



## ACA-CSC Entry Level Introduction Course Description

Day 1 Indoors – All Day	
<b>Topic</b>	<b>Introductions; Module format and delivery;</b> Distribute course materials and present course outline
<b>Key Points</b>	Provide overview of (3) day schedule and point out NCCP modules to be covered
<b>How to Deliver</b>	Delivered in a positive and reassuring manner
<b>Activities</b>	Welcome & intro to the course; Introductions, brief coaching history, expectations
<b>Resources</b>	Flip chart/Whiteboard, Screen, Projector, Markers, Entry Level documents, Skier Evaluation forms, Laptop
<b>Time</b>	20-30min
<b>Topic</b>	
<b>Topic</b>	Pathway and Professionalism – PowerPoint
<b>Key Points</b>	Present new pathway with focus on certification prior to next level. Highlight group/athlete management
<b>How to Deliver</b>	Pathway PowerPoint presentation
<b>Activities</b>	Q&A
<b>Resources</b>	Professionalism in Alpine Ski Coaching PowerPoint presentation
<b>Time</b>	1 hour
<b>Topic</b>	
<b>Topic</b>	Plan a Training Session
<b>Key Points</b>	
<b>How to Deliver</b>	Present in conjunction with PowerPoint, Workbook and Reference Manual
<b>Activities</b>	Uses both group and individual exercises
<b>Resources</b>	PowerPoint, Workbook, Reference Manual, White board/Flip chart
<b>Time</b>	3 hours
<b>Topic</b>	
<b>Topic</b>	Technical Presentation
<b>Key Points</b>	Keywords, Standards, Snow Stars and common coaching language
<b>How to Deliver</b>	Present in conjunction with the PowerPoint
<b>Activities</b>	Coaches perform exercises and demonstrate movements
<b>Resources</b>	PowerPoint, White board/Flip chart
<b>Time</b>	2 hours



<b>Day 2 On Snow – All Day</b>		
<b>Topic</b>	Plan a Training Session: Snow Stars/Skier Essentials	
<b>Key Points</b>	<p>On Snow Activation</p> <p>Point out that the LF sessions are a template for coaches to use for their training plan</p> <p>Point out that it is important to refer to the Snow Stars manual when designing their training plans</p>	<p>Coach starting point regarding their on-snow training plan:</p> <ul style="list-style-type: none"> <li>coaches' base knowledge</li> <li>Snow Stars program</li> <li>Skier Essential stage of development</li> <li>context - your skiers/ski racers</li> </ul>
	<p>As a group, Coaches work in pairs to design warm up ski activities based on knowledge of Snow Stars levels (1-4)</p> <p>LF reviews training plan key points for coaches to discuss on lift between runs</p>	
<b>Activities</b>	<p>LF and coaches discuss reasons for and methods of warm up</p> <p>Use variety of Snow Stars drills from levels 1-4 for on snow warm up activities (2 -3 runs)</p> <p>LF validates key point discussions</p> <p>LF provides link to Snow Stars and Skier Essentials levels</p>	<p>Coaches review key points:</p> <ul style="list-style-type: none"> <li>Safety and logistics</li> <li>context</li> <li>considerations and structure</li> </ul>
<b>Resources</b>	LTAD documents; Snow Stars documents; Plan a training session facilitator guide; Plan a training session reference material. Plan a training session power point presentation	
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<b>Topic</b>	Ski Improvement : Activation Cycle (Main Part)	
<b>Key Points</b>	<p>Point out skiing evaluation protocol: short turns; entry level GS; Snow Stars drills: Levels (5-7)</p> <p>Review the stages of skill development: initiating; acquiring; consolidating</p> <p>Explain the relationship between stages of skill development and their evaluations</p> <p>Point out that you are using this part of the session as part of the main activities in the activation cycle</p> <p>Emphasize Technical elements from the EL Technical power point presentation</p> <p>Emphasize Tactical approach on varied terrain</p> <p>Provide a session model for the coaches</p>	
	<p>LF conducts a ski improvement session</p> <p>LF and coaches discuss various elements of the ski improvement session</p>	<ul style="list-style-type: none"> <li>safety</li> <li>context</li> <li>skier/ski racer needs</li> <li>structure</li> </ul>
<b>Activities</b>	Coaches discuss elements of the ski improvement session during time on lifts between runs	



<b>Day 2 On Snow – All Day</b>	
<b>Topic</b>	Video coaches
<b>Key Points</b>	
<b>How to Deliver</b>	Video coaches during the ski improvement session short turns Entry Level GS Snow Stars drills: Levels (1-4)
<b>Activities</b>	Video coaches (2 -3 runs)
<b>Resources</b>	Facilitator supplied camera
<b>Day 2 Indoors – End of Day</b>	
<b>Topic</b>	Debrief
<b>Key Points</b>	
<b>How to Deliver</b>	LF provides feedback to coaches relating to skiing evaluation standards (Should be done throughout day)
<b>Activities</b>	Review morning content clarify points not clear re-emphasize need to understand Acquiring stage Emphasize the relationship between SS levels 1-4 and their respective training plans
<b>Resources</b>	
<b>Day 3 On Snow</b>	
<b>Topic</b>	Plan a training session: Putting it all together •Plan an activity to develop a SS skill • Your skiers'/ski racer's SS level• SS athletic abilities Ski Improvement: •Evaluation standards •SS levels Video candidates
<b>Key Points</b>	Drills exercises and athletic abilities matching the Snow Stars target levels
<b>How to Deliver</b>	While conducting a ski improvement session: Coaches identify their Snow Stars target level Each coach to match a drill or exercise to improve their long-term development.
<b>Activities</b>	Practice coaching by candidates
<b>Resources</b>	Snow Stars Document