

MOVEMENT ANALYSIS FOR BI SKIERS

SKIER PROFILE

In a single sentence, describe the skier. Include the following information in the description:

- Type of terrain. (Beginning, intermediate, advanced, groomed, bumps, firm, crud, etc.)
- Approximate age, gender, and condition of the skier.
- Comfort level of the skier on the observed terrain.

DESCRIBE THE TURN

In a sentence or two, describe the turn. Include the following information in the description:

- Size and shape of the turn the skier is making? (short, medium, long, round/radius, "Z'ed")
- Type of turn the skier is making. (skidded, carved)
- Are the turns symmetrical to the right and left?

TURNING POWER

Describe how the skier is making the turns.

- Ski design (carved turns)
- Skidded (skidding caused by centrifugal force or "rotary" type turns assisted by outrigger use)
- Combination of the above

DEFINE THE MOVEMENT

Using the "four skills concept" or "basic movement patterns", describe what is happening in the turn(s).

- Balance/Stance
 - ❖ How is the skier maintaining balance? Relying on fixed riggers? Using handheld outriggers to balance? Holding a control bar? Supported/restrained by bucket and straps? Counterbalancing with arms and head?
 - ❖ Stance? Upright and skeletally stacked/aligned or flexed in an athletic stance?
- Rotary/Turning
 - ❖ Is there any outrigger use assisting the turn or creating rotary?
- Edging/Tipping
 - ❖ "Dropping the Hip" and/or Spinal Angulation
 - ❖ Banking
 - ❖ Outrigger "push off"
 - ❖ Control Bar push or pull
 - ❖ Independent weight shift for unassisted crossover
 - ❖ Instructor assisted crossover (reins or other "hands on")
- Pressure
 - ❖ Fore/Aft movements
 - ❖ Unweighting movements (up, down, rebound, or terrain)

PRESCRIPTION FOR CHANGE

- Corrective or Developmental (is there a problem to fix or continue to the next level?)
- Prioritize skills (what needs to be introduced first)
- Develop lesson plan