



COACHING ROLES & RESPONSIBILITIES

Key Concept 1: The Roles of a Coach

Key Concept 2: Coaching Responsibilities

Competency: Develop the character of a coach that is based upon fulfilling the needs of the team.

Learning Outcomes:

1. Create a team community based on loyalty, integrity, respect, accountability, and perseverance.
2. Implement the best practices of teaching and learning to develop skills and reinforce fundamentals.
3. Maintain a fun, positive, and motivational atmosphere when working with athletes.
4. Supervise athletes and staff in a responsible and effective manner.
5. Teach athletes how to maintain their equipment so that it functions at its optimum level.
6. Assist athletes with creating successful competition strategies.
7. Execute proper injury protocols when injuries occur.
8. Represent athletes properly within all sport-related organizations.
9. Demonstrate a positive and professional image at all times.

Competency: Create a successful program for Phase 1 & 2 athletes.

Learning Outcomes:

Develop & Nurture Coach Athlete Relationships

1. Develop a strong coaching relationship with athletes by balancing the need for skill development with the personal needs of the individual.
2. Develop well rounded athletes by promoting independence, self-confidence, and sound decision-making skills.
3. Provide a supportive learning environment where athletes can thrive.



Rules & Conduct

1. Implement a zero tolerance policy for bullying, hazing, harassment, emotional misconduct, physical misconduct, and sexual misconduct within and among teams.
2. Follow appropriate legal procedures for suspected child abuse.
3. Demonstrate U.S. Ski and Snowboard's Policy on Abuse, Molestation and Sexual Harassment.

Communication & Planning

1. Establish an effective communication pathway between the coach, parents, and athletes.
2. Create a weekly plan for athlete engagement.
3. Collaborate with parents to develop a physical fitness plan at home for proper nutrition, hydration, and rest.

Individualized Training Plan & Preparation

1. Demonstrate organization within all areas of your coaching responsibilities.
2. Evaluate learning gains and skill acquisition of team members to identify areas for individual development.
3. Implement effective teaching strategies.
4. Set challenges for all levels of ability.
5. Use a game centered approach in training.
6. Recognize achievement and use positive reinforcement.
7. Provide guidance for appropriate levels of competition.

Minimize Risk of Injury

1. Minimize the risk of injury whenever possible.
2. Describe the concussion management protocols that have been established to ensure athlete safety.
3. Examine the dangers of avalanches and utilize effective safety protocols.
4. Implement emergency procedures when injuries occur.



5. Implement concussion management procedures when necessary.

Sport Specific Rules, Conduct, & Certification Procedures

1. Comply with the safety rules used to keep athletes safe on the mountain.
2. List the FIS Conduct Rules that all coaches are required to follow.
3. Support all sporting rules within the U.S. Ski and Snowboard Competition Guide to provide the fairest opportunities for all.
4. Describe the U.S. Ski and Snowboard coaches' certification pathway available to support the professional development of coaches.
5. Describe the steps required to maintain yearly certification.
6. Update your knowledge of the sport every year.

COACHING ETHICS & PHILOSOPHY

Key Concept 1: Coaching Ethics

Key Concept 2: Coaching Philosophy

Competency: Construct a set of ethical principles that you can rely on to successfully manage a team of athletes.

Learning Outcomes:

1. Describe the differences between ethics and morals.
2. Compile a list of five good character traits to reference when making good coaching decisions.
3. Detect unethical behaviors within coaching scenarios to identify alternative ethical pathways.
4. Recall three questions to ask yourself before making difficult decisions.
5. Align your personal coaching experience in accordance with the USOC's coaching ethics code.

Competency: Develop a coaching philosophy that builds trust, skills, knowledge, teamwork, and confidence within a positive, fun, and engaging atmosphere.

Learning Outcomes:



1. Explain the importance of developing a well formulated coaching philosophy.
2. Identify elements to consider when developing a coaching philosophy.
3. Describe why a coaching philosophy changes over time.
4. Develop an environment based upon the values of safety, fun, and learning.
5. Incorporate good sportsmanship into all facets of the sport.
6. Communicate effectively with everyone in the sport.
7. Adapt your coaching style to meet the needs of every athlete.

LONG TERM ATHLETE DEVELOPMENT

Key Concept 1: Defining Long Term Athlete Development

Key Concept 2: Physical Literacy

Key Concept 3: Specialization

Key Concept 4: Developmental Age

Key Concept 5: Sensitive Periods

Key Concept 6: Mental, Cognitive, and Emotional Development

Key Concept 7: Periodization

Key Concept 8: Competition

Key Concept 9: Excellence Takes Time

Key Concept 10: System Alignment and Integration

Key Concept 11: Continuous Improvement

Key Concept 12: U.S. Ski & Snowboard Training Systems

Competency: Prepare a training plan that aligns with the U.S. Ski & Snowboard's Training System for phase 1 & 2 athletes.

Learning Outcomes:

1. Describe the Long-term Athletic Development Model (LTAD).
2. Explain the structure of the U.S. Ski & Snowboard Training System.
3. Describe the concept of physical literacy and how it applies to LTAD.
4. Recognize the correlation between the concepts of passion, fundamentals, and athleticism and the U.S. Ski & Snowboard's Training Systems.
5. Explain the purpose of the Training Systems Matrix.
6. Describe the structure of the Development domain.



7. Describe the difference between training age, biological age, and chronological age.
8. Explain the Sensitivity Windows Model.
9. Describe how using the training systems leads to developmentally phase appropriate training plans for athletes within each phase of the Training System.
10. Utilize phase appropriate, skill development based approach to athlete training plans.
11. Utilize training volumes and training type recommendations in the Training Systems at each phase to develop athlete training plans.

TEACHING & LEARNING

Key Concept 1: Learning Styles

Key Concept 2: Coaching Styles

Key Concept 3: Teaching Styles

Key Concept 4: Matching Teaching Styles to Learning Styles

Key Concept 5: Types of Feedback

Key Concept 6: Maslow's Hierarchy of Needs

Key Concept 7: Jean Piaget's Theory of Cognitive Development

Key Concept 8: Lawrence Kohlberg's Stages of Moral Development

Key Concept 9: Anderson and Krathwohl's (Blooms) Taxonomy

Key Concept 10: Fitts & Posner Skill Acquisition Model

Key Concept 11: Movement Analysis

Key Concept 12: Spaced Repetition

Key Concept 13: Teaching Models

Competency: Create training plans that are based upon the best practices of teaching and learning.

Learning Objectives:

1. Align coaching & teaching styles to an athlete's personal learning style.
2. Adjust the type of feedback to produce the best outcome among athletes.
3. Utilize relevant teaching theories to develop successful training plans.
 - o Describe Jean Piaget's Theory of Cognitive Development and relevance to the coaching profession.



- Describe Lawrence Kohlberg's Stages of Moral Development and relevance to the coaching profession.
 - Describe Abraham Maslow's Hierarchy of Needs and relevance to the coaching profession.
4. Describe the three stages of learning a motor skill.
 5. Incorporate the components of movement analysis into training sessions.
 6. Critique an athlete's technique using the principles of movement analysis to determine where improvements are needed.
 7. Teach athletes to pursue mastery of their sport and not just scoreboard wins.
 8. Use the U.S. Ski & Snowboard Sport Education Teaching Models to develop athlete's knowledge of the sport, skills, and abilities.

TRAINING ENVIRONMENT

Key Concept 1: Pre-Training Roles and Responsibilities

Key Concept 2: Engaging Athletes During Training

Key Concept 3: Post-Training Roles and Responsibilities

Competency: Utilize the best principles within the areas of seasonal planning, team management, communication strategies, organizing a training session, and safety and injury management to establish a fun, rewarding, and successful training environment for your athletes.

Learning Outcomes:

1. Create positive and effective daily and seasonal coaching plans for individual athletes and team goals.
2. Introduce S.M.A.R.T goal setting to help athletes and parents understand LTAD.
3. Integrate Phases I and II of the Training Systems into training and competition delivery.
4. Develop drill progressions that start as static movements and transition into complex drills.
5. Describe the components of a successful training session.
6. Describe team management strategies utilized by successful coaches.
7. Establish an effective communication pathway between the coach, parents, and athletes.



8. Describe positive outcomes that can develop from successfully engaging young athletes.
9. Minimize the risk of injury whenever possible.
10. Examine the dangers of avalanches and the awareness safety protocols.
11. Implement emergency procedures when injuries occur.
12. Implement concussion management procedures when necessary.

