

MEP L6-7: Professional Development Coach

Course Duration: 10 Days

Prerequisites: MEP L4-5 Certification, Level 5 EE technical skiing ability, and significant coaching experience.

Course Overview

This is the pinnacle of the MEP coaching pathway, designed for master coaches and trainers. The course focuses on the art and science of meta-cognition—how elite coaches and athletes think, learn, and self-regulate under pressure. Participants will be placed in highly challenging, uncertain scenarios that demand tactical ingenuity and deep critical thought. The curriculum pushes coaches to their cognitive limits, challenging them to solve unanswerable problems and gain profound insight into their own learning processes. The goal is to produce not just excellent coaches, but leaders and mentors capable of shaping the future of the sport.

Core Competencies Developed

1. **Meta-cognition & Self-Regulation:** Deep exploration of one's own thinking and learning processes to guide high-performance athletes.
2. **Tactical Mastery:** Developing tactical solutions over technical execution; coaching in highly complex and unpredictable environments.
3. **Advanced Problem-Solving:** Guiding athletes to frame and solve complex, novel problems, embracing cognitive overload as a growth mechanism.
4. **Performance Psychology:** Understanding and coaching the psychology of performance, including visualization, attention control, and performing under pressure.
5. **Leadership & Mentorship:** Developing the skills to lead other coaches, facilitate learning, and create a culture of excellence within an organization.

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6. **Performance Planning:** Designing and implementing periodized training and competition plans for high-performance youth athletes.

Target Audience

Master coaches, program directors, coach trainers (Level 7 MEP Trainers), and individuals responsible for developing elite-level youth athletes.

Key Learning Outcomes

- 1. Upon successful completion, coaches will be able to:
- 2. Design training environments that induce and manage cognitive overload to accelerate elite skill acquisition.
- 3. Coach meta-cognitive strategies, helping athletes understand how they learn and think to foster independent problem-solving.
- 4. Lead advanced video analysis sessions focused on tactical decision-making.
- 5. Mentor and train other coaches, providing insightful feedback on their coaching practice.
- 6. Develop comprehensive, periodized performance plans for athletes in the "Training to Compete" stage.
- 7. Cultivate a team culture that thrives on challenge, deep reflection, and critical thought.

Schedule Overview

Day	Focus Area	Key Activities & Content
Day 1-3	The Meta-Cognitive	Deep dive into meta-cognition, self-regulation, and critical thinking. Introduction to advanced performance psychology (visualization, performance routines). On-snow: Challenging scenarios designed to

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Day	Focus Area	Key Activities & Content
	Coach	expose and analyze personal coaching biases and thinking patterns.
Day 4-6	Tactical Leadership	Ski performance, video analysis, and tactical periodization. Creating "unanswerable" problems on snow. On-snow: Coaches lead sessions in highly demanding terrain (moguls, steeps, variable snow) requiring tactical, not just technical, solutions. *Includes gate setting and park features training.
Day 7-8	Mentoring & Program Design	The art of facilitation and mentoring. Designing training blocks for high-performance athletes. On-snow: Coaches mentor and provide feedback to L4-5 candidates in a controlled setting.
Day 9-10	Synthesis & Mastery	Final projects: Presentation of a comprehensive performance plan. On-snow: Final teaching/leadership exam in a complex, dynamic environment. Course synthesis and pathway to becoming a MEP Trainer.

Technical Skill Requirements for Certification:

Coaches must achieve a mark of “Exceeded Expectations” on the technical skills of the MEP Level 7. Please see the MEP Teaching System and Assessment Rubric for details.

Additional Requirements for Certification:

To be fully certified as an MEP L6-7 Coach, participants must complete the following additional courses within 24 months:

1. **English for Coaching III** (Online/On-snow)
2. **Train the Trainer** (Online)
3. **Performance Planning** (Online)
4. **Leadership in Coaching** (Online)

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5. Psychology of Performance (Online)

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MEP L6-7: 专业发展教练

课程时长: 10 天

先修条件: MEP L4-5 认证、5 级 EE 技术滑雪能力, 以及丰富的教练经验。

课程概述

这是 MEP 教练路径的顶峰, 专为大师级教练和培训师设计。本课程聚焦于元认知的艺术与科学——即精英教练和运动员如何思考、学习以及在压力下进行自我调节。参与者将被置于极具挑战性、充满不确定性的场景中, 这些场景要求他们具备战术上的独创性和深刻的批判性思维。本课程将教练推向其认知极限, 挑战他们解决看似无解的问题, 并深刻洞察自身的学习过程。其目标不仅是培养卓越的教练, 更是培养能够塑造这项运动未来的领导者和导师。

培养的核心能力

1. **元认知与自我调节:** 深入探索自身的思维和学习过程, 以指导高水平运动员。
2. **战术精通:** 在技术执行之上发展战术解决方案; 在高度复杂和不可预测的环境中执教。
3. **高级问题解决:** 引导运动员构思并解决复杂、新颖的问题, 将认知超载视为一种成长机制。
4. **表现心理学:** 理解并指导表现心理学, 包括可视化、注意力控制和在压力下表现。
5. **领导力与 Mentorship:** 培养领导其他教练、促进学习以及在组织内创造卓越文化的技能。
6. **表现规划:** 为高水平青少年运动员设计和实施周期化的训练与比赛计划。

目标学员

大师级教练、项目总监、教练培训师 (MEP 7 级培训师), 以及负责培养精英级青少年运动员的个人。

关键学习成果

1. 成功完成本课程后, 教练将能够:
2. 设计能够引发并管理认知超载的训练环境, 以加速精英技能的习得。
3. 指导元认知策略, 帮助运动员理解他们如何学习和思考, 以培养独立解决问题的能力。
4. 领导侧重于战术决策的高级视频分析课程。
5. Mentorship 和培训其他教练, 为他们的教练实践提供富有洞察力的反馈。
6. 为处于“为比赛而训练”阶段的运动员制定全面的、周期化的表现计划。
7. 培养一种在挑战、深度反思和批判性思维中茁壮成长的团队文化。

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日程概览

天数	重点领域	关键活动与内容
第 1-3 天	元认知教练	深入探讨元认知、自我调节和批判性思维。介绍高级表现心理学（可视化、表现例行程序）。雪上实践：旨在揭示和分析个人教练偏见与思维模式的挑战性场景。
第 4-6 天	战术领导力	滑雪表现、视频分析和战术周期化。在雪上创造"无解"问题。雪上实践：教练在要求严苛的地形（蘑菇道、陡坡、多变雪况）中引导课程，需要战术而非仅仅是技术的解决方案。*包含旗门设置和公园地形 features 训练。
第 7-8 天	指导与项目设计	引导和指导的艺术。为高水平运动员设计训练模块。雪上实践：在受控环境中，教练对 L4-5 候选人进行指导并提供反馈。
第 9-10 天	综合与精通	最终项目：展示一份全面的表现计划。雪上实践：在复杂、动态的环境中进行最终教学/领导力考核。课程综合及成为 MEP 培训师的路径。

认证所需的技术技能要求：

教练必须在 MEP 7 级技术技能上达到"超出预期"的标准。详情请参阅 MEP 教学体系和评估标准。

认证附加要求：

要完全获得 MEP L6-7 教练认证，参与者必须在 24 个月内完成以下附加课程：

1. 教练英语 III（在线/雪上）
2. 培训培训师（在线）
3. 表现规划（在线）
4. 教练领导力（在线）
5. 表现心理学（在线）

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