

Topic of the Irish on-snow workshop

Interski Congress, Ushuaia, Argentina, 5th – 12th September 2015



The Process of Balancing

*Moving from dry-land training to on-snow to develop **balancing** skills to enhance performance.*

*Balancing is an active skill that requires practice and ski instructors need to know how to develop good **balancing** skills for their guests both on and off snow.*

*The Irish Interski Team workshop will focus on the drills that we use to develop **balancing** on snow and then how to “lose the drill and keep the skill”.*



Irish Interski Team



Learn it – The SkiA Balance Trainer



SkiA Ski Trainer

Ski training just got a whole lot more fun



Find Out More: skia.com

Available at good independent retailers



Deutscher Skilehrerverband



Irish Interski Team



Learn it – **on snow** workshop

- IASI's **on snow** workshop will look at “the process of **balancing**”
 - taking what has been learned off snow through Dry-land & SkiA training onto snow to develop more precise and intuitive balancing skills
 - The workshop will be delivered in English, German and Italian



Irish Interski Team

Learn it – balancing skills progression

Dry-land

- **Balancing** equipment
- Multi layered practice

SkiA

- Green & Blue blocks
- Red & Black blocks

On-snow

- **Balancing** drills
- Performance skiing



Irish Interski Team

Learn it – dry-land balancing skills

- **Balancing** equipment (examples)
 - Vew-Do balance boards
 - BOSU balance trainer
 - Swiss ball
 - Slacklining
- Multi layered practice
 - focus, confidence, dynamic balance, power



Irish Interski Team

Learn it – SkiA balancing skills

*Using the SkiA balance trainer is the **KEY** link between dry-land training and on-snow skiing as it develops balancing skills off snow **BUT** in ski boots*

- Green & blue blocks
 - 3 key movements; fore/aft, rotary & lateral
 - higher and lower stance above balance point
 - one leg
- Red & black blocks
 - as above but on smaller balance point



Irish Interski Team

Learn it – on-snow **balancing** skills

- **Balancing** drills
 - turns to the hill (forwards and backwards)
 - tail raise (linked turns)
 - outside ski turns & javelin turns
- **Performance** skiing
 - using skills developed in the progression to create a more sophisticated performance



Irish Interski Team