How does riding switch affect their stance & balance?

COOL DOWN

Cool down run: Bring the session back together and have riders do a cool down, easy paced run aiming to be in a solid body position.

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

Conclusion: Review the 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: Wrap up & try to use everyone's name and something good they did. Make them all feel part of the group. Give them something to learn for next time "How is artificial snow made?" or "Who was the first snowboard company?" 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 as the program progresses.*

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'.

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.

Dynamic Warm Up: The key is to move joints/limbs.

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

Get the blood flowing: Caution! Never get the athletes sweating excessively on an extremely cold day.

1. Jog – on the spot or moving.
2. Game of tag
3. Frog hop race (partner up and teams have to frog hop over each other to a line/marker).
4. Strap in, penguin walk race.

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
- **Starving:** Any turn with a combination of sliding and a carving.
- **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.

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 preforming

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.

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

Is the rider in a centered, mobile position?

- Are they relaxed, in an adaptable position with weight generally centered over both feet?
- Does the rider maintain alignment between the shoulders/hips/knees?
- Are the joints flexed evenly between left & right sides?
- Are their arms relaxed and kept in a neutral position alongside their body?
- Can they flex/extend and move within the 3 planes of motion and return to center with relative ease?
- Do they keep their toes, knees, hips and shoulders aligned in a plane while riding?

Riders at this level should focus on alignment between shoulders, hips and ankles with their head facing the direction of travel.

WEEK 2

All Mountain Freeride

Equipment Required: As much green & blue snowboard terrain as possible with good coaching visibility.

Goal of Session: Riding the mountain, orient the riders to where they are, what all the bits of the mountain can be, and see if they can ride variable terrain. Continue with fundamental skill development with a focus on **balance and stability**, and focus on areas of weakness identified in Week 1.

Coach: This is a continuation of Fundamentals- Week 1 but it needs to look different! Use the time to explore the resort and show the riders all the different parts.

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: Explain what all mountain freeride is: Snowboarding! Make sure they know you will be riding everywhere and staying together is important. Set meeting points if anyone gets lost.

WARM-UP

This may be their first warm-up ever -why they are doing a warm-up? Make it fun and a **dynamic warm-up**. Use your judgment on the temperature but **get the blood flowing**. Take a warm-up run on easy green or blue run.

Take a look at each rider and assess their riding skill, specifically how they stand on their board and adapt to the terrain.

MAIN PART

This session will be drastically different depending on the resort. Always follow the rules of your resort, ski school, and common sense. Always select terrain that is appropriate for your group.

- Introduce the **Buddy System**. Pair up the riders into matching twos or threes.
- Discuss the **Alpine Responsibility** Code

Take multiple runs on Variable Terrain:

- Discuss the **Neutral Body Position** and how your body position needs to adapt with the terrain.
- Struggling to stay in a **Balanced Body Position** over certain terrain?
 - Introduce the Battle-Stance or Drive the Boat drills to promote balance and good alignment.

'Steeper' Terrain: Weight the front foot – avoid riding in the 'back seat'. Stay low by bending knees not waist. Short choppy turns to control speed.

Bumps: Absorb with the knees. Go over, or through.

Parks Where is the park: Remind Week 5 is park - you will get there

Side Hits: Where are the best in the resort?

Natural Features: Gullies, roll-overs, bonks... show off your resort!

Pendulum: Having difficulty with certain terrain? Remind rider to revert to the pendulum (falling leaf) if struggling.

Keep an eye on **board performance** and who may be struggling but keep the feedback focused on **balance & stability** issues – we will address carving/edging skills next week.

- Have them ride switch at the bottom of the run, 200ft from the chair on easy terrain.
- How does riding switch affect their **stance & balance**? Does it make it easier or harder to stay centered? Why?
- Is some terrain harder to remain balanced over? Why? Touch on the points of why a **balanced body position** is key to adapting to terrain and snowboarding.

COOL DOWN

Cool down run: Bring the session back together and have riders do a cool down, easy paced run aiming to be in a solid body position.

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: Go over the mountain safety rules (**A.R.C.**), where you went, all the things you did, and how **balance and stability** helped you in each.

SEL: Wrap up & use everyone's name and something good they did. Remind riders how they learnt something about someone they didn't know and how they were responsible for another's safety. 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 around. This will help them feel comfortable speaking up as well as grow a bond between partners and encourage interaction.

Buddy System: The buddy system is a safety mechanism to ensure that even if someone gets lost, falls, or hurt, they are not alone. Buddies need to remain in visual and hearing distance at all times. They need to keep checking that the other buddy is there. Every time you stop ask "Where's your buddy" Remind anyone that leaves their buddy, getting more serious the more times it happens.

Alpine Responsibility Code: You should know the A.R.C. by heart. If you don't, how can you expect your riders to know it. LEARN IT!

1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right-of-way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use proper devices to help control runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability, and knowledge to safely load, ride, and unload lifts. If in doubt, ask a lift attendant.

Balance and Stability: Good balance will allow the rider to move their center of mass to create or control pressure, or while riding over features to maintain balance. A rider needs to be able to manage instability by being in a mobile, but balanced position. No one position works for

every situation, but riders need to be able to move up, down, forward and backwards out of the "neutral body position".

The main goal of the rider is finding balance. The good rider can find balance again quickly, smoothly and under all-conditions using the three planes of movement (Toe-Heel / Nose-Tail / Twisting or Transverse Plane).

