

Movement Analysis Filter

Skis Performance

<u>Bend (Pressure)</u>
Fore / Aft
Ski / Ski ↔
Maintenance / Change
<u>Twist (Rotary)</u>
<u>Edge (Edge)</u>

Body Performance

Flexion / Extension (Pressure Control) Movements
Front / Back
Foot / Foot
CM Closer to / Farther from Skis
Turning (Rotary) Movements <small>Rotation, Counter Rotation, Feet & Leg Turning, Outside Force</small>
Tipping (Edging) Movements <small>Inclination, Angulation</small>

Ski & Body Performance in Phases of Turn

Transition / Initiation	Shaping	Finish / Transition
Ski ↔ Body Performance Performance	Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.
Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.
Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.
Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.
Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.	Ski Perf. ↔ Body Perf.

Describe the skis performance within a Skill Pool.

Describe the body parts and their specific movements in the same Skill Pool that create the skis performance.

Construct Relationships.

A. Primary - Body to Skis (L1 snap shot, 2&3 in motion)

B. Use D.I.R.T.* to compare/differentiate 1 Skill, S/B Perf. 1 Phase to another (L2,3)

C. Influence of 1 Skill on another S/B Performance, 1 phase at a time (L3)

(Understanding / Motivation/ Equipment to A.B.C.)

Prioritize Prescription for Change or Enhancement (Compare Current to more Ideal Performance)

Quantifying Descriptors - D.I.R.T.

Duration - the length of time something continues or exists

Intensity - magnitude, as of energy or a force per unit of area, volume, time, etc.

Rate - degree of speed, progress, etc. Pace

Timing - the sequential relations that any event has to any other, as past, present, or future

Others . . .

Worksheet

Ski Performance ↔ Body Performance in Phases of Turn

		Transition / Initiation	Shaping	Finish / Transition
Pressure	Fore/Aft	↔	↔	↔
	Ski/Ski	↔	↔	↔
	Maintain	↔	↔	↔
Rotary		↔	↔	↔
	Edge	↔	↔	↔