

# Irish Association of Snowsports Instructors

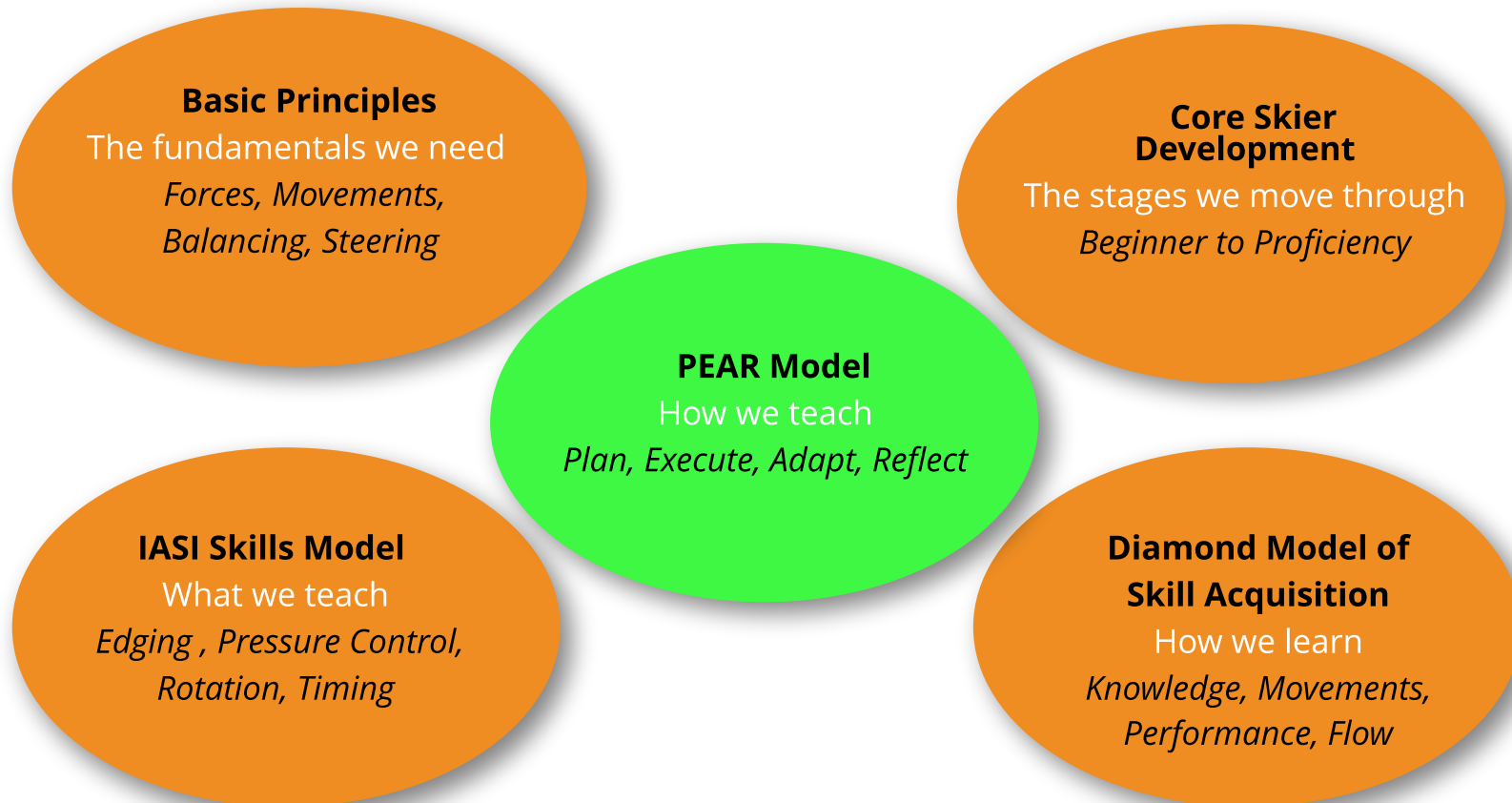
## Mini Manual



## The Five Key Concepts



# The Five Key Concepts



The purpose of the IASI Mini Manual is to condense all the relevant information needed for an IASI instructor to have a good understanding of the IASI system and its philosophies. This is not deigned to be a substitute for taking the time to read and understand the full manual, but instead to have a smaller and useful resource for instructors to have access to.

# IASI Philosophies

## Technical skiing philosophy

To develop all mountain skiers who have the ability to use a blend of the skills in such a way that the skis can be steered accurately, dictating speed and direction, on a variety of terrain and in different snow conditions, using efficient and effective movement patterns that work in harmony with the bodies anatomy.

