



Mogul Coach

GUIDE FOR TECHNICAL WORKSHOP FACILITATOR





National Coaching Certification Program



PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.

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Table of Contents

Introduction	4
Technical Workshop Objectives.....	4
General notes for the facilitator.....	5
Overview of the TSM 2 module.....	5
Schedule	6
Checklist	7
Coach skiing skills assessment	8
Skills assessment form	10

Introduction

Welcome and thank you for taking the initiative to conduct this course for the Canadian Freestyle Ski Association.

This document is intended to provide the learning facilitator with a detailed overview of the TSM 2 Program workshop for mogul coaches, lasting two days. TSM 2 is a prerequisite for any candidate registered in the Comp-Dev Program for mogul coaches.

Please work closely with the CFSA coach program coordinator to ensure that you have all the up to date resources and equipment that you need.

Technical Workshop Objectives

After successful completion of this workshop, the coach will possess the knowledge required to train athletes to the Learning to Train and *Training to Train* levels of our LTAD model as well as in clubs. Please consult these objectives when you plan your workshop to meet CFSA expectations for a TSM 2 Program mogul coach.

1. Ensure that candidates participate in both days of the technical workshop
2. Assist candidates in improving their skiing skills
3. Assist candidates in increasing their technical pedagogical knowledge in competition mogul skiing
4. Conduct and complete the assessment of the coach's skiing skills
5. Throughout the course, engage coaches in sessions and discussions on and off the course.

General notes for the facilitator

- Have a suitable terrain.
- Ask candidates questions frequently to ensure that the technical material is understood.
- Regarding skills assessment, you can do this continuously or arrange a skiing examination.
- The course must cover 2 full days. (8:30 to 5:00)
- At the end of each day, the facilitator must reiterate the events of the day. This is the time to encourage candidates to take notes that they can refer back to later.

Overview of the TSM 2 module for mogul coaches

This module specifically relates to the three dimensional aspect of mogul skiing. In TSM 1 you saw the fundamentals of skiing on the flat. Then in TSM 2 we will work on the fundamentals in rollers (absorption site) and moguls.

Candidates must pass an assessment of their technical skills. Refer to the TSM 2 evaluation grid to conduct the assessment.

Most days will last about 8 hours.

There will be 2 days of technical work on snow. At the end of the second day, the facilitator will have an individual meeting of about 20 minutes with each candidate to provide feedback on the course and advise each of them of their results.

The content may be organized at your discretion or that of the Provincial Sport Organization (PSO). You do not have to follow and review all the technical documentation found in the TSM 2 technical manual for mogul training. There needs to be some flexibility given that the slopes and terrain that will be available differ from one ski area to another and that conditions vary depending on the time of year. However, to give this course it is essential to have waves and moguls.

This schedule will assist you in arranging your use of time. Schedule as you see fit, but you will need to address all of the following content, in such a way that candidates meet the objectives of the CFSA and NCCP and obtain the results expected. The page numbers of the manual may be different from those shown below.

	Manual page	TIME REQUIRED	PLACE
INTRODUCTION TO MODULE TSM 2 FOR MOGUL COACHES			
SKILLS IN SKIING on waves		Before noon Day 1	On snow
Two runs and warm-ups		30 min	
Body position	4	20 min	
Specific turns for mogul skiing on flat terrain		1 hr	
Range of motion (absorption)		30 min	
Controlling speed (direct in the waves)	10	20 min	
Phases of the turn in the waves	8	45 min	
Exercise with markers	17	20 min	
Skills assessment (direct wave)		15 min	
SKIING in MOGULS		Afternoon Day 1	On snow
Phases of turns in moguls		30 min	
Mogul skiing (several runs in a section of 6 to 8 moguls)		1h30	
See jumps in the moguls	11	45min	
Review and assessment of skills		Afternoon Day 2	On snow
Review of specific turns on flat terrain		1hr	
Skills assessment		15 min	
Review of waves in a direct line		30 min	
Skills assessment		15 min	
Review of turns in waves		45 min	
Skills assessment		15 min	
Review of turns in moguls		30 min	
Review and assessment of skills		Afternoon Day 2	On snow
Continue review of turns in moguls		1h30	
Skills assessment		30 min	
Two runs with wide turns in moguls to control speed		30 min	
Two runs with direct turns and speed control with flexing of ski s and boots.		30 min	
Individual meeting with each candidate		15 to 20 min ea.	Indoors

