

# TEACHING AND IMPROVING THE WEDGE CHRISTY

## **Turn Mechanic in a wedge christy**

What happens and when does it happen in a turn?

Skills based:

- Balance - stance & position over skis
- Steering / rotary - inside leg steering
- Edge control - changing the edge of the inside ski
- Pressure control - more pressure on the outside ski

What movements make it easier to match the skis? Efficient movements.

What movements make it more difficult to match the skis? Inefficient movements.

## **Exercises:**

- Smaller wedge
- More speed on easy/comfortable terrain
- Point your toes where you are headed
- Leapers at the finish of the turn
- Terrain use / slide down a the back of a bump
- Shuffles
- Bow tie - no skis
- Traverse / match
- Down hill ski traverse
- Thumpers
- Wedge / parallel garlands
- Uphill christy
- Forward side slip
- Edge / slide slip / edge
- Combo - uphill christy / forward slide slip
- Skating on the flats
- Turn shape
- Add slightly countered position of upper body
- Use of short shaped skis
- Games, themes and adventure
  
- Earlier matching
- Earlier weight transfer
- Flexion/extension
- Pole plant

## **Methodology**

- Position of instructor in front of student to create success
- Teaching model / Skiing model
  - Explain VAK
  - Demonstrate
  - Practice
  - Feedback
- Teaching styles / learning styles