

# Visual Cues to Effective and Ineffective Riding

## *Stance*

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### Effective:

- Ankles and knees are flexed slightly to allow for maximum range of motion
- Center of mass (CM) is evenly supported by both feet and centered between the feet, with even pressure over the soles
- Posture allows fore-aft movements throughout the turn
- Upper body remains quiet and is a stable point from which to generate resistance rather than being the origin of rotary movements
- Orientation of the body relative to the board changes along with changes in timing, intensity, and duration

### Ineffective:

- Too much or too little flexion/extension at the ankles, knees, and hips
- CM is not centered over the feet and/or is supported by muscular effort rather than skeletal alignment
- Stiff or static posture is unable to absorb the terrain
- CM shifts too much, either fore-aft or side-to-side

## *Tilting Movements*

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### Effective:

- CM is balanced over the working edge
- New edge is actively engaged at the beginning of the turn
- Tipping and pressure distribution increase and decrease at the appropriate time to determine turn shape and size
- Tail of the board is used as much as the tip

### Ineffective:

- Feet and ankles are not used to tip the board onto the new edge
- Edge is engaged too little or too aggressively during the turn

- Board is tilted only through the finish phase of the turn
- Tilt is used to resist forces of the turn
- Tilt is used instead of turn shape to control speed
- Tilting is combined with upper-body rotary movements

### ***Pivoting Movements***

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Effective:

- CM is balanced over the working edge
- Old edge is released to steer the board in direction of the new turn
- Edging is increased and decreased to rotate the board throughout the turn
- Rotation of the body is used as the dominant force for influencing turn shape and size
- The rider is moving down the hill at every point in the turn
- Tail of the snowboard takes a wider track than the nose of the board throughout the turn

Ineffective:

- CM remains over the old edge
- Arms out to the side
- Overuse of upper body rotary forces
- An aft CM

### ***Twisting Movements***

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Effective:

- New edge is actively engaged at the beginning of the turn
- Legs are flexed and extended independently to concurrently produce both pressure distribution and tilting movements

Ineffective:

- Twist is created by pushing down on the toes rather than flexing at the ankles/knees
- The rider is leaning into the hill; CM is not moving toward the intended path of travel
- Opposing movements of the back leg are used to pivot the board too quickly in an attempt to shape the turn

### ***Pressure Distribution Movements***

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#### Effective:

- Extension is used to increase pressure on the board as the CM moves away from the board
- Slow flexion is used to decrease or maintain pressure on the board as the CM moves toward the board
- Rapid flexion is used to decrease pressure on the board as a downward movement of the torso causes the feet to move upward

#### Ineffective:

- Stance has too much or too little flexion in the hips, knees, and ankles
- No pressure is exerted on the tail of the board
- Shoulders and hips are over-rotated
- Legs are extended too aggressively at the end of the turn
- Little to no flexion/extension occurs