## SBINZ Level Three Written Rider Analysis

CANDIDATE NAME	
RIDER NUMBER A	TTEMPTED TASK
Section 1. Stance Inefficiencies	
1a. Detect – Describe the main inefficiencie Within your answer you should be looking for: * Specific body parts relevant to an active or h * If it is present toeside and heelside * Any differences on toeside and heelside * Any equipment issues	
1b. Correct - Outline how would you correct Your answer should include:  * Which body part(s) you will focus on and HC  * What tasks you would use to improve the rid  * The terrain you would use	W they should be moved to improve the stance

## **Section 2. Movement inefficiencies and Board Performances**

Now that you've addressed the rider's stance, focus on inefficient movements.

## 2a. Detect - Identify the inefficient movements that the rider is making and the effect this has on the snowboard.

Within your answer you should be looking for:

- \* The body part(s) causing the issue, quantified using power-timing-range
- \* The effect on the board's performance (relevant to power-timing-range) and the rider's ability to achieve the task

* Where in the turn the movements are occurring and when the board is affected as a result * How the domino effect is relevant for this rider				

## 2b. Correct - Outline a corrective lesson plan that improves the rider's movements and board performance.

Your answer should include:

- \* WHAT movement is being changed and/or introduced
- \* Which body part(s) you will focus on and HOW the student should move them
- \* WHY this movement will improve the rider's use of edge-pressure-steer

A lesson plan including	the drills and terrain	n you would use ti	hat is suitable to thi	s level of ride
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2c. Develop	- Outline	how you v	would deve	lop this n	novement	pattern v	within the	e adventure
stage of the	lesson.							

Your answer should include:

*	What	terrain	vou	would	use

* Some experientia	l and/or	environmental	teaching	tactics
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* How this would increase the rider's sense of achievement and stoke				