



**WORKSHOP – NETHERLANDS**

**MOVE YOUR FEET !!**

*Abstract:*

Objective: Help clients to use more movement while skiing.

Theme: You are not skiing if you do not influence your ski's.  
Move your feet!

Programme:

- Theoretical introduction: How to influence your ski?
- Extreme forms (with/ without vertical movement, feet closed/ wide, etc.)
- Exercises to move your ankles (lift the tail/tip, dolphin, etc.)
- Exercises to influence your ski (forward movement, steering round)
- Exercises to avoid inclining the turn (double turns, pushing the knees forward, etc.)

Implementation:

- Dynamic turns on the slope
- Off piste
- Moguls

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*Interski Congress 2015*

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