

# NZSIA Ski Level Two - Evening 1 – Analysis

Evening One Total (30) for 15% of Analysis and Lesson Planning score



## Overall Impression

- Give an overall impression of the skier (1)

## Ski Performance

- Describe the relationship of the skis to each other e.g. are they in a wedge (big or small), are they parallel? Which phase of the turn do you see this ? (2)
- Turn-shape - are the skis turning at the same RATE throughout the turn? Is there a phase where the skis are turning faster or slower -which phase is the rate faster or slower ? (2)
- Is the skier using turn-shape to control their speed? If not what do they use? (2)
- Fore-aft - Is the pressure through the middle/centre of the ski? If not is there a phase(s) of the turn that the pressure is not centred ? Is the pressure more fore or aft in that phase(s) ?( 2)
- Pressure distribution ski to ski - Is there more pressure/balance on the outside ski or inside ski? Which phases in the turn do you see this happening?(2)
- Edging of the skis - Are the skis edged, is the outside ski gripping? If so then in which phase of the turn?(2)

## Body Performance

- What is the skiers fore-aft stance like on their skis? Use ankles, knees and hips to describe the stance.(3)
- What part(s) of their body is the skier using to turn the skis? Describe where in the turn they use that/those body part(s)?(2)
- What part(s) of their body is the skier using to edge their skis? Describe where in the turn they use that/those body parts?(2)
- Is the skier laterally balanced to the outside or to the inside of the turn? What body parts is the skier using to balance laterally ? Describe where in the turn they use that/those body parts ?(2)
- Is the skier using any vertical movement? Describe the body parts of the flexion and or extension the skier uses and where in the turn that's used ? (2)

## Compare to The Ideal

- Based on what you have described, list the most important three things for this skier to improve. State what you would improve and what would be more ideal. (6)

## NZSIA SKI Level Two -Evening 2 - Lesson Planning

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Use a separate piece of paper if required to take some notes on the skier you are watching.

Look at the SKIS, look at the BODY and COMPARE To THE IDEAL.

- What are the 3 or 4 most important things for the skier to develop? List below the NEEDS of the skier.(3)
- Based on those NEEDS and the fact that the student WANTS to get better. Combine the needs and wants to formulate a GOAL for the Student – state the **GOAL** based on a two hour private lesson (3)
- Should this GOAL be told to the student or negotiated with them? (1)

### Lesson Plan

Look back up to the NEEDS for this student, these should be the things that the student needs to do to achieve their WANTS and the GOAL.

#### Step 1

- Take the first part of the Goal/Needs describe what would be more ideal (1)
- Take the same first part of the Goal/Needs and list a step by step lesson plan that would allow your student to improve. There should be 5 or 6 steps. (6)

#### Step 2

- Take the second part of your Goal/Needs describe what would be more ideal (1)
- Take the same second part of your Goal/Needs and list a step by step lesson plan that would allow your student to improve. There should be 5 or 6 steps. (6)

#### Step 3

- Take the third part of your Goal/Needs describe what would be more ideal (1)
- Take the same third part of your Goal/Needs and list a step by step lesson plan that would allow your student to improve. There should be 5 or 6 steps. (6)
- Would you change your lesson in anyway if the student was more or less athletic than the skier you are watching? If the answer is yes, then can you describe just ONE example of what you might change. If your answer is no, then explain why not.(2)