

The following list of proven exercises has been used for years to enhance your and your students learning experiences. All of these exercises blend the basic skills but can be used to heighten individual skill awareness. For instance, lateral sideslips have balance/stance component; edging by using the legs to flatten/release then re-edge; pressuring through changing the weight distribution lateral and fore/aft to slide straight down the hill; rotary component used to keep the skis parallel and slipping in a straight line. Refer to the Visual Cues for Efficient Skiing [pg 67] to help you better understand how these exercise affect your overall skill blend. Always start from a good, balanced stance. Most or all of these exercises can be modified to be used at all ski abilities, ages and gender.

Maneuver	Description	Key Points	Skill Highlights
traversing			
parallel traverse	Travel in a straight line across the hill	maintain two distinct tracks in the snow	Balance, Edging
uphill ski traverses	Travel in a straight line across the hill on the uphill ski	on uphill ski with downhill ski just off and parallel to the snow	Balance, Edging
downhill ski traverses	Travel in a straight line across the hill on the downhill ski	on downhill ski with uphill ski just off and parallel to the snow	Balance, Edging
sidecut traverse	parallel traverse letting sidecut of skis create a natural arc	maintain two distinct tracks in the snow	Balance, Edging
sideslip			
straight	slipping straight down the fall line	maintaining balanced and a parallel stance with upper body maintaining a slight counter	Balance, Edging
forward	slipping forward, across the hill	maintain a balanced parallel stance slipping forward, across the hill, upper body faces the intended direction of travel	Balance, Edging
falling leaf	a series of slips back and forth across the fallline achieved by changing pressure on front and tail of ski	maintain a balanced parallel stance	Balance, Edging and pressure
rapid lateral sideslips	quickly release and reengage the skis edges while moving down the fallline		Balance, Edging and pressure
rapid forward slideslips	quickly releasing and reengaging the skis edges while maintaining a parallel relationship working legs against the upper body	maintaining a parallel relationship working legs against the upper body	Balance, Edging and pressure
hockey stops	from a straight run on the fall line, drop quickly to enable pivoting the skis under your torso keeping the upper body facing the fallline		Balance, Edging, Rotary and Pressure

hockey slips	as in hockey stops, from straight run, pivot skis under torso by dropping quickly to release skis and help to manage pressure/edge engagement, manage the slip for a duration, then while still moving release back into a straight run down the hill, repeat.	To come out of slip to straight run, rise up by pressuring the uphill ski and release edges at same time	Balance, Edge, pressure and rotary
safety stops	from ski racing – typically done at somewhat higher speeds, slipping down the piste for a good distance before coming to a stop		Balance, Edge, pressure and rotary
pivot slips	See task descriptions		
whirly birds	series or linked 360 degree slips completed in both directions	staying close to the falline, maintain a consistent speed	balance, rotary, edge
Christies			
uphill christies	parallel turns that do not cross the falline	start from a taller stance, flexing to increase edging, adjust pressure along length of skis, extending to achieve traverse as come to a stop	Balance, Edge, pressure and rotary
stop christies	uphill christie to a complete stop with accompanying pole use	typically done from falline. start from taller stance as in uphill christie, moving quickly to a stop, upper body facing down the falline with pole planted to maintain balance	Balance, Edge, pressure and rotary
box christies	series of uphill christies performed as in a garland maneuver	falline uphill christies to a traverse. At traverse converging step to realign to falline - perform a series across the run then work back across the run.	Balance, Edge, pressure and rotary
edge lock turns	maintaining a wedge relationship tip one ski up on a fairly high edge angle while flattening the other ski, after traveling a short distance change, repeat.	Edged ski does not slip	Edging and Pressure control
crab walk	edge lock exercise completed quickly with very slight direction change on moderate terrain	Edged ski does not slip	Edging and Pressure control

