YAWGOO VALLEY

SNOWSPORTS

Alpine Skiing Model and Teaching Progressions

This manual belongs to_____

EASTERN DIVISION

Revision November 2018

Skiing Model

The Skiing Model represents what is taught, it is the lesson content. The skiing model gives us clear images of skiing to use in analyzing and assessing our student's level of skill development. The key components of the skiing model are:

The Fundamental Skills

When we teach for skill development we want to teach maneuvers, progressions and exercises that will encourage acquisition and refinement of skills. At the start, skills should be developed individually, as the student progresses the skills will begin to blend so that one skill will enhance the other. The outcome to strive for is a balanced blend of the skiing skills.

Balancing movements – Maintaining balance while in motion. Movements required to keep the body in equilibrium when it is acted upon by external forces.

Rotary Movements – Turning and guiding the skis. Movements involving rotation, of either the body as a whole or of one part of the body relative to another. For efficiency and stability, it is generally desirable to use the lower body to generate rotary movements.

Edge Control Movements – Aiding in adjusting the edge angle of the skis in relation to the snow. Movements of the body that affect the way the edges of the skis contact the snow's surface. Instructors introduce the concept of "control" to the edging movements so students will clearly recognize that the forces that ultimately turn their skis come from an interaction between the skis and the snow and that the edges are the interface between the skier and the snow.

Pressure Control Movements – Managing and manipulating pressure variations between the skis and the snow. Movements that regulate and adjust the pressure the skis exert on the snow as they move on or through the snow.

Five Fundamentals

Moving forward and taking into consideration all disciplines of alpine skiing today, whether it is racing, freestyle, freeride or recreational skiing there are basic movements of the skills concept that applies to good skiing no matter how you ski and what you ski on."

- Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.

- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

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MOVEMENT ANALYSIS (see PSIA-AASI NSIG pgs 14 – 15)

Stance

Where is the skier's weight

- Is the stance forward of center, back of center, inside (uphill), over the outside ski, etc.?
- Is the weight always in one place (back) or does the weight move throughout the turn?
- Is the weight falling onto the uphill ski or staying over the downhill ski?
- Is the width of the stance helping or hindering balance?

Turns

What is happening during the initiation of the turn?

- What is the body doing?
- What are the skis doing?

What is happening during the shaping phase?

- What is the body doing?
- What are the skis doing?

What is happening during the finishing phase?

- What is the body doing?
- What are the skis doing?

Turn Shape –

What is the shape of the turn in the snow?

- Smooth and rounded like a C, or with an asymmetrical shape like a J?
- Do linked turns look smooth like an S, or sharp and angular like a Z?

What are the skis doing throughout the turn?

- Are the skis skidding or carving?
- When are the skis flat in the turn and when are they on edge?

Use of Skills –

When and where (in the turn and the body) are the edging movements occurring?

- Are they happening all at once in one part of the turn/
- Are they happening progressively throughout the turn?
- What parts of the body are used to put the skis on edge?
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When and where (in the turn and the body) are rotary movements occurring?

- Are they happening all at once in one part of the turn?
- Are they happening progressively throughout the turn?

- What part of the body is turning and making the skis turn?

When and where (in the turn and the body) are the pressure management movements occurring?

- Are they happening all at once in one part of the turn?
- Are they happening progressively throughout the turn?
- What parts of the body are flexing and extending?

Are the skier's movements in harmony with the direction of travel?

- Is the skier making any excessive movements in a direction other than that of travel (e.g.,is there excessive up/down movement or lean into the hill?

Visual Cues to Effective and Ineffective Skiing

Balancing/Stance Movement Cues – a balanced position is necessary to allow access to all other skills; without proper balance and stance, it's difficult to access other skills and new movements are hard to learn		
Effective- Adult	**Ineffective - Adult**	**Real-Children**
All of the joints flex evenly and appropriately together	Some of the joints flex too much and some do not flex enough. Example, the ankle stays too straight, causing the hips to stay behind the knees. The ankles may flex too much causing the skier to be too forward	Knee flex in younger children is greater, ankle movements not as coordinated, large muscle groups develop first
The hips are centered over the feet		Hips slightly behind feet, ears over heels, or ears over knees -
The outside ski bends more than the inside ski	The inside ski bends as much or more than the outside ski	Inside ski weighted as much as outside ski, bends toward tail
The inside leg is bent more than the outside leg and may carry less weight than the outside ski	The skier is stiff and static and gets bounced around by the terrain	
The shoulders hips and hands are level as the skier comes through a turn, to keep the body from tipping in.	The upper body is tipped to the inside throughout the turn	
The inside hand, shoulder, and hip lead through a turn		
The hands are in front of the body	The skiers hands and hips are behind the feet	Hands are in a variety of places depending on size and speed

