

Course Program - SB Rookie Coach Snow (Level 1)

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

SCHWEIZER SCHNEESPORT
BERUFS- UND SCHULVERBAND



07:00			
08:00		Breakfast	Breakfast
09:00			
10:00	Course Opening Course information, schedule, and objectives	Technique Continuation – Elementary riding forms: - Driving, sliding - Turning - Edging (tilting / edge change)	Technique Repetition of basic skills and elementary riding forms for beginner lessons Structure of Basic 1 teaching
11:00	Technique Positions, expression, and body posture Basic skills: - Longitudinal axes, lateral axes - Pre/With rotation		
12:00	Lunch break	Lunch break	Lunch break
13:00			
14:00	Technique Continuation – Basic skills Elementary riding forms: - Sliding, turning	Technique Introduction to B1 teaching Structure of a beginner lesson (first two hours)	Technique Personal training and workshop
15:00	Video Pre/With rotation	Video Basic turn	Course Closing - Logbook - Online survey - Personal feedback & qualification
16:00		Video analysis / Logbook	
17:00	ID Photo Video analysis / Logbook	Theory - Structure of Basic 1 teaching (weekly plan) - Lesson planing	
18:00	Theory - Teaching materials, FIS rules - Equipment knowledge / equipment setup - Structure of basic skills (GF) and elementary forms (EF), turn types (DVD)	Admin - Theory - Training as a snowboard instructor & course preparation - Federal subsidies	
19:00	Dinner	Dinner	