wedge javelin turns	complete a series of wedge turns picking up the inside ski parallel to the snow, crossing the forebody of the turning. After a completing a series of javelin turns, begin to set the inside ski down on the snow parallel to outside ski complete as in a parallel turn.	helps generate proportionate level of counter as well as open stance	rotary, balance
wedge christie wedel – hold wedge attitude	hold wedge attitude, complete wedge turns in a very short radius		Edging and rotary
step christie wedel – open and close skis	series of short radius turns started with a converging step		Edging and rotary
any form of step entries			
diverging	Ski a series of turns, where at edge change, the new outside ski is lifted off the snow then placed back into the snow at an angle with the tips further apart than the tails and the weight transferred to it	may be accomplished in a skating or scissoring action accompanied with appropriate timing of one or both poles.	rotary , pressure, edging
converging	Ski a series of turns, where at edge change, the new outside ski is lifted off the snow then placed back into the snow at an angle with the tails further apart than the tips and the weight transferred to it	once the converged ski is on the snow, transfer weight to begin new turn	rotary, edging, pressure
parallel	Ski a series of turns, where at edge change, the new outside ski is lifted off the snow then placed back into the snow parallel to the other ski and the weight transferred to it	maybe completed with lateral, parallel step or no displacement of uphill/new turning ski.	balance, pressure, edging
inside ski-outside ski; outside ski - inside ski	Complete a series of turns starting on the outside ski switching to the inside ski at about the fall line, complete. Or, complete a series of turns starting on the inside ski switching to outside ski at or about the fall line.	Do not move laterally to achieve switching skis. As you extend to reach the snow with the inside or outside leg simultaneously retract the other leg.	balance, pressure
skating	See task descriptions		rotary, edge, pressure
uphill			
downhill			
across the hill			

outriggers	Ski a series of turns on the inside ski. While balancing on the inside ski maintain a low flexed position while the outside leg is extended outward to aid as an outrigger for balance and turning.	Balance and stance: The inside hand, shoulder and hip lead the turn shaping and finish, resulting in a countered relationship between upper and lower body. Pressure control Movements: The skier's upper body remains quiet and disciplined. Directional Movements: The skier continues to move forward with the skis throughout the turn.	Balance and stance, Pressure control movements, Directional movements
skiing on inside ski	Ski a series of turns skiing on inside ski while outside ski is off the snow.	Balance and Stance: The inside hand, shoulder and hip lead the turn shaping and finish, resulting in a countered relationship between upper and lower body. (degree of counter is related to size and shape of turn. Edging control Movements: The skis make forward and lateral contact with the boot cuffs as the skier rolls the skis onto the new edges. Rotary Movements: The skier's legs turn underneath a strong/stable torso to help guide the ski throughout the turn.	Balance and stance, Edging Movements, Rotary Movements
mini-royal christies	Initiate turn on inside ski. Lift new outside ski slightly up and behind skier.	Balance and stance: The hips are centered throughout the turn, promoting a movement forward through the finish and into the new turn. Edging: The edges are released and re-engaged in one smooth movement. Directional movements: The skier extends into the new turn to change edges.	Balance and stance, Edging movements, Directional Movements

royal christies			Initiate turn on inside ski. Lift outside ski up and behind skier throughout the turn. Outside leg should be high and level to terrain	Balance: The inside hand, shoulder and hip lead the turn shaping and finish, resulting in a countered relationship between upper and lower body. ( degree of counter is related to size and shape of turn. Edging: The shins make forward and lateral contact with the boot cuffs as the skier rolls the ski onto the new edge. Directional movements: The skier extends into new turn to change edges.	Balance and Stance, Edging Movements, Directional Movements
hopped Charleston			In a parallel position, face downhill and hop from inside ski to ski. Allow tip of skis to stay on the snow while picking up and kicking out the tail of the outside ski.	Balance and Stance: The inside leg shortens as the outside leg lengthens, setting up alignment and balance and weight on the outside ski. Edging Movements: The shins make forward and lateral contact with the boot cuffs as the skier rolls the skis onto the new edges. Directional movements: The pole swings smoothly in the direction of travel.	Balance and stance ,Edging movements, Directional movements.
	carved Charleston		In a parallel position facing downhill have skis to stay on the snow. Move from inside ski to inside ski allowing the skis to maintain edge engagement by bending the skis from the middle.	Balance and Stance: The inside leg shortens as the outside leg lengthens, setting up alignment and balance and weight on inside edge of the inside ski. Edging Movements: The edges are released and re-engaged in one smooth movement. Pressure Control Movements: Skis bend progressively throughout the turn, with the entire length engaged.	Balance and stance ,Edging movements, Pressure control movements