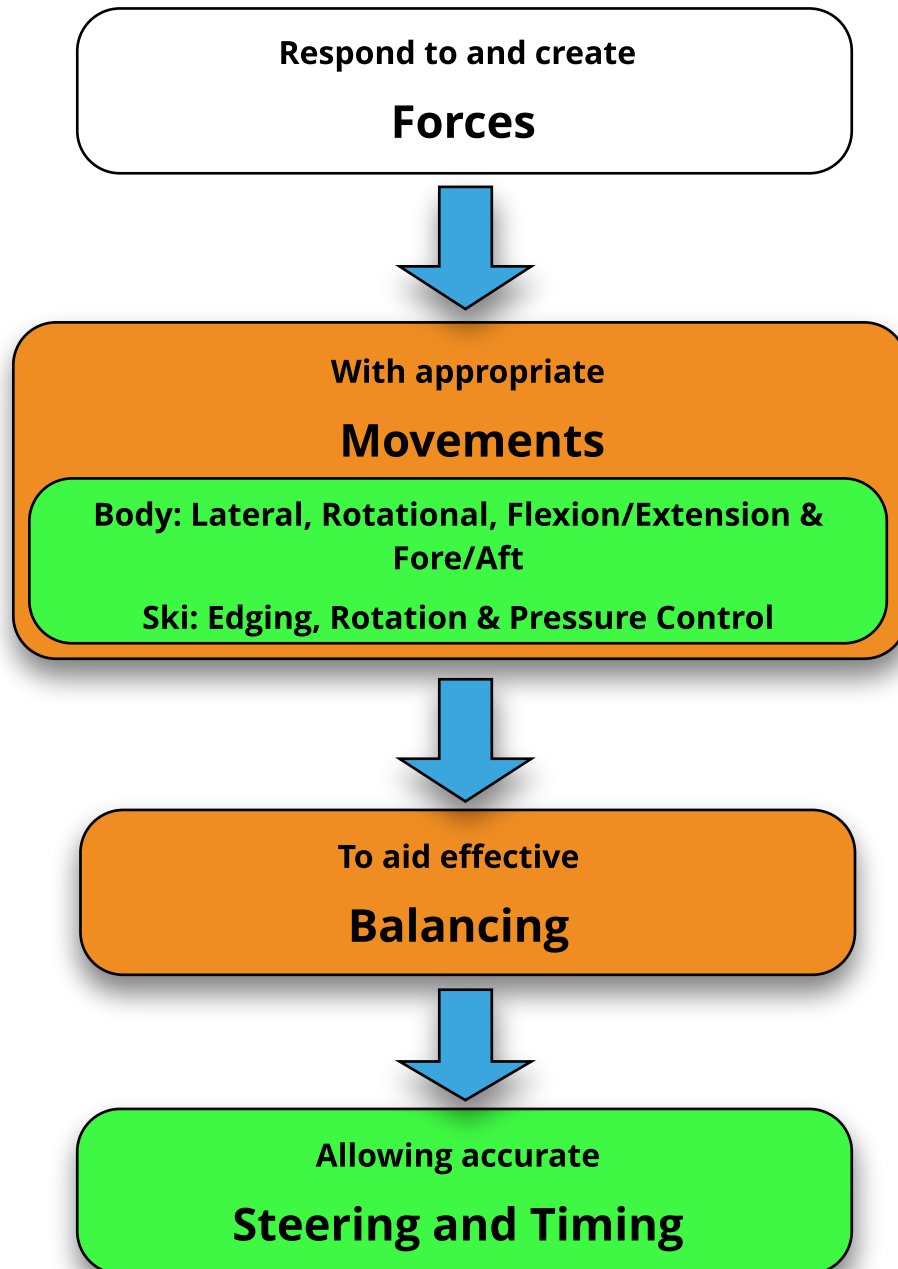


## Teaching Philosophy

To develop confident teachers who can teach to a wide range of students (demographics and abilities) in whatever conditions the mountain might throw their way! The ability to adapt and cater for the student(s) needs at any given time and focus on student-centred learning is an essential aspect of what we look for in IASI teachers.

# The Basic Principles and IASI Skills model

(The fundamentals we need and how we teach them)



The Basic Principles, as presented here, are what we believe represent the core of expert skiing/riding. In order to achieve these basic principles we teach skills to allow a skier/rider to have a range of tools so that they can tackle the ever-changing mountain environment. This approach opens up the whole mountain and all its varied terrain to both us and the guests that we teach.

The IASI Skills Model (**Chapter 3 of the main manual**) has at its core the skills that we teach: **movement, balance, rotation, edging, pressure control and timing**. For the purpose of making this manual more concise, the models have been merged.