Checklist for facilitating the workshop

Preparation ahead of the workshop for facilitating the course and task list:

- ❑ Print and assemble the binders – **WORKING WITH CFSA**
 - X copies of the mogul coach TSM 2 technical manual (you can send it ahead by email for candidates to read)
 - Connect with the mountain or you will give the course and have the waves and moguls built. (Essential)
 - Time and cost for use of the groomer

- ❑ X copies of the FINAL assessment tool for:
 - Conducting the coach's skiing skills assessment during the workshop on snow
 - Reviewing the tool along with candidates;
 - Communicating the list of candidates for discounted lift tickets (the local club can help you with this

- ❑ List of all candidates, from the PSO office
- ❑ Shovels
- ❑ **Communication before the course:**
- ❑ Ensure that all equipment is up to date with the CFSA technical director
- ❑ In an email to candidates, send and indicate the following:
 - Course manual
 - Time of meeting
 - Place of meeting
 - Tentative schedule indicating the anticipated time required
 - Equipment required
 - Other information, if any, including: cost of lift ticket and collection points, provision for meals, etc.

Administration after the course:

- ❑ Send the CRF form from the NCCP to the CFSA technical director and to the PSO administrator
- ❑ Ensure that the assessment form for “coach skiing skills” is completed and given to the coaches, their assessor and the administrator of their PSO. Keep one copy. Ensure that the version sent is in read-only mode.
- ❑ Training coaches should always keep an electronic version of their Coach Registration Form (CRF) from the NCCP.

Coach skiing skills assessment

During the workshop, time is provided for the Coach skiing skills assessment. This is an assessment on snow which you should complete for each candidate. For the TSM 2 moguls program, we would like our coaches to demonstrate basic standards in their own skills so that they can fully understand how to teach some of these elements to their athletes.

Below is the TSM 2 coach’s skills assessment grid that you are responsible to complete. The forms are also available in Excel format; they are in your toolkit and you should create one for each candidate.



Demonstration of technical and tactical skills in moguls to obtain a passing grade

RESULTS:

Name of coach:

NCCP number:

Name of assessor:

Date of assessment:

SCALE: 1-need improvement, 2-meets the standard, 3-advanced

Must obtain at least 43 out of 84 to pass

Criteria	Index	Accomp.	Standard	Comments
Perform 15 to 20 short radius turns on "blue" groomed terrain on a moderately inclined slope	Maintains stability and balance in the turns		2	
	Controls rotational movements with angling and isolation		2	
	Plants the pole at the correct time		1	
	Maintains rhythm and controls speed by performing turns with a regular shape		2	
	Performs correct transitions to connect turns		1	
	Puts skis on edge in turns (no skidding)		2	
		Accomp.		Comments
Descending in a direct line in waves (6 to 8 waves set 4 6 m apart and 0.5 to 1 m height)	Maintains correct body position and balance in the moguls		2	
	Controls pressure to control speed during the cycle of waves		2	
	Performs correct range of motion to maintain speed and body position		1	
	Skis remain in contact with the snow		2	
		Accomp.		Comments
Perform turns in waves (6 to 8 waves set 4 6 m apart and 0.5 to 1 m height)	Maintains correct body position and balance in the moguls		2	
	Controls pressure to control speed during the cycle of waves		1	
	Performs correct range of motion to maintain speed and body position		1	
	Skis remain in contact with the snow		2	
	Puts skis on edges by performing a turn of the correct form		1	
	Descends in the correct line for skiing in the waves		2	
	Performs synchronized turns in the waves		1	
	Synchronizes planting poles in the waves		1	
	Controls rotational movements with angling and isolation		2	
		Accomp.		Comments

TECHNICAL WORKSHOP ASSESSMENT FORM module 2 - technical skiing

Descent on a course of 15 moguls (naturally or mechanically built) Demonstrate mastery of fundamental tactics of skiing in moguls	Maintains correct body position and balance in the moguls		2	
	Controls pressure for controlling speed in moguls		1	
	Performs appropriate range of motion to maintain speed and body position		1	
	Skis remain in contact with the snow		2	
	Puts skis on edges by performing a turn of the correct form		1	
	Descends in the correct line for skiing in moguls		2	
	Synchronizes turns in the moguls		1	
	Synchronizes planting poles in moguls		1	
	Controls rotational movements with angling and isolation		2	
	TOTAL SCORE=			
PASS or FAIL			43 out of 84 to pass	