

SBINZ Level Two 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 heelside*
- * Any differences on toeside and heelside*
- * Any equipment issues*

1b. Correct - Outline how would you 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*
- * A STATIONARY exercise to improve the rider’s stance*
- * A SIMPLE drill to help your student feel the new stance in motion*
- * The terrain you would use*

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 and how this relates to the **FOUR MOVEMENTS**
- * Where in the turn (i.e. phase) these movements are occurring
- * If this is present in their toeside turn and/or heelside turn
- * The effect on the board's performance and the rider's ability to achieve the task

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 related board performance
- * A lesson plan including the drills and terrain you would use that is suitable to this level of rider

2c. Develop - Outline how you would develop this movement pattern within the adventure stage of the lesson.

Your answer should include:

** What terrain you would use*

** Some experiential and/or environmental teaching tactics*

** How this would increase the rider's sense of achievement and stoke*
