

UKSS LEVEL 3 DEVELOPMENT COACH

Introduction

Level 3 Development Coaches have high levels of skill and knowledge which will allow them to make a significant contribution to the growth of both their skiers *and* their club or organisation. The Level 3 licence is for use at UK artificial ski centres only.

Level 3 Development Coaches can work independently with skiers from complete novice, to skiers who are able to show continuously linked parallel turning. They can work with those seeking further specialisation. They can profile, set goals and plan and organise coaching programmes over the short to medium term. It is envisaged that a Level 3 Coach is likely to make a significant contribution to the development of new coaches.

As a Level 3 Coach, you should develop a breadth of underpinning knowledge, synthesised from a variety of information sources. This should enable you to help skiers develop their core skill so that they can pursue the sport progressively at a level or discipline of their choice.

The Level 3 course is mostly about coaching rather than personal skiing performance. However, in order to be an effective role model, Level 3 coaches need to be versatile skiers. Candidates will be required to ski a variety of tasks to explore the fundamentals of sound alpine skiing and to enable fellow candidates to develop their use of coaching tools.

The level 3 coach award represents a significant step towards the international accreditation offered with the level 4 licence. They are authorised to operate at a local artificial ski centre, working with skiers ranging from complete novice, to skiers who are able to show continuously linked parallel turning and to work with those seeking further specialisation.

Entry requirements

In order to attend a level 3 training course candidates must hold a Level 2 coach award. Holders of equivalent awards may apply to the awarding body for accreditation for prior learning.

Level 3 Training Course

This is a *training and assessment* course delivered at a local level by an appointed tutor. It lasts for a minimum of 35 hours delivered in blocks of a minimum of 3 hours in duration.

This course may be delivered at an artificial ski centre or mountain based ski resort. Though the award does not authorise the holder to operate in a mountain environment it is desirable [though not essential] that the course is delivered in an alpine environment. This enables candidates to ski and coach skiers over longer descents, giving insights into the Level 4 award. In the event that a candidate completes a course delivered at an artificial ski centre they will need to apply to the awarding body before attending the Level 4 training course.

The course covers the fundamentals of coaching and working with expert skiers and those seeking to work towards a role within coaching. The course also prepares the candidates for further learning and post-course coaching.

By the end of this course participants should be able to:

- Explain the differences between instructing and coaching
- Analyse and profile skier performance
- Practice goal setting as part of medium-term planning and modify sessions in response to events
- Explain skill and its impact on coaching
- Explain the core elements of biomechanically sound skiing
- Explain feedback types and be able to modify feedback to suit learner needs
- Plan video sessions
- Develop ideas for their ongoing coaching and coaching portfolio
- Profile their own performance against the outcome standards to create a personal action plan
- Present core snowsports concepts to peers off-slope

Working towards accreditation

At the end of their level 3 training course candidates will agree an action plan which will assist in their personal and professional development. In addition to working on any points identified in their action plan candidates will be required to:

- Be registered with the UK Coaching scheme
- Hold a current first aid certificate
- Hold a current CRB check
- Complete a coaching portfolio in accordance with the portfolio guidelines

Level 3 Accreditation

The course combines training and appraisal of participants' performance. Tutors will provide feedback during the course to help them draft a personal action plan.

Participants will agree a final action plan with their tutor during the course. It is not possible to complete all units of this award during the course, thus the possible results given to candidates will be:

- All alpine units completed satisfactorily. Award will be issued on successful completion of coaching portfolio.
- Not yet completed personal skiing units to a satisfactory standard. Award will be issued on successful completion of coaching portfolio and completion of personal skiing units.
- Not yet completed coaching units to a satisfactory standard. Award will be issued on successful completion of coaching portfolio and completion of coaching units.
- Neither personal skiing nor coaching units completed to a satisfactory standard Award will be issued on successful completion of coaching portfolio and completion of personal skiing and coaching units.

If a candidate does not yet meet the outcome standards the tutor will discuss appropriate methods for re assessment with them.

Skiing Level 3

Level 3 coaches must be able to ski all areas of artificial ski slopes demonstrating appropriate posture, consistent balance and control of speed and direction of travel. Demonstrations must display an “understandable picture” of the technical elements of skiing suitable for all recreational skiers; from novice to expert. The Level 3 coach is expected to be a strong, powerful skier.