Neutral Body Position: Knees are bent, hips and shoulders are square to feet, arms are loosely at sides, hands on either side of the board, back slightly curved and head up and looking in the direction of travel.

Balanced Body Position: An efficient stance that increased balance and from which all other movements can be initiated. In this stance, riders follow a natural body alignment – it is the most versatile, powerful and comfortable athletic stance.

Battle-Stance: A warrior with his/her sword and a shield. If they are low and stable they can react to anything that their opponent (terrain) can give them. Shield can block, sword can attack. If they are tall and open, they are vulnerable to attack.

Drive the Boat: Promote good alignment, looking forward. Head is looking where you want to go, front shoulder and hip is leading. Rear hand needs to move with the tail of the board, like a small outboard motor. Keeps rider in line, leading with the front hip and shoulder and not reaching with the back arm/hip.

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. These can include squats, lunges, hip hinges, push/pull, twist and walk (gait).

WEEK 3

Carving/Edging

Equipment Required: Wide open green or blue run.

Goal of Session: Improving edging skills and edge control.

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.: 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.

Intro: Explain 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

Make it fun and a **dynamic warm up** focusing on the ankles, knees and hips. Use your judgment on the temperature but **get the blood flowing**.

Take a Warm-up run on easy green or blue run. Have the riders do a run of hop turns or **Traverse Hops**. Assess riding skill, specifically looking at where they are initiating their turn.

MAIN PART

Find a wide-open green/blue run with good coaching visibility.

- Edging Skills – Have athletes show you their 'best' turns, one at a time.
- Look for turn shape ('C' vs 'J'), look again for where they are initiating and what the board does (slide or is it on edge?).

- If the group is mostly sliding turns: Move to a wide green run. Use **"Edge to Edge"** to work on isolating ankle and knees to increase edge angle.
- Move back to a blue run. Have riders use **"Touch Knees to Snow"** to continue the focus on ankles and knees. Heel side turns front knee to snow, toe side turn back knee to the snow.
- If the group is mostly carving: Try **"Sponsor Turns"** as a refresher or, draw two turns in the snow ('S') and show them where the 'turn' (pressure) should start at the top of the 'C'. Challenge them to show you nice even turns (uniform size heel/toe) with the steering occurring at the top of the turn.
- Edging skills. Move to a steeper run and work on **"Hockey-Stop-Hops"**. The goal should be to have the athletes using their ankles and knees to create edge angle.
- Have athletes put everything they've learned back into their 'normal turns' and show you a run or two of large turns using as much edging as they can throughout.

COOL DOWN

Cool down run: Bring the session back together and have riders do a cool down, easy paced run aiming for nice 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. 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: Review the key points of Edging and review the importance of good edging in snowboarding.

SEL: Wrap up & 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 when they were going to speak out and instead asked someone else what they thought.

WEEK 3: COACHES' TOOLBOX

Lean into your Partner: This warm-up drill helps for muscle memory and understanding of inclination/angulation. Have riders buddy up, get in snowboard stance facing each other, and hand to hand, lean into each other until their helmets touch. Repeat back to back. Have them do it INCLINE and then ANGULATE

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.

Turn Shape: The shape of the turn, or the look of the track left in the snow. Will vary depending on what the body is doing and when.

“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.

Edge to Edge: On a wide green run have athletes ride straight down the hill rolling from toe edge to heel edge only using their ankles and knees. As the athletes start to pick up speed have them hold their turns longer and rounding them out. This drill also demonstrates the capabilities of the snowboard by using the sidecut and flex of the board.

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 riders 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.

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.

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:

1. Stop and then 3 hops downhill
2. Stop and then 3 hops up followed by 3 hops downhill

Traverse Hops: On a mellow pitch with no traffic, traverse the fall line and have athletes ‘hop’ on their boards. Athletes should be taking off and landing with both feet at the same time. Not looking for lots of air time but lots of movement in ankle and knees.

WEEK 4

Freestyle: Generating Lift

Equipment Required: Bamboo/Plastic Pole

Goal of Session: Intro to Freestyle, learning to generate lift, ollies and nollies.

Coach: It is important to cater to the level of your riders here. Some groups may take 2 hours to get the basics of an ollie, some will already be able to ollie. The better they start, the more time you have to IMPROVE their skills and add in fun games.

S.E.: 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: Ollie and Nollie. "Who knows what an Ollie is?" "Today we will learn how to ollie!" "What is the opposite cousin of an ollie? A Nollie!"

WARM-UP

Make it fun and a **dynamic warm-up** adding in single leg hops, squats, sidekicks or any independent leg action. Use your judgment on the temperature but **get the blood flowing**.

Take a Warm-up run on an easy green or blue run using lots of edge angle (quick review of week 3).

MAIN PART

- **Straight Running.** Start with some small straight running drills.
 - Hike up a small hill about 30 feet and straight run back down, and stop, make sure the body is square, there is good knee bend, and rider is stable. Do a few times.
 - Have them shift hips back to 'lean' onto back leg, and onto front leg – can they remain stable?
- **Ollie** - Find a nice flat spot. Show athletes and have them try ollie's without their snowboard's on and then try with them on. Give feedback and ensure everyone's 'getting it'.
 - Head to a mellow green run and have riders try **ollie's** while slowly moving straight. Stop, Repeat. When the group gains confidence, have them travel down the hill doing these skills wherever and whenever they can (while traversing or in the fall line).

