CONNECTING WITH KIDS - SKIING/RIDING

Group Discussion:

- What are your challenges with kids?
- What do you do REALLY WELL with kids?
- Ask for group share out on what works for them…..
- Play with drills (listed below) – group discussion on what they liked about it, how they might use it, what age is appropriate for, etc

Review the Children's Teaching Cycle: Play-Drill-Adventure-Summary

- Review VAK & apply to drills – how would you teach differently for learning preferences
- Successful ways instructors move the group around mountain
- Instructors favorite "adventure" location at MHM – The Adventure Trail, fairyland, rams head trees (rotary), AND why these are appropriate for students in the Skills Concept realm
- Review CAP – how can this benefit you the instructor; how to gather info from parents
- Purpose/desired outcome:
- Grow a bag of tricks with kids

Engaging Children

- Use their name
- How to "gain" attention
- Eyes on me
- Simple instruction – under 7 (1 task); 7-9 (1-3 tasks)
- Ask the children how they might move from point A>B
- One direction at a time when they are NOT MOVING
- Speak so children can HEAR YOU
- Position students so they can only SEE YOU (minimize distractions)
- Limit the amount of "repetition" you have students do…..begin to master – mix things up

Application with Children

- Stages of development (recognize): initial, elementary, mature
- Are kids performing CRUDE movements, lack rhythm (initial)? Yes – they are not ready to add new activity
- Can they now perform movements in the environment, around objects, people? Yes – they are developing and beginning to "master" this movement
- Are their movement coordinated, mechanically correct and more efficient? Yes – they have "mastered" movement and ready to add challenges or new terrain

Understanding with Children

- Show me - younger kids - Can you do this?
- Tell your partner (shared with one person), Tell me (shares in front of group)
- Explain (verbally) and then show me (physical understanding) - older kids
- Where would you use these movement? How? – steeps, trees, box, etc

Example Teaching Scenario

Student profile: Beyond Beginner
Age: 7-12
Fun / Buy in: Who wants to learn a freestyle trick?
Play: Can you do this? Try a flat spin 360. Show them.
Drill: We are seeing they can or cannot. Time to add a drill to improve. There are a variety of things you can do and depends on age of students.
Adventure: Let's go down this trail, when I yell spin, we all try a flat spin 360, then keep skiing/riding
Summary: You guys all learned your first freestyle trick. It's called a, "Flat spin 3"