

OET SKI & TOBOGGAN Lesson Plan

Day 2 – Snowplow & Sideslip

Goals:

1. Review Day 1
2. Snow Plow
3. Sideslip
4. Transition

Introduction (Top of the hill)

- Any questions from last time? Did you get a chance to practice any of it?
- What is the First Rule? (Safety) What is the second Rule? (Have Fun!)
- Last class was about BERP and carved turns – What is BERP?

First Run – Warm-up down Sacandaga

- Top, middle and bottom section
- Follow the Leader
- Long top, then medium middle, then short radius turns
- Instructor leads off, students follow 15 seconds afterwards in same tracks

Control (Top of the hill - Kunjamuck)

- The focus today will be on control of speed
- We **control** speed with **edge + pressure** completely or partially across the fall line
- The number one way Patrollers control toboggan speed is with a snowplow
- You will learn things today and the next few weeks that will give you a whole different perspective on the snowplow!

Second Run – Kunjamuck

- Proper snowplow
 - o Knees bent (don't sit back on tails, don't lock knees)
 - o Even pressure on both skis (no railing or chattering)
 - o Speed same as the chairlift (maintain constant speed)
 - o **Feel the edges** and forward **pressure**
- Top, middle, and bottom section
- Instructor leads, students follow at 15 second intervals
- Take feedback and questions at each stop – students **MUST** get this
- This is the most important drill – don't want to start bad habits
- We will be snowplowing A LOT for the rest of S&T program

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Third Run – Sacandaga – Sideslip

- “Speed Control is by what?” (edges)
- Sideslip
 - o Sliding sideways down the fall line
 - o Skis shoulder width apart, uphill ski slightly ahead, shoulders downhill
- Start and stop exercise (top of Sacandaga)
 - o Slowly roll skis flat until they start to slide then **edge hard**
 - o **Feel the edge**
 - o Instructor demonstrates, students follow 15 second intervals
 - o Any questions?
- Hockey stop (middle Sacandaga)
 - o Skate/ski fast then jam hard sideways (hockey stop)
 - o **Feel the edge**
 - o Instructor demonstrates, students follow 15 second intervals- bury the instructor!
 - o Any questions?
- Feathering/Speed Control (last pitch Sacandaga)
 - o Smooth, constant sideslip
 - o Feather (vary the **rotation**) on the **edges** to maintain constant speed
 - o Any questions?

Fourth Run – Kunjamuck – Snow management

- Did anyone have any problems with snow piling up downhill and stopping progress?
- Three techniques that work to solve that problem
- Diagonal Sideslip
 - o Tips slightly uphill , extra rotation so travel is still down the fall line
 - o Excess snow rolls off the tips of the skis
 - o Instructor demonstrates, students follow 15 second intervals
 - o Any questions?
- Shuffle and side step
 - o Skis horizontal - quickly slide front and back, up and down
 - o Instructor demonstrates, students follow 15 second intervals
 - o Any questions?
- Falling Leaf
 - o Alternate tips up and tips down, forward and back rocking motion
 - o Especially good in heavy snow and in moguls
 - o Instructor demonstrates, students follow 15 second intervals
 - o Any questions?

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Fifth Run – Ryans Run – Follow The Leader

- Top part – smooth snowplow to the top of the headwall
- Headwall – sideslip headwall
- Bottom – snowplow snake (close tip to tail), weaving across the trail
- **Goal – maintain same speed as the chair! Why?**

Sixth Run – Kunjamuck – Transitions – Follow the Leader

- If edges control the speed, how do we get from the snowplow to the sideslip?
- Two ways: Hop vs carve
- Goal: Carved Transition straight down the fall line (don't lose edge contact with the snow)
 - o Snowplow to Sideslip: Accentuate pressure on outside ski to start a turn, rotate body, slide uphill ski down
 - o Sideslip to Snowplow: Accentuate pressure on uphill ski, rotate downhill ski and body, carve the uphill ski around
- This is very hard – it will likely take you many weeks to get the hang of it. Probably the hardest (but most important skill) you will learn in S&T.....we'll be doing it a LOT!!!
- For today, it's OK to stem-christie or jump the transition
- Goal: keep the downhill speed the same whether snowplowing or sideslip. Why?
- Part way down, alternate direction
 - o sideslip left-snowplow-sideslip right-snowplow-sideslip left, etc
 - o **feel** the difference

Seventh Run – Sacandaga – simulated sled run

- What happens if it's late in the day and you get a call to transport someone from the top? You're going to have snowplow with them in the toboggan, pushing you all the way to the bottom! Think you're ready for it?
- Snowplow snake, tip-to-tail, non-stop, top-to-bottom

Wrap-up (at the bottom)

- Comments? Questions? Thought snowplowing was easy stuff? Don't worry, you'll get better and you'll get stronger over the next few weeks. Don't be discouraged if you didn't master everything we threw at you today. It was a lot. We'll be using these same skills over and over through the rest of the program.
- Please practice these exercises on your own. They will have to become second nature to you. That's why I emphasize the word **"feel"** so much in the exercises. You can't be **thinking** about how to sideslip, snowplow and transition when you're handling a toboggan --- you'll be **thinking** about the toboggan, patient, the other toboggan handler, other skiers and boarders, route selection, lots of stuff!!!!. You'll just have to **"feel"** it. I know you can do it!! Trust me....it's great when that happens!
- Are we having fun yet? Let's go out there and enjoy the rest of the day!