

Observation Phase 2 – Fundamentals

1. Control the relationship of the center of mass (COM) to the base of support to direct pressure along the length of the skis.

Video 1	
Video 2	
Video 3	

2. Control pressure from ski to ski and direct pressure toward the outside ski.

Video 1	
Video 2	
Video 3	

3. Control edge angles through a combination of inclination and angulation.

Video 1	
Video 2	
Video 3	



4. Control the ski’s rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.

Video 1

Video 2

Video 3

5. Regulate the magnitude of pressure created through ski/snow interaction.

Video 1

Video 2

Video 3