skiing on outside ski		Ski a series of turns skiing on the outside ski while inside ski is off the snow.	Balance and Stance: The inside hand shoulder and hip lead the turn shaping and finish, resulting in a countered relationship between upper and lower body. ( degree of counter is related to size and shape of turn) Edging Movements: The shins make forward and lateral contact with the boot cuffs as the skier rolls the ski onto the new edge. rotary Movements: The skiers legs turn underneath a strong/stable torso to help guide the the skis through the turn. Directional Movements: The skier continues to move forward with the skis throughout the turn.	Balance and Stance ,Edging Movements,Rotary Movements, Directional Movements
picking up inside ski		Ski a series of turns on one ski at a time, change skis at edge change.	cuff contact and leveling of upper body to keep forward and balance directed to upside ski	Directing Balance to the outside ski
	parallel to snow	keep tip and tail of lifted ski equal distance off of the snow		Balance edge and pressure
	tip touching snow, tail off the snow	Keep tip of the lifted ski on the snow	helps keep skier forward and develop good cuff contact	Balance edge and pressure
	tail touching snow, tip off the snow	keep tip of the lifted ski off of the snow while keeping the tail of the ski in the snow	be aware of fore aft balance	Balance edge and pressure
javelin turns		Ski a series of turns on one ski at a time holding the tip of the inside ski over the forebody of the outside ski.	can help develop counter, to aid in balancing against the outside ski	Balance edge and pressure
showing base of uphill ski towards bindings of downhill ski		Ski a series of turns on one ski at a time holding the lifted ski in a manner that the base is exposed to the other ski, change skis at edge change.	can help in creating angulation	Balance edge and pressure
downstems		From a traverse or at the end of the turn displace the down hill ski creating a slight wedge, initiate the next turn.	Equal weight on both skis, edge and pressure after the ski is displaced.	Edging , Pressure Control
thousand steps		MR turns, step from ski throughout turns and traverses	taller stance, pickup ski parallel to snow, quick feet	Balance, Pressure Control
thousand hops		MR turns, hop both skis throughout turns and traverses	taller stance, skis parallel to snow, small hops	Balance, Pressure Control

thousand shuffles	MR turns, shuffle both feet fore/aft throughout turns and traverses	taller stance, quick feet, small shuffles	Balance, Pressure Control
edge sets done during turn without changing radius	MR turns, tip ankles and feet setting edges several times throughout a series of turns	quick and small lateral movements to created edge sets	Edging, Pressure Control
ski a series of turns constantly varying radius	Each turn is a different size	change the speed of your movement to match the desired turn size	Rate in the DIRT equation
nothing turns (banking)	MR turns, face the direction of the skis, turn and tip the whole body	straight and tall from the feet through the top of the head	Edging, Rotary
pole use			
no poles	ski a series of runs without ski poles. work on carrying the hands & arms about base of sternum height ahead of body simulating carrying poles	keep hands/arms [forearms] within peripheral vision	balance/stance
plant hard, plant soft	in these exercises, change the timing, placement, pressure with poles to better understand pole use as vary terrain, conditions, speed and turn shape		
plant early, plant late			
plant forward, plant laterally			
two pole swing and plant (touch)	swing both poles simultaneously planting both poles to properly time turn	maintain hands and arms about sternum heighth while swing both poles as to not affect balance line	
hold poles, palms down in front of body to show angles	remove poles from wrists, grip poles in front of body with palms facing down, one hand touching the pole basket and the other touching the base of the grip holding well in front of body about sternum height	use poles as stance, balance reference - poles parallel to snow, parallel to ski lead during series of turns	
leapers – floaters	Leapers - the transition zone between turns is completed in the air. Floaters - using a similar movement to leapers but skis do not leave the snow	directional movements primarily working on flexion and extension through all major body joints	pressure, balance
hop turns	two footed or one footed [inside or outside]	typically completed on moderate terrain, upper body remains facing down the hill on or just off the fallline, skis remain parallel and parallel to the terrain, pole swing and touch important to timing, balance.	rotary, pressure, balance

shortswing short radius	a series of short radius turns wherein the tail of the ski cannot follow the tip through the turn radius causing a lateral displacement of the tail of the ski creating a edged platform	turning the legs against the upper body as in hop turns with skis not leaving the snow. Pole swing, pole plant timed at end of turn	rotary, pressure, balance,
	SEE TASK DESCRIPTIONS		
Pain in the "S" turns	Ski a series of short radius turns on a long radius turn path	Observe the overall ability of the skier to adapt their movements of the SR turns giving their current location on the long radius path. Perhaps best used in a Level III exam.	Balance, Rotary, Edging, Pressure
whole ski, tips, tails Pair or Group Skiing	in a series of medium or longer radius turns skiing outside ski, complete a series of turns with inside ski tip on the snow, ski tail off the snow. Repeat with ski tail on the snow, tip off the snow. Ski a series of turns starting with tip on snow, finishing with tail on the snow or the opposite.	must start with and maintain a good balanced stance throughout with accompanying, directed movements. Pole use is important for timing and balancing.	balance, edging, pressure
lead-follow, snake/follow the leader	Ski in the same track as the leader	Pole plant in the same location	
synchronized	Turn at the same time as the leader	Swing and touch the pole at the same time and pace as the leader	Balance, Rotary Movements
a-synchronized	Turn the opposite direction at the same time as the leader	Swing and touch the opposite pole at the same time and pace as the leader	Balance, Rotary Movements
position of strength – static and in motion	start statically with your student uphill from you, have them hold their pole grips like they gripping a golf club - you grab the basket end. Pull against them to help them feel the exit phase of a turn.	as you pull, have them stay in one place, you can move to ensure a proper flex through their body, a proportionate amount of counter, eyes are looking into what would be the intended direction of travel. Can also be used to assimilate transfer of weight with release of downhill ski.	edging, rotary, balance, pressure
moving target	ski a series of turns with a partner.	There are many variations to this such as have your partner straight run down the hill in a wedge and you ski a series of turns behind them maintain a consistent distance and speed.	balance, rotary movements



