

CFSA LESSON PLAN

Instructor:

Date:

Group/Level:

Skill Focus:

Key learning points (1-3)

- 1.
- 2.
- 3.

Terrain selection: (*terrain park, moguls, groomed, air site, etc.*) _____

Safety concerns: (*traffic, rocks, blind spots, use of spotters etc.*) _____

Warm-up: *Activity/location (skiing warm-up, dynamic stretch etc.)* _____

Learning Progression: (*See CFSA Drills and Exercises Directory*) _____

Observation Point: _____

Class Control: _____

Tools/Equipment: _____

Game: _____

Cool down: (*activity/ location, static stretch*) _____

Conditions: (*icy, powder, slush, groomed, etc.*) _____

- Design the session to be safe and fun.
- Be sure to keep the session movement based.
- Keep content simple and focused.
- Limit the use of drills and exercises to a maximum of two.
- Most of the time should be spent skiing. Be sure the runs selected work towards the goal of focused improvement.