



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December 4-8, 2022

Clinic Summary Notes

Clinic Topic: Coaching and Teaching: Tremendous Tools for Lessons and Training – Ryan Latham

1. Coaching and teaching have the intention of skill or knowledge acquisition and play critical roles in our lessons. Teaching tends to be more linear and is about the teaching sharing knowledge with the learner. Coaching is more dynamic and circuitous and is about drawing out knowledge from the learner and reapplying it in different ways.
2. External cues are more readily learned than internal cues. “Drive the knee through the glass” or “point the skis toward the trees,” are more readily accessible to the athlete than “extend the outside leg, flex the inside leg” or “turn your femur 15 degrees”
3. The “why” is typically more important than the “how.”
4. By cueing, we are directing the most important pieces to the learner when it is most important. Attention is the currency of learning; Attention is a limited capacity resource. We can only pay attention to one thing at time. Direct attention on WHAT matters WHEN it matters
5. Describe>Demonstrate>Cue>Do>Debrief

Resources

The Language of Coaching; The Art & Science of Teaching Movement

Nick Winkelman

https://www.youtube.com/channel/UCZI59_KXnRRafJuPx-z7_kw/featured

TIMEOUT2020 | #12 Nadine Dubina - Cueing for performance: What you say, matters ...

<https://www.youtube.com/watch?v=Db-Ap6UoisY>