EFFICIENT MOVEMENTS

BALANCE & ATHLETIC STANCE

- Balance is being in equilibrium all the time
- Stance is athletic - “ability to move in any direction at any time”
- Able to separate upper body movements from lower body movements
- Arms and elbows are in front of torso
- Able to separate arm movements from torso movements
- Movements are fluid and continuous
- Turning movements start in the lower body
- Edging movements are accomplished through a combination of inclination and angulation

UPPER BODY DISCIPLINE

- The upper body acts as an anchor for lower body movements
- Upper body is actively engaged
- Upper body is the hinge and rotational axis

SKI FROM OUTSIDE SKI TO OUTSIDE SKI

- Weight is predominately on the inside edge of the outside ski
- Requires hip and lower spine flexion
- Inside leg is flexed more than the outside leg
- Inside ski modulates pressure
- Inside ski is used to recover balance and turn

EARLY LOWER LEG ACTIVATION

- Turning and edging movements start in the lower body (femurs turning in the pelvis) early in the turn
- Ankle muscles are in tension
- Utilizes the multidirectional aspect of the leg

SKI SNOW CONTACT

- Skis must be in contact with the snow to turn
- Requires control of Center of Mass in relation to the point of contact on the ski(s)
- Leg articulation (flexion, extension & rotation) is essential to maintain contact and regulate pressure

INEFFICIENT MOVEMENTS

BALANCE & ATHLETIC STANCE

- Unable to move in any direction at any time
- Stance is static
- Upper body movements control lower body movements
- Arms and elbows are low and behind the torso
- Arm movements influence torso movements
- Movements start and stop and do not flow from turn to turn
- Turning movements start in the upper body

UPPER BODY DISCIPLINE

- The upper body is rigid, too upright and turns with the lower body and skis
- Upper body is reacting to outside forces
- The whole body is the rotational axis

SKI FROM OUTSIDE SKI TO OUTSIDE SKI

- Weight is not predominately on the outside ski
- Inside ski carries too much weight
- Inside ski is frequently used to recover balance and finish turns

EARLY LOWER LEG ACTIVATION

- Turning movements start in the upper body and subsequently move to lower body
- Ankles are not sufficiently engaged and may be too open

SKI SNOW CONTACT

- Skis are frequently not in contact with the snow
- Center of Mass is too far forward or backward to effectively control weight along ski throughout the turn
- Lower body joints are stiff