BASIC SKIING PROGRESSION

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: goal or sensation is introduced at a basic level. The student is exposed to movements or sensations while standing still with or without skis on. This exercise highlights a skill, blended skill, or outcome.

Simple: in which the movements and sensations are introduced at the static level are set in motion.

Complex: create an environment in which students can improve skills at non-threatening speed on comfortable terrain.

Whole: applying all skills learned so far to student's free skiing

Using three skill pools to teach skiing:

Rotary (turning): Skiers use the action to affect the direction of skis.

Upper/lower body separation (counter rotation), leg and feet steering, upper body rotation

Edging: roll on to outside and inside of foot (big toe/little toe)

tipping of feet and ankles-combination of inclination and angulation

Pressure: **weight distribution from one foot to another, in boots rock back and forth-feel center of boot; now with skis: putting weight on front of ski, back of ski and center.**

fore/aft, foot to foot-direct pressure to the outside ski, magnitude along length of the ski

LEVEL 1 STATIC: INTRODUCING WALKING IN SKIS/BOOTS, BASIC SLIDING

Straight glide to natural stop

Static: balance on skis, rocking horse or jumping jacks to find center

Simple: one ski straight glide on flats then on slight decline

Complex: two skis straight glide on slight decline

1. Soccer-balance, rotary (**static-no skis)**
2. Jumping jacks or rocking horse -pressure/balance (**static)**

LEVEL 2: INITIATE TURNS/DIRECTION CHANGE
Static: bowties with/without skis on, pressure-hop on one foot and then the other-flamingo stance, boot arcs with inside and outside ski

Simple: bowties with both skis on, create daisy with two skis on

Complex: use skills developed to start turning and making directions changes

LEVEL 3: LINKING WEDGE TURNS
Static: bowties with one ski, daisy with two skis, boot arcs

Simple: single turn to a stop across the fall line (weight on downhill ski to steer)

Complex: thumper turns-tap uphill ski. airplane turns for ski to ski pressure

Whole: linking wedge turns on a gentle slope

LEVEL 4: STARTING TO MATCH SKIS
Static: move skis from wedge shape to parallel on flat terrain

Simple: shuffle turns, tigger hops-standing still or turning in one direction

Complex: sideslips-teaching students to use the flats of the skis and edges, wedge change up.

Whole: ski down gentle slope, wedge beginning of turn and parallel toward end of turn

*****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.