

The following list of proven exercises has been used for years to enhance your and your student's learning experiences. All of these exercises blend the fundamentals but can be used to heighten separate awareness of fundamentals and skills. For instance, lateral sideslips begin with a balance/stance component then: edging by using the legs to flatten/release then re-edge; pressuring through changing the weight distribution lateral and fore/aft to slide straight down the hill; rotary component used to keep the skis parallel and slipping in a straight line. Always start from a good, balanced stance as described in the Alpine Technical Manual. Most or all of these exercises can be modified to be used at all ski abilities, ages and gender.

The Skiing Fundamentals listed below for reference and in NO ORDER of importance or prioritization:

Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.

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

Control edge angles through a combination of inclination and angulation.

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

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

Exercises or Drills		Description
Traversing		
	parallel traverse	Travel in a straight line across the hill
	uphill ski traverses	Travel in a straight line across the hill on the uphill ski
	downhill ski traverses	Travel in a straight line across the hill on the downhill ski
	sidecut traverse	parallel traverse letting sidecut of skis create a natural arc
Sideslip		
	straight	slipping straight down the fall line
	forward	slipping forward, across the hill
	falling leaf	a series of slips back and forth across the fallline achieved by changing pressure on front and tail of ski
	rapid lateral sideslips	quickly release and reengage the skis edges while moving down the fallline
	rapid forward slideslips	quickly releasing and reengaging the skis edges while maintaining a parallel relationship working legs against the upper body
	hockey stops	from a straight run on the fall line, drop quickly to enable pivoting the skis under your torso keeping the upper body facing the fallline
	hockey slips	as in hockey stops, from straight run, pivot skis under torso by dropping quickly to release skis and help to manage pressure/edge edge engagement, manage the slip for a duration, then while still moving release back into a straight run down the hill, repeat.
	safety stops	from ski racing – typically done at somewhat higher speeds, slipping down the piste for a good distance before coming to a stop
	pivot slips	See task descriptions
	whirly birds	series or linked 360 degree slips completed in both directions
Uphill Christies		
	stop christies	uphill christie to a complete stop with accompanying pole use
	box christies	series of uphill christies performed as in a garland maneuver
Edge Lock Turns		
Crab Walk		
edge lock exercise completed quickly with very slight direction change on moderate terrain		
Wedge Javelin Turns		
complete a series of wedge turns picking up the inside ski parallel to the snow, crossing the forebody of the turning. After a completing a series of javelin turns, begin to set the inside ski down on the snow parallel to outside ski complete as in a parallel turn.		
Wedge Christie Wedel – hold wedge attitude		
hold wedge attitude, complete wedge turns in a very short radius		
Step Christie Wedel – open and close skis		
series of short radius turns started with a converging step		
Any Form of Step Entries		
	diverging	Ski a series of turns, where at edge change, the new outside ski is lifted off the snow then placed back into the snow at an angle with the tips further apart than the tails and the weight transferred to it
	converging	Ski a series of turns, where at edge change, the new outside ski is lifted off the snow then placed back into the snow at an angle with the tails further apart than the tips and the weight transferred to it
	parallel	Ski a series of turns, where at edge change, the new outside ski is lifted off the snow then placed back into the snow parallel to the other ski and the weight transferred to it
Inside Ski-Outside ski; outside ski - inside ski		
Complete a series of turns starting on the outside ski switching to the inside ski at about the fall line, complete. Or, complete a series of turns starting on the inside ski switching to outside ski at or about the fall line.		