EQUIPMENT

Key Concept 1: Conducting An Athlete Assessment

Key Concept 2: Matching & Fitting Boots to Athlete

Key Concept 3: Matching & Setting Up Bindings to Athlete

Key Concept 4: Matching & Setting Up Skis to Athlete

Key Concept 5: Matching & Fitting Poles to Athlete

Key Concept 6: Matching & Fitting a Helmet to Athlete

Key Concept 7: Periodization

Key Concept 8: Competition

Key Concept 9: Excellence Takes Time

Key Concept 10: System Alignment and Integration

Key Concept 11: Continuous Improvement

Key Concept 12: U.S. Ski & Snowboard Training Systems

Competency:

Match the specific phase-appropriate requirements of the athlete to all alpine ski and race equipment – boots, bindings, skis, poles, and their set-up (sizing, fitting, mounting and tuning) as well as helmets in order to optimize their on-hill performance and promote safety.

Learning Objectives:

- Describe the process of matching boot type, flex and fit to the athlete.
- Describe the process of matching skis to the athlete - type, length, flex and radius.
- Determine athlete-appropriate binding type, mounting location, DIN range and release settings.



- Explain when to add ski poles to the equipment mix for the athlete and how to choose and size them correctly.
- Size helmets appropriately to athlete's and ensure all athletes use approved helmets for both training and racing.

TECHNIQUE

Key Concept 1: Introduction to Skiing Fundamentals

Key Concept 2: Responsive Athletic Stance

Key Concept 3: Reference Alignment

Key Concept 4: Vertical Movements

Key Concept 5: Fore/Aft Movements

Key Concept 6: Lateral Movements

Key Concept 7: Rotational Movements

Key Concept 8: Edging Control

Key Concept 9: Pressure Control

Key Concept 10: Pole Usage

Key Concept 11: Aerodynamics

Key Concept 12: Jumping Dynamics

Key Concept 13: Phases of the Turn

Key Concept 14: Alpine Movement Analysis

Key Concept 15: Progressions

Competency:

Discuss fundamental concepts related to alpine ski racing required to successfully coach phase 1 & 2 alpine athletes.

Learning Objectives:

- Describe Balance and Technique.
- Demonstrate the fundamental movements of skiing through a series of drill progressions.
- Describe the phases of the turn.
- Describe Movement Analysis.



- Explain the elements contained in the Acronym D.I.R.T and how they relate to ski performance outcomes.
- Describe the principles of movement analysis used to determine where technical improvements are needed.
- Use the information that was collected through evaluation to improve skiing performance by performing drills to achieve desired results.
- Describe how the body performs in various phases of the turn, isolating one skill pool at a time.
- Describe how the skis perform in the snow, in various phases of the turn, isolating one skill pool at a time.
- Determine where a movement originates to discern between a cause and its effect.
- Compare your observations of body movements and ski performance to ideal performance within the pressure, edging and rotary skill pools.
- Determine the skills to prioritize when creating an appropriate lesson plan and taking the student's goal into consideration.
- Understand how inclination and angulation can affect the skill blend.
- Differentiate effective pole usage mechanics utilized by ski racers to identify when each method should be used.
- Evaluate the impact of aerodynamics and ski/snow interaction on gliding.
- Determine skiing techniques needed to master terrain variations.
- Describe the components of the Park Smart philosophy and the elements of ATML (Approach, Takeoff, Maneuver, Landing)
- Incorporate SkillsQuest into a comprehensive training plan.

TACTICS

Key Concept 1: Selecting the Appropriate Terrain

Key Concept 2: Introducing New Skills

Key Concept 3: The Importance of Self-Discovery and Adaptation

Key Concept 4: Creating Games and Drill Courses to Match the Abilities of Your Team

Key Concept 5: Introducing the Elementary Tuck

Key Concept 6: Developing Jumping Skills

Key Concept 7: Introduction to Course Setting

Key Concept 8: Introduction to SkillsQuest



Phase 1 Competency 1:

Conduct training plans for phase 1 athletes that introduce a variety of terrain and activities while having fun, maximizing mileage, and gaining confidence.

Learning Outcomes:

- Select terrain that builds confidence and skill development.
- Match drill courses and skill/obstacle courses to an athlete's abilities.
- Introduce the elementary tuck as a mechanism for increasing speed.
- Introduce the ability of jumping with both feet as a way of clearing obstacles and maintaining balance.
- Integrate SkillsQuest Phase 1 Programs and Tournaments into skill development.
- Engage phase 1 athletes in activities that develop racing skills.

