

SBINZ Level One Written Rider Analysis

CANDIDATE NAME _____

RIDER NUMBER _____ ATTEMPTED TASK _____

Section 1. Stance Inefficiencies

1a. Detect – Describe the main inefficiencies with the rider’s stance.

Within your answer you should be looking for:

- * *Specific body parts*
- * *If it is present toeside and/or heelside*
- * *Any equipment issues*

1b. Correct - Outline how you would correct this rider’s stance.

Your answer should include:

- * *Which body part(s) you will focus on and HOW they should be moved to improve the stance*
- * *The terrain you would use*

Section 2. Movement inefficiencies

2a. Detect - Identify an inefficient movement(s) the rider is making.

Within your answer you should be looking for:

- * The body part(s) causing the issue and how this relates to the FOUR MOVEMENTS*
- * If this is present in their toeseide and/or heelside*

2b. Correct - Outline how you will improve the rider's movements.

Your answer should include:

- * Which body part(s) you will focus on and HOW the student should move them*
- * What STATIONARY exercise you would use*

2c. Develop - Which step from the Beginner Progression would you introduce next.

Your answer should include:

- * The next task you would teach*
- * The new movement you are introducing*
