Snowboard Addiction Training Manual

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The training Manual is designed to help you integrate this system for students who want maximum results quickly. Most people will not train as rigorous as this outline, however if you do, your snowboarding will explode.

Understanding the Importance of Training:

You can explode your riding now! Imagine being able to apply the system to learn any trick you want. Maybe it's to do a frontside 720 or maybe it's to boardslide that city rail you've been eyeing up the last two years, but were always scared to do. After you've committed yourself to train, you will not only be able to do that trick, you will have learned something far more important. You will have the ability to coach yourself!

Snowboard Addiction is designed to teach you how to train yourself. Snowboarding is a unique sport because it is very technical, difficult, and extremely dangerous especially if you keep pushing your limits. No one can make you land any trick no matter how well you're coached. Learning how to snowboard is entirely up to you. When you follow this program you will develop your skills faster than you ever thought possible. The exercises are simple, easy, and extremely effective. No matter who you are or what your ability these training methods will literally force you to accomplish any of your snowboarding goals.

Warning: Your ability on the snowboard will be directly affected by how hard you train.

That's right the more you practice, the better you get. The harder you work the more you'll be amazed with your ability. Most of you will watch the videos, read the manuals, listen to the audio's and fail to take action, physically and most importantly mentally. For the small amount of you who have a burning desire for progressions and decide to apply these techniques, congratulations. You'll become the rider that everyone talks about and wonders how the heck they got so good. Which rider are you going to be?

The Program

Your snowboard training is broken up into 3 categories:

1) Mental Training
2) Focused Training
3) Physical Training

Dedicate at least 10 minutes a day to each of the 3 areas.
I guarantee your riding will change. It's up to you to put in the hard work!

Mental Training, why it's most important:

Mental training is sharpening your mental state. It's crucial in snowboarding that you are consistently in the most beneficial state of mind. Visualizing your trick before you do it, literally programs the muscles in your body. Before the 1980 Olympic games, a test was conducted on the athletes dividing them into 4 categories:

Group 1: spent 100% of their time training physically
Group2: trained 75% physical and 25% mental
Group 3: trained 50% physical and 50% mental
Group 4: trained 25% physical and 75% mental.

The results were astounding. Group 4, the group that spent most of their time mentally rehearsing for their events, visualizing themselves going through the motions of their sport/event only with 25% physical training or real practice and showed a significant increase in improvement over group 3. Likewise group 3 improved more than group 2 and so on. If it's good enough for Olympians to practice, it's good enough for you and me. When you mentally rehearse your tricks, you're programming your muscles to take the right action. With a sport such as snowboarding that can really cause serious injury, it's wise to put in a little mental training time before trying your next "make it or break it" trick.

Focused Training:

Focused training is consciously training with a specific trick in mind.

Focused Training for jibbing:
Set up something that will give you a straight line, for example, a broom. (this will be your rail). Now with your imaginary rail on the ground, go through the movements of boardslides. Feel yourself doing the trick and make it as real as possible. Once you've got the movements mastered it will be easy to do the real thing. The harder the trick, the more you need to go through the motions and visualize success so your mind and body are ready for the trick. If you attempt a rail scared, thinking you might fall, chances are good you will. So use this method for learning all your rail tricks (I still do this and I can do most tricks on a rail you can think of). This training will save your ass literally.

Focused training jumping:
This training is simple but extremely effective so don't let the simplicity prevent you from doing these drills. Remember this program is designed to improve your ability, every drill is here for a reason. You're programming your muscles and your mind to do every snowboard trick perfectly. Stand with your feet about shoulder width apart and go through the motions of spinning frontside, backside, cab (switch frontside), and switch backside. This technique is incredible for learning switch spins. Pretending to spin switch feels awkward at first. But after a while, you'll completely understand how to initiate a spin. You'll learn to control the speed and style of your spin. The key is to pretend you are actually on your board going off a jump and pay attention to every

movement your body makes. Keep your feet flat on the floor for as long as possible, load your upper body by counter-rotating, release your head, arms, shoulders, hips and knees into the spin while quickly extending the lower body to pop (jump). Remember when you do this, to make yourself believe you're going off a jump and feel the board under your feet. Practice the start of the rotation without jumping, practice turning your head only, practice and test how hard you release your arms into the spin. Have fun experimenting. If you have a trampoline this is a fantastic drill to practice. Make yourself a tramp safe board as explained in the jumping manual. The timing of spinning on a tramp is just like spinning off a booter. Once you've learned regular spins, focus more on switch. After dry-land and trampoline spinning for about a week you'll be amazed at how easy you can spin off jumps.

