

Basic Garlands

4.

How the Body Moves (CAUSE): --

1. Start in a balanced stance on the center of both skis.
2. Upper body orientations balanced between direction of travel and fall line.
3. Tipping/rolling movements of ankles/feet manage edging requirements.
4. Flexion/extension movements in the ankles manage fore/aft pressure adjustments.
5. Manage edge angles to control speed, yet maintain momentum.

Basic Garlands:

5.

What the Skis Do (EFFECT):

Skis are always parallel to each other

Skis show the same edge angles

Skis edge and release/adjust at the same time and rate

Where:

Green terrain - Choose a safe low traffic area for this activity.

Basic Garlands Learning/Teaching Cues:

6.

Initially just experiment by side slipping and adjusting one set of movements at a time.

Adjust fore/aft with very low edge angles. How did skis react?
Recreate by intent.

Adjust fore/aft with higher low edge angles. How did skis react?
Recreate by intent. Adjust edge angles while pressuring ski tips.
How did skis react? Repeat with intent. Adjust edge angles while
pressuring ski tails. How did skis react? Repeat with intent.

Basic Garlands: Learning/Teaching Cues:

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Repeat the above (4) focus series of activities from a forward sideslip. | Repeat the above (4) focus series of activities from a forward drifted arc. | Find movement to transition from sideslip to forward sideslip. Repeat & refine. | Find movements to transition from forward sideslip to drifted arc. Repeat & refine. | Find movements to transition from drifted arc back to straight sideslip. Repeat & refine. | Link all the components and transitions into a garland activity with a continuous flow. | Repeat this whole process in the other direction (without skipping any learning steps)

Basic Parallel

8.

Novice and Intermediate Zones/L1 and L2 Blended Skills

Activity Description:

Activity Description: Linked, round turns on groomed green or blue terrain which use a skill blend that leaves brushed tracks in the snow while the skis remain in a parallel relationship. Speed is controlled through turn shape.

Basic Parallel

9.

Why

This Activity Will Be Useful: The ability to ski parallel turns is a major milestone for skiers. This basic blend of skills is a foundation for higher levels of skiing. Skiing parallel turns often requires offensive intent and good tactics that are needed for skiing varied snow conditions, pitches, and turn shapes and sizes.

Basic Parallel

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How The Body Moves (CAUSE):

- +Flexion/extension movements of legs facilitate edge change and move the body forward and diagonal with the path of the skis.
- +Lateral tipping/rolling movements of the feet/ankles through turn transitions flattens, releases, and changes the edges to allow guiding of ski tips into the fall line.
- +Upper body angulation allows the upper body to counterbalance the lower body tipping/edging movements and direct pressure to the outside ski.

Basic Parallel

11.

How The Body Moves (CAUSE): Continued

Both legs turn in the hip sockets under stable upper body to control turn size and shape. Rate and intensity of the legs turning controls turn shape and speed.

Pole swing and touch enhances rhythm, flow, and timing.

Basic Parallel

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What The Skis Do (EFFECT):

- +Tracks show a drifting of skis throughout turn shape (leave brushed tracks)
- +Skis maintain a parallel relationship and consistent stance width
- +Skis are tipped at a similar rate and time Skis are turned and at similar rate and time.
- + Pivot point is roughly under each foot

Basic Parallel

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Where: –

Choose a safe low traffic area for this activity .

Groomed green terrain (Level 1) or gentler blue terrain (Level 2)

For L3: should be adaptable to be skied on side

hill terrain or at angle to fall line

Basic Parallel Teaching Cues and Learning

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+Ski uphill arcs managing tension of foot/ankle tipping (on a low edge angle).

+ Blend tipping and turning movements to create drifting of the skis. Consider using a fan progression to build to skiing whole turns in both directions.

+Create awareness of employing efficient and effective edging movements: Both skis release and engage at the same time. This practice builds movement patterns that lead to simultaneous edge change and parallel skiing. ☐Progressively fan partial arcs int

Basic Parallel Teaching Cues and Learning Con't

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+Practice prolonging the duration of time spent on 4 edges (the bases) from transitions to fall line to learn to manage rotary and not pivot skis to start turns. (It takes less effort to turn skis that are on low edge angles, compared to skis on higher edge angles).

+Create awareness that the body flows with path of skis so there is only appropriate upper/ lower body separation, without excessive wind-up of legs through finish that would over re-direct skis into a skidded, tail out initiation.

