

LEVEL II

GOAL STATEMENT WORKSHEET

SECTION 1: DETERMINE WHAT THE SKIER IS DOING NOW

1. Look at/imagine a skier at a level 5-7. Choose a skill pool to work in with this skier (rotary skills, edging skills, pressure control skills). The skill pool I will work in is: _____
2. The movements/mechanics within the chosen skill pool that this skier is using are: _____
3. The movements that this skier is making are causing this skier's skis to perform in what way: _____
4. The combination of movements and ski performance of this skier is causing what results for this skier: _____

SECTION 2: WHAT WILL THE SKIER BE DOING AFTER THE LESSON IS FINISHED

1. The skill pool I am working in is: _____
2. The movements/mechanics within the chosen skill pool the skier will be using at the end of the lesson are: _____
3. The new movements that the skier is now making will cause the skier's skis to perform in what way: _____

SECTION 3: HOW IS THIS RELEVANT TO THIS SKIER?

1. What has this skier expressed that he/she likes/enjoys about skiing?

2. What has this skier expressed that he/she would like to improve/change about

his/her skiing? _____

3. How will this skier's new movements/ski performance at the end of the lesson help this skier to accomplish what he/she would like to change and/or help this skier enjoy skiing more?

SECTION 4: PUTTING IT TOGETHER IN A GOAL STATEMENT(S)

Using the 3 previous sections put together a brief synopsis of what will be the goal of your lesson.

The skill pool I will work in is: _____

This skier (name?) is using _____ (movements) that cause his/her skis to _____ (ski performance) and result in _____ (results for the skier). I will help this skier to use _____ (new movement) that will cause his/her skis to _____ (new ski performance). Using _____ (new movement) and _____ (new ski performance) will allow him/her to _____ (change/accomplish/enjoy/stated motivation).

Example:

The skill pool I will work in is fore-aft pressure control.

Bob's balance/center is behind his feet causing the fronts of his skis to not engage with the snow and he loses speed control. I will help Bob to be center/balanced throughout his turns so his whole ski can remain in contact with the snow. By being centered and engaging the whole ski Bob will gain the control he wants on the steeper blue trails.