

Appendix E

Visual Cues to Effective and Ineffective Skiing

Visual Cues to Effective Skiing

BALANCE AND STANCE CUES



A balanced position is necessary to allow access to all other skills.

- The skier's joints—ankles, knees, hips, lower back—flex evenly and appropriately together (not one excessively more than the others).
- The hips are centered over the feet (from a side view).
- The outside ski bends more than the inside ski (because the skier is balanced over the outside ski).
- The inside leg is bent more than the outside leg and may carry less weight than the outside ski.
- The shoulders, hips, and hands are level as the skier comes through a turn, to keep the body from tipping in.
- The inside hand, shoulder, and hip lead through a turn (more noticeably on steeps and less so on flats).
- The hands are in front of the body.

EDGING MOVEMENT CUES



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

- The skis tip onto an edge early in the turn.
- The skier uses diagonal and lateral movements of the feet, legs, and hips to engage and release the edges of the skis.
- The edges are released and re-engaged in one smooth movement.
- The shin makes forward and lateral contact with the boot cuff as the skier rolls the skis onto the new edges.
- The ankles, knees, and hips show appropriate angles as the skis are tipped onto an edge and held throughout the turn.

ROTARY MOVEMENT CUES



Rotary movements represent the most effective way of turning the skis in most terrain and snow conditions.

- The skier's legs turn underneath the upper body to help guide the skis through a turn.
- The femur turns within the hip socket (instead of the entire hip coming around).
- The upper body remains quiet and stable.
- The skis are turned an appropriate amount to create a smooth, C-shaped arc in the snow.
- Both skis and legs turn together throughout a parallel turn.
- Any rotary movement should be progressive, unless it is a necessary athletic move to recover balance.

PRESSURE CONTROL MOVEMENT CUES



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.
- The skis bend progressively throughout the turn, with their entire length engaged.
- All of the skier's joints work evenly together.
- The amount of flexion and extension in the skier's legs changes in response to terrain and pitch of slope.
- The pole touch or pole plant complements the desired turning outcome.
- The skier's upper body remains quiet and disciplined.

Visual Cues to Ineffective Skiing

BALANCE AND STANCE CUES



Without proper balance and stance, it's difficult to access other skills, and new movements are hard to learn.

- Some of the skier's joints flex too much, and others not enough. For example, the ankle may be too straight, causing the hips to stay behind the knees. The ankles may flex too much, causing 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 his or her feet.

EDGING MOVEMENT CUES



Without appropriate edging skills, the skier can't control the radius, shape, or speed of the turns.

- 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.

ROTARY MOVEMENT CUES



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 every turn.
- The skis pivot or skid throughout the turn, creating a Z-shaped turn.
- The skis turn too quickly, causing overturning, or do not turn fast enough, causing underturning.

PRESSURE CONTROL MOVEMENT CUES



When pressure control is lacking, skiers look as if they are fighting the terrain rather than working with it.

- The skis and the skier continually get bounced around on the terrain.
- The skier is predominately on the back or front of the skis throughout the turn rather than balanced in the middle of the skis.
- The legs don't exhibit flexion and extension in response to changes in terrain.
- The pole plant is erratic and moved into the turn either too soon or too late.
- The upper body is flailing and undisciplined.