Rotary Movement Cues – Rotary movements represent the most effective way of turning the skis in all terrain and conditions; without proper rotary movement, the skier's control deteriorates in difficult terrain because he or she can't use the legs properly.		
Effective- Adult	**Ineffective - Adult**	**Real-Children**
The legs turn underneath the upper body to help guide the skis through a turn	The shoulders and or torso initiate the turning of the skis	Shoulders and torso generate turn – large muscle groups stronger
The femur turns within the hip socket instead of the entire hip coming around	The hips are thrown around to initiate the turn.	Articulation of joints not developed
The upper body remains quiet and stable		Body used as a whole
The ski is turned an appropriate amount to create a smooth C-Shaped arc in the snow	The skis pivot or skid throughout the turn, creating a Z-shaped turn.	
Both skis and legs turn together throughout a parallel turn	One ski stems or steps to begin every turn	
Any rotary movement should be progressive, unless it is a necessary athletic move to recover balance		
Edging Movement Cues – Edging allows skiers to direct the ski to control turn redius, shape, and speed; Without appropriate edging skills, the skier can't control the radius, shape or speed of the turns		
Effective- Adult	**Ineffective - Adult**	**Real-Children**
The skis tip onto and edge early in the turn	The skis tip onto an edge late in the turn creating a fast and heavy edge set at the end of 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 skier moves straight up/up and back before moving in a diagonal direction toward the new turn	Tipping laterally into hill, away from ski, creates edge
The edges are released and re-engaged in one smooth movement	The skier lifts or stems the inside ski to change edges.	Movements are harsh and jerky
Shins make forward and lateral contact with the boot cuff as the skier rolls the skis onto the new edges.		Shins little or no contact with front of boot cuff
The ankle, knee and hip show appropriate angles as the ski is tipped onto an edge and held throughout the turn	The skier may over-flex the hip or knee to tip the ski on its edge	

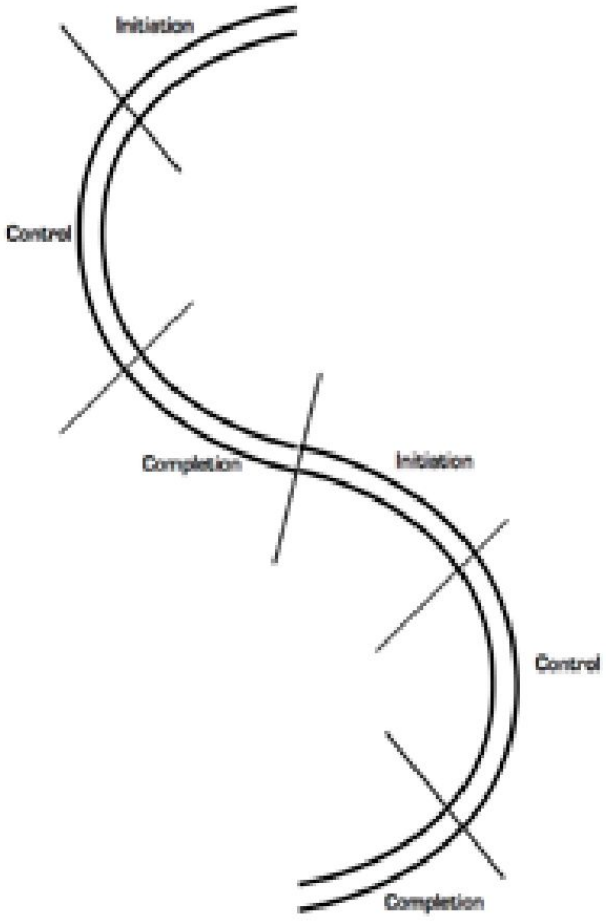
Pressure Control Movement Cues – Pressure control provides the element of touch that promotes a smooth ride at any level of skiing; When pressure control is lacking, the skier looks as if he or she is fighting the terrain rather than working with it.		
Effective- Adult	**Ineffective - Adult**	**Real-Children**
The skis flow evenly and smoothly over the terrain	The skis and skier continually get bounced around the terrain	Bouncing and loss of contact happens
The skis bend progressively throughout the turn, and the entire length of the ski is engaged during the turn	The skier is predominately on the back or front of the ski throughout the turn rather than balanced in the middle of the ski	
All of the skiers joints work evenly together	The legs don't use flexion and extension regardless of changes in terrain	Coordination of even joint flex is lacking ;Over flex of hip and knee common
The amount of flexion and extension in the skier's legs changes with the changes in terrain and pitch of the slope.		
The pole touch or pole plant complements the desired turning outcome	The pole plant is erratically moved into the turn either too quickly or too late	
The skiers upper body remains quiet and disciplined	The upper body is flailing and undisciplined	
Directional Movement cues – Directional movement entails moving toward the new turn with gravity and with the skis; the skier who doesn't use directional movement moves against gravity or away from the turn		
Effective- Adult	**Ineffective - Adult**	**Real-Children**
The skier extends into the direction of the new turn to change edges	The skier moves vertically up before moving into the new turn	Movement is up and back to change edges
The ski continues forward along its edge during the turn	The ski pivots or skids as it moves through the turn	The tail of the ski slides past the tip's arc – pivot and skid
The ankle, knee, and hip roll forward laterally to move into the new turn	The skiers outside (or downhill) hand, shoulder, and hip lead throughout the turn.	
The skier keeps his or her vision forward, looking ahead in the intended direction of travel	The skier is looking directly at the ski tips or down at the snow, which limits his or her vision	
The pole swings smoothly in the direction of travel	The pole swing takes place too close to the tip of the ski or too far behind the foot instead of in the direction of the new turn	Coordination of pole swing and directional guidance is rough

