

SNOWPLANET
365 SNOWBOARD
GUIDE
ATHLETE HANDOUT

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Welcome to Snowplanet 365 Snowboard Training

Hello and welcome to 2012.

2011 was a break out year for 365 athletes. A lot of hard work paid off with great results at the Junior Nationals.

This year we will be trying to do our best to emulate those achievements.

We have developed a 3 term set programme; this allows the athletes to develop their own term 4 program with their favourite parts in a joint effort with the coach.

This guide contains information to make your life and your young athlete's life a little easier. If you have any questions or comments, please do not hesitate to contact me directly.

I am looking forward to working and free riding/skiing with you over the coming year.

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TRAINING TIME BREAKDOWN

All training sessions will run for 2 hours. This time will be broken up into the following:

- 10 mins: Warm up – 2 laps of the dome.
- 50 mins: First session of training. Explanation of, and execution of tasks.
- 5 mins: Break.
- 50 mins: Second session of training. Practice of tasks.

Athletes - please bring a drink and some food eg. a piece of fruit or a muesli bar for energy.

EXPECTATIONS

ATHLETES	COACHES	PARENTS
Attentive. Respectful. Ready and prepared. Safety	Attentive. Respectful. Well prepared. Encouraging. Enjoyment of coaching. Educated. Safety	Respectful of athletes and coaches. Be mindful of athlete's best interests

365 ATHLETE PATHWAY

The athlete at the 365 Training Centre is part of a unique development pathway. We start them from a young age and we nurture the kids from the Chilly Bin program and move through to our 365 program, which has different level's from Groms right through to Rookies. From here they are encouraged to keep pursuing their dreams and eventually move onto higher honors.

For more information on the athlete pathway please see the Snowsports New Zealand Snowboard/Freeski Athlete Pathway.

Included in this booklet are the Snowsports New Zealand athlete pathways for Freeski and Snowboard.

GLOSSARY FOR SNOWBOARD

- 180: manoeuvre performed by the rider in the air where they make a half turn in the air. Landing their normal riding direction or switch depending on which way they took off.
- 360: manoeuvre performed by the rider in the air where they make a full turn in the air. Landing the same way they took off.
- Berms: a banked turn. Used mainly in boardercross.
- Boardercross: a discipline that combines berms and jumps into a racecourse.
- Carve: a turn done on the edge of the snowboard or skis.
- Eurocarving: a task where the rider tries to get as close to the snow as possible in a carve.
- Giant Slalom: racing discipline where the rider makes their way down a course of gates that are placed 10m apart.
- Slopestyle: a discipline that combines jumps and rails into the course.
- Snodice: a fun game that combines chance with manoeuvres the riders know. Moves are written on dice, then rider throws to know what they are to perform.

GROMS SNOWBOARD - Term 1

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Welcome to 2012.	Eurocarving. High edge angles.	Boardercross. Use of terrain features.	Slopestyle. Two 180's. One 360.	Gate training. Giant Slalom. Timed runs.
Outcome: Fun!	Outcome: Awareness of balance and pressure control.	Outcome: balance and air awareness.	Outcome: Awareness of take offs and landings.	Outcome: Becoming aware of line to become faster along with balance.
Week 6	Week 7	Week 8	Week 9	
Slopestyle. Two 180's. One 360.	Boardercross. Use of terrain features	Gate training. Giant Slalom. Timed runs.	Game of Snodice. End of term.	
Outcome: Awareness of take offs and landings.	Outcome: balance and air awareness.	Outcome: becoming aware of line to become faster along with balance.	Outcome: Fun!	

GROMS SNOWBOARD - Term 2

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Start of Term 2.	Slopestyle. Two 180's. One 360. With grabs.	Gate training. Giant Slalom. Timed runs.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.
Outcome: Fun!	Outcome: Awareness of take offs and landings.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.
Week 6	Week 7	Week 8	Week 9	
Gate training. Giant Slalom. Timed runs.	Boardercross. Use of terrain features.	Gate training. Giant Slalom. Timed runs.	Game of Snodice. Start of Term 2.	
Outcome: Becoming aware of line to become faster along with balance.	Outcome: Balance and air awareness.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Fun!	