- Find the side of a green run where it is quiet and has good visibility for your group. Introduce the **"no turn zone"** and have riders identify where this area is located and why it's important, especially when we move into bigger features.
- Place a piece of bamboo in the snow and have the athlete's ollie over it. Have them hike up into line so they get a TON of repetitions here.
- If the group is really getting it, hold the bamboo off the ground a small amount.
- Still successful? Have an **ollie contest** where you move the bamboo higher. High Ollie Contest!
- Nollie - lift is created by front leg) "Why is it called a Nollie? (Nose Ollie)
 - After a successful ollie run, Find a nice flat spot. Show athletes and have them try **nollie** without their snowboard's on and then try with them on.
 - Head to a mellow green run and have riders try **nollie's** while slowly moving straight. Stop, Repeat. When the group gains confidence with this have them travel down the hill doing these skills wherever and whenever they can (while traversing or in the fall line).
 - Find the side of a green run where it is quiet and has good visibility for your group. Remind riders about the **"no turn zone"** and have riders identify where this area is located and why it's important, especially when we move into bigger features.
 - Place a piece of bamboo in the snow and have the athlete's nollie over it. Have them hike up into line so they get a TON of repetitions here.
 - If the group is really getting it, hold the bamboo off the ground a small amount. Still successful? Have an nollie contest where you move the bamboo higher. High **nollie contest!**

COOL DOWN

Cool down run: Have riders do a cool down, easy paced run.

Do some **functional movements** for 10-15 seconds each.

Conclusion Key points: Ollie, nollie, remind some of the most common corrections from the day.

SEL: Wrap up and give the riders some take home task related to freestyle snowboarding. If you identified any issues this session you may want to deal with them individually here.

WEEK 4: COACHES' TOOLBOX

Ollie Warm-up: One foot hops, sidekicks etc.

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:

- **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.

Movement timing for a Nollie:

- **Preparation Phase:** Approach the feature in the neutral stance.
- **Initiation:** Shift the center of mass over the front leg and apply force against the ground with the front leg, the spring of the board will "snap" the rider higher into the air.
- **Execution:** Return the center of mass to the center of the board to regain the balanced position ensuring the shoulders return parallel to the ground (avoiding a nose-dive).
- **Completion:** Extend both legs towards the landing and absorb the impact force.

The pop, ollie and nollie are maneuvers that will be used throughout a snowboard career.

Ollie Contest: This exercise works best on a bunny hill or area where the athletes can hike mellow terrain. Using a long piece of bamboo, have a coach (or two preferably), hold the ends of the bamboo very close to or on the snow. Athletes have to approach (controlled) and ollie over the bamboo without touching it. Each time the athletes are successful, increase the height of the bamboo slightly. The game can continue until the athletes can no longer successfully clear the bamboo. One way to keep everyone involved is to have the athletes that couldn't Ollie any higher, then have to duck under the bamboo and practice ollies to and from the set up.

Challenge the athletes by then holding a nollie contest or switch ollie contest!

'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. Have them adjust their speed well before a feature, so they are balanced and ready for the feature.

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

WEEK 5

Freestyle: The Park; Safety and Use + POP & 50/50 Ride On

Equipment Required: A park with 'Small' entry-level features in good condition (ie. Ensure you or the hill's park crew has repaired ruts, etc. beforehand).

Goal of Session: Slopestyle Skills – Learn Park Safety and Etiquette, basic skills for jumps and boxes. *There is a lot on this day so stay on focus.

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

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 what they know about the park – Inspection runs, calling drop ins, progression (no 'hucking'), helmets, traffic (don't cross lanes to hit a feature).

WARM-UP

Add in two foot hops. Try a **balance/push game** before/aft stability. Warm-up run on an easy blue run at a mellow pace practicing carved turns and ollie/nollie.

MAIN PART

Straight Running: Start with some small straight running drills. Hike up a small hill about 30 feet and straight run back down, and stop, make sure the body is square, there is good knee bend, and rider is stable - can also be done on a mellow run with good coaching visibility.

Park Safety: Arrive at park: Point out, read, and discuss the safety signage at the top.

- Take group through an **inspection** run of the park. Point out safe stopping areas. Check out each jump, if space, discuss, if not, ride

through pointing out specifics, then discuss once at a safe place. Makes sure all riders fully understand. Quiz them. Discuss different features: jumps, rails, boxes etc.

Hike a Bamboo: Steps for Successful Rail Riding

- Slide bamboo (50/50) practicing entry and exit going straight (body alignment)
- Move to a ride on, wide & short box: **50/50's** until all are confident and comfortable.
- Progressing quickly? Modify the 50/50 with a Nose Press (weight over nose, lift tail) or Tail Press (Weight over nose, lift tail).

Introduction to Jumps.

- Start on very small jump, show athletes where to start and the **'no turns zone'**.
- Hike the jump, if feasible and safe
 - Have them do a little jump (**'The Pop'**) at the lip. Very subtle, not looking for a big movement here.
 - Demonstrate and talk through basic grabs (indy + one other) and have riders try them.
- If you are doing runs, have riders practice popping off of natural bumps and features on the runs on the way back to the park.
- If time allows, show riders the 180 and have them try on flat area – board off -- then on. Try these 180's down the hill from the park to the lift – first sliding 180's while traversing – then popping. These take some time to get down, but can be practiced while riding to the lift or park!