PHASES OF A TURN

Initiation phase
The mass of the body moves over the skis and to the inside of the new turn. This involves changing the edge and shifting weight from one ski to another. The edges are beginning to tip onto their new edges.

Control/Shaping phase
The skis continue to tip while approaching the apex (fallline). The skier guides the skis through the apex of the turn and accelerates as skis begin to point downhill. Many skiers try to get through the shaping phase too quickly in hopes of limiting acceleration.

Completion/Finishing phase
The skier completes the turn while simultaneously preparing for the next turn. The edging of the skis and inclination of the body lessen as the skier allows the center of mass to come over the tops of the skis (or the skis to move under the skier's body) letting go of the edges.



PROGRESSIONS

A progression is a development and presentation of skiing movements in a connected series or sequence. The elements in the progression are connected to one another and lead from the simplest or least complicated to the most difficult. A teaching progression implies moving toward accomplishment of an objective or a goal. When developing a progression, we must remember that what we teach and the purpose for which we teach must be in harmony with the snow conditions, terrain and equipment. Even more important these progressions must be in harmony with the capability and desires of the student.

Beginner/Novice – Green Zone
Level 1 – FLAT TERRAIN ADVANCING TO SLIGHT INCLINE

Bull Fighter Turn *- A maneuver to prepare and redirect the skier for downhill descent. The skier is standing with skis parallel across the fall line. The skier will step around in wedge position to redirect the skis.*

Changing Direction by stepping – *Stepping in a herringbone (lifting the tips of skis keeping tails on the snow); stepping in a wedge (lifting the tails of skis keeping tips on the snow)*

Getting up – 1. *Face down (spread eagle style), walk up to knees with hands, push up stepping skis together.* ***2.*** *With skis positioned parallel across the hill.* ***Remember*** *It's easier to get up from an incline than a flat surface. When getting up from an incline position the students head on the uphill side and feet/boots on the downhill side. Push up against the uphill side. If all else fails take the skis off.* *********When helping students to get up, always lift them from under the arm.*

Gliding – *Forward sliding of the skis, either in a direct line down the hill or through a turn.*

Herringbone / Duck Walk *– Ski tips turned out, ski tails turned in with knees/skis tipped in; V shape; used for climbing and skating.*

Shuffle *– Move one foot in front of other keeping skis in contact with the snow*

Side Stepping *– Keeping skis parallel step one ski away from the other, step to that ski transferring weight and step the other ski to the weighted ski.*

Skating – *Method of propelling oneself forward by moving from foot to foot (engaging inside edges sequentially) with flexion and extension movements skis in herringbone position.*

Sliding – *Forward movement of the skis. As when you are in a straight run, skis pointing straight down the hill.*

Straight Run *– Skis parallel, balanced stance, sliding forward*

Wedge/Pizza – *Ski tips turned in, ski tails turned out, skis on opposing edges - V Shape*

Level 1 Goals – Equipment, Walking, climbing, sliding/gliding

- Introduce yourself, the students to the ski area environment, and to each other.
- Orient student to the equipment
- Introduce basic maneuvers: walking, stationary turning, turning while walking, and climbing.
- Perform basic gliding movements.
- Perform a gliding wedge, braking if appropriate.

Introductions

- Use name games, make up nicknames, form a team name
- **Introduce Your Responsibility Code and continue to teach throughout all lessons.

Equipment Orientation

- Parts of the skis/boots/poles (some may not have poles).
- How to carry skis/poles.
- Check the comfort and adjustment of boots.
- Putting on and taking off, allow them to be as independent as possible.
- How to clean between the bindings and the bottom of the boots.