PSIA Level 2 Skiing Tasks

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Beginning Railroad Tracks- Introductory Highlighted activity:

Activity Description Small parallel direction changes down the fallline in a narrow corridor.

The skis are tipped from corresponding (2) edges to be flat on the snow (4 edges) for a short time prior to tipping onto new (2) edges. Ski tracks are likely to be brushed/skidded, but may be carved based on ability of skier.

Beginning Railroad Tracks- Continued

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Why This Activity Will Be Useful: This developmental activity helps the skier learn effective edge releasing and engaging movements to move from making wedge or wedge Christie type turns, or nearly parallel turns, to true parallel turn transitions and initiations. Breaking down the edging components of the parallel transition to a more developmental level can help skiers gain awareness of their movements and develop the ability and confidence to learn to ski parallel turns.

Beginning Railroad Tracks- Continued

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How The Body Moves (CAUSE):

Start in a straight run. With a quiet upper body, weight balanced on both feet, flex ankles to shift weight toward the balls of the feet. Choose foot to start with. i.e. Start with left foot tipping movement leading to go left, then right foot leading to go right.

Basic Garlands

1.

Novice Zone/Level 1 Highlighted Skills

Activity Description

Linked transitions from sideslip to forward sideslip to drifted arc, then back to sideslip. Activity should be done without stopping, and by adjusting edge angles and pressure along the skis.

Repeat in opposite direction. Can be done across varied terrain and snow conditions.

Basic Garlands: Why This Activity will be Useful

2.

Managing how the skis respond to body movement inputs in order to produce a variety of outcomes on the snow is fundamental to skilled skiing. This activity helps skiers learn to transition between different sets of movement/skill blends to modify ski performance. Developing this skill foundation will allow you to let the intention of your ski/snow outcome dictate how you move to make it happen. In expert skiing intent dictates technique.

Basic Garlands

3.

How the Body Moves (CAUSE): ☐

Start in a balanced stance on the center of both skis. Upper body orientation is balanced between direction of travel and fall line. Tipping/rolling movements of ankles/feet manage edging require Flexion/extension movements in the ankles manage fore/aft pressure adjustments. Manage edge angles to control speed, yet maintain momentum.

Activity Sequence: Railroad Tracks

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- +Left foot leads tipping big toe edge up off the snow (right foot follows passively) until slightly on 2 edges going left.
- +Right foot leads edge release tipping back to 4 edges/skis flat on snow (left foot follows passively) Hold on 4 edges/skis flat on snow and go straight for 1 to 2 ski lengths
- +Right foot leads tipping big toe edge up off the snow (left foot follows passively) until slightly on 2 edges going right
- +Left foot leads edge release tipping back to 4 edges/skis flat on snow (right foot follows passively).

Railroad Tracks

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What the skis do (EFFECT): Skis remain parallel most of the time and stance width is consistent.

- +Skis tip at similar time onto new edges, but may show sequence of lead ski tipping first
- +Skis tip at similar time to decrease edge angle until skis are both flat on the snow.
- +Skis glide flat on the snow for 1 to 2 ski lengths between edge changes **Where:** Gentle groomed green terrain – choose a safe, low traffic area for this activity

Con't- Railroad Track What to do.

21

- Contrast new outside foot big-toe-down habit by starting with a concentrated focus to only move the new inside foot big toe up.
- +Start in straight run, then roll/tip lead foot (only) big toe up off the snow onto slight (little toe) edge while keeping other ski flat.
 - +When slight tension is felt in that lead foot/leg, simply relax that foot and allow it to go back to flat. (Repeat several times)
 - +Repeat with other foot leading, being aware of resisting any habit that wants to edge the other ski on its big toe edge.

Drifted Uphill Arc (J Turn) Level 1 task 22

Activity Description: Begin with the skis pointed down the fall line . As the skis begin to tip onto edge they are steered so they leave brushed tracks in the snow. The steering occurs at a progressive rate throughout the turn, tightening the radius of the arc as it develops. Continue to turn the skis to a stop.

Why This Activity Will Be Useful: This activity develops the ability to blend edge and rotational control skills.

Drifted Uphill Arc continued

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How The Body Moves (CAUSE):

+Joints flex proportionately to keep COM over base of support for e/aft and laterally

+Turning movements comes from the legs under a stable pelvis and upper body.