COOL DOWN

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

Do some **functional movements** for 10-15 seconds each, Squat, Touch Toes, Lean Left, Learn Right, R Shoulder stretch, L Shoulder stretch, Neck Left/Right...Spending extra time on knees and groin/inner legs - If lots of bails, loosen up neck/shoulders area.

Conclusion: Key Points: Review top Park Safety: Who knows the name of what we did on the rail (50/50) "What is a Pop?"

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, rules or themselves.

WEEK 5: COACHES' TOOLBOX

Balance/Push Game: Have the riders partner up, have one stand tall, and the other lightly push them over. Now have them crouch down and do the same. Lower is more stable! The tendency for rails and jumps is to get straight legs. Counter this now!

Straight Running: Straight running is a necessary skill. Staying square, in an athletic stance, with the board flat or slightly on edge (not enough for the board to change direction). Riders need to be able to get in a position where straight running is possible.

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 everyday. Could be grooming issues, loose features, speed changes due to snow etc. Always look and inspect the run.
- Do you know the speed to hit the sweet spot in the landing?

50/50: The 50/50 is the most basic rail slide. Sliding a box or rail with the board balanced lengthwise (nose to tail) and riding across and to the end of the rail. Modify with a Nose Press (weight over nose, lift tail) or Tail Press (Weight over nose, lift tail).

'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. Have them adjust their speed well before a feature, so they are balanced and ready for the feature.

Hike a Bamboo: 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

'The Pop':

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

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.

POP 180'S: After riders are competent with rotating with their boards on the snow, and generating lift off of features, or flat ground, have them attempt to rotate 180 in the air.

WEEK 6

Terrain Adaption

Equipment Required: Terrain: rollers, uneven terrain, banks. Equipment: bamboo.

Goal of Session: Develop the skill of absorbing and adapting to terrain.

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 ankle flexion in boots. Watch for breaking at the waist instead of ankle/knee.

S.E.: By this session, riders should enjoy sharing their viewpoints with the group on a variety of topics, although they may express frustration in response to activities that they perceive as areas of personal weakness. Use this as an opportunity to have everyone contribute something relevant to this session (Who can tell me one thing that lets us know we are in an awesome neutral body position?) and give everyone the opportunity to share and validate their viewpoints without putting anyone on the spot.

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.

WARM-UP

Make it fun and a **dynamic warm-up** focusing on body awareness – reach and touch for each body joint, from standing, bent at waist, squat down, sitting on butt, jumping up from a squat position – make it a contest to see who can keep their balance and get the reach and touch of the most joints. HAVE FUN! Do some static warm up on boards – moving up and down, all ends of the board. Get them to jump a few times while strapped in. Use your judgment on the temperature but **get the blood flowing**.

Take a Warm-up run on an easy green or blue run and have riders start with bending knees, then progress to dropping hips – the goal is to get them to have 90 degree angle from knee to hip.

MAIN PART

- **Knees Up Stick Drill** – place the bamboo somewhere safe and with good coach visibility and have riders cycle through a few times (high repetitions!).

- Once all riders are ‘getting it’ find something riders can learn to absorb (roller, ‘bump’, rough snow section, small jumps in a row). Show the athletes the **‘no turn zone’** when heading into a ‘feature’ so they are traveling straight over it.
- **Absorbing:** Have riders move slowly into the feature working on **absorbing** it by raising arms, flexing the hips and knees when going up the feature – this will raise the center of mass and unweight the board. When cresting the feature, extend lower body against the feature to accelerate.
 - As they progress, increase the speed of approach into the feature while ensuring the board remains on the snow.
 - Progressing quickly? Move to a larger feature and start slow again.
 - If a set of rollers is available, now try connecting absorbing multiple rollers in a row. Start slow and work to increase speed while still ensuring boards remain on the snow.
 - If no rollers are available, use moguls slowly going over the top OR rough terrain OR small jumps in a row.

COOL DOWN

Cool Down Run. Brining the session back together and have riders do a cool down, easy paced run.

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

Conclusion; Reflection Questions: What did you like today? Show me what you think your body should look like while absorbing.

SEL. Learning to adapt to terrain is a key skill when snowboarding. It 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.

COACHES' TOOLBOX

Knees up stick drill: Place a bamboo in the snow or some other marker like a small stick or tree bail on a roller or similar terrain. Have the riders 'straight run' (same as the ollie drill) into the bamboo marker. When riders approach the bamboo, focus on drawing knees up towards chest over bamboo – repetition is key to get the timing correct.

'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. Have them adjust their speed well before a feature, so they are balanced and ready for the feature.

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

Breaking at the waist: A typical issues, when a rider bends or 'breaks' at the waist, bringing the upper body down towards the snow instead of bending at the knees. The correction? Keep the body upright, bend at knees and ankles and stay stacked over the binding. The waist will bend accordingly to maintain balance, but shoulders should stay over bindings.

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.

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 center of mass at the lip of the jump, by flexing hips and knees instead of extending or resisting the pressure of the takeoff.



WEEK 7

Riding Transitions

Equipment Required: Wide blue run and/or mellow black run + Anything with a vertical wall – best to find this before the session, or get one built, or build one.

Goal of Session: Learn to carve into an up-transition and balance with the board on a vertical plane.

Coach: This is a tricky yet fun session. It is first step in the progression towards halfpipe riding but you may not have an accessible pipe and your riders may not ride pipe for years (or you have one and they already have!) Keep it loose but fun. Gear it towards the other disciplines and snowboarding in general. Your resort may not have a halfpipe but transitions are everywhere and they are super fun!

