

SKILL FOCUS

BALANCING MOVEMENTS are movements required to keep the body in equilibrium (either static or dynamic) when it is acted upon by external forces.

Common Skill Features That Will Make Balancing More Efficient and Effective:

- The functional relationship of the legs is not contrived, neither locked nor forced open.
- Fairly tall yet flexed stance is maintained to allow for better muscular and skeletal efficiency.
- Balancing actions involve the whole foot (neither forward nor backward bias); this develops the ability to work their entire ski.
- The body maintains a slightly countered relationship.
- The upper body is disciplined and has a dynamic relationship to the skis.
- Turns are linked with a continuous flow of the center mass.
- The center of mass moves toward the new turn during turn initiation to facilitate the edge release and enhance rotary movements.
- The new inside ski is actively guided during turn initiation, enhancing the power of the turn.

ROTARY MOVEMENTS are 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.

Common Skill Features That Will Make Rotary Movements More Efficient and Effective:

- Rotary movements of the inside leg enhance the actions of the outside leg.
- They are used to support active guidance of the skis throughout the turn.
- They are used to complement edging and pressure movements.

EDGE-CONTROL MOVEMENTS are movements of the body that affect the way the edges of the skis contact the snow's surface...The edges are the active interface between the skier and snow.

Common Skill Features That Will Make Edge-Control Movements More Efficient and Effective:

- The strength of edging movements comes from the alignment of the center of mass on skis. Movement of the center of mass is usually triggered by other balancing, rotary, edge-and-pressure-control movements. Fine-tuning adjustments are made with the knees, ankles, arms, etc.
- The ski is progressively guided onto the edge and subsequent edge and pressure adjustments are used to assist in achieving the desired turn shape.

PRESSURE-CONTROL MOVEMENTS are movements that regulate and adjust the pressure the skis exert on the snow as they move through the snow.

Common Skill Features That Will Make Edge-Control Movements More Efficient and Effective:

- The pressure shift to the outside ski is smooth and progressive as the turn develops.
- The flexion-extension, fore-aft, and lateral movements complement other actions in the control of turn shape.