funky noodle	starting from a straight run on beginner or moderate terrain, roll both skis onto outside edges so side cut of skis makes them turn away from each other. When your legs are apart, roll the skis to inside edges so they turn back towards each other. Repeat	must start with and maintain a good balanced stance to ensure consistent rotary movements and pressure control along the skis edges	edging, balance, rotary
elevating inside hand and/or reaching with outside hand to change attitude of body	during a series of turns, carrying the arms ahead of body [elbows ahead, forearms within peripheral vision], elevate inside hand/arm while lowering outside hand/arm.	This helps in leveling the shoulders to the terrain/horizon enabling turning in the legs	balance, edging, rotary
counting turns as ski or make specific # of turns in a certain distance	count the number of turns used to ski a given pitch. Repeat or adjust. Or, have another skier ski the pitch, you count the turns made and match that or create your own variations.	Helps read terrain, establish rhythm and timing.	
using vocalization – loud soft	Ski a series and/or a variety of turns. At pole touch, say "plant" with emphasis or very softly.		
skiing with eyes closed (moderate terrain)			balance
clapping hands during turns – quick during long radius turns, slow during			
varying arm movements, forward, side, up, left, right repeat,			
skiing on one ski	Ski a series of turns on on ski, just the right ski or just the left ski. Can be completed in a normal stance or even in a tuck.	Balance: flexing activity originates from the ankle and is supported by the knee, hip and lower back. Edging: The shin makes forward and lateral contact with the boot cuff as the skier rolls the ski onto the new edge.	Balance, Edging, Pressure and Rotary
turns with pronounced counter motion			
turns with pronounced upper body rotation			
turns with pronounced counter rotation moves			
tuck turns			
	short turns upper body following the direction of travel of skis		
	short turns, upper body looking intended direction of travel		
	medium turns upper body following the direction of travel of skis		
	medium turns, upper body looking intended direction of travel		

	long turns upper body following the direction of travel of skis		
	long turns, upper body looking intended direction of travel		
garlands – only crossing the fallline at the edge of the run			
pretURNS	typically completed in a more medium to long radius series. At turn completion, add an additional direction change as in an uphill christie before starting new turn.	changes overall timing, enhances counter development,	rotary, pressure
active		quicken timing to generate different sensations and results	
passive		slow timing to generate different sensations and results	
5 short to 5 mediums	ski a series of 5 or so short radius turns transition immediately into 5 medium radius turns and repeat.		
hourglass	ski down a run making each consecutive turn shorter than the previous turn. When you achieved a series of short radius turns, grow each consecutive turn until you match first turns		
reverse hourglass	just the reverse of hourglass series		
skiing backwards			
Poles:			
grip with whole hand emphasizing control with little fingers, elbows ahead of body, hands about sternum height, forearms in peripheral vision			
how to hold poles properly	discuss timing, pole swing relative to terrain, conditions, radius of turn and speed		
poles under armpit after turn	plant pole and after skiing through it, bring it up to where it touches your armpit	keep hands and arms well ahead of body, use wrist to flick pole up, under arm	
poles touching back of legs	similar to armpit exercise only flick pole so that it touches back of leg - right pole, right leg, etc		
hooking baskets together and hold poles touching back of thighs			

two pole swing and plant plant at edge set			see above		
pole swing with no plant plant on way up in to turn			start a series of turns, swing pole as if to plant but do not touch the snow eventually touching the snow and going back to not touching the snow, repeat	works on timing, pole swing and maintaining proper hand/arm positioning	
hop uphill during traverses and turns			vary pole plant timing from end of turn to beginning of turn		
hug me exercises					
Stance			Adjust basic stance to create varying skill related sensations.		all four skills
bent at ankles, knees and from hips up through the spine					
ski very low – gorilla turns					
ski very tall – little or no flexion					
elegance – narrow stance					
cowboy turns – extremely wide stance					
shaping so hip tips into turn while shoulders tip to outside/parallel to terrain					
elevate inside/uphill hand during series of turns					
contacting cuffs of both boots during traverse and turns					
flexing and opening ankles during traverses and turns					
any use of slalom poles					