

Addition: Please insert after page 14 - Progression section.

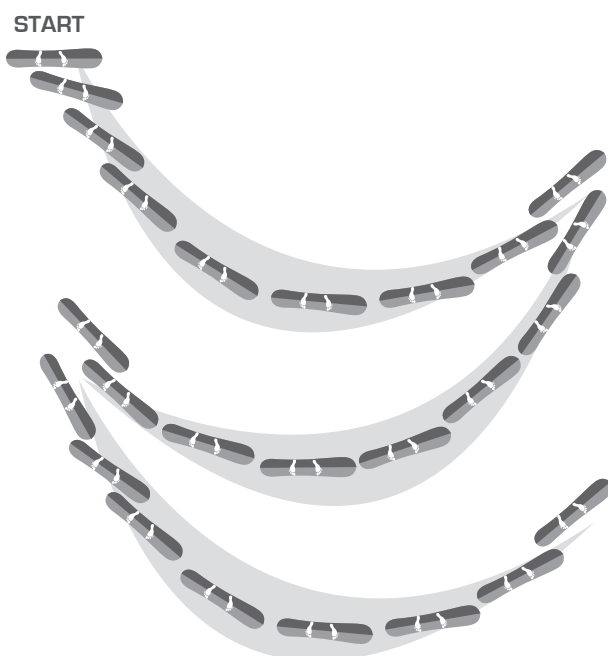
PENDULUM DEVELOPMENT: “Falling Leaf”

As students become more comfortable with the ability to move side to side, they may begin to experiment with rotational movements, allowing the snowboard to approach the fall line, and turn uphill to control speed.

This exercise, while a variation of the Pendulum exercise, will appear slightly different, in that students should now be comfortable guiding the snowboard through an arced path, as opposed to the “diagonal sideslip” of the Pendulum. This is an essential skill in preparing for the next steps in the progression.

Explanation

- As the student begins to shift pressure to one foot, initiating movement in that direction, have them also rotate the body (and feet) slightly into the fall line. This will allow the leading end of the snowboard to move down the hill slightly.
- As they begin to travel downhill and speed increases, have them rotate toward a position across the fall line. This will guide the snowboard back up the hill, reducing speed.



Demonstration

As this exercise is simply a variation of the Pendulum, the demonstration should highlight the new aspects – the rotation of the core (extending down to the feet in the bindings), as well as the altered path of travel of the snowboard.

- Assume a proper balanced body position on the heel side edge (or toeside).
- Side slip for approximately one meter
- Increase pressure on one foot (to initiate movement as with the Pendulum exercise), and slightly turn the body to guide the leading end of the snowboard down the hill. (EG: Regular footed rider travelling to the left would move the left shoulder downhill to initiate rotation of the C.O.M.).
- Allow the edge angle to flatten slightly to facilitate downhill movement of the board.
- Allow the snowboard to turn slightly toward the fall line (down the hill).
- As speed increases, maintain front-foot pressure, and rotate the body (and feet slightly) away from the fall line.
- As the snowboard turns up hill focus on allowing the snowboard's speed to be reduced by turning uphill.
- Repeat the movements going the other direction.

Feedback

- Have students focus on turning the head and using the eyes to guide them in the direction they wish to travel.
- When rotating the body, ensure students are rotating with the core (Centre of Mass), and feel the feet turning slightly in the boots to aid in steering, or guiding the snowboard back up the hill.
- Ensure students are shifting pressure to the new lead foot as they change direction.

