



WORKSHOP – NETHERLANDS

TEACHING FUNCTIONAL MOVEMENT ON SNOWBOARD

Abstract:

The main goal of this workshop is to demonstrate the innovation in the Dutch methodical way.

We will guide you through our way of teaching and challenge you with some interesting thoughts. Within this workshop we will show what the results are when we change the focus while teaching our clients. Of course we will experience this with some advanced exercises at trainers level.

Content

The Dutch Way

Main focus is not to mention vertical movement, because it doesn't help with learning to snowboard. First, it adds imbalance in front and at the back of the board, and it creates failures in timing, rhythm and central balance. The question we ask is how much movement do we need to start turning? Based on these thoughts we only talk with our students about decreasing pressure on the board, flattening our board on the slope.

The Dutch snowboard method

Integrated into the curriculum through the new base curve we came to this new method:

- Familiarization
- Sliding one foot
- Sliding 2 feet
- Slide out the lanyard
- Skidding FS and BS
- Falling Leaf
- Point out curve
- Base Curve – NEW
- Driven curves
- Cut curves



Nederlandse vereniging van ski- en sneeuwsportleraren

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

Try transition from driven curves to cut curves with minimal movement

Exercises:

- garland, turning by rotation in the upper body , cut curves from edge to edge, using flat terrain
- lifting behind leg, cut curves with jumps in between, using steep terrain.

Explanation:

- we don't tell the student about vertical movement. Instead we learn and teach them functional movement.
- showing difference in lower and advanced/dynamic techniques

Apply:

- New base curve – apply the way trained

Come, try & experience this.

See you all at the [Dutch Snowboard workshop](#)

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