Phase 1 Competency 2: Conduct training plans for phase 1 athletes that develop fundamental balance, rotary, edging, and pressure skills in a variety of terrain and conditions.

Phase 1 Learning Outcomes

- Create training plans using a set of progressional exercises (simple to complex) to develop a mastery and confidence in
 - fundamental stance and balance, in all turn phases, in a variety of beginner and intermediate terrain.
 - rotational balance, in all turn phases, in a variety of beginner and intermediate terrain.
 - fore/aft pressure control, in all turn phases, in a variety of beginner and intermediate terrain.
 - outside ski dominance while turning legs at the same rate and in the same direction, in all turn phases, in a variety of beginner and intermediate terrain.
 - developing a variety of turn shapes in beginner and intermediate terrain
 - developing a mastery and confidence in side-to-side balance, in all turn phases, in a variety of beginner and intermediate terrain.

Phase 2 Competency 1:

Conduct training plans that develop turn size and shape within different race course sets, more challenging terrain, and variable snow conditions.



Learning Outcomes:

- Select terrain that increases skill development through self-discovery and adaptation.
- Set courses that build confidence, challenge athletes to progress, and are designed to address specific elements of a training plan.
- Create training plans that teach starting, racing, and finishing strategies.
- Refine the tuck on increasingly steeper terrain to increase speed and maintain balance.
- Increase an athlete's ability to jump greater heights and distances.
- Select appropriate drills to achieve desired outcomes.
- Integrate SkillsQuest Phase 2 Programs and Tournaments into skill development.

Phase 2 Competency 2: Conduct training plans for phase 2 athletes that create a wide variety of turn shapes and sizes within more difficult terrain, conditions, and circumstances.

Phase 2 Learning Outcomes

- Create training plans using a set of progressional exercises (simple to complex) to develop a mastery and confidence in
 - fundamental stance and balance, in all turn phases, in a variety of intermediate and advanced terrain.
 - rotational balance, in all turn phases, in a variety of intermediate and advanced terrain.
 - fore/aft pressure control, in all turn phases, in a variety of intermediate and advanced terrain.
 - developing outside ski dominance while turning legs at the same rate and in the same direction, in all turn phases, in a variety of intermediate and advanced terrain.
 - developing short, medium, and long radius parallel turns in a variety of intermediate and advanced terrain.
 - developing angulation, in all turn phases, in a variety of beginner, intermediate and advanced terrain.
- Introduce terrain park safety and the following basic park techniques: boxes, rails, jumps.



COMPETITION

Key Concept 1: Keeping Competition Positive for Phase 1 & 2 Athletes

Key Concept 2: Introduction to Alpine Events

Key Concept 3: Introduction to the Alpine Competition Guide

Key Concept 4: Coaching Responsibilities at a Competition

Key Concept 5: Introducing the Elementary Tuck

Key Concept 6: Developing Jumping Skills

Key Concept 7: Introduction to Course Setting

Key Concept 8: Introduction to SkillsQuest

Competency:

Introduce athletes to a competition pipeline that is appropriate for their phase of athletic development, ability level, and interest.

Learning Outcomes:

- Recognize that it is not suggested that athletes in Phases 1 & 2 officially compete in competitions.
- Encourage phase 2 athletes to compete for fun, enjoyment and progression of skills.
- Introduce phase 1 and 2 athletes to the following events as appropriate: SkillsQuest, NASTAR, Kombi, Slalom, and Giant Slalom.
- Describe the rules of competition that a Level 100 coach must know.
- Describe the main responsibilities of a Level 100 coach at a competition event.
- Describe the rules associated with interference, provisional starts, and reruns.
- Describe common race scenarios that result in a breach of Alpine 100 competition regulations.



VENUE SAFETY

Key Concept 1: Defining Safety

Key Concept 2: Commonly Used Ski Venue Safety Equipment

Key Concept 3: Best Safety Practices

Key Concept 4: The Alpine Coach Safety Checklist

Key Concept 5: Training & Response Plans

Key Concept 6: Injury Action Plan

Key Concept 7: U.S. Ski & Snowboard Concussion Policy

Key Concept 8: Introduction to SkillsQuest

Competency:

Implement appropriate safety protocols at all times within the controlled training and racing environment.

Learning Objectives:

- Describe a training and racing environment that considers safety requirements.
- Correlate staff roles to specific elements designed to improve athlete safety.
- Address athlete safety within long, medium, and short term planning.
- Create response plans in the event of injury.