

Snowboard Progression for a Beginner Lesson

Remember, this is just a guide, you don't need to stick to it exactly!

Task	Explanation	Terrain (Summit West)
1 Intro	Rapport, Assessment, Goals, Action-Plan, Safety information	Flat Beginner Area
2 Stance/Balance	Boots tied, Athletic stance, Practice Movements	Flat Beginner Area
3 Explanation of Equipment	Sidecut, Bindings, Edges	Flat Beginner Area
4 One Footed Maneuvering	Small movements, Hokey Pokey, etc.	Flat Beginner Area
5 Skating	Toe and Heelside, Head up, Slow glide	Flat Beginner Area
6 Side Step	Up small hills	Slight slope in Beginner Area
7 Straight Glide	Smooth and balanced	Slight slope that leads to uphill slope
8 Glide Turns (One Foot)	Toeside and Heelside, small direction change to a balanced stop	Slight slope that leads to uphill slope
9 Two Footed Maneuvering	How to stand up and roll over, toe and heelside	Slight slope
10 Traverse	First on one edge, roll over, then on other edge, repeat.	Slight slope
11 Garlands	Half turns across slope. First on one edge, roll over, then on other edge, repeat. NO EDGE CHANGE!	Slight slope - Steeper pitch
12 Chairlift Loading	Observe other riders getting on lift. Skate out to "Load Here" sign. Keep board straight with one foot out. Look over outside shoulder and sit down.	Bottom of Chair
13 Chairlift Unloading	At "Prepare to Unload" sign, move to edge of seat. Keeping board pointing ahead, stand up, push off, and glide to a stop. Move out of the way and meet off to the side by lift shack	Bottom of Chair
14 C-Turns to a stop	Toe and Heelside	Green Terrain
15 C-Turns to a traverse and stop	Toe and Heelside	Green Terrain
16 S-Turns with a traverse	Slow skidded turns with a gradual traverse	Green Terrain
17 S-Turns without a traverse	Slow skidded turns without a traverse	Green Terrain
18 Conclusion	Wrap up: Review what was covered, Relate lesson content to original goal, Set practice focus for the students, Discuss the next step in development.	Flat Beginner Area