NZSIA Ski
Technical Indoor Sessions - Course Outline

The Technical Indoor Sessions are a package of 4 indoor evening clinics with one course fee for all four sessions.

Each evening session is 2.5 hours. These are open to all Certified Instructors who are Full or Associate members of the NZSIA. This clinic is ideal for any Instructor wishing to:

- Develop technical understanding
- Develop Skier analysis and Lesson Planning skills
- Develop Teaching and presentation skills

Technical Indoor Session One (2 evening sessions) covers Technical understanding, Skier Analysis and Lesson Planning

Technical Indoor Session Two (2 evening sessions) covers Teaching, Lesson Planning and Presentation skills

Technical Understanding - Looking at the Ideal

The goal is to develop the participant's technical understanding. Focus of the clinic will be understanding ideal upper-level ski technique on piste and how that is adapted to any given situation. Topics include:

- Ski performance - ideal ski performance on piste and in situations.
- The Four Movements of skiing.
- How the body moves and how ideally this applies to upper Level Skiing.
- Individual movements, and co-ordinating movements.
- Tactics and adaptations throughout all situations.

Skier Analysis and Lesson Planning - Looking at the Real

The NZSIA Ski Division Skier Analysis model will be presented to the participants.
The goal is to develop analysis skills by examining:

- Ski performance
- Individual movements.
- Co-ordination of movements /co-ordinating elements.
- Cause and effect relationships.

Skiers of various ability levels will be watched and participants will have the opportunity to practice their analysis and presentation skills with feedback on the presentation from the clinic leader.

Teaching Presentations

The section of the clinic focuses how to build a lesson plan. The goals here are:
1. Learning how to build a linear lesson plan which prioritises the needs and wants highlighted during an analysis.
2. Developing participants teaching skills particularly in relationship to Teaching presentations for Exam situations.

The clinic will focus on the following:

- Use of the teaching model.
- Accuracy of technical information.
- Group management.
- Appropriate pacing of lesson.
- Sufficient practice time.
- Relevant feedback.
- Terrain selection.

Times and Locations

The time and locations for the Technical Indoor sessions are:

Wanaka – Wanaka Hotel-71 Ardmore St	6.00pm
Queenstown - Wakatipu High School	6.00pm

Privacy Policy

http://www.nzsia.org/privacy In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

Administration Matters

All matters concerning registration, payments etc should be referred to the admin office.
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