The Level 3 Coach will be able to:

- Consistently link turns with sustained rhythm
- Show skiing at a variety of speeds and tempos including high intensity steering
- Maintain consistent speed by controlling the shape of a turn
- Maintain a balanced, appropriate posture throughout a series of turns
- Demonstrate an appropriate blend of the fundamental elements of skiing [pressure control, steering, edge control and balancing]
- Ski a variety of turn sizes and shapes in a series of turns while maintaining speed control
- Remain balanced and in appropriate posture whilst performing common tasks and demonstrations
- Illustrate *visual cues to effective skiing* in demonstrations and tasks common to expert skiers
- Show strong, powerful, dynamic skiing with an ability to sustain support against their outside ski *before* it crosses the fall line
- Respond to signals from the examiners and react as appropriate

Coaching Level 3

Level 3 coaches will demonstrate a wide range of understanding, from a variety of sources. They will have sufficient experience and skill necessary to be an effective coach for skiers ranging in ability from novice to expert and to assist aspirant coaches moving into snowsports education. The level 3 coach should expect to work with skiers who are working towards developing their abilities as a coach. An extensive understanding of how to manage the learning environment for different age and gender groups and skill levels is required.

The quality Level 3 coach will be assessed by the coach delivering a practical coaching session working with their peers *at their own level of skiing performance* and through discussion and questioning from the assessor.

The Level 3 coach is able to show:

Underpinning Knowledge

Professional knowledge requirements for level 3 coaches reflect an in-depth awareness of specific terms and concepts from a wide variety of sources, and an ability to use these concepts in sessions and situations for beginner through to expert skiers. A level 3 coach will think creatively, responding to the needs of their skiers and modifying not only the session at hand but also those future sessions they have planned. The level 3 coach will be able to:

Background

- Define and explain skiing and coaching terminology
- Identify equipment needs for skiers
- Advise skiers on how their equipment choices might influence their performance
- Identify common equipment safety issues
- Understand the ski way code and discuss how to introduce it when teaching all skiers

Movement Analysis

- Recognise general movement patterns of advanced and expert skiers
- Identify desired outcomes in all types of skiing situation within the range of operation of the award
- List exercises and tasks which address a student's needs, the equipment being used, terrain options, etc.
- Discuss posture, appropriate movements and balancing
- Identify effective movements and skill development for advanced and expert skiers
- Understand the fundamental skiing movements of pressure control, edge control, steering and balancing
- Teach an appropriate blend of these movements suited to the needs of advanced and expert skiers
- Create an activity/task list appropriate to the needs of their skiers
- As a result of their observations plan a series of sessions designed to develop their skiers in relation to short, medium- and long-term goals

Session Delivery

- Coach the skiing public and provide sound foundations for further learning
- Demonstrate an ability to develop a relationship of trust between coach and students
- Identify learning styles and preferences and discuss examples of how to use them in a session
- Identify a development pathway based on the needs of learners
- Handle a group based on group energy levels, conditions, safety and coaching content
- Understand how to create an appropriate learning environment and discuss how to incorporate this knowledge into sessions that will maximise opportunities for safety, enjoyment and further learning
- Discuss opportunities to create an appropriate learning environment for skiers at different stages of development
- Be self-critical and modify their sessions based on the needs of their skiers
- Be able to self-review the effectiveness of their sessions.

Skiing Tasks - Level 3

Ploughing, plough steering, plough parallel and parallel turns are mandatory tasks in a Level 3 Skiing assessment. In all aspects of skiing the candidate will show appropriate movements in motion and sound posture.

Ploughing and Plough steering –the candidate shall demonstrate a series of linked, steered plough turns. The candidate will show:

- Sound, balanced posture and body alignment (and therefore the absence of inappropriate upper body movements).
- Appropriate size and shape of plough, which should be consistent through the series of turns. Speed should be controlled through turn shape rather than the size of the plough. Movements in motion will be smooth and appropriate.

Plough Parallel – the candidate will show a *smooth development* of plough steering to parallel steering. The skis will match as a result of a progressive increase in speed of travel and tempo of turning, causing the outside ski to support the skier progressively earlier in each arc.

Parallel Turning - the candidate shall demonstrate a series of rhythmical, continuously linked parallel turns with appropriate use of poles. The examiners will require the candidates to illustrate versatile skiing and to illustrate parallel skiing at a variety of speeds and turn sizes/amplitudes for short to long radius. Candidates are expected to show sensitivity to the forces acting on them, to show good posture and to make movements in motion appropriate to the task at hand.

The following tasks are examples of additional exercises that the examiner may request Level 3 Candidates to perform to demonstrate versatility and adaptability.

- From a steep descent skid to a halt
- A free run
- Parallel skiing around markers/mini rapid gates
- Short swings
- Skating around arcs