

Course Program - SB technical director course

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	Breakfast
08:00		Theory & Workshop Evaluation/discussion of pre- parations	Theory & Workshop Theory with evaluation	Theory & Workshop Evaluation/discussion of pre- parations	Theory & Workshop Theory with evaluation	Theory & Workshop Discussion of module blocks
09:00			Snow part - Demo Developing the competence of a fine form with regularity. Objective: Clear and concise information at an appropriate learning level up to training – application!	Snow part - Dynamic Developing dynamic skills while riding. Objective: to visualise forms of expression.	Snow part - Applied Developing the ability to assess the situation (slope, conditions) in three ways - Enhancing perso- nal development	
10:00	Course opening	Snow part Rookie Coach Part 3				Snow part - Freestyle Freestyle forms, slope jumps
11:00	Snow part Rookie Coach Part 1					
12:00		Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
13:00	Lunch break					Snow part - Freestyle Freestyle forms, slope jumps
14:00	Snow part Rookie Coach Part 2	Snow part Rookie Coach Part 4	Snow part - Demo Developing skills in a refined form of regularity	Snow part - Dynamic Correctly assess release (jump), identify and apply body tension and harmonisation	Exam forms Basic turn, High & Low Demo, High & Low Dynamic, Freestyle Basic, Slope Jumps 1, Slope Control	
15:00	Video	Video	Video	Video	Video	Course end - Online survey
16:00		Video analysis	Video analysis	Video analysis	Video analysis	
17:00	Video analysis	Theory & Workshop Thematic lectures in the Rookie Coach course	Theory & Workshop Preparation for candidate training.	Theory & Workshop Objectives and coaching: preparation, implementation, selection of training methods, coaching, video analysis, evalua- tion references. Preparation of theoretical topic	Theory & Workshop Candidate assessment, confir- mation, exam registration, SSBS communication	
18:00	Theory & Workshop Training / Documents Curricula / Module planning Module block preparation with curriculum using the example of Rookie Coach	Preparation for the Rookie Coach theory topic	Module block preparation		Theory test	
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	