Boot Drills

Begin to explore skiing skills, get comfortable in the boots and on snow. Ages & stages will determine how much time you spend on boot drills and success of skill acquisition will determine the need to revisit any of activities. Get your students comfortable and engaged in the lesson. Below are some activities and tasks to explore. Pick and choose those that work best for your students. Some may not be appropriate for the age group that you have.

Balancing movements *– learning to walk and maintain a comfortable balanced stance in ski boots.*
Rotary movements *– Learning to turn/twist the legs from the hip sockets*
Edging control movements *– Learning to tip the legs (ankles, knees and thighs)*
Pressure control movements *– Learning to move fore/aft, and from foot to foot*

Start with **Balancing Movements / Stance**

  - Feet/boots apart (no further than hips)
  - Tall stance with flexed knees, ankles, hip and spine
  - Hands forward
  - Eyes forward

- Hop in place
- Dominos
- Fall down and get up

Begin to Explore, advancing from stationary to moving forward
Pressure Control Movements **-** foot to foot movements

- March in place
- Walk in a circle

- Shuffle – keep your ski boots in contact with the snow
- Spin in a circle

Rotary Movements - Leg rotation movements
- Bow Ties/ hourglass/boot snow angels
- Lie down, twist feet in the air
- Toes in / Toes out
- Toes in for a Wedge / pizza / triangle / arrow
- Toes out for the Herringbone/duck walk

Edging Control Movements – tipping of the legs
- Tip your boots/legs
- In the wedge tip to your big toes
- In the herringbone/duck walk tip to your big toes
- Herringbone/Duck walk on flats
- Herringbone/Duck walk add flexion/extension increasing foot to foot movements for propulsion imitating ice skaters
- Herringbone/Duck walk on slight incline
- Side step on flats and then slight incline

Put them all together and try these
- Hop Scotch
- Hokey Pokey
- Red Light, Green Light
- Follow the Leader
- Relay Races with a slalom course
- Snow angels
- Jumping Jacks
- Pair up sit back to back, lock arms and stand up

Time for Skis - The goal here is to get balanced, moving on the flats and a slight incline with the skis on and on a slippery surface. Developing the skills to balance while moving, move forward on flats and while climbing are important pieces to acquire for moving about the ski area, getting to and through lift lines as well as maneuvering on the slopes. For most it's best to start with one ski at a time. This however is not a hard set rule. Time spent with these activities will be dependent upon the ages and stages of your class.

One Ski - Start with one ski on and explore the same skills & activities you did with the boot drills. Be sure to practice with a single ski on each foot.

Balancing movements
- Stance Check
    - Feet/boots apart (no further than hips)
    - Tall stance with flexed knees, ankles, hip and spine
    - Hands forward on the handle bars

    - Eyes forward
- Standing on both feet, shift your weight to the boot only to lighten the ski and slide the ski back and forth.
- Lift the foot without the ski off the snow to stand/balance on the ski only
- Lift the ski off the snow standing on the foot with the boot
    - Tap the tip of the ski to the snow
    - Tap the tail of the ski to the snow
- Fall down and get up

Pressure Control Movements **-** foot to foot movements

- Standing in a circle facing each other side step around in a circle.
- Spread out so everyone has room for tip and tail turns.
    - Lift the tail of the ski and move in a circle taking small steps
    - Lift the tip of the ski and move in a circle taking small steps
- Balance on one ski while gliding on flat, then slight incline

Rotary Movements

- Move in a circle with the ski on the outside track of the circle, pretend to ride a scooter
- Move in a square with the ski on the outside track of the circle

Edging Control Movements

- Side step up a slight incline
- Walk like a duck (herringbone) up a slight incline.

Two Skis – Good skill sets are needed to advance to or begin with two skis. Students will need to put forth more effort here but with the right terrain choice, cues and encouragement they will be moving forward and up the hill for their first descents. Begin reviewing and exploring skills in a static position and then move forward on the flats. When students can propel themselves forward it's time to try climbing a slight incline and sliding down.

Balancing Movements/ Stance

- Feet/boots apart (no further than hips) Skis parallel this will be a straight run when you start sliding downhill.
- Tall stance with flexed knees, ankles, hip and spine
- Hands forward
- Eyes forward
    - Shuffle feet; follow with walking and sliding the skis. With and without poles.
    - use poles (if they have them) to push and get a glide on skis on the flat
    - Stand tall/short
    - hop
    - Stand on one ski
        - Tap the tip of the ski to the snow
        - Tap the tail of the ski to the snow
        - Turn the tip of the ski left and right.
    - Standing on both skis gently give each student a push forward so they can experience the sensation of standing and moving on two skis.
    - Fall down and get up

Pressure Control Movements **-** foot to foot movements, fore/aft

- Standing in a circle facing each other lean as far forward as possible and as far back
- Standing in a circle facing each other side step around in a circle.
- Spread out so everyone has room for tip and tail turns (will develop into bullfighter turns).
    - Lift the tail of the ski and move in a circle taking small steps
    - Lift the tip of the ski and move in a circle taking small steps

Rotary Movements

- Lift one ski at a time and twist back and forth
- Static Wedge/Pizza
- Small to large (can assign a number to size)
- From parallel skis to wedge
- Static herringbone/duck walk
- Step from foot to foot developing small movements

Edging Control Movements

- Tip legs to get skis onto two edges
- Side step up and down a slight incline
- Walk like a duck (herringbone) up a slight incline.

