

UK Snowsport**Park & Pipe Performance Foundation Coach (L1)****Overview**

Designed for working with children and entry standard competitors. Park & Pipe Performance Coach can plan and run training sessions appropriate for developing and challenging their athletes' skills. This course is for skiers and snowboarders taking their first steps into coaching freestyle skiing and snowboarding.

Entry requirements

In order to participate in this course, you need to meet the following entry requirements:

- A minimum age of 16
- Be able to show linked steering and be approaching the assessment criteria listed below.

If you are attending one of our approved young person's courses, you may have been allowed to attend at a younger age.

The Course

The course is intended for aspirant instructors and coaches who will work with skiers at a UK artificial ski slope centre or club.

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

- Explain the role of a Foundation Coach
- Describe the philosophy of the UK Snowsport Coaching Scheme
- Describe and show key aspects of the fundamentals of posture, edge, pressure, and rotation.
- Practice coaching as part of their workplace training
- Plan session shadowing
- Discuss exercises that they can do with their skiers / riders
- Explain the components of a good session
- Able to deliver a structured training session
- Able to deliver parts of a Long-Term Athlete Development Programme (LTAD)
- Have been exposed to a basic decision-making process
- Able to deal with emergency procedures
- Able to set basic training courses
- Start profiling their own performance against the outcome standards to create an ongoing personal action plan

The face-to-face elements of this course will last for a minimum of 14 hours [or 2 days].

The course covers the fundamentals of coaching and working with novice athletes and prepares the candidates for further learning and workplace training.

The course will cover:

- The candidates' own personal performance
- The fundamentals of freestyle skiing/boarding

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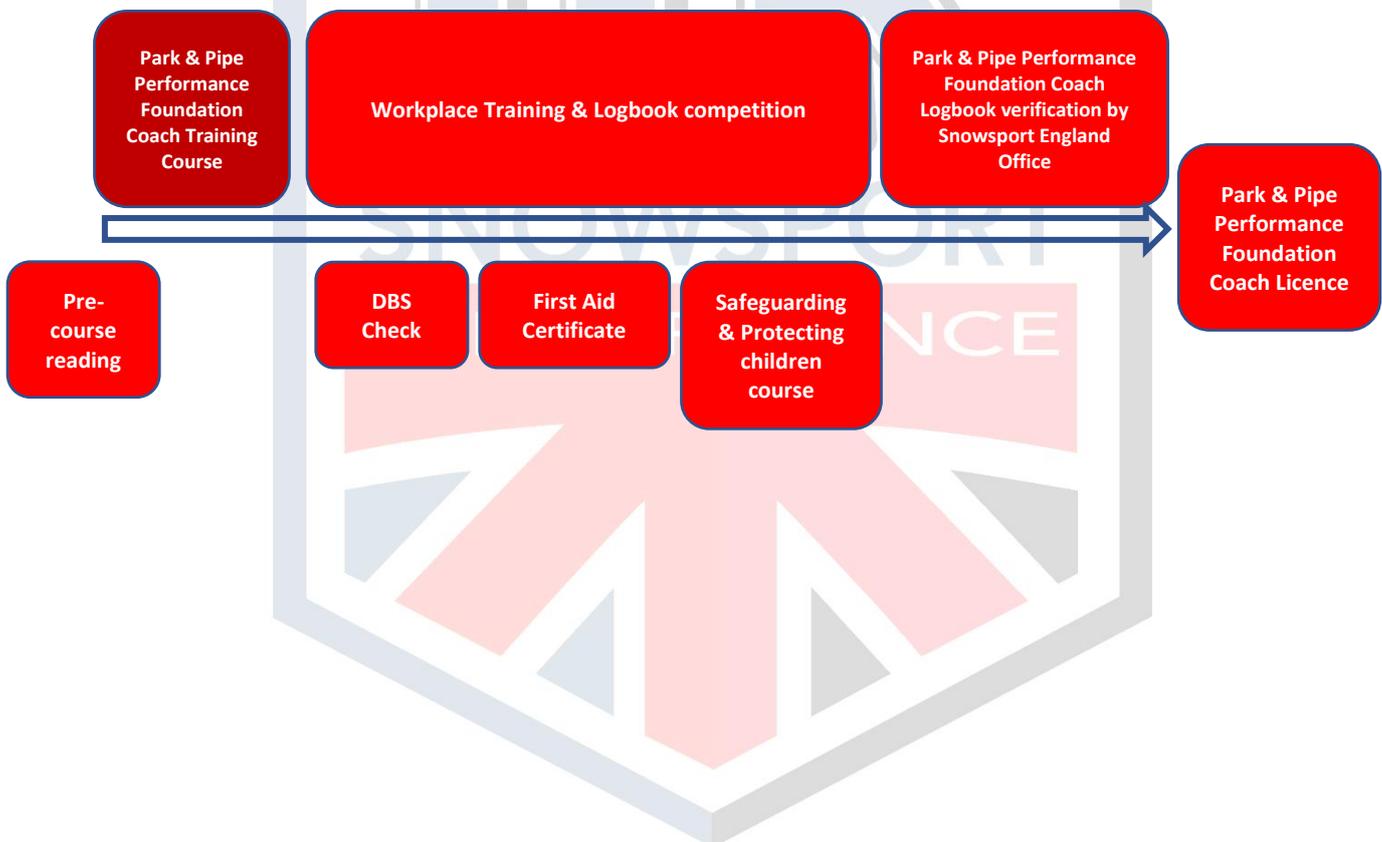
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- The fundamentals of working with novice athletes including planning and delivering safe, enjoyable sessions, which build the foundations for further learning.