+Tipping movements originate in the feet and legs

+The legs turn progressively throughout the arc and tighten the turn radius to create a “J” shaped turn, as opposed to a “C” shape

Drifted Uphill Arc continued

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What The Skis Do: Perform on green run

+Both skis rotate a similar amount

+Skis rotate progressively throughout each drifted arc

+Skis tip at a similar rate and time

+Skis tip progressively

+Skis bend from center

+Skis leave brushed tracks

+Pivot point is under the center of each foot

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Drifted Uphill Arc Teaching Cues/Learning 25

- +Static practice in boots: focus on keeping the pelvis and upper body stable while stepping or turning the feet to the left, back to front, and then the right. Repeat.
- +Using an uphill arc fan progression, focus on rotating the legs to turn the skis. +Think about the legs turning more than the body.
 - + Generate tension with the core muscles to stabilize the pelvis.
- +Next, use the muscles surrounding your hips to rotate the femurs and turn the skis. A low edge angle will allow easier rotation of the skis.

Drifted Uphill Arc teaching cues continued 26

- +Focus to manage fore/aft pressure and keep the pivot point under each foot during practice activities.
- +As ability to turn legs increases, play with adjusting fore/aft pressure and pay attention to cause and effect on ski performance and turn shape.
- +Using fan plan, practice tipping both feet/ankles laterally to slowly increase edge angle.
- +Maintain a functional tension in both legs so they move at similar rate and time.

Drifted Uphill Arc teaching Cues Continued 27

- +If the outside ski tips to a higher edge angle, or tips faster than the inside ski, focus on moving the inside foot first and more than the outside foot.
- +As these skills develop, blend so they have both skis make edge adjustments at a similar rate and time.
- +Try lifting the edges of the skis off the snow to increase their edge angle

Hockey Stops

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Activity Description: In this activity the skier starts in a straight run down the fall line, pivots both skis 90 degrees across the fall line, then sideslips a short distance while increasing the edge angles of the skis quickly to come to a stop. This is done on groomed green or blue terrain in a corridor no wider than one groomer track wide. **Why This Activity Will Be Useful:** Hockey stopping is a major milestone for skiers. This activity introduces rapid pivoting of the skis through leg rotation. Edging skills are also refined in this activity.

Hockey Stops

29

How The Body Moves (CAUSE):

Skier starts in a hip width athletic stance. From a straight run down the fall line, the skier rotates/turns both femurs in the hip sockets to turn the skis 90 degrees across the fall line. As the skis pivot out of the fall line, the legs turn more than the hips and upper body, which continues to face downhill as much as possible. As the skis pivot out of the straight run, the skis are first flat on the snow, and then both feet/ankles tip and roll slightly uphill to begin increasing the edge angles to manage the rate of slipping.

Hockey Stops

30

- +As soon as skis are sideslipping, skier continues to tip the feet/ankles uphill to increase the edge angle of the skis and come to a stop.
- +Upper body angulation allows the upper body to counter-balance the lower body tipping/edging movements and direct pressure to the outside ski while sideslipping/stopping.
- +Flexion and extension movements are progressive and keep COM balanced fore/aft in the middle of the skis. Skier is able to do this in both directions. No pole swing or touch is necessary.

Hockey Stops

31

What the Skis Do (EFFECT) Skis remain parallel to each other and stance width is consistent

+Skis turn at similar rate and time. Pivot is relatively fast.

Boots stay on similar path down fall line throughout entire activity.

+Skis tip at similar rate and time

+Pivot point is under each foot **Where:** Groomed blue terrain – choose a safe, low traffic area for this activity

Hockey Stops Teaching cues and learning

32

+Static practice in boots, target the hips and upper body in one direction, step/turn feet to left, back to front, and then right.

+Static practice in boots: if unable to stand on both feet and slowly rotate them at same time, practice first with one foot and then the other.

+Stand with both feet on ground. Turn one foot slowly in the snow, pivot in middle of boot so toe and heel move similar amounts (tie shape created in snow). Practice with other leg. Then practice with both.

Hockey Stops teaching cues con't

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+In static drills, if one foot turns faster or earlier than the other, focus on the less active leg and try to have it turn first and faster.

+ Blend back to similar rate and time of rotation for both legs.

+Using an uphill arc progression, use leg rotation to turn skis.

Think: the legs turn more than the body from fall line to finish phase. Turn the legs to tighten the radius of the uphill arc. At first, practice on lower edge angles so the skis can rotate as the legs turn.