What Goes Up Must Come Down - Each skill has been explored independently, as students become more proficient in moving on skis the skills will begin to overlap blending into skiing maneuvers. Provide lot's of practice and KEEP TERRAIN APPROPRIATE for greatest success

Skill Development for Straight Run

Balancing movements

- Continue development of basic stance, with the feeling of pressure against the tongue of the boot and pressure on the whole foot to the ball of the foot.
- Keep hands and arms open to the side and slightly ahead.

Rotary Movements

- Develop the ability to keep the skis tracking straight while gliding or stepping.
- Develop control while step turning.

Edge-control movements

- Maintain a flat ski while straight running, edged while sidestepping.

Pressure-control movements

- Focus on pressure distribution-equal, foot to foot, and the development of a range from the ball of the foot to the whole foot to the heel while straight running.

Bull fighter Turn to face downhill

Straight run - Position student(s) on a slight incline with run out for skiing to a stop, you can

also have them take small steps to the side to stop. A straight run can also be done in a traverse across the fall line. Let them have several trials and then add in the activities below. Gradually increase incline as they become more proficient (important for success).

- Look for balanced stance - Ankles, knees and torso are slightly flexed, and the body is somewhat perpendicular to the slope.
    - For the development of the fundamental skills and to prepare for future exercises, the following skills are important:
      a. The student should develop the ability to glide on flat skis and edged skis. Gliding on edged skis is developed with a descent that runs slightly off the fall line as in a traverse.
      b. The student has the ability to glide with equal weight on each ski and with weight on one ski at a time.
      c. The student learns to maintain balance on the whole foot, which is ideal, plus maintains balance forward and backward.
- Ski tall and short
- Lean forward and backwards
- Straight run stepping from foot to foot.
- Step turns at end of run
- Straight run with small hops.
- Ski on one ski
- Brush a single ski tail out and in
- Explore make up your own moves

Level 2 – SLIGHT INCLINE TO GENTLE TERRAIN

Braking Wedge – *Opening the wedge stance increasing the edge angles to the snow creating friction and coming to a stop*

Gliding Wedge – *Gliding descent in a wedge shape; friction is beginning to control descent.*

J-Turn – *Continuing through the turn directing the ski tip's back up the hill coming to a stop*

Wedge Change-ups – *Starting from a straight run move to gliding wedge and then back to a straight run.*

Level 2 Goals –Gliding Wedge

- Develop stable gliding wedge
- Ability to control speed varying the size of the wedge
- Ability to stop

Skill Development for Gliding Wedge

Balancing movements

- Descend on the inside edges of the skis with the tails farther apart than the tips; make

adjustments from gliding to braking wedge.
- Keep the hips centered between the skis.

Rotary movements
- Brushing both heels out into a wedge
- Varying the size of the wedge by controlling the displacement of the ski tails.

Edge-control movements
- Maintain relatively flat skis for gliding wedge.
- Form a braking wedge with increased width in the wedge and an increased edge angle.
- Vary wedge size and edge angle.

Pressure-control movements
- Maintain equal pressure on both skis from straight run to wedge variations.
- Keep weight centered on the whole foot with some pressure against the top of the boot.

Gliding Wedge – Stay on slight incline. The gliding wedge will give the student(s) a means to begin to control speed.
- Hop-brush into the wedge by guiding and twisting the feet and applying pressure on the front of the boot.
- Repeat activity without hopping. Start with a narrow wedge and brush into a wider wedge.
- Promote mild edge angles, on the flat, brush into a narrow wedge. The wedge is how we control speed. ****A mild edge angle is important for turn preparation.
- Perform wedge in a traverse
- Have students follow stepping up a shallow traverse incline (beginnings of a J-Turn). Use bullfighter turn to step around and reverse direction of glide down.
- Keep the group moving.
- Start in a straight run and then open the stance by separating the feet approximately 18 inches, then steer the ski tips in to form a wedge.
- One, 2, 3, 4, 5, (wedge size)

Wedge Changes up - Combining a straight run with a gliding wedge promoting leg rotation

- Keep tips same distance apart throughout maneuver
- Use mild edge angle

Slight directional changes
- From a wedge have students create a slight twisting action in the feet and legs, which will gently guide both skis in the desired direction. Look where you want to go.

