

Freestyle Coach Level 1 and 2 Assessment Criteria



Technical (Ski)

The following are reference manoeuvres used to assess the required skill standard (see below for technical basis).

- General skiing – Parallel on red terrain with a consistent round turn shape showing the ability to balance on the outside ski

- Switch skiing – Linked parallel on blue terrain with consistent round turn shape showing good special awareness maintaining control
- Rails – Slide a basic rail and box at 90 degrees popping off forwards and switch showing good balance and control.
- Airs – The ability to show a well-timed pop with control in the air and a balanced landing on the middle of the ski.
- Show a variety of basic grabs with basic movements timed well.
- Perform a basic rotation (minimum of 180) over a small jump showing good timing with movements in the correct sequence and ski away in control.

Teaching/Coaching (Ski & Snowboard)

- Safety – Perform a fun freestyle lesson safely with a basic progression.
- Understanding – Show an understanding of basic freestyle movements with a good knowledge of technical progressions.
- Communication – The ability to interact, engage and motivate when coaching. Uses a variety of tools to keep students engaged and maintain maximum class activity.

Freestyle Coach Level 2 Assessment Criteria

Technical

- Show confidence on bigger features (jumps, rails, pipes or transitions)
- Show accurate judgement of speed into a kicker 8m table or bigger (speed test for the group)
- Good quality basic rotation with a grab (180 and above)
- Show 3 of 4 180's
- 270 on or off a basic rail (not box)
- Show the ability to slide a rail with a street style takeoff
- Show switch carving with confidence and a high level of skill (minimum blue run)
- Minimum of 3 different grabs in a straight air

Teaching/Coaching Assessment

- Show accurate technical understanding of bio-mechanics (trick identification)
- Good knowledge of progressions and apply them in coaching sessions
- Show a basic understanding of the FIS judging criteria
- Show a basic understanding of the pathway to elite level competition
- Good knowledge of park features and freestyle specific equipment
- Show an understanding of TTPPEE and use it appropriately in coaching sessions
- Ability to understand performance charts, goal setting and apply to coaching sessions
- Run a basic strength and conditioning session
- Show an understanding of basic nutrition in relation to training and competition
- Have an understanding of competition formats/rules and coaches roles at various levels