

Methodological guidelines about students who have greater difficulties in mastering alpine skiing techniques



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Mastering alpine skiing techniques requires complex coordination skills which is a big challenge for a number of students. Ski instructors have to look for appropriate teaching methods to help beginners acquire the necessary alpine skiing skills without affecting their self-confidence.

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I. Topic: How to solve the problem of mastering basic skills in order to direct the skis into the turn:

We recommend basic skills for changing the direction with snow plough to be practised on a gentle slope closer to the fall line.

- Let your students change the direction only by transferring the weight on the outside ski and leaning the upper part of the body.



- In some cases leaning the head to the outer side of the turn helps students to transfer their body weight:



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- The well known old style of counter-rotation helps clients who have problems directing the skis and transferring the weight:



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- The next step is to make turns farther from the fall line, where unweighting (extending) and steering (flexing), as well as timing the movements are the new challenges for students.



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II Topic: How to coordinate horizontal and vertical movements with clients who have difficulties in performing the turn.

We recommend that horizontal movements are studied first, as they are easier for students to learn, and then vertical movements. After mastering them separately, all movements can be synchronized.

horizontal (angulation, counter-rotation):



vertical (extending – unweighting) – (flexing- steering)

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III Topic: How to use counter-rotation in teaching alpine skiing coordination with problem clients.

- directing the skis - the beginning of the turn where students have to perform too many actions, such as: (unweighting, planting the pole, changing the edges and transferring the weight). Actions also have to be coordinated in terms of time (timing), space and amount of effort. This is obviously difficult for students that is why we suggest the following:

Steps helping our clients to learn faster – counter-rotation again combined with angulation.



counter - rotation – angulation to change the edges and transfer the weight more easily



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counter - rotation – angulation to control steering the skis in the turn.



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We believe these elements are very useful for clients who have problems with mastering basic alpine skiing skills. However, they cannot be the sole aim of learning. They have to be used carefully and with measure in the development of basic skills with beginner students.



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