

FIS Meeting Landgraaf (NED) 14<sup>th</sup> of October 2006

Kids Freestyle Coaching by Alexander Rottmann

## **Introduction:**

SLOPE in place of AIR should be the theme when kids are coached in Freestyle Snowboarding at first. Their growth is not finished yet and therefore they have to be treated very carefully.

### **1. LOADS: "Harry Potter Diagonally"**

#### *Exercises in the Flat*

Put a strain on different parts of the board by shifting weight to the nose, tail and diagonal points:

- improves the feeling for board-balance
- better step height for Flat Tricks by using the rebound of the board
- Take Off from the edge is necessary for rotations

### **2. Rotations with your hip**

#### *Shifty versus Rotation – BS and FS Boardslide on the slope*

Ride down in a straight line and gain some speed. For the BS Boardslide you have to push your front hand continuous to the FS direction. Your hips support this movement until your FS edge is in front. Now you are sliding on your BS edge. Put your arm and board back to the original position at the same time to finish your BS slide.

If you want to try a FS Boardslide you have to push your back hand to the nose direction and your nose towards the tail. Your look is focused on the riding direction, while your upper body is twisted a little bit.

Put back your hand and push your board to the front to finish the FS Boardslide.

#### *Non-Stop-Shiftys*

Ride down the slope in the fall-line and make some speed. Move your upper body from the riding- to the fakie-position. The starting position for this exercise is a straight board and a twisted upper body. Try to rotate your hip without turning your head. Use your arms to get some kick for the movement.

To switch between straight and fakie riding without rotating your upper body and head should be the goal of this exercise. Your look is towards the mountains all the time.

### 3. Visual Segmenting

Keep your rotation controlled!

Your head movement is very important for all kind of rotations.

You have to be able to imagine what is happening during a certain trick and which points you have to focus on?

A lot of training and riding experience make it possible to get the right sense and feeling for your airtime orientation.

Choose some points, that you will focus during your rotation, and you will be able to control your movement.

*BS 360°*

At the Take Off your body is already twisted to a switch position.

That means your head just rotates 180°!

*FS 360°*

Your head rotates 360°. You focus the landing very late.

More information

**Snowboard Freestyle Trick Manual**  
by Alexander Rottmann und Nici Pederzoli  
[www.pietsch-verlag.de](http://www.pietsch-verlag.de)

Best regards

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