British SBX Skills Mission

	TEAM BAND	Level	Progression	*Skills*	*Primary tasks*	*Additional tasks*	*Outcome*
Home Nations Academy	I,J	1	***Mobility*** ***Gliding*** ***Basic Manoeuvers***	Good Posture Good Balance Development of Edge Control	Familiarity with equipment Skating Straight running Side stepping Diagonal sidestepping J-turns toe and heel edges	Balance on front foot for min 5 seconds (back foot Lift riding Standing & sitting Demonstrate a good knowledge of the FIS code of	falling leaf descent of blue run
National Academy	H	2	***Developing Control (speed & line)*** ***Basic Turn Development***	Development of Posture Development of Balance Control of Speed and Line on more varied Terrain Introduce and Develop Control of Pressure	Falling leaf showing variety of sizes using pressure and edge control Traversing/garlands showing variety of sizes using Linked basic turns	Seated direction change Fore and aft shuffle Toe and heel side stops	Linked basic turns showing correct movement throughout the turn
	F,G	3	***Development of Turn***	Ability to show good pressure control (active stretch and absorption) Ability to show rate and range of movements Awareness & practice of edge control Continue to develop posture, balance and edge control	Showing ability to control speed and line by varying turn shape Demonstrate making adjustments for changes in Introduction to banked turns Introduction to jumps	Complete combos 2xfrontside 180, 2xbackside 180, 2x frontside 360 and 2xbackside 360 on snow Perform a series pivot turns Perform an ollie, nollie and pop	Linked basic turns on red runs showing different turn shapes and adjusting for changes in terrain
National Squad	D,E	4	***Developing Carved Turns*** ***Skill Development (fundamentals)*** ***Exploration of Terrain & Riding Style***	Good control of speed and line on red runs Varying radius of turns on red runs Good control of line during high speeds Good use of steering, edge and pressure control at high speeds	Carve out of a turn from the fall line Introduction to steep or icy runs Introduction to variable terrain Demonstrate riding switch on blue run Downward weighting (absorbing) series of rollers Introduction to wu-tangs/volcanoes	Corridor activities (varying rhythm and radius) Nose rolls Grab over medium jump Traverse a series of moguls without taking air Controlled downward weight (absorb) over medium jumps	Linked turns on a blue run showing correct movements throughout the run Demonstrate control and confidance while riding SBX features
	A,B,C	5	***Piste Performance*** ***Steeps*** ***Variable Terrain*** ***Freestyle***	Good posture and balance Good range of movements which can be applied to variety of turns Appropriate use/blend of all snowboarding elements Control of speed and line at higher speeds steeper	Ride a variety of terrain in all conditions Demonstrate a good understanding of snow park etiquette Toe to toe frontside 180's while maintaining S shape throughout turns Maintaining S shape while performing jump turns with	Controlled air over large jumps Controlled downward weight over large jump Introduction to pre-ollie on features including jumps	Performs short radius turns showing good timing and rhythm Perform long radius carved turns on a red piste showing correct movements Full descent of a black piste using short and long radius turns Demonstrate a variety of jumps

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