

<http://pamporovo.me/interski-2019/workshop-3/>

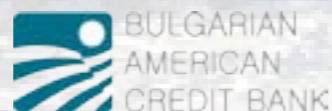
## *Transferring alpine skiing skills to the technique of freestyle skiing*



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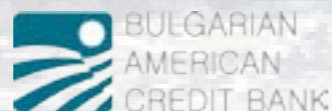
*Level one:*

This program offers an opportunity for fans of free style skiing to develop basic skills in skiing switch, contact and non-contact maneuvers and jumps.



## *Switch :*

Skiing switch is one of the basic skills to be mastered by every skier who has decided to practise the free style. Our concept is built on the transfer of motor skills developed at level one - the beginner's level according to our skiing methodology. These basic skills have to be adapted to skiing switch.

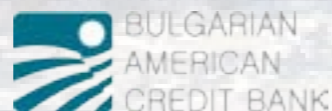




*The aim* of our training course is the development of basic skills for going downhill along the fall line, speed control, stopping and changing the direction using snow plough.

### *Methodological guidelines:*

- The elements should be practised on gentle slopes;
- When performing straight running downhill, the area of movement should be watched – over the comfortable shoulder;
- When performing snow plough turning the movement is watched over the outside shoulder;
- In the perfection stage students should develop good orientation skills by watching their movements from the outer side and from the inner side.



Straight running downhill and stopping using snow plough:



Snow plough turning:





## *Stem turns*

**Aim:** Learning techniques for turning through unweighting, directing the skis into the turn and perfecting steering.

### ***Methodological guidelines:***

- These elements should be practised on steeper slopes;
- Traversing should be mastered before learning the turns;
- Technical improvement starts from traversing with turns and continues to performing chain turns;
- The technique of the turn develops from snow plough turns to turns where the skis are directed into the turn with half-plough and steering is done with parallel skis.

*Stem turns*

Basic turn :





Stem turn with the uphill ski :



## *Parallel ski turn*

**Aim:** Performing parallel ski turns in various conditions

### ***Methodological guidelines:***

- Technical improvement starts from traversing with turns and continues to performing chain turns;
- Performing the uphill turn could help mastering single turns using fan progression;
- When mastering the turn students watch the movement over their outside shoulder and when perfecting it, they watch over their inside shoulder as well.

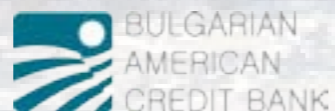
Parallel ski turn:





*Level two:*

After building basic skills for skiing switch, training continues with tricks on the slope:



*Tricks on the slope:*

*Side slipping*

**Aim:** Developing skills to control edging and weight distribution during side slipping

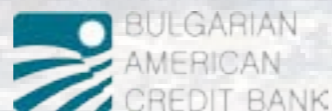


## *Rotations*

***Aim:*** Developing skills for contact rotations at 180 and 360 degrees.

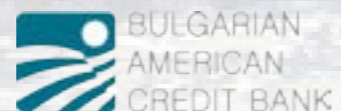
### ***Methodological guidelines:***

- Learning starts from initial position straight running downhill and continues with traversing while rotations are performed on both sides;
- The first attempts should be from normal to switch and then gradually attempts from switch to normal should be practised;
- A gentle, well groomed slope is recommended for straight running downhill and a steeper one for traversing.

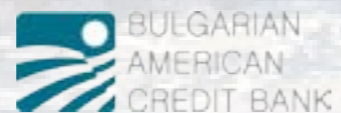




*180 degrees:*



*360 degrees:*



## *Ollie*

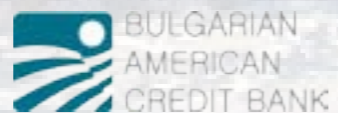
***Aim:*** Developing basic skills for a take-off on the slope

### ***Methodological guidelines:***

- Initially training starts on the flat and later it continues on a suitable terrain with a transition from a flatter part to a gentle slope.
- Learning starts from the spot and gradually it is done with increasing the speed.
- In the perfection stage a harmless obstacle could be used for jumping.



*Ollie*



# Jumps and facilities

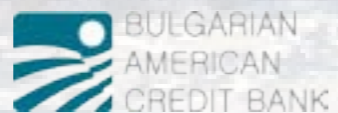
## *Straight jump*

***Aim:*** Developing skills for a straight jump off a snow trampoline (kicker)

***Methodological guidelines:***

- Perfecting the Ollie technique;
- Learning continues from initial position normal skiing to initial position switch, and from small bumps on the terrain to specially built jumping facilities;
- Special attention should be paid on the separate phases of the jump technique (run-up, take-off, flight and landing);
- The size and profile of the snow facility should be appropriate to the students' skiing level;
- Special attention should be paid to the landing zone (its location, safety, visibility and gradient);

*Straight jump*



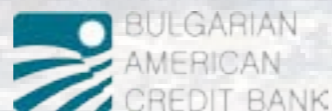


## *Jumps with rotation 180 degrees and 360 degrees*

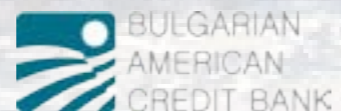
***Aim:*** Learning straight jumps with rotation 180 degrees and 360 degrees

### ***Methodological guidelines:***

- Learning continues from jumps at 180 0 to jumps at 360 0 and from jumps on the slope with Ollie to jumps on special facilities;
- After a jump has been mastered from initial position normal skiing, learning continues from initial position switch;
- When starting from the switch watching the movement should be done over the rotation shoulder (on the side of the rotation);
- The run-up speed is chosen with reference to the landing area and the type of rotation.

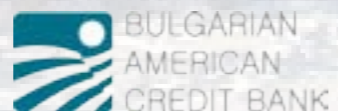


*Straight jump 180 degrees*





*Straight jump 360 degrees*





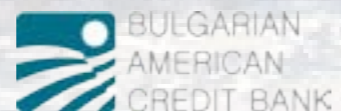
## *Jibbing – off-piste facilities*

**Aim:** Adapting (applying) the acquired skills for riding facilities off-piste (Jibbing)

### *Methodological guidelines:*

- Developing skills for sliding on artificial facilities with different shapes;
- In order to develop skills for sliding and balancing safely, first attempts should be made on facilities at the same level with the snow;
- When developing balance skills, learning should start on wider facilities and then continue on narrower ones, for example, from box to rail;
- Special attention should be paid on developing skills how to enter and leave facilities.

*Jibbing – off-piste facilities*



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