

ALPINE BEGINNER MA WEBINAR



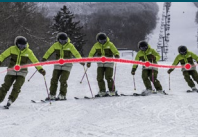



Visual Cues to Effective and Ineffective Skiing Handout



EASTERN REGION







Fore/Aft Skills

Cues that may demonstrate effective or ineffective control of pressure along the length of the skis.

Effective Cues	Ineffective Cues
 <p>Ankles move in unison, creating matching forward shin angles. This creates a strong connection with the skis and the ability to glide with them.</p>	 <p>Either one or both ankles are open and not making effective contact with the front of the boot, resulting in a lack of connection to the ski and difficulty controlling it.</p>
 <p>Center of mass (COM) moves forward at turn initiation, aiding in ski release and engagement.</p>	 <p>COM lacks forward movement, inhibiting ski release and ski tip engagement with the snow.</p>
 <p>Snow spray comes primarily from the middle and evenly along the length of the skis.</p>	 <p>Snow spray comes primarily from the tip or tail of the skis. COM movement directs pressure predominantly to the tip or tail of skis.</p>



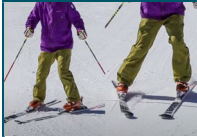



Lateral Skills

Cues that may demonstrate effective or ineffective control of edging and ski-to-ski pressure.

Effective Cues	Ineffective Cues
 <p>Edges are smoothly rolled from edge to edge. The legs flex and extend independently of each other to move the Center of Mass laterally from one turn to the next.</p>	 <p>Skis are pushed away from the body to an edge. The timing or amount of flexion & extension blocks movement of COM from turn to turn or ability to stand on outside ski.</p>
 <p>Both skis stay on the snow.</p>	 <p>The downhill ski is picked up to release the edge and aid in turn initiation.</p>
 <p>Snow spray comes more from the outside ski in a turn. COM is balanced over the outside ski.</p>	 <p>Snow spray comes more from the inside ski in a turn. COM is balanced over the inside ski.</p>



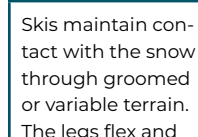
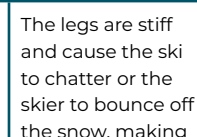
Rotational Skills

Cues that may demonstrate effective or ineffective control of ski turning, pivoting, or steering.

Effective Cues	Ineffective Cues
 <p>A countered relationship is maintained through the finish of the turn. Steering comes primarily from the legs.</p>	 <p>The upper body rotates as much or more than the skis at turn finish.</p>
 <p>The skis are simultaneously guided/steered toward the fall line to begin the turn.</p>	 <p>The skis are sequentially guided into the fall line and do not remain parallel or wedge size grows.</p>
 <p>Steering of the skis is smooth and progressive, resulting in a relatively round turn shape.</p>	 <p>Skis are quickly pivoted or steered in a "Z-shape." Ski steering is sudden and often followed by a traverse.</p>

Ski/Snow Skills

Cues that display effective or ineffective regulation of pressure between the skis and snow.

Effective Cues	Ineffective Cues
 <p>Both skis stay on the snow. Legs flex and extend to maintain contact with the snow and allow the COM to move from turn to turn.</p>	 <p>Tip, tail, or entire ski leaves the snow during transition or at any point of the turn. Skis are released via hopping, stepping, or shuffling.</p>
 <p>Skis maintain contact with the snow through groomed or variable terrain. The legs flex and extend to manage pressure through moguls or variable terrain.</p>	 <p>The legs are stiff and cause the ski to chatter or the skier to bounce off the snow, making it difficult to maintain ski/snow interaction and balance.</p>

Please Note: This is not an exhaustive list of visual cues for all components of the skills concept or alpine fundamentals. These are only a few examples to help you get started with visually identifying body movements and their cause-and-effect relationships with ski performance