

Day 1 – Foundations

Day Overview

Day one focuses on explaining the procedures and performance considerations for becoming a freestyle coach. It will be primarily tutor led to ease the student into the scheme of coaching. Training sessions have the capacity to be split by ability offering more opportunities for coaching beyond the level. Students will be asked to evaluate other riders performance sporadically and take a warm up.

Timetable Morning

7.30am - 9.00am – Park safety check and reshape by tutor

9.00am -10.00am – Briefing, structure of the course, pass requirements, safety video, student medical history check, structure of a professional training session

10.00am – 10.30am – Park safety check and features analysis

10.30am – 10.45am – Dynamic warm up taken by tutor

10.45am – 11.15am – Open practice riding warm up – tutor observes student performance

11.15am – 1.00pm – Coaching Segment – tutor led

Segment one - 50/50's & Switch 50/50's (if high ability members in attendance)

- Review the fundamentals of the trick
- Common faults within ATML framework
- Progressions - static, slope, and on-feature
- Group set to achieve the tricks

Segment two – Straight Airs with grabs & Switch straight airs with grabs (if high ability members in attendance)

- Review the fundamentals of the trick
- Common faults within ATML framework
- Progressions – static, slope, and on-feature
- Group set to achieve the tricks

Afternoon Timetable

1.00pm – 2.00pm – Lunch

2.00pm – 3.00pm – Review common faults in student performance from segment one and two.
Review key analysis tools to assist students

3.00pm – 3.10pm – Dynamic warm up taken by a student

3.10 – 4.45pm – Open practice to apply feedback from segments one and two. Expand into other movement patterns with peer feedback and analysis within student groups. Focus towards key areas of passing the course (rotations and flatland)

4.45 – 5.00pm – Static stretch warm down taken by tutor

5.00pm – 5.15pm – Tea break

5.15pm – 6.00pm – Video review of open practice session by students. Students informed to deliver a lesson plan for either ollies, backside boardslides, or flatland backside or flatland frontside rotations

Day 2 – Testing the Theory

Day Overview

Day two focused towards establishing the right skills to coach freestyle. Students will be deliver their own coaching sessions and be made aware of safety concerns and techniques for coaching people of differing ages, abilities and special needs.

Timetable Morning

7.30am – 9.00am – Park safety check and reshape

9.00am – 10.00am – Lesson plans will be reviewed. Managing risk – quiz with photos/videos to highlight issues, EAP, personal risk management plan.

10.00am – 10.10am – Dynamic warm up taken by a student

10.10am – 11.00am – Coaching segment – 2 groups - student led

Segment one – Ollies & switch ollies (if high ability members in attendance)

- Two groups split by ability
- Review the fundamentals of the trick
- Common faults within ATML framework
- Progressions – static and slope
- One reviewer per group

11.00am – 11.15am – Tea break

11.15am – 1.00pm – Coaching Segment – 2 groups - student led

Segment two – Backside boardslides/frontside BS (if high ability members in attendance)

- Two groups split by ability
- Review the fundamentals of the trick
- Common faults within ATML framework
- Progressions - static, slope, and on-feature
- One reviewer per group

Afternoon Timetable

1.00pm – 2.00pm – Lunch

2.00pm – 3.00pm – Coaching riders of varying needs – adults, kids, riders with learning disabilities. Relate to challenge zone chart and learning styles

3.00pm – 3.10pm – Dynamic warm up taken by a student

3.10 – 4.45pm – Open practice to apply feedback from segments one and two. Expand into other movements patterns with peer feedback and analysis within student groups. Focus towards key areas of passing the course (rotations and flatland)

4.45 – 5.00pm – Static stretch warm down taken by a student

5.00pm – 5.15pm – Tea break

5.15pm – 6.00pm – Video review of open practice session by students. Students asked to research online to find a relevant article or video to discuss which will add value to the group.

Day 3 – Consolidation of Learning

Day Overview

Day three will test the students overall understanding of the topic and provide opportunities to refine skills required to pass the course. It will also push students to research around their topic making them aware of online resources to assist their future coaching requirements.

Timetable Morning

7.30am – 9.00am – Park safety check and reshape

9.00am – 10.00am – Discussion of relevant articles and videos. Students complete a freestyle questionnaire to test essential knowledge

10.00am – 10.10am – Dynamic warm up taken by a student

10.10am – 11.00am – Coaching segment – 2 groups - student led

Segment one – Flatland frontside rotations & Cab (if high ability members in attendance)

- Two groups split by ability
- Review of what the trick is
- Posture analysis
- Common faults within ATML framework
- Progressions - static, slope, and on-feature
- One reviewer per group

Progress students to kicker if ability is obvious

11.00am – 11.15am – Tea break

11.15am – 1.00pm – Coaching Segment – 2 groups - student led

Segment two – Flatland backside rotations & Switch (if high ability members in attendance)

- Two groups split by ability
- Review of what the trick is
- Posture analysis
- Common faults within ATML framework
- Progressions - static, slope, and on-feature
- One reviewer per group

Progress students to kicker if ability is in place

Afternoon Timetable

1.00pm – 2.00pm – Lunch

2.00pm – 3.00pm – Performance review by tutor to identify caps in performance

3.00pm – 4.45pm – Performance improvement and open practice, optional coaching segments to boost skill level to pass the course

4.45pm – 5.00pm – Static stretch warm down taken by a student

5.00pm – 5.15pm – Tea break

5.15pm – 6.00pm – Results, course review and evaluation