 

**6 PACK METHOD OF TEACHING**

1. **SET THE STAGE:**

 **“GET MY ATTENTION”**

1. **OBJECTIVES:**

 **“WHY AM I HERE”**

 **“WHAT IS OUR GOAL”**

1. **GUIDE TO LEARNING: *INPUT***

 **Remember the different styles and level of learning**

**Memos – Lecture – Role Playing**

**Task – Group – Guided Discovery**

1. **GUIDED PRACTICE: *OUTPUT***

 **HOW MUCH, HOW LONG, WHEN?**

1. **SUMMARY:**

**Link learned tasks together**

**Restate the objectives**

1. **EVALUATE PREFORMANCE:**

**Immediate, positive feedback**

**Evaluation should be ongoing**

**ADP- Analyze, Diagnose, Prescribe**

**BMBWAV Instructor Dryland**

 **1.Traverse Forward Sideslip**

 - Athletic stance with everything on the uphill side advanced over the downhill side (foot, knee, hip, shoulder, hand)

- Ankles and knees are rolled uphill so that the skis are on the uphill edge.

- Pressure is forward and on the downhill ski

- During sideslip, skis are flattened and direction of travel is at a 45-degree angle

**2. Hockey Stop**

- Begin with a straight run with upper body remaining in line of travel while skis are turned across the line of travel and a 15ft skid to an edge set with pole touch at the end.

- Pressure should increase through the exercise, forward and downhill

**3.Falling Leaf**

- Skis are parallel or slight tip lead. Downhill ski should be slightly weighted as the tips and tails alternate sliding into fall line.

- Minimal edging

- Pressure fore and aft by closing/opening angle of ankle to apply/release pressure to boot cuff

- Progression to 180 Dipsy Doodle

**4. Side Slip Transitions**

- Emphasize rotation of both legs and both feet simultaneously underneath a centered, countered upper body while facing down the hill.

-Progressions to this drill are linked hockey stops or dipsy doodles

**5. Fall Line Descent**

- Short radius turns in a confined space. An athletic stance, pole touch and maintaining a consistent speed are essential to this drill.

- Progression to this drill is the side slip transition