Hockey Stops Teaching Cues

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+In practice, slowly increase the rate and intensity of leg rotation and decrease the time and distance that the rotation takes to occur. +Straight run to sideslip. From straight run, tip skis onto slight edge while rotating skis quickly across the fall line using rapid, yet controlled, turning of both legs in the hip sockets. (Note : keep COM balanced over middle of skis to promote pivot point in middle of skis) As the skis are sideslipping, use lower leg movements to increase edge angles until the skis stop).

Introduction to one ski activities

35

Activity Description:

These one foot/ski activities share common characteristics that create a balanced stance over the middle of the stance ski:

+1-Ski Straight Run, lift tail of one ski (for 50-feet) maintaining straight track (L/R)

+1Ski Sideslip, lift tail of uphill ski and sideslip in a corridor down the fallline (L/R)

+1Ski Traverse, lift tail of uphill ski and traverse on edged ski (minimal slippage) (L/R)

Introduction to one ski activities Why Useful 36

The turn dynamics of advanced skiing creates a transfer of the skier's weight and balance to the outside ski, requiring efficient and effective fore/aft and lateral, balance skills. Skiing these different training activities on one ski builds a strong skeletally stacked stance leg providing for an accurate fore/aft stance over the center of the ski (and precludes a backseat stance). Additionally these activities separate the specific roles of outside stance foot/ski (brawn) and inside lead foot/ski (brains). The resulting stance and balance and pressure control skills are foundations of skiing.

One ski activities How the body moves

37

- +Stand with a strong leg keeping the hip centered fore/aft over the stance foot/ski**
- +Adjust upper body angulation to balance weight laterally over the stance foot/ski**
- +Align upper body to direction of travel with adjustment for the angulation being used**
- +Lift just the tail of the other ski by flexing the leg (not by lifting the hip)**

one ski activities how the body moves

38

- +Carry minimal weight on tip of lifted ski**
- +1Ski Straight Run, use tipping/rolling of lifted foot to keep stance ski flat on the snow.**
- +1Ski sideslip, use tipping/rolling of lifted foot to manage edging (slip/grip) of stance ski**
- +1Ski Traverse, use tipping/rolling of lifted foot to manage edging (slicing) of stance ski**

One Ski Activities What the Skis Do?

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- +Lifted ski shows tip lightly on snow and remains parallel to stance ski Lifted ski shows appropriate tipping/rolling activity of that foot**
- +In straight run, the stance ski remains flat and tracks straight**
- +In sideslip, stance ski slips smoothly and continuously down the falline**
- +In traverse, stance ski tracks cleanly on edge (minimal slippage)**

40

+Practice straight run alternating lifting and lowering tail of each ski. Use slower tail lifts until you can keep the tail of a ski up and practice longer segments balancing and gliding on 1ski Practice sideslipping while lightening the tail of uphill ski until you can sideslip with tail lifted +Practice traversing while lightening the tail of uphill ski until you can traverse with tail lifted In each activity, once ski is lifted, experiment with tipping/rolling movements of the ankle/foot of the lifted ski to learn the effect of those movements on the stance foot/ski.

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Activity Description: On groomed blue or steeper pitches of green terrain, the skis sideslip down the fall line for a predetermined distance; the edge angles may be slowly increased until the skis gradually come to a stop. The skier then turns the skis around (any way the skier wants to) and sideslips while facing the opposite direction.

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Why This Activity Will be Useful: The ability to manage fore/aft and lateral balance on a skidding platform gives skiers the ability to control speed and stop in balance. This activity also introduces so basic edge control movements and increases the skier's familiarity with slipping while the skis are in a parallel relationship.

Sideslip in the Falline

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+Practice straight run alternating lifting and lowering tail of each ski. Use slower tail lifts until you can keep the tail of a ski up and practice longer segments balancing and gliding on 1ski Practice sideslipping while lightening the tail of uphill ski until you can sideslip with tail lifted +Practice traversing while lightening the tail of uphill ski until you can traverse with tail lifted In each activity, once ski is lifted, experiment with tipping/rolling movements of the ankle/foot of the lifted ski to learn the effect of those movements on the stance foot/ski.

