



# ***PSIA-Rocky Mountain-AASI***



**Clinic Topic:** Basic Freestyle to Enhance Motor Skill Development

**Audience:** RMT Candidates/ Resort Trainers

**Time:** 2.5 hours

**Main Goal:** Expand motor skill development through the use of freestyle.

**Objectives:**

- Participants will share challenges in their own development they would like to overcome (motivational)
- Isolating/Blending the motor skills (rotary, edging, pressure), through a freestyle environment

**Activities:**

- Warm up, get to know group. Ask each member of the group to share specific skiing goals for the season
- Guide group through a brain storming/spider webbing search of ways to work on such goals (skills) in a freestyle world
- Go play with these ideas.
- Revisit individuals goals, and bring full circle how freestyle can enhance motor skill development