# Core Skier Development model

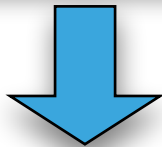
(The stages we move through)



The Core Skier Development Model is a progression showing the stages of development from beginner to parallel. This provides a simple structure that allows us to see where our learners are in their progression to parallel skiing. CSD is not only for beginners however; proficient skiers can benefit by revisiting stages within CSD to practice specific movement patterns and improve their motor learning through slowing the movements down thus becoming more efficient and effective with how to use the skills.

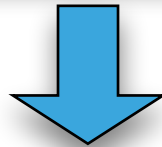
## **Straight running**

Sliding and balancing with flat skis



## **Ploughing**

Gliding at a constant speed with the tips close

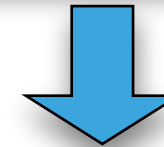


## **Plough turning**

Using turn shape to control speed

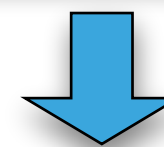
## **Plough parallel**

Matching and continuing the curve



## **Basic parallel**

Turning both legs and feet at the same time

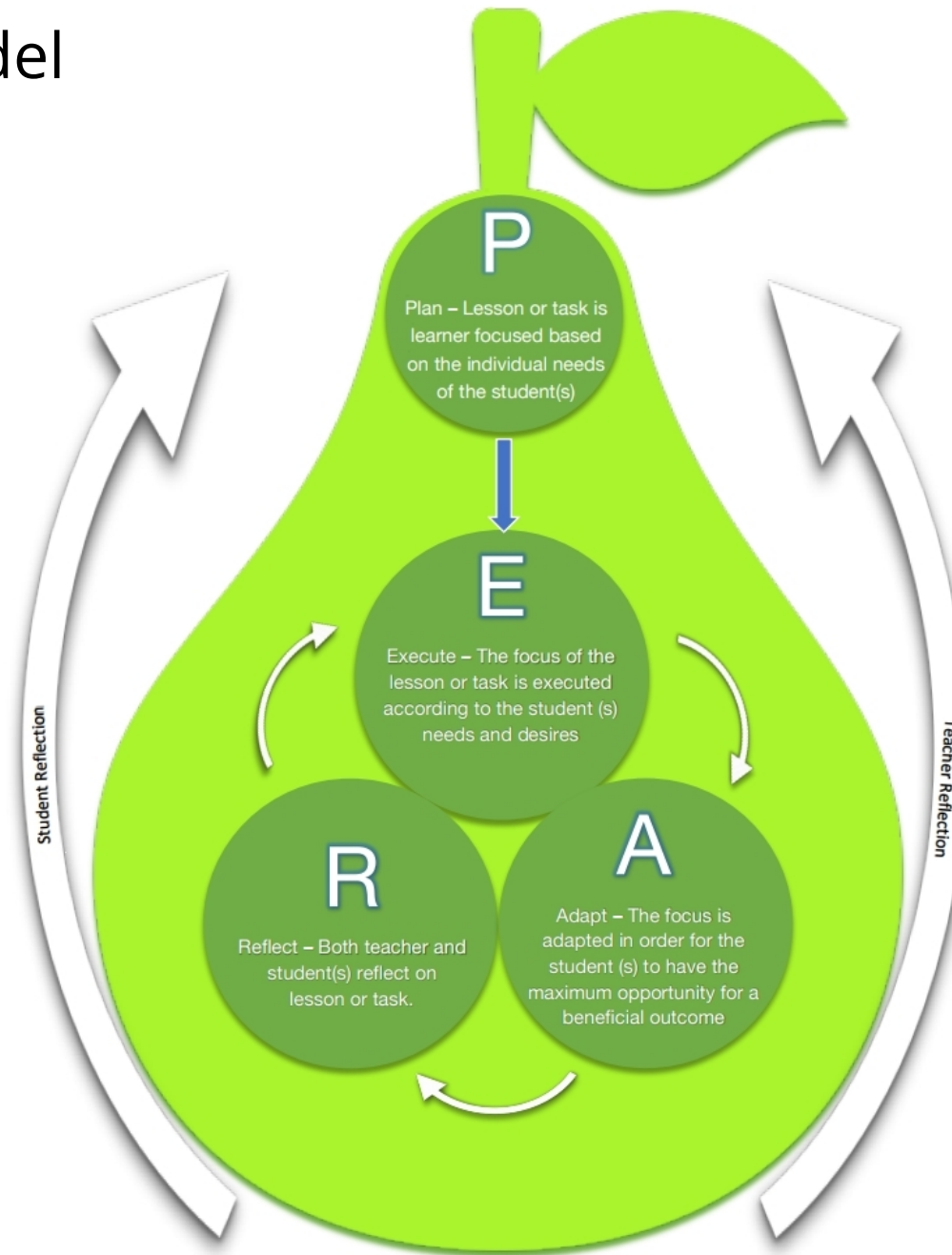


## **Parallel using poles**

Pole touch and pole plant for rhythm and timing

# IASI PEAR model

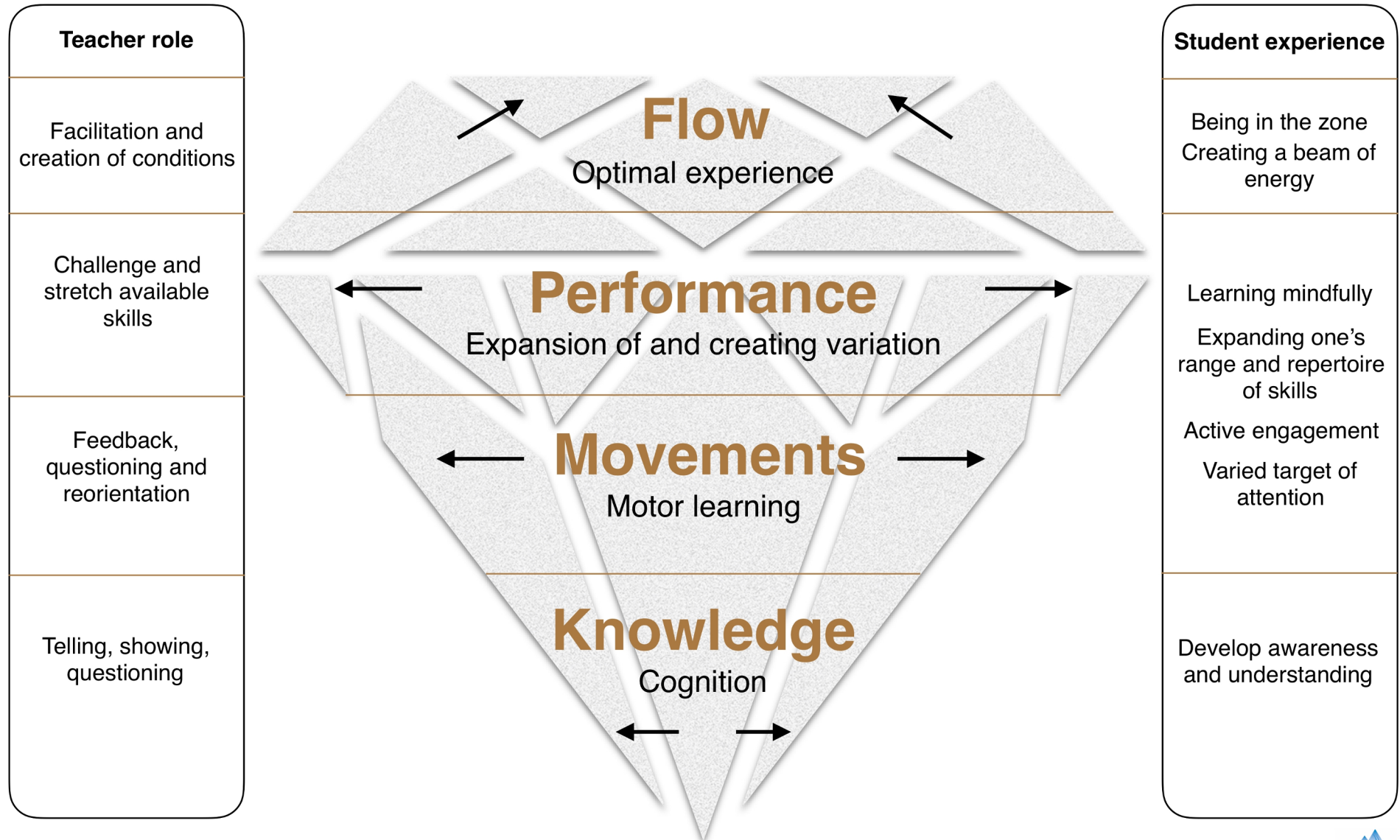
(How we teach)



The importance of the pear shape – any good lesson starts with a good plan but a great lesson and teacher will fluidly adapt their plan whilst executing it and continually reflect on how things could be improved to better the student. The shape of a pear emphasises that the planning phase is only a small aspect of what makes a good lesson and teacher and there should be a larger emphasis on the execution, adaption and reflection that should constantly be taking place within a good lesson.

# The Diamond Model of Skill Aquisition

(How we learn)



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