Sideslip in the Falline

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How The Body Moves (CAUSE): Use a hip width stance facing the hips down the hill. Keep the feet under the hips by matching the tip lead to the hip lead while sideslipping

+Inside half of body (uphill half of body in this activity) is slightly raised and forward of outside/downhill half

+Manage fore/aft balance to maintain a path down the fall line and keep balanced over middle of skis. Ankles, knees, hips, spine flex proportionately to achieve this relationship

Sideslip in the Falline

45

How the body moves continued:

+Tipping the feet and ankles uphill increases edge angle and slows slipping; tipping feet downhill decreases edge angle and increases rate of slipping

+Upper body angulation counterbalances lower body tipping movements to manage foot to foot pressure

+Extension/flexion movements of the ankles/knees/hips facilitate edge release by directing the COM down the fall line

Sideslip in the Falline

46

What The Skis Do (EFFECT):

- +Skis sideslip at constant rate in a fall line path Skis maintain parallel relationship and consistent stance width
- +Uphill ski is slightly ahead of downhill ski
- +Skis bend along length of entire ski

Where: Groomed blue terrain – choose a safe low traffic area for this activity

Sideslip in the Falline Teaching and Learning Cues

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Teaching/Learning Cues: Skier not able to maintain a constant rate of slipping

- + Inability to manage foot-to-foot/lateral pressure is a common cause of this problem

+If the skier uses whole body inclination to adjust edge angles, this causes rapid shifts in lateral pressure

Sideslip in the Falline teaching Cues

48

- +Develop ability to use upper body angulation to counter-balance lower body edging movements Goal: while both skis will be weighted in this exercise, the downhill ski will have more weight on it
- +Standing on a sidehill with skis across the fall line, jump and land in balanced athletic stance. Note lateral pressure distribution with more weight on downhill ski. Note that skis are slightly on edge, legs tipped slightly into the hill, upper body is tipped slightly away from the hill

Sideslip in the Falline teaching cues

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+Standing on a side hill, lean whole body up the hill using whole body inclination. Note that weight moves to uphill ski and edge angle increase. This is not ideal.

+To initiate sideslipping, progressively decrease edge angle of both skis while moving, allowing COM to move down the fall line and travel with COM. Once skis slide a short distance, slowly increase edge angle using feet and ankles. Note the slipping speed decreases, or may stop. Practice in both directions. Slowly increase distance and speed of sideslipping as skill builds.

Spontaneous Christies

50

Activity Description The skier starts their turn in a wedge and progressively the wedge evolves to a Christy finish (skis parallel). This evolution results from increased steering and edging movements of the inside foot/leg. This turn is skied on very gentle groomed green terrain and should be shallow turns that remain near the fall line.

Spontaneous Christies

51

Why This Activity Will Be Useful: This activity requires that the skier learns to employ efficient and effective edge and rotational control movements that reduce and/or eliminate dependency on the wedge stance, and that lead to parallel skiing. This activity develops awareness and ability to tip and turn the feet/legs independent of each other.

Spontaneous Christies How the body moves (cause) 52

At start of turn, tip/roll downhill foot in turning direction to release edge and flatten that ski. As edge flattens, rotate downhill leg (new inside leg) to steer that ski tip into the new turn
+Continue to turn both legs in the hip sockets through all phases of the turn; emphasis is placed on turning the inside leg more actively than outside ski to diminish wedge and create parallel/Christierelationship of skis. Flexion/extension movements of legs facilitate edge change and move body forward and diagonal to move with the path of the skis.

Spontaneous Christies 53

What The Skis Do (EFFECT):

- +Skis start turn on opposing edges in a narrow wedge
- +New inside ski flattens as edge is released Inside ski rotates from wedge to parallel orientation throughout the turn
- +Skis are parallel on corresponding edges at the end of each turn

Where: Groomed very flat green terrain – choose a safe low traffic area for this activity

Spontaneous Christies teaching and learning cues 54

- +From a narrow gliding wedge, make some shallow turns in the fall line focusing on just right leg to turn both ways, (no need to hold the wedge) Could you tell which foot REALLY made the turn?
- +Which direction felt easier? Which ended in a wedge? Which ended parallel (or less wedged)? Repeat with left leg. Focus on which leg actually moves first

Spontaneous Christies Teaching and learning cues 55

- +Focus on tipping/rolling new inside foot/ankle to flatten that ski to start the turn. When accurate results are consistent, link turns in both directions
- +Make activity of new inside lead foot quicker and make it last longer. What happened?
- +Further narrow the angle of the wedge and repeat the process

Step Turn into Fall line 56

Activity Description

The skier starts with the skis perpendicular to the fall line and begins to slide forward. The skier takes small steps with each ski to turn the skis down the hill to the fall line. The skier then completes the turn with both skis on the snow.

