



WORKSHOP - NETHERLANDS

THE DUTCH TOOLBOX

Abstract:

No mountains and hardly any snow and still more than 300.000 customers in the Netherlands are motivated to train and prepare for their trip to the mountains, thanks to our "Dutch Toolbox". Result driven lessons and motivated customers due to the **TEA** concept. Functional edging principles in our method from beginner to expert.

Content:

- I. TEA as basis for effective lessons.
- II. Edging by bending the inside leg in combination with a strong outside leg

I. In The Netherlands we have a lot of active skiers and no mountains. Where do we ski? Mainly on rolling carpets, indoor snow domes and outdoor 'brush' slopes. Our challenge is to provide effective and challenging lessons in this limited environment. Besides fun, it's essential that our student feels progression each hour lesson taken. The didactic tool Dutch ski instructors use is TEA. TEA stands for Try, Exercise, Apply.

A lesson set up with the use of TEA looks as follows:

GOAL

- Setting the theme for the lesson (for example: less fatigue by a more central position over the skis).
- Involving the student in this theme by explaining the goal.

TRY

- Getting conscious. In this part the student gets aware of the deficit and the goal of the lesson.
- Eventueel het lesdoel bijstellen.

EXERCISE

- Part and total methodical exercises in order to achieve the goal in a conscious state of mind.

APPLY

- Apply in different situations (vary in terrain, slope angle, speed, radius etc.), in order to achieve that what is learned gets common and is applied also unthinking.



Nederlandse vereniging van ski- en sneeuwsportleraren

Dutch association of snow sports instructors
Niederländischer Schneesportlehrerverband
Société hollandaise des moniteurs de sports de neige

II. Edging is an important part of skiing. We need to edge the ski's to get grip and to make the ski steer. If you relax and bent your inside leg, while holding your outside leg long and strong, your edge angle increases. The pressure goes to the strong outside leg. Edge angle in combination with pressure results in grip and shortening of the ski's radius.

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