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: Riding transition is an important skill even if never riding halfpipe. There are transitions in SBX, and now in Slopestyle, plus its really fun! Explain what a transition is.

WARM-UP

Make it fun and a **dynamic warm-up**. Use your judgment on the temperature but **get the blood flowing**. As the transition puts riders into a new horizontal position there tends to be some falling onto arms and shoulders. Warm-up the wrists, arms, shoulders, and neck.

Take a Warm-up run on easy blue run and have riders show you their best ‘carved’ turns. Take a look and make sure riders are applying pressure early to create the ‘C’ turn.

MAIN PART

Features:

- Find any small feature that has a transition that riders can get to and back from safely. It can be the side of a feature, the landing of a rail (will need to coordinate with others) or a bank on the side of a run. Try

to find both a frontside and backside transition that can be linked if possible.

- From a stopped position, ride on edge into the transition. Allow the rider to ride up to a stop, with nose just reaching the end of the transition, then back down switch remaining on the same edge – mileage is key here.
- Once everyone is ‘getting it’ have riders approach the transition again but have the riders do a **sliding turn** at the apex of the transition and ride regular back down.
 - Key Points: The body should adjust so the COM is still right over the center of the board. Don't allow ollie or nollies at this point. As they get better see if they can **Rock to Fakie**.

***Quarter Pipe:** If you have a QP then utilize the same progression as above. Try to encourage the riders to get higher and higher as they get more comfortable.

For more: **Pump the down transition**.

For some fun: **Try High Turns**.

***Halfpipe:** If you have a HP, doing small, low turns through the halfpipe before the end of the session.

COOL-DOWN

Cool Down Run. Brining the session back together and have riders do a cool down, easy paced run.

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

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

"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.

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.

High Mark Turns: If you have a large enough bank, see if each rider can get higher than their previous turn. If it is an advanced group, who can get the highest mark (you may need to keep track if solid snow).

Rock to Fakie Ride: up the transition regular with just enough speed to reach the top, then when at the lip (or Coping) tilt the nose slightly over the edge, stalling for a moment - very short time (practice stalling for longer for advanced riders) and then ride back down switch.

Pumping Down Transition: Ride up the transition, stop or turn, and on the way down add increasing pressure to the front (or switch front) foot to increase speed throughout the transition. This is pumping!

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 transition. As confidence increases go higher and higher on the transition and change edges at the lip of the transition, ensure proper body position.



WEEK 8

Skills Test: Passport to Blue

Equipment Required: Clipboard/Electronic device/Notepad:

Blue Runs, Bumpy run, Small flat box or other simple park feature, small jump, transition.

Goal of Session: Review of all disciplines (& wrap up for 8 week programs).

Mini skills contest in each discipline! *12 week program this is 'mid term assessments'

Coach: This session is an introduction to competition. It is the healthiest form, competition against oneself. Each rider wants to do their PERSONAL BEST. Be encouraging yet fair. The results will be on their "Passport" but keep the session light and fun!

**You should have notes already on their fundamental skills.*

S.E.: Encourage the riders to cheer for each other. It isn't a 'Who is Best' - it is helping each achieve their own best. Has the group you developed for 8 weeks gotten to this level? The coach to peer relationship should always emphasize a positive influence, put the riders 1st and recognize and reward sportsmanship.

Intro: Explain the skills tests. Emphasize that although you are using group 'contests' it is each person against themselves. This is to see what they have learnt and how much they have progressed. Explain how this could help them if they do a **Grom Series event**.

WARM-UP

See if they can each lead a portion of the warm-up. This will distract them from the session testing as well as see who is ready for **BLUE**.

Take a Warm-up run on easy blue run.

MAIN PART

Mini skills 'contests'. For 8-week programs, use this to complete their final RIDERS 'Passport' (Report Card) for the season. For 12-week programs, complete it as a mid-point.

Technical Freeride Skills: Find a steep green or mellow blue run. Do a full run of **sliding, slarving, or carving turns**. Assess each rider as best as possible.

At the top of the run have everyone roll edge to edge using only ankles and knees. Have them line up on same run and demonstrate J turns, C turns, and S turns. Assess and record the results.

Freestyle Skills: Have a **High Ollie** contest. Have a **High Nollie** Contest. Have a pop contest. Have a **50/50 Bamboo** contest!

Head to the park. Choose a small jump and a simple flat box or feature that all riders can be successful on. Have them **pop** off the jump lip and perform their favorite jump skill they learned this year -grab optional. Are they are following the **'No Turn Zone'**?

Find some rollers or bumps and have all riders **absorb** the features – focus on riding with a flat base. Are they using their knees to absorb?

Use your imagination here and get creative – can you link together a 'skills course' that covers multiple skills? Try to let riders have lots of riding time and avoid standing around too much.

**Allow 15 mins at the end for Wrap up, 2-3 times the normal time. Prepare to be around for longer than you are scheduled for.*

COOL DOWN

It may be hard to do this if people are excited. Go through the motions but don't stress it. Finish on a good note!

Conclusion: (for 8 week programs) Wrap up! Ensure to follow up with each athlete & their parent, thanking them for the season. (for programs longer than 8 weeks): Discuss the progression and what the next weeks will look like.

SEL: Can each Rider feel success regardless on their current level or how they did in the testing? Each must have improved a bit. Can they see this? Develop a **TEAM** philosophy (Together Everyone Achieves More) - you are bringing together ingredients for everyone to experience their own success.

