

Course Program - Compulsory optional module Ski

Deviations in the course schedule may occur depending on situational and personnel conditions.

SCHWEIZER SCHNEESPORT
BERUFS- UND SCHULVERBAND

SSBS+

07:00		Breakfast	Breakfast	Breakfast	Breakfast
08:00					
09:00		Warm-up	Warm-up	Warm-up	Warm-up
10:00	Course opening Course information	Technique Parallel skidded - GF & EF - Parallel - Superman	Technique Concept: Unweighting / Weighting skid. - GF & EF - Unweighting / Weighting - High 4 phases	Technique Concept: Hazards - GF & EF - Parallel - Pivot turn	Technique Advanced forms - Carved forms - Short turn
11:00	Technique Concept: Snowplough - GF & EF - Stemming			Group photo	Accident management
12:00		Lunch break	Lunch break	Lunch break	Lunch break
13:00	Lunch break				
14:00	Technique Snowplough concept - Snowplough	Technique Concept: Parallel skidded - Superman - Basic turn 1 leg - Basic turn 2 legs	Technique Concept: Unweighting / Weighting skid. - High 4 phases - High 2 phases - Low 4 phases	Technique Concept: Hazards - High dynamic - Low dynamic	Methodology Class 1 teaching - First day on skis
15:00	Video	Video	Video	Video	Video
16:00					
17:00	BBB Video analysis & Logbook	Video analysis & Logbook Warm-up	Video analysis & Logbook Warm-up	Video analysis & Logbook Warm-up	Video analysis & Logbook Warm-up
18:00	Theory & Workshop Topics of the day Warm-up	Theory & Workshop Teaching & Learning levels Topics of the day	Theory & Workshop Positioning The human being Topics of the day	Theory & Workshop Topics of the day Accident management	Theory & Workshop Topics of the day
19:00	Youtube	Youtube	Youtube	Youtube	Course closing - Online survey
	Dinner	Dinner	Dinner	Dinner	Dinner