Stopping – A braking wedge is good to have in our bag of tricks. It is best to promote forward momentum and controlling speed through turns and turn shapes. Teach J-turns for stopping.
- **J-turns –** begin downhill descent, begin and continue the turn guiding the ski tip's back up the hill until the skis stop.

- **Braking Wedge –** start with a gliding wedge and continue to widen the stance until the edge angle against the snow stops the skis.

Linking Turns
- Link turns together, add obstacles to turn around(poles, gloves, tennis balls, lids)
- Begin to build on to turn shape and turn size.

Level 3 –GENTLE GREEN TERRAIN

Garland *– Turns involving the initiation and finishing phases without the shaping or middle phase of the turn. The skier travels across the slope linking initiation and finishing phases creating a garland shape without crossing the fall line.*
Traverse – *To ski across the slope or fall line*
Wedge Turn *– Turn with skis in wedge position, tips turned in tails turned out, tails further apart than tips. Skis bend from the center, skis are on opposing edges. Edges release (lessen grip) at initiation. Wedge size remains consistent throughout the turn. Turn shape controls speed*

Level 3 Goals – Wedge Turns
- Develop linked wedge turns
- Load and unload Lift safely
- Ability to control speed and direction through turn shape
- Ability to ski beginner area with confidence
- Gaining independence

Skill Development for Wedge Turns
Balancing movements
- With a slight rising motion, move the center of mass toward the new turn, allowing the ***edges to be released to facilitate guiding the skis***.
- Look for a balanced stance
- Fairly tall stance, appropriate flex in the ankles, knees, and hips encourages skill blending and accuracy.
- The upper body is disciplined and flowing
- Balance is centered on the whole foot, with the ability to work the whole ski.
- Slightly countered-to-square relationship with the skis; the inside ski, hip, shoulder, and hand lead the turn. This relationship changes from turn to turn during the initiation.

Rotary movements
- Actively guide the inside leg and foot. This complements the guiding action of the outside leg and foot.
- Direct guiding efforts on the top of the inside ski during turn initiation. This contributes to an easy flow of movement and connection from turn to turn.

Edge-control movements
- The inside ski becomes flatter while the edge angle on the outside ski increases.

- The basic strength of edging movements comes from aligning the center of mass to the skis.

Pressure-control movements

- The outside ski gradually becomes pressure dominant as the turn develops, rather than students stepping from ski to ski.
- Pressure along the whole foot and the whole ski is most desirable at this level of Performance.

Wedge Turns – continue to develop turn shape for ability to control speed, ski steeper terrain, ride the lifts and ski the novice trails. Students will begin to learn to let go or release the edge of the ski to start a turn. Students should gain the ability to guide the skis (ski tips) with ease where ever they intend to go.

- The first movement to start the turn should be to slightly rise as the downhill ski (new inside ski) is guided to a milder edge and into the new turn.
  - This is accomplished as the rising motion begins to roll the ski to a flatter edge angle.
  - The skier also turns the feet and legs toward the new turn.
- Movements of the inside leg in the direction of the turn support turn initiation.
- Awareness of the inside ski makes sense because it deals with activity on the same side as the direction they wish to go.
- Near the fall line, the arc of the turn directs pressure to the outside ski as both legs and feet continue guiding throughout the turn.
  - As this increase in pressure is felt through the outside leg, slight flexing in the ankle and knee contribute to the continuation of the turn.
- Use a fan approach to the turn focusing on the completion of the turn. First from a traverse then from the fall line, then across the fall line. Hips should remain somewhat centered between the skis as the muscular turning of the feet is emphasized.
- Use sidehill garland turning skills to develop initiation and completion skills without the fall line fear factor.

Rope tow introduction - Watch others, what does it feel like, talk about safety, loading, unloading; go a short distance at first

- Practice on the flat with a mock rope tow loading drill
  - Students need to be proficient in all skills before approaching the rope tow.
  - Line –up – move forward by shuffling or a narrow herringbone
  - Side step over to the rope
  - Skis separated and parallel
  - Position your hands to allow the rope to slide through/tickle your hands
  - Slowly grasp the rope, standing upright on your feet allowing the rope to slowly begin to pull you up the hill.

- "YOUR RESPONSIBILITY CODE"
- Continue to link turns together improving ability to turn and stop. Play and challenge with a determined number of turns to do before stopping. One turn to a stop, two turns to a stop, three turns to a stop etc..
- MILEAGE and EXPLORATION.

- Ski different turn size, shape and speeds.
- Use targets, props for visuals.
- Ski different lines.
- Use different methods of moving your student(s) down the hill.
- Allow for independent practice.

Chair lift Introduction, - ALL FIRST TIME RIDERS AND SMALL CHILDREN MUST RIDE THE CONAN LIFT practice on the flat by

- Drawing lines in the snow for waiting areas and loading areas,
- With partners, practice moving through the lift line to the loading area,
    - Shuffling, herringbone and sometimes a small wedge is used to move through or wait in lift lines. **Be sure your students are proficient at all.
- Explain how to use poles (if applicable) moving through the lift line and where to hold them while waiting for the chair to come.
- Talk about unloading at the top and moving away from the unloading area.
- Have a meeting place out of the way at the top of the lift

TIPS FOR THE INSTRUCTOR

- Organize your class before moving into the lift line
- Young children need to be paired up with an experienced lift rider.
- Teach lift line etiquette
- Notify the Lift Attendant if students need the chairs to be slowed
- Instructor always goes last
- Getting to the top of the chairlift is very exciting. Be sure to know the conditions for the trail you plan to ski.

MILEAGE and EXPLORATION

- Choose easy routes for first descents
- Continue to explore turn size, shape, speeding up and slowing down
- Use terrain as a teaching/learning tool to expand enjoyment, versatility for the student, and to challenge skills (Balance, Pressure Control, Rotary, Edge Control)
- Search out terrain variations Try some games
    - Follow the leader – Get silly, make silly moves to challenge balance.
    - Marching Band – Everyone picks their instrument and makes the sound. Have a parade on the slope.
    - Track Attack – in pairs the skier behind must stay in the track of the skier in front.
    - Ski like animals
        - Hop like a bunny at varying points throughout the turn. Start by hopping at the end of the turn, then middle of the turn, then beginning of the turn. Hop all the way through the turn.
        - Slither like a snake
    - Continue to develop skating skills on the flats and slight inclines, focus on moving forward

Level 4 GREEN TERRAIN and EASY BLUE TERRAIN

Christie *– Skis skidding on corresponding edges*
Matching *– steering the skis toward a parallel position from a wedge position*
Slipping *– Movement of the skis sideways. Slipping can occur with the skis across the fall line or in a turn.*
Slipping Wedge Traverse – Skiing wedge in a traverse roll the ankle and knee away from the hill to lessen the inside edge of the downhill ski to slip down and forward in the traverse.

Goals – Christies

- Ability to make shorter turns in fall line and rounder turns across the fall line.
- Gaining access to new skills for more efficiency and greater speed control.
    - Learning to release edges
    - Improving ability to steer/guide skis
    - Speed control

Skill Development for Christies

Balancing movements

- Use a more active range of movement while staying in balance.
- Develop a feeling for good, basic stance while matching and skidding.

Rotary movements

- Control both skis in traverse, slipping, and in the direction of the turn in skidding.
- Actively steer the outside ski.
- Actively steer the inside ski with increased intensity during matching.

Edge-control movements

- Control edge-angle for wedging, tracking, slipping and skidding.
- Release and engage both edges simultaneously.
- Change edge with the inside ski during matching.

Pressure-control movements

- Go from equal pressure on both skis to outside ski dominance.
- Decrease weight on the inside ski to assist matching, increased pressure on both to assist the christie.

Wedge Turns to Christies – Providing students with the skills necessary to allow their skis to transition from opposing edges to corresponding edges as the turn progresses will allow them to advance to more difficult terrain and move them towards parallel skiing.

- Static Drill - Without moving, pick up the uphill ski and steer it to an open parallel relationship(matching)
- War drums/ Thumper - From a narrow wedge traverse on gentle terrain, pick up the uphill ski several times. This may be done while stationary and then while moving (This move represents the end of the turn).
    - Repeat this action with very little picking up of the ski to the point that it remains mostly on the snow.
- Slipping Wedge Traverse - During a wedge traverse, allow the lower ski to flatten and slip,

thereby preparing for easy skidding after matching takes place.

- Traverse, with the skis parallel in a traverse relationship to the slope. Allow the skis to take the track of the skis side cut creating an arc in the snow.
  - Open Stance
  - Skis are on the uphill edges of both skis.
  - More weight is on the downhill ski.
  - The uphill ski, knee, hip, shoulder, hand, and arm are slightly ahead of the lower part of the skier's body.
- Creative Traverse - Explore edging and balance in a traverse by stepping in and out of the same track, hopping from foot to foot or in and out of the same track
- Wedge garlands

LEVEL 5 - BLUE TERRAIN

Forward Side Slip – *moving forward in a traverse releasing the edges as in the side slip to allow the skis to slip down and across the fall line and then re-engaging the edges by rolling the ankles and knees back up the hill.*

Side Slip *– (Static) Skis across the fall line, release edges by rolling ankles and knees to allow the skis to slip down the fall line.*

Skidding *– Combination of sliding and slipping*

Wedge Christie – A turn that begins on opposing edges (a wedge) and finishes on corresponding edges (matched or parallel skis) skidding through the finishing phase of the turn.

Skill Development for Wedge Christies

Balancing movements

- Assume a fairly tall stance with balance on the whole foot.
- The initiation is assisted by a rising motion from the hips, knees, and ankles, which directs the movement of the center of mass in the direction of the intended turn.
- Incorporate increased flex in the ankles, knees, hips, and waist during matching and as the arc of the turn continues.
- A slightly countered-to-square relationship with the skis exists. This relationship begins to change from one turn to the next during the initiation as soon as rising into the next turn begins.

Rotary movements

- Promote active opening and matching of the skis.
  - The active role of the inside leg complements the actions of the outside leg.
  - Simultaneously steer both legs.

Edge-control movements

- Guiding the new inside ski to a milder edge angle at the initiation aids balance and rotary skills
- As speed increases and the arc of the turn progresses, the edge angle of the outside ski increases and the edge angle of the inside ski decreases. This assists the matching process. It is caused by the center of mass moving more to the inside of the turn, offsetting the turn dynamics even though pressure on the outside ski increases.

Pressure-control movements

- Pressure changes from the downhill ski to the new outside ski in both a gradual and an early shift.
- Balance on the whole foot remains even as an increase of pressure is felt on the front and inside of the boot.

Wedge Christies – Weight becomes somewhat equal on both skis at turn initiation (wedge opening) with a rise toward the fall line to reduce edge angle on the inside ski while the inside ski is guided with the foot and knee in the intended direction to allow matching/aligning to take place.

- Static side slips – focus of rolling ankle/knees to flatten skis first on flats then on steeper incline. Draw names in the snow for students to erase.
  - Pulling the skier, having them move the knees with their hand, etc..
  - Lose the edge
- Forward side slips – Slipping while moving forward. Leave two distinct edge tracks to start, then a smear then end with two distinct edge tracks.
- To enhance performance, do fall line wedge turns with some christie. Fall-line concentration on gentle terrain facilitates shorter turns, smaller wedge, and easy matching
  - Work on short turns in the fall line, turning both feet from a small wedge to match the arc of the outside ski
  - Increase speed and add rounder shape by more active steering and edge use,
  - Encourage more transfer of pressure to the outside ski through flexing to facilitate matching and continued steering of the inside ski.
- Track Explorers – Look at the tracks of edge skis vs. slipping and skidding skis
- Light ski, heavy ski
- Use a narrower wedge opening
- Match skis earlier before the fall line.
- Perform turns with a variety of turn shapes
- Introduce hockey Stops
- Skating
- Expand the range of speed, terrain, and snow conditions used to increase the skiing experience.

LEVEL 6 – BLUE AND EASY BLACK TERRAIN

Hockey Stop – *In a parallel orientation quickly turn skis sideways to the direction of travel causing the skis to skid, edge set to an abrupt stop.*

Parallel Turn *— Turn made on corresponding edges. The turn may be more or less carved depending upon the skier's intention or skill.*

Skill Development for Parallel Skiing

Balancing Movements

- Initiate the turn with the skis in a parallel relationship
- Make turns on a variety of terrain and change turn shape
- Explore a variety of movement patterns
- Develop pole swing and touch to assist completion and initiation movement patterns

Rotary Movements
- Actively steer both legs and feet in a parallel relationship throughout the entire turn.
- Redirect both ski tips toward the fall line

Edge Control Movements
- Release both edges at initiation
- Transfer weight earlier from ski to ski with simultaneous edge change
- Develop progressive edging
- Use feet/ankles/knees for fine tuning
- Shape the turn, minimize skidding

Pressure Control Movements
- Transfer weight from ski to ski at turn initiation
- Increase weight/pressure to outside ski (balance against the outside ski) throughout the turn.

Parallel Turns – refinement of skills will allow skiers to move towards and accomplish the ultimate parallel turn. Skis should be the same distance apart from tip to tail and leave relatively defined arcs. Corresponding edges release and engage simultaneously (at the same time). Turn shape controls speed. Pole use is functional.

- Emphasize development of rotary movement skills
    - Parallel Christie fan
    - Turn contest – how many turns can you make?
- Gaining understanding of turning the legs separate of the upper body, upper and lower body separation
    - Point your zipper towards a target down the hill
    - Holding poles out in front as a window, keep your upper body looking out the window allowing the legs to turn under the window.
- Simultaneous edge release
    - Both feet; both knees; both thighs
- Hockey Stops
- Hockey stops increasing the edge set with a snow spray.
- Linked hockey stops
- Shuffle turns
- Leapers
- Introduce the use of poles to aid with rhythm, timing, balance, upper body stabilization.
- Link parallel turns, with and without pole use; emphasize turning with rhythm.

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