

Appendix E

Visual Cues to Effective and Ineffective Skiing

Visual Cues to Effective Skiing

BALANCE AND STANCE CUES



A balanced position is necessary to allow access to all other skills.

- The skier's joints—ankles, knees, hips, lower back—flex evenly and appropriately together (not one excessively more than the others).
- The hips are centered over the feet (from a side view).
- The outside ski bends more than the inside ski (because the skier is balanced over the outside ski).
- The inside leg is bent more than the outside leg and may carry less weight than the outside ski.
- The shoulders, hips, and hands are level as the skier comes through a turn, to keep the body from tipping in.
- The inside hand, shoulder, and hip lead through a turn (more noticeably on steeps and less so on flats).
- The hands are in front of the body.

EDGING MOVEMENT CUES



Edging allows the skier to direct the skis to control turn radius, shape, and speed.

- The skis tip onto an edge early in the turn.
- The skier uses diagonal and lateral movements of the feet, legs, and hips to engage and release the edges of the skis.
- The edges are released and re-engaged in one smooth movement.
- The shin makes forward and lateral contact with the boot cuff as the skier rolls the skis onto the new edges.
- The ankles, knees, and hips show appropriate angles as the skis are tipped onto an edge and held throughout the turn.

ROTARY MOVEMENT CUES



Rotary movements represent the most effective way of turning the skis in most terrain and snow conditions.

- The skier's legs turn underneath the upper body to help guide the skis through a turn.
- The femur turns within the hip socket (instead of the entire hip coming around).
- The upper body remains quiet and stable.
- The skis are turned an appropriate amount to create a smooth, C-shaped arc in the snow.
- Both skis and legs turn together throughout a parallel turn.
- Any rotary movement should be progressive, unless it is a necessary athletic move to recover balance.

PRESSURE CONTROL MOVEMENT CUES



Pressure control provides the element of touch that promotes a smooth ride at any level of skiing.

- The skis flow evenly and smoothly over the terrain.
- The skis bend progressively throughout the turn, with their entire length engaged.
- All of the skier's joints work evenly together.
- The amount of flexion and extension in the skier's legs changes in response to terrain and pitch of slope.
- The pole touch or pole plant complements the desired turning outcome.
- The skier's upper body remains quiet and disciplined.