



**ROCKY MOUNTAIN**

## **Title**

Let's Get Off-Piste

## **Duration**

2 days (12 CEU's)

## **Learning Connection Highlight**

Technical Skills – Teaching Skills – People Skills

## **Course Description**

Improve your overall skiing with this dynamic, fun two-day on-snow session. This medium- to high-intensity clinic enhances the precision and versatility of your skiing by moving between on- and off-piste skiing. The all-mountain approach will help you proactively respond to changes in the snow surface using sound tactical choices, allowing you to refine skill-blending options in groomed and variable settings. We will discuss and debrief teaching strategies and ideas for creating interpersonal connections with your students along the way.

## **Recommended Preparatory Learning or Prerequisites**

- Read PSIA-AASI's "Tactics for All-Mountain Skiing"

## **Prerequisite Course(s) and Skills**

- Level 1 Certification
- Ability to ski groomed & ungroomed green, blue, and black terrain.

## **Learning Outcomes**

Participants will be able to demonstrate abilities to navigate off-piste venues with consistent flow and decent velocity.

- Adjusting and adapting our technique and/ or tactics to ski at a consistent speed using short, medium, and long turns.
- Identify teaching cues and ideas that we can personalize for our students.
- Identify strategies for creating value and personal connection for our students in ski lessons.

## **Learning Experiences**

- Identifying and practicing activities and tactics to enhance performance in both on & off-piste environments.
- Practice skiing different corridor widths, and maintaining corridor widths, while altering speeds and turn shapes.
- Distinguish between techniques and tactics that work on-piste and off-piste.



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- Explore the effects of how technique, tactical decisions, applications of fundamentals, and DIRT have a differing result in the outcome.
- Discussion topics –
  - How do customized and well-paced learning activities promote exploration, experimentation, and play towards a desired outcome?
  - How do we use on and off-piste environments to meet the changing needs of individuals?

### **Materials/Equipment Needed**

- None