

BALANCE AND STANCE

The skier is in balance when he or she can access and effect any of the skills throughout each turn.

- The entire body is involved and participates in balancing.
- Flexing activity originates from the ankles and is supported by the knees, hips, and lower back.
- The hips are centered throughout the turn, promoting a movement forward through the finish and into the new turn.
- The inside leg shortens as the outside leg lengthens, setting up alignment and balance with weight on the outside ski.
- The upper body remains more vertical than the lower body throughout the shaping and finishing phases of the turn, creating body angles which align balance over the outside ski.
- The inside hand, shoulder, and hip lead the turn shaping and finish, resulting in a countered relationship between upper and lower body (degree of counter is related to turn size and shape).
- The skier's hands are in front of the body to aid balance.



EFFECTIVE

BALANCE AND STANCE

Lack of proper balance and stance makes it difficult to access other skills and learn new movements.

- Some of the skier's joints flex too much, and others not enough. For example, too little ankle flex causes the hips to stay behind the knees (weight too far back), while too much ankle flex causes the skier to be too far forward.
- The upper body is tipped to the inside throughout the turn.
- The inside ski bends more than the outside ski.
- The skier is stiff or static and gets bounced around by the terrain.
- The skier's hands and hips are behind the feet.



INEFFECTIVE

ROTARY MOVEMENTS

Rotary movements involve turning some part of the body relative to other parts. Combined with other skills, rotary movements allow the skier to change direction more efficiently.

- The skier's legs turn underneath a strong/stable torso to help guide the skis through the turn.
- Both skis and legs turn together throughout a parallel turn, with the femurs turning in the hip sockets (instead of the entire hip coming around).
- The skis are tipped and turned an appropriate amount to create a smooth, C-shaped arc.
- Rotary (steering) movements which re-direct the skis at turn initiation are matched in timing and intensity by tipping the skis to prepare for increased forces caused by edge engagement.
- Rotary movements should be progressive, except for athletic moves needed to recover balance.



EFFECTIVE

ROTARY MOVEMENTS

Without proper rotary movements, control deteriorates in difficult terrain because the skier cannot use the legs properly.

- The shoulders and/or torso initiate the turning of the skis.
- One ski stems or steps to begin the turn.
- The skis pivot or skid throughout the turn, creating a Z-shaped turn.
- The skis turn too quickly, causing overtuning, or do not turn fast enough, causing underturning.



INEFFECTIVE

PRESSURE CONTROL MOVEMENTS

Pressure control provides the element of touch that promotes a smooth ride at any level of skiing.

- The skis flow evenly and smoothly over the terrain, aided by the skier's joints working together to manage ski-snow interaction. This requires effective pressure management, including both the application and release of pressure (sometimes resulting in one or both skis being off the snow).
- The skis bend progressively throughout the turn, with the entire length engaged.
- The amount of flexion and extension of the skier's legs changes in response to the terrain and pitch of the slope.
- Pressure adjustments during the turn will alter the timing, intensity, and amount of pressure redistribution along the skis and from foot to foot.
- The pole touch or pole plant complements the turn.
- The skier's upper body remains quiet and disciplined.



EFFECTIVE

PRESSURE CONTROL MOVEMENTS

When pressure control is lacking, the skier looks as if she or he is fighting the terrain rather than working with it.

- The skis and the skier get bounced around by the terrain.
- The skier is mostly on the back or front of the skis throughout the turn rather than balanced in the middle of the skis.
- The legs do not exhibit flexion and extension in response to changes in terrain.
- The legs do not exhibit flexion and extension in response to forces in the turn.
- The pole plant is erratic in timing and direction.
- The upper body is flailing and undisciplined.



INEFFECTIVE

EDGING MOVEMENTS

Edging allows the skier to direct the skis to control turn radius, shape, and speed.

- The edges are released and re-engaged in one smooth movement.
- Both skis tip the same amount early in the turn, with the strongest angles developing in or near the fall line.
- The shins make forward and lateral contact with the boot cuffs as the skier rolls the skis onto the new edges.
- Tension of the inside leg helps maintain alignment. Flexion of the inside ankle directs movement forward and laterally for edge-angle adjustments.



EFFECTIVE

EDGING MOVEMENTS

Without appropriate edging skills, the skier is unable to control the radius, shape, or speed of the turn.

- The skis tip onto an edge late in the turn (in or after the fall line), creating a fast and heavy edge set at the end of the turn.
- The skier stands straight up before moving into the turn or moves up and back instead of in a diagonal direction toward the new turn.
- The skier uses extra movements, such as lifting the inside ski or stemming to change edges.
- The skier may over-flex the hips or knees to tip the skis onto an edge.
- The skier's movement into the turn is inaccurate, causing loss of alignment and balance.



INEFFECTIVE

DIRECTIONAL MOVEMENTS

Directional movement entails moving toward the new turn using gravity and the skis.

- The skier extends into the direction of the new turn to change edges.
- The skis continue to move forward along their edges throughout the turn.
- The skier continues to move forward with the skis throughout the turn.
- The ankles, knees, and hips roll forward and laterally to move into the new turn.
- The skier keeps his or her vision forward, looking in the intended direction of travel.
- The pole swings smoothly in the direction of travel.



EFFECTIVE

DIRECTIONAL MOVEMENTS

The skier who fails to use directional movements is moving against gravity or away from the turn.

- The skier moves vertically upward before moving into the new turn.
- The skis pivot or skid as they move through the turn.
- The skier's outside (downhill) hand, shoulder, and hip lead throughout the turn.
- The skier is looking directly at the ski tips or down at the snow, limiting vision.
- The pole swing is directed too close to the tip of the ski or too far behind the foot instead of in the direction of the new turn.

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INEFFECTIVE