# Modern Ski Technique Feedback Sheet

Name: _____ Date: _____ Location: _____

Learning to ski entails learning how to move in control turning and using the skis.

Turning descriptors that are important are "shape", "size" and "sharpness".

Turn **shape** can be C, J, Z, etc. (How far across the hill and how far down the hill.)

Turn **size** can be from large to short radius.

Turn **sharpness** can range from skidding, scarved, carved to arced.

Turns are the result of the interaction of the skis with the snow. Skis are the tool. The descriptors that are important that define skillful use of the skis are edge, steering and pressure.

We manipulate the the tool (skis) by movements of our bodies. Movements in motion descriptors are direction, accuracy, intensity, timing and duration.

To be successful we must stay in dynamic balance, moving with our skis.

## Analysis of Turn Dynamics

| | Needs Work | Solid | Excellent |
|---|---|---|---|
| **1. Tracks in snow - signature of goal/objective** | | | |
| Shape - how far down fall-line versus how far across | ❑ | ❑ | ❑ |
| Size - small to large | ❑ | ❑ | ❑ |
| Sharpness | ❑ | ❑ | ❑ |
| Skidded/scarved/carved/arced | ❑ | ❑ | ❑ |
| **2. Carriage/(Stance)/Balance** | | | |
| Fore/aft balance | ❑ | ❑ | ❑ |
| Alignment | ❑ | ❑ | ❑ |
| Width of stance/feet - legs are hip width | ❑ | ❑ | ❑ |
| Posture - angle of shins basically match angle of torso | ❑ | ❑ | ❑ |
| Posture - round small back | ❑ | ❑ | ❑ |
| Arm width - hand outside elbows, elbows in front of hips | ❑ | ❑ | ❑ |
| Jacket zipper line (waist up) aimed where going next | ❑ | ❑ | ❑ |
| Anticipate what see to proactively maintain balance | ❑ | ❑ | ❑ |
| Anticipate changing texture of snow, terrain, etc. | ❑ | ❑ | ❑ |
| **3. Movements** | | | |
| Steer skis onto new edges | ❑ | ❑ | ❑ |
| Increase pressure/weight on new outside ski (internalized) | ❑ | ❑ | ❑ |
| Move thighs over in direction of new turn | ❑ | ❑ | ❑ |
| Extend foregonally in direction of new turn | ❑ | ❑ | ❑ |
| Alignment - stack bones to manage turn forces | ❑ | ❑ | ❑ |
| Continuous flexion/extension to match turn shape | ❑ | ❑ | ❑ |
| Active flexion/extension to control pressure (pull/retract) | ❑ | ❑ | ❑ |
| Continuous steering/rotary throughout turn | ❑ | ❑ | ❑ |
| Steering/rotary to complete turn | ❑ | ❑ | ❑ |
| Articulate edging with shins | ❑ | ❑ | ❑ |
| Pole swing timing and direction to match turn | ❑ | ❑ | ❑ |

# Skis/Skills/Movement Comment Sheet

Name: _____Date:_____

      Direction - Accuracy - Intensity - Timing - Duration
      Edge - Pressure - Rotary - Balance
      Flexion - Extension
      Left - Right
      Turn Shape - Distance down versus distance across fall line
      Disruption

Tracks:

Skis:

Carriage/Stance/Balance:

Movements: