



LECTURE - NETHERLANDS

THE DUTCH WAY OF CREATING VALUE IN SNOW SPORTS

Abstract:

How are we able to create a snow sport environment in a country without mountains and a slight chance of snow? What are the tools, principals or methodologies that you use to create a successful snow sport training or lesson. We will guide you through our snow sport environment, methodology, believes, technical foundation to share our success.

The Dutch way from Beginner to Expert

To create a clear learning path from beginner to expert we use principles that are easy and clear. The basic fundamentals for the Dutch methodology in skiing and snowboarding are used on starting and expert level.

In skiing we use the principle of relaxing and bending your inside leg en creating a strong outside leg. If you relax and bend your inside leg, while holding your outside leg long and strong, your edge angle increases. The pressure goes to the strong outside leg. Edge angle in combination with pressure results in grip and shortening of the ski's radius.

Our believes

In the Netherlands we find it important to identify the wishes and needs of the customer. E.g. What are the training needs of the client? How many lessons has a customer booked? When will the client travel towards the Alps? Which slopes does he or she want to ski or ride on? After identifying their needs and wishes, themes will be used during each lesson to contribute towards the final goal of the customer. It is important that a customer's experience in Holland, will benefit and support him or her in the Alps.

The TEA-concept

In The Netherlands we have a lot of active skiers and no mountains. Where do we ski? Mainly on rolling carpets, indoor snow domes and outdoor plastic slopes. Our challenge is to provide effective and challenging lessons in this limited environment. Besides fun, it's essential that our students feel progression after each lesson. The didactic tool Dutch ski instructors use is **TEA**. TEA stands for Try, Exercise, Apply. Each lesson begins with Trying, followed by Exercises and finishes with Applying what was learned in different situations.



Nederlandse vereniging van ski- en sneeuwsportleraren

Dutch association of snow sports instructors
Niederländischer Schneesportlehrerverband
Société hollandaise des moniteurs de sports de neige

Snow sports as sport

The situation of not having any mountains or snow within our country provides us with a challenge. Each challenge has its own opportunity. We aim to facilitate snow sport training to our customers with a mind set of an exercise. This results in a goal oriented training, and also specific training on how our clients can influence their skis or board in a correct way to have an optimal snow sports experience on all different slope variations. We emphasize using the ankles and knees for more effective influencing of their skis and boards.

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