

IMPROVING WEDGE TURNS – SAMPLE PROGRESSION

Students: can make wedge turns on very gentle terrain.

Lesson Goal: to **improve wedge turns by adding flexing and extending movements.**

- Step 1 - Demonstrate wedge turns with “up and down” movement.
Have students move down the hill 2-3 turns. Demonstrate toward, in front of and away from the group. When you pass the group verbally explain the timing of the movement.
- Step 2 - Have the students practice the up and down movement while standing in place. Check to be sure their movements are from the ankles and not the back and hips.
- Step 3 - Have the students make wedge turns with a short traverse in between. During the traverse have them practice 3-4 up and down movements.
- Step 4 - Have the group do the same exercise with only two “pumps” in the middle.
- Step 5 - Demonstrate the “up and down” movement again for the group.
- Step 6 - Have the group try the turns with one “up and down” per turn. Up during the first half of the turn and down during the second half. Emphasis smooth, continual movement, like a ‘merry – go round’.
- Step 7 – Explain to the students that rising at the start of the turn will help them release the skis by flattening them and making them lighter. The flexing will allow them to turn or steer their skis easier as well as control pressure on the skis at the end of the turn.