



Break into 5 groups, 1 group per Fundamental Mechanic:

- Choose 1-2 exercises/drills each: “at home”, stationary on snow and on the slopes (“skiing”)
- Exercises/drills will develop appropriate body movements specific to each of the FUNDAMENTAL MECHANICS of Skiing
- Use the senses to help describe in simple terms & demonstrate these exercises/drills to your peers.
- Share exercises/drills, body movements and sensory cues to your entire peer group.

**NORTHWEST
DIVISION**

Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.

At Home	Stationary, On Snow	On the Slopes, Skiing
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

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

At Home	Stationary, On Snow	On the Slopes, Skiing
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

Control edge angles through a combination of inclination and angulation.

At Home	Stationary, On Snow	On the Slopes, Skiing
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.

At Home	Stationary, On Snow	On the Slopes, Skiing
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

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

At Home	Stationary, On Snow	On the Slopes, Skiing
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>