



NZSIA Ski Technical Indoor Sessions - Course Outline 2019

For 2019 the Technical Indoor Sessions are a package of 3 indoor evening clinics with one course fee for all three 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
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- **Technical Indoor Session One** will cover physics and biomechanics to develop technical understanding
 - **Technical Indoor Session Two** will cover lesson planning and analysis
 - **Technical Indoor Session Three** will cover teaching theory and communication/presentation skills

WANAKA 6pm at Snowsports NZ Building 78 Anderson Rd Wanaka

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.