

SSBS RIDERSYSTEM

Our snowboard group lessons are based on the RiderSystem of the SSBS.

The RiderSystem is the high quality system of 30 Swiss snowboard schools, who have decided to offer snowboard lessons exclusively through professionally educated snowboard instructors adhering to strict quality rules.



RIDERSYSTEM

Basic 1

Getting used to your board
Diagonal sliding and traversing
Changing direction with the basic turn
Breaking and stopping
Using skilifts

Basic 2

Confidence in curving
Introduction to turning by weighting and unweighting the board
360° slope spin
Short fakie runs
Increased performance on easy slopes

Basic 3

Extension and flexion turns
Swivel turns
Changing direction using the edges of the board
First jumps and ollies
Increased performance on moderately easy slopes

Allround Rider 1

Introduction to carving
Swing styles using the edges of the board
Steep slope swings
Open country jumps
Fakie runs
Piste jumps

Allround Rider 2

Dynamic carving
Carving on steep slopes
Riding on very steep slopes
Swing variations
Carving swing styles
Straight jump variations

Freestyle 1

Swing styles using the edges of the board
Fakie runs
Nose- and tail turns
Ollies, slope jumps and 180°
Introduction to rails and boxes
Introduction to straight airs and save landing

Freestyle 2

Carving swing styles
360°
Advanced rails and boxes
Advanced airs, grabs and rotations

Carve & Speed Roadster

Introduction to carving
Extension and flexion turns
Short steep slope turns
Piste jumps
Fast runs of between 50 and 70 km/h

Carve & Speed Dragster

Dynamic carving
Acceleration turns
Carving on steep slopes
Boardercross
Fast runs at 70km/h and more



SCHWEIZER SCHNEESPORT
BERUFS- UND SCHULVERBAND