Focused Training on the hill:
Another part of your focused training is actually snowboarding and coaching yourself. This training is applying what you've learned, analyzing and improving your riding. This is where you take responsibility for yourself. If I were with you every step of the way it wouldn't make a huge difference. I can't make you throw a smooth 540 over a 55 foot table top, I can tell you how but doing it is up to you! Remember to progress one step at a time. Don't try a 540 before you can do a 360. Developing snowboarding skill does take some time. Here are some guidelines to help you coach yourself:

1) Snowboard as much as possible, don't take it too seriously, go out there and have fun!
2) Visualize yourself successfully doing every trick before you try it.
3) If you don't land, mentally replay it in your mind and pretend you landed it (this continues the programming of the correct way to do the trick and avoids making the same mistake). Critique yourself and ask yourself what went wrong? Make sure you know exactly what you're going to do differently to improve on the next try.

By following these techniques you will become comfortable with the movements before you even hit the hill. Take it one step at a time and enjoy your progress.

Physical Training:

Snowboarders do not need to be especially strong or need to possess any supernatural skill or body type. Any average Joe has the potential to be great on a board. It does however make a world of difference to be in shape and flexible. Your physical training can be anything from going to the gym, playing sports, or any activity that keeps you in shape.

Here is an outline of some exercises that you can rotate doing, to become as flexible and conditioned as possible.

1) Cardio Training: Run, bike, play sports, skateboard, etc
2) Flexibility: Stretch your entire body, especially legs and back. Always stretch before riding! Improves balance and ensures you don't get any pointless injuries.
3) Strength: Squats, pushups, sit-ups, weights, chin-ups, stair training, hop ups, etc

Physical training is very simple, being in good health is important at any age so make your training fun. It's much easier to do tricks on a board if you have a conditioned body and healthy weight. Simply go for a jog, do some squats (you don't need weights), a few pushups every day. JUST GET IN SHAPE. This is not a fitness course keep it simple have some fun.

Start Training Today

Here is a quick and easy outline of how to get started with your training today quickly and easily!

1) First read through the manuals, watch the video lessons and download the audios onto your mp3 player.
2) Begin training physically and experimenting with the techniques.
3) Mentally rehearse the tricks you are learning to do, or want to do better. Mentally rehearse everything you do on the snowboard from rails to half pipe to jumps to cliffs, etc.
4) On the hill remember to take 30 seconds to visualize yourself landing the trick perfectly before attempting it. Then try it with confidence and go for it!

Remember the key to visualizing and mental training is to make it as real as possible, see, hear and feel yourself doing the trick.

Since snowboarding is extremely dangerous the better you get, the more you'll understand how important your mindset is. Practice and use these techniques as much as possible and there's nothing you can't do.

Keep a Log and Track Your Progress:

Keep a Journal and record everything you do. Record how long and what type of training you did that day. Write down any insights you've gained or anything that may help your progression in riding. Recording how you train and keeping a log will speed up your progress by leaps and bounds.
Once you've recorded how you've trained, what you've done and tracked your progress, give yourself a pat on the back. You'll be able to easily look back and see how far you've come.

Good Luck

There is no limit to your ability. Take small steps, learn one day at a time and enjoy living the life of a true rider. By following this training manual you will gain the priceless ability to coach yourself and take your riding as far as you want to go!

Have fun!
www.SnowboardAddiction.com

Questions or comments? info@SnowboardAddiction.com

EXTRA: Training log example

Here's a simple example of a training log kept for 11 days. Remember break your training into 3 Categories

1) Mental training: most important, practice every day on and off the hill.
2) Focused training
3) Physical training

Day 1: I stretched my entire body for 15 minutes while watching a snowboard video. I did some focused training and practiced the motions of a front side board slide making the visualizations as real as possible. I pretended to slide a rail at my local snowboard hill. After doing this several times, my body position and balance began to feel normal, I felt confident in my ability to attempt this trick. I spent 10 minutes before going to bed visualizing frontside boardslides and 180 mute grabs.