Step Turn into Fall line 57

Why This Activity Will Be Useful: This activity begins to develop fore/aft and lateral pressure control skills. Step turns also begin to develop the skier's ability to move the legs independent of the upper body, which is essential for higher-level skill development in edge and rotational control skill. May be done with small diverging steps or parallel steps

Step Turns into the Fall Line

58

How The Body Moves (CAUSE):

- +Joints flex and extend roughly proportionately to maintain COM over base of support
- +Weight moves from foot to foot through independent flexion extension movements of the legs under a stable upper body
- +Rotational movements come from the legs turning in the hip sockets under a stable upper body

Step Turns into the Fall Line What Skis Do? 59

- +Inside ski is lifted and turned slightly in the direction of turn to create divergence
- +Outside ski is stepped to parallel. Maneuver starts perpendicular to fall line, and the skis are stepped until they are in the fall line. +
- The turn is then completed on both skis
- +Ski is lifted parallel to the ground in each step Skis are bent from the center when on the ground This task can also be done with minimal divergence of the skis while stepping

Step Turns into the Fall Line

60

Teaching/Learning Cues To develop ability to steps skis

- +On flat/nearly flat terrain practice a straight run while alternately picking up a ski while gliding on the other foot for short distance
- +When picking up a foot/ski, use flexion in the knee and hip while stabilizing the pelvis with muscles of the core

Step Turns into the Fall Line teaching cues 61

- +Focus on minimizing lateral shift of the upper body in response to lifting a ski/foot off the snow
- +From straight run, begin stepping out of the fall line by turning the leg in the hip socket while in the air. Step with inside ski first, then pickup outside ski and step it parallel to match.

Gentle green terrain, practice stepping the skis while traversing.
Maintain slight lead with uphill half of the body

Step Turns into the Fall Line teaching cues 62

- +From traverse, begin to step skis and turn them slightly while in the air to point skis downhill. Step inside ski first, then left and turn outside to match. Skis should be turned while in the air
- +Turn the ski in the air by turning the leg/femur in the hip socket. Use small direction changes

Step Turns into the Fall Line 63

Teaching/Learning Cues To develop ability to steps skis

- +On flat/nearly flat terrain practice a straight run while alternately picking up a ski while gliding on the other foot for short distance
- +When picking up a foot/ski, use flexion in the knee and hip while stabilizing the pelvis with muscles of the core

Straight Run Leapers

64

Activity Description: Sliding in a straight run down the fall line, “leap” the skis off the snow, then land, recentered in a short straight run, and repeat for the duration of the straight run.

Why This Activity Will Be Useful: This activity begins to explore and develop pressure control skills at a fundamental level. Development of pressure control skills provides more options for skiing challenging terrain and snow conditions.

Straight Run Leapers

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How the Body Moves

+Skier continually manages fore/aft movement of body to ‘leap’ forward from a centered starting point over skis, and land in a centered stance throughout activity

+Extension movements of the knees and hips promote unweighting for a forward takeoff. If the ankles and hips extend too much during takeoff, it is likely the skier will land in an aft relationship.

Straight Run Leapers

66

+Unweighting is powerful enough that both skis leave the snow at the same time

+Flexion movements of the ankles/knees/hips facilitate soft/pressure controlled landing Upper body remains stable during takeoff and landing with legs moving to create flexion/extension movement

+Skier glides in centered stance straight run for short time between each leap

Straight Run Leapers

67

What the Skis Do?

- +Straight run with a series of “leaps”
- +Ski skis become unweighted and leave the snow.
- +Skis remain parallel to the snow while in air
- +Skis maintain parallel relationship with each other while in the air
- +Skis leave the snow at the same time, and land at same time
- + Skis follow fall line path and do not rotate while in the air

Straight Run Leapers teaching and learning cues 68

- +Straight run with active flex/extend while keeping COM over base of support
- +Increase rate and direction of extension to partially unweight ski tails
- +Play with direction of extension so COM continues to move forward with skis, vs. up an back
- +Continue to explore rate and intensity of extension to get both ski tails off snow

Straight Run Leapers learning teaching cues 69

- +If tip(s) are coming off snow, be certain to maintain shin boot contact (dorsiflex)
- +Practice leaping so tails come off ground while tips maintain snow contact. This requires an exaggerated forward movement during leaping, and simulates leaping movements needed on steeper terrain
- +Blend previous activity so ski tails come smoothly and equally off snow

Straight Run Leapers teaching learning cues 70

- +When landing, flex joints of legs to land as quietly as possible on snow (no slapping sound)
- +Practice of leaping activity in shoes, ski boots, and in place with skis to help build skill in this area

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