SNOWBOARD LEVEL 2 GOAL STATEMENT WORKSHEET

SECTION 1: DETERMINE WHAT THE RIDER IS DOING NOW

1. Watch an intermediate snowboarder performing a task and choose two fundamentals to focus on.

Primary Fundamental: _____

Secondary Fundamental (optional): _____

2. Describe the body movements within the chosen fundamentals that this rider is using:

_____

_____

3. The movements that this rider is making are causing this board to perform in what way:

_____

4. How is the combination of movements and board performances affecting the turn/trick outcome:

_____

_____

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

1. The movements within the chosen fundamental(s) the rider will be using at the end of the

lesson are: _____

_____

2. The new movements that the rider will be making will cause the board to perform in what way:

_____

_____

SECTION 3: HOW IS THIS RELEVANT TO THIS RIDER?

1. What has this rider expressed that he/she likes/enjoys about snowboarding?

_____

2. What has this rider expressed that he/she would like to improve/change about their riding?

_____

3. How will this rider's new movements/performance at the end of the lesson help them to accomplish
what he/she would like to change and/or help this rider enjoy snowboarding 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 fundamentals I will work on with this rider are:

[1]_____ and [2]_____

[Name]_____ is [Describe Student Profile/Motivations]:

_____.

He/She is using [Movements] _____ which cause his/her snowboard to

[Board Performance] _____ and result in [Effect on Turn/Trick Outcome]

_____.

I will help this rider to use [New Movement]_____ that will cause his/her

board to [New Board Performance]_____.

Using [New Movement]_____ and [New Performance]_____

will allow him/her to [Change/Accomplish/Enjoy Stated Motivation] _____

_____

Example:

Bob is an intermediate snowboarder from Michigan. He's an engineer and prefers detailed descriptions before trying something new. He would like to be more comfortable riding blue terrain.

The primary fundamental I will focus on is controlling pressure along the length of the board, with a secondary focus on how the rider controls pivot of the snowboard.

Bob's back knee is more flexed moving his pressure aft and causing the front of the snowboard to not engage with the snow and making it more difficult to skid the board. As a result he loses speed control. I will help Bob to flex his front and back knees more evenly. This will allow him to be more centered throughout his turns so his whole snowboard can remain in contact with the snow. By being centered and engaging the whole snowboard Bob will be able to more effectively use rotary to pivot the snowboard and skid throughout the turn to control speed. This will allow him to gain the control he wants on the steeper blue trails.