GROMS SNOWBOARD - Term 3

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Start of Term 3.	Slopestyle. Three 180's. Two 360's.	Gate training. Giant Slalom. Timed runs.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.
Outcome: Fun!	Outcome: Awareness of take offs and landings.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.
Week 6	Week 7	Week 8	Week 9	Week 10
Gate training. Giant Slalom. Timed runs.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.	Gate training. Giant Slalom. Timed runs.	Game of Snodice. Start of Term 3.
Outcome: Becoming aware of line to become faster along with balance.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Fun!

JUNIORS SNOWBOARD - Term 1

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Welcome to 2012.	Slopestyle. Two 180's. One 360. Straight airs with grabs.	Boardercross. Use of terrain features.	Slopestyle. Two 180's. One 360.	Gate training. Giant Slalom. Timed runs.
Outcome: Fun!	Outcome: Awareness of take offs and landings.	Outcome: Balance and air awareness.	Outcome: Awareness of take offs and landings.	Outcome: Becoming aware of line to become faster along with balance.
Week 6	Week 7	Week 8	Week 9	
Slopestyle. Two 180's. One 360. Straight airs with grabs.	Boardercross. Use of terrain features.	Mix of gate training and slopestyle.	Game of Snodice. End of term.	
Outcome: Awareness of take offs and landings.	Outcome: Balance and air awareness.	Outcome: Adaptability between both disciplines.	Outcome: Fun!	

JUNIORS SNOWBOARD - Term 2

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Start of Term 2.	Slopestyle. Two 180's. One 360. Straight airs with grabs.	Snodice. Variable practice of skills learnt in slopestyle.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.
Outcome: Fun!	Outcome: Awareness of take offs and landings.	Outcome: Adaptability of skills.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.
Week 6	Week 7	Week 8	Week 9	
Slopestyle. Two 180's. One 360. Straight airs with grabs.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.	Game of Snodice. Start of Term 2.	
Outcome: Awareness of take offs and landings.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.	Outcome: Fun!	

JUNIORS SNOWBOARD - Term 3

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Start of Term 3.	Slopestyle. Three 180's. Two 360's.	Mix of gate training and slopestyle.	Slopestyle. Three 180's. Two 360's. Straight airs with grabs.	Boardercross. Use of terrain features.
Outcome: Fun!	Outcome: Awareness of take offs and landings.	Outcome: Adaptability between both disciplines.	Outcome: Awareness of take offs and landings.	Outcome: Balance and air awareness.
Week 6	Week 7	Week 8	Week 9	Week 10
Slopestyle. Three 180's. Two 360's. Straight airs with grabs.	Mix of gate training and slopestyle.	Snodice. Variable practice of skills learnt in slopestyle.	Boardercross. Use of terrain features.	Game of Snodice. Start of Term 3.
Outcome: Awareness of take offs and landings.	Outcome: Adaptability between both disciplines.	Outcome: Adaptability of skills.	Outcome: Balance and air awareness.	Outcome: Fun!

ROOKIES SNOWBOARD - Term 1

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Welcome to 2012.	Eurocarving. High edge angles.	Boardercross. Use of terrain features.	Slopestyle. All four 180's. Two 360's.	Gate training. Giant Slalom. Timed runs.
Outcome: Fun!	Outcome: Awareness of balance and pressure control.	Outcome: Balance and air awareness.	Outcome: Awareness of take offs and landings.	Outcome: Becoming aware of line to become faster along with balance.
Week 6	Week 7	Week 8	Week 9	
Slopestyle. All four 180's. Two 360's.	Boardercross. Use of terrain features	Gate training. Giant Slalom. Timed runs.	Game of Snodice. End of term.	
Outcome: Awareness of take offs and landings.	Outcome: Balance and air awareness.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Fun!	

