



# **PSIA-Rocky Mountain-AASI Skiing Versatility & Motor Skill Development**

**Discipline:** Alpine

**Time:** 2.5 hour sessions offered 4 times over 2 days

**Setting:** MSM / RMT / Resort Trainer Training On-snow

## **Session Description:**

Designed for RM MSM / RMT / Resort Trainers, these sessions will offer specific individual coaching for performance based skiing. Develop a clear mental image and internal feedback to evaluate personal performance. Explore how developing versatility in skiing skills can create a better, focused performance.

## **Course Objectives:**

By the end of the session each participant will:

- Identify an application for personal skiing improvement in the 2013-14 season. (Cognitive)  
(e.g. accurate ski to ski pressure control in a short radius performance turn.)
- Articulate a clear mental image of the ideal application. (Cognitive)
- Have at least one activity that will help associate their clear mental image to their accurate physical performance. (Psycho-motor)

## **Sample Activities: (Video may be a very useful tool)**

**9:00 – 11:30 or 1:00 – 3:30**

- Warm up. Allow group to get to know each other.
- Ask each participant to share a skiing application that s/he would like to improve this season.
- Have participants observe a more ideal performance of the application several times.  
(e.g. someone in the group demo the ideal application or watch on video)
- With no explanation have the participants try to reproduce the ideal application.
- Through questions and observations, discover the mental image (understanding) of the ideal performance.
- Modify the mental image (understanding) to make it clearer.
- Modify the task to create a more accurate physical performance.

## **Materials:**

PSIA-RM & Fitts & Posner Stages

Video Camera

Good skiing video