WEEK 8: COACHES' TOOLBOX

Grom Series Events

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 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.

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
- **Slarving:** Any turn with a combination of sliding and a carving.
- **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.

'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. Have them adjust their speed well before a feature, so they are balanced and ready for the feature.

High Ollie Contest: This exercise works best in an area where the athletes can hike mellow terrain. Using a long piece of bamboo, have a coach (or two preferably), hold the ends of the bamboo – close to the snow to start and progressively getting higher as riders find success. Athletes have to approach (controlled) and Ollie over the bamboo without touching it. The game can continue until the riders can no longer successfully clear the bamboo. One way to keep everyone involved is to have the riders that couldn't Ollie any higher, then have to duck under the bamboo and practice ollies to and from the set up.

High Nollie Contest: Same format as an Ollie contest, except with a nollie!

Pop Contest:

Same format as an Ollie contest but with pop. Find a small jump(s) that everyone can be successful on. Remind riders of the no turn zone. Popping / Resisting the takeoff: Force on a rider increases as you move up the lip of a jump. Riders needs to apply an equal force against the jump as they ride off. Strong lower body and core. To increase height rider can extend hips and knees at takeoff. Anyone that ollies should try it again, remember – a pop is not an ollie.

Have a 50/50 Bamboo contest.

Line up a bunch of bamboo and see who can 50/50 bamboo the furthest.

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 center of mass at the lip of the jump, by flexing hips and knees instead of extending or resisting the pressure of the takeoff.

WEEK 9

Freeride, Powder, Shred the Gnarr

**You can sub this session in at any time*

Equipment Required: Messy Snow, Challenging weather or environment

Goal of Session: Teach fundamental skills in difficult conditions

Coach: This could be your most challenging session. It requires you to adapt and be creative with your teaching. It may be skills that are not necessarily in the reference manuals.

S.E. Put in the buddy system. Match buddies of similar levels but if all group is similar then have them buddy with someone new or cross genders.

Intro: Snowboard is an outdoor winter sport and conditions may not be perfect for designated training. That said, we can do our best to keep the program on-track or teach other relevant snowboard skills.

WARM-UP

Make it fun and a **dynamic warm-up** but make sure to have a conscious mind to conditions. If it is raining, find shelter, if heavy snow, make snow angels.. etc. Use your judgment on the temperature but **get the blood flowing**. Take a Warm-up run on easy blue run and assess the conditions.

MAIN PART

This is some quick examples. You will need to fill in the rest from experience and knowledge

Free Riding

- Weather may have wreaked your session plan or you have covered the full progression, but you can still freeride!
- Find areas that you have not ridden with the group yet
- Introduce difficult terrain – bumps, under the chair runs, small rollovers or drops.
- Re-introduce balance and stance concepts and emphasize important on new terrain.
- Discuss how to **read the terrain** – looking for the path of least resistance! Can they select and ride the line?

Soft Snow (Powder)

- Emphasize that more pressure is required on the back foot – shift the hips back slightly.
- Find small areas that riders can go from groomed run, into fresh powder, and back out again.
- Avoid gullies, flats, and areas that will trap riders and require hiking out.
- Both knees are bent but pressure is on back foot.
- If advanced, teach how to pump tail in powder to gain speed.
- Key points: Speed is your friend. Keep moving. Steeper turn angle.
- Riders will be more tired than usual! Keep this in mind.

Shred the Gnarr

- If the conditions are so choppy and messy that you can't do the desired session, Shred the Gnarr! Find areas that are less than desirable, but safe, and see if you can get through them.
- Discuss how to **read the terrain** – looking for the path of least resistance! Can they select and ride the line?
 - Rip around the mountain at speed and riding what is available
 - **Absorption** is key in difficult terrain.
 - Find areas that are challenging, but appropriate for our group- such as moderately steep bumpy runs that are a challenge to get down.
 - Practice looking ahead and **absorbing** the terrain.
- If it is icy, relax the edge angle and use sliding turns to control speed. Lowering the body position can increase stability.

COOL-DOWN

Cool Down Run. Brining the session back together and have riders do a cool down, easy paced run.

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

Conclusion : Hi-5 all around and hype up how fun the day was, even though there was challenging conditions.

SEL: This is a good opportunity to work on having a Riders develop a positive outlook in adverse conditions. Sometimes these are the fun-est days. (a challenging day of snowboarding is still better than a good day of school!)

WEEK 9: COACHES' TOOLBOX

Balance and Stability: Good balance will allow the rider to move their center of mass to create or control pressure, or while riding over features to maintain balance. A rider needs to be able to manage instability by being in a mobile, but balanced position. No one position works for every situation, but riders need to be able to move up, down, forward and backwards out of the “neutral body position”.

The main goal of the rider is finding balance. The good rider can find balance again quickly, smoothly and under all-conditions using the three planes of movement (Toe-Heel / Nose-Tail / Twisting or Transverse Plane).

Neutral Body Position: Knees are bent, hips and shoulders are square to feet, arms are loosely at sides, hands on either side of the board, back slightly curved and head up and looking in the direction of travel.

Balanced Body Position: An efficient stance that increased balance and from which all other movements can be initiated. In this stance, riders follow a natural body alignment – it is the most versatile, powerful and comfortable athletic stance.