Working towards Licensing

At the end of the Park & Pipe Performance Foundation Coach Training Course candidates will have 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 and remain registered with the UK Coaching Scheme,
- Complete Workplace Training logging progress in the Park & Pipe Performance Foundation Coach Logbook,
- Undertake certified First Aid Training,
- Complete a Safeguarding and Protecting Children course,
- Hold a current Enhanced DBS check – with Snowsport England



Park & Pipe Performance Foundation Coach (L1) Assessment

This may take place as a one-day formal Examination or as a workplace-based accreditation. The process will include examination of the following:

- Skiing / Riding performance,
- Session delivery,
- Health & safety [assessment via first aid certificate, questioning and observation],
- Underpinning knowledge [assessed by questioning in the context of session delivery].

Technical Performance Criteria

Technical Skiing/Riding Demonstrate	Consistent round turn shape with disciplined and balanced posture
	Able to cleanly link carved turns
	Able to ride switch linking turns
Box riding	Disciplined stance and balanced upper body
	50/50 a 3-5m box showing solid posture and control
	Boardslide / Rail slide a box @ 90° a 3-5m box showing Solid posture and control
Jump	Discipline and balanced upper body with centred stance over both feet
	Ollie at knee height showing clear and precise movements
	Straight air with grab over a 5m kicker land cleanly and accurately
Rotational skills	Jump 180° landing cleanly and accurately both clockwise and anticlockwise on the slope without the use of a jump. Show separation skills on take off
	Shifty a kicker, either way with control
	Jump 180° landing cleanly and accurately both clockwise and anticlockwise on a jump.

Session Delivery

Foundation Performance Coaches will be required to deliver a practical session and through discussion and questioning from the assessor must demonstrate the ability to effectively: -

Group Management	Safely Manage a group based on its dynamics, energy levels, the conditions, and the session content
Trainee Needs	Understanding of how to meet the needs of entry level performance trainees
Coach-Athlete Relationship	Demonstrate rapport and engagement between coach and trainee
Communication	Adjust level of communication to suit different stages of age and maturation
Environment	Understand how to create an appropriate learning environment that will promote maximum group activity (MCA) and enjoyment
Review & Action	Review and action plan a delivered coaching session

Underpinning Knowledge

Underpinning knowledge requirements for Foundation Performance Coaches reflects a practical awareness of general terms and concepts, and an ability to use these concepts in delivering a session for entry level performance trainees.

The Foundation Performance Coach will be able to:

Technical Terminology	Define and explain skiing technical terminology consistent with coaching performance trainees
Equipment Needs	Identify equipment needs for entry level trainees and common safety issues
FIS Rules	Understand the FIS Rules applicable to the competition in the discipline

Skill Development Criteria

The Foundation Performance Coach must be able to critically observe and analyse general movement patterns as found amongst entry level performance trainees with a view to identifying key tasks that will achieve the desired outcomes. Specifically, the foundation performance coach will be able to: -

Analyse Movement	Critically observe and analyse general movement patterns as found amongst entry level performance trainees
Identify Errors	Successfully identify errors in dynamic posture and balancing
Identify drills	Identify and explain exercises and drills which will address a trainee's needs (with consideration of the equipment being used, terrain options, etc.)
Blend Drills	Blend and link a range of activity/drills that complement each other and are fitting to the level of trainee concerned
Skill Acquisition Model	Ensure that trainees can use the skill acquisition model
Use of TTPPEE	Follow the steps of skill analysis and develop trainees using TTPPEE
Task Selection for progression	Show competence & understanding of progressions and chooses appropriate tasks to develop athletes
Performance Components	Identify and address the fundamental movement