ROOKIES SNOWBOARD - Term 2

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Start of Term 2.	Slopestyle. All four 180's. Four 360's. With grabs.	Gate training. Giant Slalom. Timed runs.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.
Outcome: Fun!	Outcome: Awareness of take offs and landings.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.
Week 6	Week 7	Week 8	Week 9	
Gate training. Giant Slalom. Timed runs.	Boardercross. Use of terrain features.	Gate training. Giant Slalom. Timed runs.	Game of Snodice. Start of Term 2.	
Outcome: Becoming aware of line to become faster along with balance.	Outcome: Balance and air awareness.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Fun!	

ROOKIES SNOWBOARD - Term 3

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Start of Term 3.	Slopestyle. All four 180's. Four 360's. With grabs.	Gate training. Giant Slalom. Timed runs.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.
Outcome: Fun!	Outcome: Awareness of take offs and landings.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.
Week 6	Week 7	Week 8	Week 9	Week 10
Gate training. Giant Slalom. Timed runs.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features.	Gate training. Giant Slalom. Timed runs.	Game of Snodice. Start of Term 3.
Outcome: Becoming aware of line to become faster along with balance.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Fun!

GIRLS SNOWBOARD - Term 1

Week 1	Week 2	Week 3	Week 4	Week 5
Riding together, games and warm up exercises. Goal setting.	Revise basic control, turn size and shape and steering technique.	Gates. Basic carving technique.	Reintroduce slopestyle. Basic pop, jumps and rails.	Slopestyle. Revise 180's and grabs.
Outcome: Fun and catch up!	Outcome: Re-establish balance, control and start regaining muscle fitness.	Outcome: Balance, awareness and technique revision.	Outcome: Awareness and balance in the air and on approach to features.	Outcome: Gain confidence with basic spins and grabs.
Week 6	Week 7	Week 8	Week 9	
Gates. Attention to line and technique. Timed runs.	Slopestyle. 180's and big jumps.	Slopestyle. Work on rails, approaches, pop and balance.	Games of Snowdice. End of term.	
Outcome: Increased speed, precision and timing on giant Slalom.	Outcome: Balance, air awareness and confidence gains.	Outcome: Revise rail balance, approach technique and confidence.	Outcome: Fun!	

GIRLS SNOWBOARD - Term 2

Week 1	Week 2	Week 3	Week 4	Week 5
Game of Snodice. Start of Term 2.	Slopestyle. All four 180's practice	Gate training. Timed runs, working on beating personal best.	Mix of gate training and slopestyle. Switch riding.	Slopestyle, learn a new rail trick! Continue work on all four 180's.
Outcome: Fun!	Outcome: Working on switch riding control and confidence.	Outcome: Pushing the comfort zone!	Outcome: Adaptability between both disciplines.	Outcome: Increase in confidence and solidity.
Week 6	Week 7	Week 8	Week 9	
Slopestyle. Introducing 360's.	Mix of gate training and slopestyle.	Slopestyle. 360's and rails. Switch riding.	Game of Snodice. End of Term 2.	
Outcome: Approach and takeoff balance awareness.	Outcome: Adaptability between both disciplines.	Outcome: Approach and takeoff balance awareness.	Outcome: Fun!	

GIRLS SNOWBOARD - Term 3

Week 1	Week 2	Week 3	Week 4	Week 5
Casual Riding and games. Start of Term 3.	Slopestyle. Revisit all four 180 rotations and 360 approaches.	Gate training. Giant Slalom. Timed runs.	Mix of gate training and slopestyle, 360 work.	Boardercross. Use of terrain features.
Outcome: Fun!	Outcome: Building confidence on takeoff and in air.	Outcome: Becoming aware of line to become faster along with balance.	Outcome: Adaptability between both disciplines.	Outcome: Balance, air awareness and racing technique.
Week 6	Week 7	Week 8	Week 9	Week 10
Slopestyle. Working on grabs and spins together.	Mix of gate training and slopestyle.	Boardercross. Use of terrain features. Rails.	Slopestyle. Revisit steps learnt in the last few terms.	Game of Snowdice. End of Term 3.
Outcome: Awareness in the air.	Outcome: Adaptability between both disciplines.	Outcome: Balance and air awareness.	Outcome: Increased confidence.	Outcome: Fun!