

Modern Ski Technique

Name: _____ Date: _____ Location: _____

Ski instruction teaches how to move to stay in control, how to turn and use the skis.

Turn descriptors that are important in teaching skiing are **shape**, **size** and "**sharpness**".

Turn **shape** can be C, J, Z, etc. (How far across fall-line and how far down the hill.)

Turn **size** can be from large to short radius.

Turn "**sharpness**" can range from skidded, scarved, carved to arced.

Turns are the result of the interaction of the skis with the snow. Skis are the tool. The descriptors that are important in teaching use of the tool are edge, rotary and pressure.

We manipulate the tool (skis) by movements of our bodies. Movement in motion descriptors are direction, duration, intensity, accuracy, and timing.

To be successful, we must stay in dynamic balance on our skis.

Analysis of Turn Dynamics

1. Tracks in snow - signature of goal/objective

Shape - how far down fall-line versus how far across

Size - small to large

Sharpness - Skidded/scarved/carved/arc'd

2. Stance/Balance

Fore/aft balance

Alignment/stackitude

Width of stance/feet - legs are hip width

Posture - angle of shins match angle of torso

Posture - round small back

Arm width - hand outside elbows, elbows in front of hips

Zipper line aimed where going next

Anticipate what see to proactively maintain balance

Anticipate changing texture of snow, terrain, etc.

3. Movements (Finishiation)

Steer skis onto new edges

Increase pressure/weight on new outside ski (internalized)

Move thighs over in direction of new turn

Extend foreagonally in direction of new turn

Alignment - stack bones to manage turn forces

Continuous flexion/extension to match turn shape

Active flexion/extension to control pressure (pull/retract)

Continuous steering/rotary throughout turn

Steering/rotary to complete turn

Articulate edging with shins

Pole swing timing and direction to match turn

	Needs Work	Solid	Excellent
Shape - how far down fall-line versus how far across	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Size - small to large	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharpness - Skidded/scarved/carved/arc'd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fore/aft balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alignment/stackitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Width of stance/feet - legs are hip width	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Posture - angle of shins match angle of torso	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Posture - round small back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arm width - hand outside elbows, elbows in front of hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zipper line aimed where going next	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anticipate what see to proactively maintain balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anticipate changing texture of snow, terrain, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steer skis onto new edges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increase pressure/weight on new outside ski (internalized)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move thighs over in direction of new turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extend foreagonally in direction of new turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alignment - stack bones to manage turn forces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Continuous flexion/extension to match turn shape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Active flexion/extension to control pressure (pull/retract)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Continuous steering/rotary throughout turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steering/rotary to complete turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Articulate edging with shins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pole swing timing and direction to match turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Movement Analysis Feedback

Name: _____ Date: _____

Direction - Duration - Intensity - Accuracy - Timing

Edge - Pressure - Rotary - Balance

Flexion - Extension (Foreagonal, Stackitude)

Left - Right

Finishiation

Turn Shape - Distance down versus distance across fall line

Disruption

Tracks:

Skis:

Stance/Balance:

Movements: