SIT SKI PRORGRESSION

LEVELS 1-4

HOW WE GET STUDENTS TO DEVELOP SKILLS TO REACH A GOAL

To develop new skills, teaching new information is delivered in a progressive manner, beginning with simple exercises and moving onto more complex exercises as you go. Introducing the skill starting from the ground up, making sure each student is competent before moving on to the next movement.

Static: in which a goal or sensation is introduced at the most basic level. The student Is exposed to movements while in sit ski without sliding.

Simple: in which movements or sensations are set in motion.

Complex: in which you create an environment in which students can improve accuracy of movements at safe speed on appropriate terrain.

Whole: in which students can focus on applied tasks during students free skiing

Three basic skills used to teach skiing:

Rotation (turning ski/body): starting from head, shoulders, or lowest point possible, steer outriggers and ski

Edging (understanding edge ski vs the flat ski): drop hip, feel skis edge when tipping side to side (using outriggers to balance-tip ski over)

Pressure (weight on ski or outrigger): Outrigger to outrigger pressure, moving the body forward and back to distribute weight over ski

LEVEL 1: BEGINNER/NEVER EVER SKIED -STRAIGHT RUN TO A STOP

Static: Bow ties on flat terrain, push back and forth to find balance on ski, play with outriggers in both crutch and ski positions-tips of outriggers turning in or out.

Simple: start with a balanced stance, outriggers on each side of ski, slide down gentle hill coming to a natural stop

Complex: introducing stopping using outriggers, pressuring outriggers, turning outriggers out.

LEVEL 2: INTRODUCING SLIGHT DIRECTION CHANGE-STEERING WITH OUTRIGGERS

Static: play with outrigger positioning, turning outrigger tips in both directions, keeping head pointing downhill, rotate arms (flat terrain)

- Demonstrate using outside edge of outrigger for friction
- Using the outrigger as a pivot point to turn around

Simple: straight run, start with outriggers pointed in same direction during start of turn, slight pressure on outriggers

Complex: steer outriggers in direction you want to go, turn uphill or across hill to slow down (one turn at a time) single turn to a stop-garlands

- thumper turns-tap uphill outrigger
- each turn points more downhill eventually across the fall line

Whole: start with a traverse then move into garlands-steer ski across hill and then downhill

LEVEL 3: LINKING TURNS "SYMMETRICAL OUTRIGGER STEERING"

Static: practice on flat terrain motions used to turn-practice correct body positioning and outrigger positioning (both outriggers in same direction for one turn then transferring weight to new outrigger for next turn)

- balance on one outrigger than the other

Simple: practice steering outriggers in the direction of turn, initiate next turn with appropriate outrigger. (right turn, right outrigger) on a slight slope. Keeping eyes and head pointing down the hill.

- Using outrigger friction for control and the outrigger itself to turn around (pivot point)

Complex: practice forward sideslip-traverse

- practicing finding edge on ski vs flat ski

Whole: practice all skills learned to link turns on gentle slope

LEVEL 4: MORE ADVANCED LINKED TURNS-REFINING OUTRIGGER STEERING

Static: on flat terrain-place sit ski across hill, body facing downhill (sit ski perpendicular to the fall line). Practice having outrigger in direction of turn and other outrigger parallel to ski

Simple: sideslip (downhill outrigger facing downhill)

Complex: pivot slip in corridor (skis across fall line, side slip-pivot ski around stable upper body to face the other direction. Outrigger facing downhill to use as a pivot point)

new skills, old terrain Teach new skills on familiar terrain, practice old skills on new terrain. Once students can link turns and control speed independently, moving to new terrain is appropriate. Does not have to be any steeper. Ski a longer similar pitch for practicing.