Battle-Stance: A warrior with his/her sword and a shield. If they are low and stable they can react to anything that their opponent (terrain) can give them. Shield can block, sword can attack. If they are tall and open, they are vulnerable to attack.

Drive the Boat: Promote good alignment, looking forward. Head is looking where you want to go, front shoulder and hip is leading. Rear hand needs to move with the tail of the board, like a small outboard motor. Keeps rider in line, leading with the front hip and shoulder and not reaching with the back arm/hip.

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

Reading Terrain: Riders look ahead and scan the terrain to find a smooth line.

Small Drops: Look for a small feature to get air off of. Emphasize riding toward the feature with enough speed to clear the feature and absorb the landing. A balanced body position is key here!

Absorption: A skill to keep your board as close to the ground as possible, performed 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 center of mass at the lip of the jump, by flexing hips and knees instead of extending or resisting the pressure of the takeoff.

WEEK 10

Additional Freestyle

Continuation of Week 5 – Riding boxes, popping off sm jumps can substitute this session in anytime after week 5

Equipment Required: Small flat box or other simple park feature, small jump.

Goal of Session: Add onto to fundamental skills taught earlier in the season and increase confidence in the park!

Coach: If you do an additional freestyle session you want to build on what was introduced but try not to jump ahead through the progression (covered in **BLUE**). This is a great opportunity for mileage to build a strong freestyle foundation.

S.E. Do an interesting activity that encourages **collaboration** between riders. Make it about snowboarding. In 2 groups to come up with something relevant that they need to work together to build, find out, or show.

Intro: Today you will be working on the skill that were learnt in week 5! Review **Park Safety**.

WARM-UP

Make it fun and a **dynamic warm-up**. Use your judgment on the temperature but **get the blood flowing**. Add static **180's**, reviewing from the first slopestyle week.

Take a Warm-up run on easy blue run – can your riders develop a warm-up run?

MAIN PART

- Start on a small flat box and have the athletes show you the skills they learned in the last slopestyle session (50/50, boardslide, maybe frontboard for some, etc, **rail skills**). Spend some time working on these skills and increasing confidence and speed on entry/exit.
- Move to a different small feature and see if the athletes can transfer the skills over to this new feature.
- Again, spend time letting them gain mileage and confidence.
- Move to a small jump, have riders demonstrate the straight airs and

grabs they learned earlier in the season. Focus on a good pop.

- For the riders progressing well with the on-hill pop 180's, move these to this small jump. If the riders are still progressing well, try moving all skills (straight airs w. grabs + 180's) to a slightly larger jump, which requires some speed.
- Go back to a simple flat box or feature that all participants can be successful on. Play **follow the leader** where the coach does a skill, all follow and then each rider in the group gets a chance to lead and set the skill for the group.

COOL DOWN

Cool Down Run. Brining the session back together and have riders do a cool down, easy paced run.

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

Conclusion: Key Points: Review top Park Safety: Who knows the name of what we did on the rail (50/50) "What is a Pop/Ollie/Nollie.

WEEK 10: COACHES' TOOLBOX

Collaborative Activity: Break into 2 groups. Have each group design a warmup run that fits in the resort and is a 'warm up' for specific skill sets. For example, 1 group might make a run for 50/50 on rails or Ollie/ Nollie, the other for popping or grabs. Make sure each rider has input. Once this is done, do these runs as warm-up!

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 everyday. Could be grooming issues, loose features, speed changes due to snow etc. Always look and inspect the run.
- Do you know the speed to hit the sweet spot in the landing?
- Do you know the "no turn zone?"

Mileage: Practicing one or more skills over and over. Increase the time riding and refining a skill instead of developing a new skill or concept. Riders should do this between every session, or as a coach, you need to be able to know when riders need mileage on a certain skill.

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

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, frontslides, ect).

Pop 180's: After riders are competent with rotating with their boards on the snow, and generating lift off of features, or flat ground, have them attempt to rotate 180 in the air.

WEEK 11

Advanced Terrain Adaption

Equipment Required: Mellow rollers, banked turn and small jump ideally. If not available, use park features or varied terrain to practice skills.

Goal of Session: Improve on snowboardcross skills taught earlier in the winter. Increase speed and confidence on features. Learn to snowboard in front and behind another rider. Work on Timing vs Coordination

Coach: Terrain adaption is such a useful skill. More mileage and different features will always aid progression.

Intro: Today building off of Terrain Adaptation in Week 6 and is all about riding more challenging terrain. 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.

WARM-UP

Make it fun and a **dynamic warm-up** focusing on body awareness – reach and touch for each body joint, from standing, bent at waist, squat down, sitting on butt, jumping up from a squat position – make it a contest to see who can keep their balance and get the reach and touch of the most joints. HAVE FUN! Do some static warm up on boards – moving up and down, all ends of the board. Get them to jump a few times while strapped in. Use your judgment on the temperature but **get the blood flowing**.

Take a Warm-up run on an easy green or blue run and have riders start with bending knees, then progress to dropping hips – the goal is to get them to have 90 degree angle from knee to hip.

MAIN PART

- Take athletes to a mellow feature and review **absorption/terrain adaptation** taught earlier in season.
 - A small roller or very mellow jump would be best.
 - Have athletes cycling through (high repetitions!). Keeping riders boards from leaving the ground. If success is high, move to a larger feature and start slow again.

