

MOVEMENT ANALYSIS FOR MONO 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?

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 sitting balance? Balanced over ski with minimum dependence on outriggers? Relying on outriggers and contact with the snow? Counterbalancing with outrigger off the snow?
 - ❖ Stance? Is the skier's torso upright and skeletally stacked? Is the skier supported by his/her knees? Is the skier's torso flexed in an "athletic" posture?
 - ❖ Is the skier supported appropriately by the bucket and straps?
- Rotary/Turning (Outrigger Use)
 - ❖ Creating "differential friction" (rotary movements created by the outrigger)
 - What is engaged in the snow? Brake or outrigger edge?
 - What outrigger movement creates the friction? Turning the wrist and pointing the rigger tip in the direction of the new turn? Skiing into a countered position with the upper body AND outrigger? An active projection into the new turn or a "reaching with the outrigger" into the new turn?
 - ❖ Carving and using ski design for turn shape (edging or tipping)
 - ❖ Combination of above
- Edging/Tipping
 - ❖ Spinal Angulation
 - ❖ Hip Angulation
 - ❖ Rigger "push off"
 - ❖ Banking
 - ❖ Active crossover
 - ❖ Cross under
- Pressure
 - ❖ Fore/Aft movements (as the "trees grow" or in the direction of the next turn)
 - ❖ 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