

## **Beginner Snowboard Lesson Progression**

### **Goals:**

- Understand the parts of the snowboard, equipment, and how it works
- Understand how to safely enjoy the sport and your time at the resort
- Learn how to properly use the equipment
- Learn and practice proper skating technique
- Learn how to do a straight glide, heel and toeside turn with back foot unstrapped
- Learn how to properly get on and off a lift on beginner terrain
- Learn how to strap in both feet
- Learn how to get up from a seated position while strapped in
- Learn how to turn to a stop toeside and heelside
- Learn how to link toe and heel side turns in control down beginner terrain

### **Seven Points to Your Responsibility Code**

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

## **Sample Beginner Progression**

### **Introductions**

- Greet students in front of clocktower
- Find ideal spot to begin session engage in introductions
- Summarize goals of the first-time session (see above)
- Assess student demeanor, communication, attire, etc.

## **Overview & Flatland**

- TELL students about the parts of the board
  - Nose/Tail, deck, edges, parts of the binding
- INTRODUCE the concept of front foot and stance
  - How would you slide across wood floors in fluffy socks? Identify front foot for students.
- DEMONSTRATE proper stance
  - DEMONSTRATE by putting your board in front of you with your feet positioned behind bindings, ask students to do the same
  - DEMONSTRATE a balanced stance, knees bent, shoulders back, head looking over front shoulder, arms at your side, emphasize keeping your body within the edges of the board in alignment, ask students to do the same
  - DEMONSTRATE shifting hips forward and stance for heelside and toeside turns, squash the bug/snowball under your toes and heels, ask students to do the same
- DEMONSTRATE how to strap in the front foot
- PRACTICE using stomp pad and shifting weight with front foot strapped in
- DEMONSTRATE how to skate
  - Foot on toe or heel edge, head up
- PRACTICE skating with students
  - Ask students to follow you skating, play a game of follow the leader, observe practice

## **Straight Glide and Turns - Back Foot on Stomp Pad**

- Bring students together by skating to a spot with a slight grade for gliding
- DEMONSTRATE a straight glide
  - Tell them head up, balanced stance, weight on front foot
- PRACTICE straight glide
- DEMONSTRATE a straight glide to heelside turn
  - Tell them head up, balanced stance, weight on front foot, gain momentum and steer heelside by lifting toes to get their heel edge in the snow, “sitting in a chair”, shoulders back, looking where you want to go
- PRACTICE a straight glide to heelside turn
- DEMONSTRATE a straight glide to toeside turn
  - Tell them head up, balanced stance, weight on front foot, gain momentum and steer toeside by “kneeling toward the snow”, shoulders back, looking where you want to go
- PRACTICE a straight glide to toeside turn

## Using the Lift

- Skate with students to an area where you can observe the lift
- TELL students the steps to get on the lift
  - Skate to Wait Here cone, keeping board straight up the hill, wait for the chair to pass and follow to the Load Here cone, keep board straight, look over shoulder and sit down when chair comes, pull down safety bar and enjoy the ride
- TELL students the steps to get off the lift
  - As they get close to the top, make sure their board is straight and pointing ahead with one foot out, raise safety bar, when their tail hits the snow begin standing with back foot on stomp pad, straight glide forward to a stop and skate away to map at top
- OBSERVE several riders getting on the lift, comment on good practices
- Organize students in position to skate to the lift

## Strapping in Both Feet

- Skate/meet at large map, go over the resort layout and responsibility code
- TELL students to follow you to top of run
- DEMONSTRATE sitting down on the snow and strapping your back foot in
- DEMONSTRATE getting up by rolling over on stomach and standing from seated position
- Have students do the same

## Turn to Stop - Both Feet Strapped in

- TELL students the concept of turning to a stop.
- DEMONSTRATE how to position board for riding with both feet strapped in
  - Lifting back foot to slap the tail to gain momentum, shifting hips forward to shuffle
  - Balanced stance, shoulders back, knees bent, hip shifted forward, head looking over front shoulder
- DEMONSTRATE a turn to stop
  - With momentum, obtain heel or toe side position as practiced with glides
  - Stay on edge all the way to stop
- PRACTICE turns to stop

## Linking Turns

- TELL students the concept of linked turns
- DEMONSTRATE how to shift their hips toward the nose from a turn to stop to transition from toe/heel and heel/toe
- DEMONSTRATE a linked turn
- PRACTICE linked turns

**Wrap Up and Summary**

- Review what we have accomplished
- Thank the students, share opportunities to return to the resort
- Offer individual feedback to each student