

**Welcome**

**Ski Masters 2010**

*Marty O'Connor*

# Something for Everyone

- Very Diverse Crowd
- How do we keep everybody's interest?
- What do we Call It?
- How do we Get there?

# Options and References

- PSIA for Dummies
  - Copy write concerns
  - Negative or Improper Statement
- On-line Materials
- Ski Masters Manual
  - Good reference
  - Boring

# **Ski and Snowboard Teaching Essentials as extracted from PSIA materials...**

- UHG!!
- To much!!

*How to Survive & Thrive as a  
Ski or Snowboard Instructor*

*or*

*Teaching Essentials*

# *Safety, Fun and Learning*

## ■ Safety

- Don't Get Hurt
- Don't let any Students get hurt
  
- Because it's no Fun!!!
  
- Paperwork Sucks!!!

# Fun

Have Fun

Have a lot of Fun!!!

Make Sure your students are having Fun!!

Goal; Create a Fun Learning Environment

# Learning

Teach

Promote the Fun of Learning !!!

Make Sure your students are having  
Fun Learning!!

# Student Centered Experiential Focused and Outcome Based

## ■ Student Centered

- Student Needs, Wants, Goals and Desires Come first

## ■ Experiential Focused

- Keep your students practicing, trying and doing

## ■ Outcome Based

- I'm not sure about this one!!
- Learning is fun, Learning is forever

# Maslow's Hierarchy of needs



## SELF-ACTUALIZATION

- Having everything come together
- A peak experience
- Accomplishment

## SELF-ESTEEM Recognition of competence

- Need to be valued, sense of worth
- Recognized for abilities by others

## RECOGNITION/SOCIAL Acceptance from your peers

- Need to part of a group
- Knowing one will be safe and unharmed

## SAFETY/SECURITY Having events be predictable

- Need for a feeling of well being
- Food, shelter, warmth, freedom from pain

## PHYSIOLOGICAL Being able to eat, breathe, and live

- No pressing physiological needs

# What does it mean for Us?

## *Ski Masters Version*

- Make sure your students are ready for a day in Mountains
  - Food, Water, Clothing, Safety, Restroom
- Social Acceptance
  - Your students must feel safe and comfortable in Class and on the Mountain
- Encouragement and Support, A Positive Environment
  - Recognize what your students **CAN** do
  - Recognize and encourage all attempts
  - Appreciate any level of success
- Celebrate Success
  - Be happy and look for good things in everything your class does
  - Tigger vs. Eeyore

# CAP Model

- The Student's challenge is to develop Cognitively, Affectively, and Physically
- The Instructor's challenge is to:
  - 1) Identify the child's current stage of development
  - 2) Create the environment that will help your students have the positive experiences he/she needs to learn and grow.

# Definitions

- **Cognitive Development**
  - How they think
- **Affective or Social Development**
  - How they feel about themselves
  - How they interact with others
- **Physical Development**
  - How they move
  - Strength and Agility

# Young Children - 3 to 6 yrs

## **Cognitive**

- Welcome to my World- Egocentrism
- Fantasy- able to create still pictures in mind
- The Magic of Discovery – developing patterns and movement and language
- One thing at a time- no reverse

## **Affective**

- Play beside others rather than with others
- Acceptance by adults, parents, teachers important
- Good is good, bad is bad, moral development

## **Physical**

- Large head to body- High CM
- Large muscle strength develops first
- Develop motor control of the head and torso first

# Older Children - 7 to 10 yrs

## **Cognitive**

- Sees the world from more than one point of view
- Able to understand consequences, but tends to act first
- Keep it real (Concrete)
- Able to image-to picture themselves moving in the mind
- The Discovery of Logic-Limited to concrete experiences
- Able to deal with more than one thing at a time, but not too many

## **Affective**

- Cooperative play to competition
- Test own competence, how much to trust adults and our trust of them
- Clever as a fox morals

## **Physical**

- CM moving down to hip area like an adult's
- Large muscle strength and motor control development to fine muscle

# Tweens - 11 to 13 yrs

## **Cognitive**

- Imaginary Audience-believe that everyone is observing them
- Personal Fable- believe that only they have had it this tough
- The Age of Reason-Abstract thinking
- Exploring all the Possibilities
- Problem Solving-Discovering the Answers

## **Affective**

- Self-Esteem: Vulnerability and Anxiety/peer acceptance desired
- Cliques and Crowds to belong
- "All in favor, say I"-peer view important for deciding good/bad

## **Physical**

- Rapid growth and body changes-Strength may not match bone growth, CM goes on a journey

# Teaching Cycle

Play, Drill, Adventure, Summary... Play, Drill, Adventure, Summary...

- Assess your students
  - What can they do?
- Goals and Plan
  - What do they want and need to learn?
- Present and Share Information
  - Explain and Demonstrate
- ***Guided Practice***
  - Tasks and Directed Practice
- ***Checking for Understanding***
  - Did they get it? Watch and Listen (Assess your Student)
- Repeat...

# PSIA Skills Model

- Balancing Movements
- Rotary Movement
- Edging Movements
- Pressure Control Movements

# Skills Model

## *Ski Masters Version*

### ■ Stand Up

- Balance, Balance, Balance...
- Stand on your whole foot
- Stand on the outside ski

### ■ Turn Your Feet

- Outside foot
- Both feet
- Parallel Skis

# Boots

## *Stand Up*

- Walking
- Bouncing
- Foot to foot
- Hopping
- Toes
- Heels
- Hop forward
- Hop back
- 1 foot
- Hands folded
- Eyes closed

## *Turn Your Feet*

- Walk in circles
- Figure 8's
- Heel spins
- Toe pivots
- Click heels
- Click toes
- Hop to wedge/back
- Hop turns
- 1 foot pivots

# 1 Ski

## *Stand Up*

- Walking
- Bouncing
- Stand on 1 foot
- Hopping
- Rock F/A
- Side Step
- Switch feet

## *Turn your feet*

- Walking in Circles
- Fig 8's
- Foot to foot
- Spread butter
- Pick up and pivot boot
- Pick up and pivot ski

# 2 Skis

## *Stand Up*

- Walking
- Bouncing
- Stand on 1 foot
- Hopping
- Rock F/A
- Side Step
- Herring Bone
- Switch feet
- Hold skis
- Pick up tails

## *Turn your feet*

- Walking in Circles
- Fig 8's
- Foot to foot
- Spread butter
- Hop Turns
- Pick up and pivot boot
- Pick up and pivot ski
- Hop to wedge/back

# Skills Model

## *Ski Masters Version*

### ■ Stand Up

- Balance, Balance, Balance...
- Stand on your whole foot
- Stand on the outside ski

### ■ Turn Your Feet

- Outside foot
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**Sliding and Gliding**

**First Turns**

**Intermediate Turns**

**Beginning Parallel**

# Wrap-up

- Have fun and make it fun
- Are you and your student ready
- Differences of Age & Development
- Teach, Assess and Reteach, it's a Cycle
- Present with a "Skill Purpose" in mind
  - Stand-up
  - Turn your Feet
- Questions??

**Thanks**

**Have a Great Season!!**

*Marty O'Connor*