

Dave Jacobson Teaching Progressions L1 and L2 February 14th, 2020

Flatwork- (first timers or new to skiing. Editing to reflect experience for others)

- Introduce/Inspire/Put at Ease/Explain
- Open up communication with question about other sports played?
- Explain the athletic stance
- Close eyes and tip forward and backward...finally to comfortable balance point.
- Athletic stance + balance point + point toes/explain why
- Draw circles in snow for rotating outside boot/ask if they feel rotation of boot and lower leg?
- One ski scooter / one ski scooter to boot rotation and turn / ask them to remember this!
- With on ski still on, do side-step demo, herringbone demo
- Pole use for side-step, herringbone and matador position for ease of turning around

Gentle slope-

- Organize class
- Straight run
- Straight run to wedge or multiple wedges

Carpet lift-

-Goal #1 Uphill Arcs:

- Explain riding of carpet, what happens at the top, and the direction to go at the top.
- When all at top congratulate them and remind them what they have accomplished
- If comfortable, let them pick a name for their group like Team Speed, etc. / connects
- Take off my ski and explain ski design, and why the shape helps turn the ski.
- Do uphill arcs in both directions using small wedge and boot rotation only.
- Demonstrate the bull fighter/matador use of poles so they can turn around.
- Continue uphill arcs from top to bottom/go back up to the top.

- Goal #2 Wedge Turns-

- Congratulate them on doing the uphill arcs
- Explain how to do a wedge turn with boot and lower leg rotation.
- If more than boot rotation is needed add closing of the ankle to add pressure.

Chair Lift-

- Wedge Turns connected with traverse

- Once organized, congratulate them on what they have learned already.
- If wedge turns were good on carpet, move directly to traverse position explanation.
- Before doing demo of traverse, do the safety presentation
- Explain the importance of having balancing over the downhill ski.
- Remove inside ski and show the rotation of the leg to align with downhill ski after turn.
- Traverse with lifting of the back of the uphill ski to get their shoulders over the downhill ski.

- Have them do the wedge turn and lift the inside ski tail after they initiate the turn.
- Add in closing of the ankle to help make the turn.
- Add in leg extension to help make the turn.

-Wedge Christies

- Have them stand in a small wedge and flatten the downhill ski so that it slides sideways.
- Once they have done this with both skis in both directions, do it moving across the slope.
- Have them see what happens to the new outside/turning ski when the downhill ski flattens.
- Do it again, but this time explain how to transfer pressure to the outside ski.
- The inside ski will want to come in line with the outside/turning ski.
- If the inside ski is not coming in check to ensure weight is on the turning ski.
- Show how the boot can also be rotated to align with the downhill ski after the turn.
- If they go direct to parallel, great...let them.

-Parallel Turns

- Congratulate them on reaching advanced skiing.
- Do garlands across the slope in both directions
- If they do successful garlands have them pressure the skis and extend the legs
- This extension of the leg causes the front of the skis to slip sideways.
- Have them do this again but this time let the skis float and then turn both skis to turn.
- If successful do turns in both directions.

-Parallel Turns with Pole Touch-

- Explain the use of legs to help initiate and shape the turns.
- Explain and demonstrate the pole touch to trigger the upward extension of the legs.
- Do pole touches across the slope showing the time of the touch relating to leg motion.
- Do a circle around my skis to show the touch and no touch zones.

Exercises if needed:

- Tap taps (lifting tail of skis)
- One ski turn's (lifting tail of skis)
- Poles across body to stabilize upper body if shoulders are rotating/(picture frame too)
- Pivot slips and hockey stops if turning both skis is difficult.

Advance Skier Add-Ons:

- Pole swings
- Dynamic turning with more leg pressure at the end of the turn
- Blocked pole plant on steep terrain for short radius turns
- RR tracks across slope
- Inside ski use to assist in turning and add balance over skis overall