- If a set of rollers is available, now try connecting absorbing multiple rollers in a row.
 - Start slow and work to increase the speed while still ensuring boards remain on the snow.
 - If no rollers are available, use moguls slowly going over the top OR rough terrain OR small jumps in a row.
- Take riders to small park jump – work on **absorbing** the jumps.
 - Focus is trying to limit air time, work on raising the center of mass at the lip of the jump by flexing hips and knees instead of extending or resisting the pressure of the takeoff.
 - Changing the **coordination** sequence – what happens? Can riders get to credit card air? (can fit a credit card between base of board/snow).

Play a game of **Follow the Leader** – safety is the #1 priority, ensure terrain and rider pairs are appropriate.

Move to a mogul or bumpy run and do snake (follow the leader) runs though the bumps – can riders **read the terrain**?

COOL DOWN

Cool Down Run. Brining the session back together and have riders do a cool down, easy paced run.

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

Conclusion: Reflection Questions: What did you like today? Show me what you think your body should look like while absorbing..

WEEK 11: COACHES' TOOLBOX

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

- **Rollers:** Want to decrease vertical momentum and keep board sliding on the snow. Raise 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

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

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.

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 preforming
- **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

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

Timing: External – how do they need to change when they do body movements to get different – how can you challenge them to change how the look at a feature.

Coordination: Internal – how do you sequence the joints? What happens when the sequence changes?

Reading Terrain: Riders look ahead and scan the terrain to find a smooth line.

WEEK 12

Passport to Blue

Equipment Required: Clipboard/Electronic device/Notepad. Blue Runs, Bumpy run, Small flat box or other simple park feature, small jump, transition.

Goal of Session: Review of all disciplines (& wrap up for 8 week programs). **Mini skills contest** in each discipline!

Coach: This session is an introduction to competition. It is the healthiest form, competition against oneself. Each rider wants to do their PERSONAL BEST. Be encouraging yet fair. The results will be on their "Passport" Keep the session light and fun!

**You should have notes already on their basic skills*

S.E.: Encourage the riders to cheer for each other. It isn't a Who is Best, it is helping each achieve their own best. Has the group you developed for 8 weeks gotten to this level?

Intro: Explain the skills tests. Emphasize that it is Each Person against themselves. This is just to see what they have learnt and how much they have progressed. Explain How this could help them if they do a **Grom Series event**.

WARM-UP

See if they can each lead a portion of the warm-up. This will distract them from the session testing as well as see who is ready for **BLUE**.

Take a warm-up run on easy blue run.

MAIN PART

Mini skills 'contests'. For 8-week programs, use them to complete their final Riders 'Passport' (Report Card) for the season. For 12-week programs, complete it as a mid-point.

Technical Freeride Skills: Find a steep green or mellow blue run. Do a full run of **sliding, slarving, or carving turns**. Assess them best as possible.

At the top of the run have everyone roll edge to edge using only ankles and knees. Have them line up on same run and one at a time demonstrate J turns, C turns, and S turns. Assess. Record results.

Freestyle Skills: Have a **High Ollie** contest. Have a **High Nollie** Contest.

Have a pop contest. Have a **50/50 Bamboo** contest.

Head to the park. Choose a small jump and a simple flat box or feature that all participants can be successful on. Have them pop off the jump lip (grab optional) Check if they are following the No Turn Zone.

Find some bumps. Have all riders absorb the bumps. Get them to try with a flat base. Are they using their knees to absorb?

*Allow 15 mins at the end for Wrap up, 2-3 times the normal time. Prepare to be around for longer than you are scheduled for.

COOL DOWN

It may be hard to do this if people are excited. Go through the motions but don't stress it. Finish on a good note!

Conclusion: (for 8 week programs) Wrap up! Ensure to follow up with each athlete & their parent, thanking them for the season. (for 12 week programs): Discuss the progression and what the next 4 weeks will look like.

SEL: Can each Rider feel success regardless on their current level or how they did in the testing? Each must have improved a bit. Can they see this? Develop a TEAM philosophy (Together Everyone Achieves More) - you are bringing together ingredients for everyone to experience their own success.

WEEK 12: COACHES' TOOLBOX

Grom Series Events:

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 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.

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
- **Slarving:** Any turn with a combination of sliding and a carving.
- **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.

'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. Have them adjust their speed well before a feature, so they are balanced and ready for the feature.

High Ollie Contest: This exercise works best in an area where the athletes can hike mellow terrain. Using a long piece of bamboo, have a coach (or two preferably), hold the ends of the bamboo – close to the snow to start and progressively getting higher as riders find success. Athletes have to approach (controlled) and Ollie over the bamboo without touching it. The game can continue until the riders can no longer successfully clear the bamboo. One way to keep everyone involved is to have the riders that couldn't Ollie any higher, then have to duck under the bamboo and practice ollies to and from the set up.

High Nollie Contest: Same format as an Ollie contest, except with a nollie!

Pop contest:

Same format as an Ollie contest but with pop. Find a small jump(s) that everyone can be successful on. Remind riders of the no turn zone. Popping / Resisting the takeoff: Force on a rider increases as you move up the lip of a jump. Riders needs to apply an equal force against the jump as they ride off. Strong lower body and core. To increase height rider can extend hips and knees at takeoff. Anyone that ollies should try it again, remember – a pop is not an ollie.

Have a 50/50 Bamboo contest:

Line up a bunch of bamboo and see who can 50/50 bamboo the furthest.



RIDERS

GROM SNOWBOARD PROGRAM

For any questions regarding the RIDERS Program,
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