Day 2: I did some sit-ups and stretched while watching tv (physical training). I visualized myself

doing a front side 360 since I can already do them backside. I also visualized myself sliding frontside down the rail at my local park. My mental images in my mind were hard to see at first but when I decided to pretend I was dreaming and actually start to feel myself doing the trick the visualizations were easier. I did 25 pushups and 25 sit-ups, before I went to bed.

Day 3: I did some serious stretching while watching a snowboard video. I pretended I was the riders and tried to feel what it was like to do the tricks. Then I did some focused training and tried to analyze my frontside spins. After slowing down the movement of the spin I realized I need to release the spin all in one smooth motion, while trying to keep my weight centered. After 10 minutes of jumping I could spin smooth 540's just standing there.

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Day 4: I went snowboarding today. I took the time to visualize myself doing tricks and feeling what it's like to do them perfectly. Although I didn't land every trick I landed my first front side 360. They are not very smooth yet but I can work on my focused exercises some more and I should have grabs and smoother spins down in no time. I'm going to focus on my frontside boardslides next.

Day 5: I took the broom and laid it on the floor today and did focused training for frontside boardslides. I pretended to approach the rail trying to make it as real as possible I turned my hips sideways and jumped over the broom pretending it was a rail. I pretended to feel the board make contact with the rail and I held the proper position (I watched the front board video lesson to make sure I was in the right position). I practiced the motions for about 10 minutes now I understand your feet need to be directly underneath you at all times for balance. I stretched for 10 minutes before I went to bed.

Day 6: I visualized myself riding like Shaun White today. I pretended to steal his abilities and felt the confidence he has on rails. I then focused my mental practice on doing frontside boardslides, really trying to place my arms in a counter-rotated position in front of my body. I got the broom out and practiced going through the motions again. This time when I visualized sliding the rail it felt more real than usual, my visualizations are getting better, it's easy if I just pretend to be doing it or pretend I'm dreaming.

Day 7: Went to the snowboard park today. I took ten minutes before going to the hill and mentally rehearsed frontside boardslides in my mind. I now realize the amazing benefit of mentally rehearsing the tricks. I did some front boards on the box first. They were easy to do so I decided to try one on a rail for the first time. I was pretty nervous but having gone through the motions so much, I had a feeling of confidence. On my first attempt I slid half of the rail! I was so happy I didn't fall, the next time I did it I was super confident and I just went right at the rail and slid the entire thing. It was awesome I practiced frontside boardslides all day. I still need to work on looking down the rail but I'm getting better.

Day 8: I started training by mentally rehearsing all my spins today. I relaxed myself and clearly visualized doing a backside 540. After that I did some focused training on backside 5's I tried to really get the feel for winding my shoulders. I discovered the quicker you release your head and shoulders into the spin the faster you spin. I did some stretching before bed.

Day 9: I listened to the jumps audio to review how to do a spin so I was clear before I went to the hill. I took ten minutes before I left to go to visualize the 540 and then did a couple focused training jumps before leaving. When I got to the hill I warmed up with a couple 360's before working up the nerve to try a five. When I was ready I visualized myself doing it perfectly, went at the jump and landed one first try! I was so surprised, I never saw my landing and the trick happened so fast. My friend Tom gave me a huge high five and asked me how I did it. Since I'm a good friend I told him how I was training and told him to visit www.SnowboardAddiction.com. I landed 2 more 540's that day each one better than the next.

Day 10: I am progressing steadily in my snowboard ability. I now understand how I need to train

to accomplish my goals. I need to mentally train first. Then I need to focus train to get a feel for the move. Finally I need to go out and try it when I feel confident. It is a very simple process that works wonders. Today I mentally rehearsed doing frontside 540's and front boards. I then focused trained each for 5 minutes. My confidence in these tricks and my snowboard ability has greatly increased. I realize that the point of training is to connect my mind and body so I believe I can do the trick. Now when I approach jumps and rails I am no longer scared and I believe I can do it.

Day 11: I spent 10 minutes before going to the hill to mentally rehearse all of my tricks. I mentally train by sitting in a chair and closing my eyes for ten minutes, pretending to snowboard making it as real as possible. I went on the hill today and confidently did 3 back 5's and easily slid front board's all day. I can't believe how much I have improved in such a short time. I am going to start training a little harder. I can't wait to see what I've learnt by the end of the season.