Skating		See descriptions in cert guide
	uphill	
	downhill	
	across the hill	
Outriggers		Ski a series of turns on the inside ski. While balancing on the inside ski maintain a low flexed position while the outside leg is extended outward to aid as an outrigger for balance and turning.
Skiing on Inside Ski		Ski a series of turns skiing on inside ski while outside ski is off the snow.
	mini-royal christies	Initiate turn on inside ski. Lift new outside ski slightly up and behind skier.
	royal christies	Initiate turn on inside ski. Lift outside ski up and behind skier throughout the turn. Outside leg should be high and level to terrain
	hopped Charleston	In a parallel position, face downhill and hop from inside ski to ski. Allow tip of skis to stay on the snow while picking up and kicking out the tail of the outside ski.
	carved Charleston	In a parallel position facing downhill have skis to stay on the snow. Move from inside ski to inside ski allowing the skis to maintain edge engagement by bending the skis from the middle.
Skiing on Outside Ski		Ski a series of turns skiing on the outside ski while inside ski is off the snow.
	picking up inside ski	Ski a series of turns on one ski at a time, change skis at edge change.
	parallel to snow	keep tip and tail of lifted ski equal distance off of the snow
	tip touching snow, tail off the snow	Keep tip of the lifted ski on the snow
	tail touching snow, tip off the snow	keep tip of the lifted ski off of the snow while keeping the tail of the ski in the snow
	javelin turns	Ski a series of turns on one ski at a time holding the tip of the inside ski over the forebody of the outside ski.
	showing base of uphill ski towards bindings of downhill ski	Ski a series of turns on one ski at a time holding the lifted ski in a manner that the base is exposed to the other ski, change skis at edge change.
Downstems		From a traverse or at the end of the turn displace the down hill ski creating a slight wedge, initiate the next turn.
Thousand Steps		MR turns, step from ski throughout turns and traverses
Thousand Hops		MR turns, hop both skis throughout turns and traverses
Thousand Shuffles		MR turns, shuffle both feet fore/aft throughout turns and traverses
Edge Sets Done During Turn without Changing Radius		MR turns, tip ankles and feet setting edges several times throughout a series of turns
ski a series of turns constantly varying radius		Each turn is a different size
Nothing Turns (banking)		MR turns, face the direction of the skis, turn and tip the whole body
Pole Use		
	no poles	ski a series of runs without ski poles. work on carrying the hands & arms about base of sternum height ahead of body simulating carrying poles
	plant hard, plant soft	in these exercises, change the timing, placement, pressure with poles to better understand pole use as vary terrain, conditions, speed and turn shape
	plant early, plant late	
	plant forward, plant laterally	
	two pole swing and plant (touch)	swing both poles simultaneously planting both poles to properly time turn
	hold poles, palms down in front of body to show angles	remove poles from wrists, grip poles in front of body with palms facing down, one hand touching the pole basket and the other touching the base of the grip holding well in front of body about sternum height
leapers – floaters		Leapers - the transition zone between turns is completed in the air. Floaters - using a similar movement to leapers but skis do not leave the snow
hop turns		two footed or one footed [inside or outside]
shortswing		a series of short radius turns wherein the tail of the ski cannot follow the tip through the turn radius causing a lateral displacement of the tail of the ski creating a edged platform
short radius		See description in the certification guide
Pain in the "S" turns		Ski a series of short radius turns on a long radius turn path
whole ski, tips, tails		in a series of medium or longer radius turns skiing outside ski, complete a series of turns with inside ski tip on the snow, ski tail off the snow. Repeat with ski tail on the snow, tip off the snow. Ski a series of turns starting with tip on snow, finishing with tail on the snow or the opposite.

Pair or Group Skiing		
	lead-follow, snake/follow the leader	Ski in the same track as the leader
	synchronized	Turn at the same time as the leader
	a-synchronized	Turn the opposite direction at the same time as the leader
position of strength – static and in motion		Start statically with your student uphill from you, have them hold their pole grips like they gripping a golf club - you grab the basket end. Pull against them to help them feel the exit phase of a turn.
moving target		ski a series of turns with a partner.
funky noodle		Starting from a straight run on beginner or moderate terrain, roll both skis onto outside edges so side cut of skis makes them turn away from each other. When your legs are apart, roll the skis to inside edges so they turn back towards each other. Repeat
elevating inside hand and/or reaching with outside hand to change attitude of body		during a series of turns, carrying the arms ahead of body [elbows ahead, forearms within peripheral vision], elevate inside hand/arm while lowering outside hand/arm.
counting turns as ski or make specific # of turns in a certain distance		count the number of turns used to ski a given pitch. Repeat or adjust. Or, have another skier ski the pitch, you count the turns made and match that or create your own variations.
using vocalization – loud soft		Ski a series and/or a variety of turns. At pole touch, say "plant" with emphasis or very softly.
skiing with eyes closed (moderate terrain)		
clapping hands during turns – quick during long radius turns, slow during quick turns		
varying arm movements, forward, side, up, left, right repeat,		
skiing on one ski		Ski a series of turns on on ski, just the right ski or just the left ski. Can be completed in a normal stance or even in a tuck.
turns with pronounced counter motion		
turns with pronounced upper body rotation		
turns with pronounced counter rotation moves		
tuck turns		
		short turns upper body following the direction of travel of skis
		short turns, upper body looking intended direction of travel
		medium turns upper body following the direction of travel of skis
		medium turns, upper body looking intended direction of travel
		long turns upper body following the direction of travel of skis
		long turns, upper body looking intended direction of travel
garlands – only crossing the fallline at the edge of the run		
preturns		typically completed in a more medium to long radius series. At turn completion, add an additional direction change as in an uphill christie before starting new turn.
	active	
	passive	
5 short to 5 mediums		ski a series of 5 or so short radius turns transition immediately into 5 medium radius turns and repeat.
hourglass		ski down a run making each consecutive turn shorter than the previous turn. When you achieved a series of short radius turns, grow each consecutive turn until you match first turns
reverse hourglass		just the reverse of hourglass series
skiing backwards		

Poles:		
	grip with whole hand emphasizing	
	how to hold poles properly	discuss timing, pole swing relative to terrain, conditions, radius of turn and speed
	poles under armpit after turn	plant pole and after skiing through it, bring it up to where it touches your armpit
	poles touching back of legs	similar to armpit exercise only flick pole so that it touches back of leg - right pole, right leg, etc
	hooking baskets together and hold	
	two pole swing and plant	see above
	plant at edge set	
	pole swing with no plant	start a series of turns, swing pole as if to plant but do not touch the snow eventually touching the snow and going back to not touching the snow, repeat
	plant on way up in to turn	vary pole plant timing from end of turn to beginning of turn
hop uphill during traverses and turns		
hug me exercises		
Stance		
		Adjust basic stance to create varying skill related sensations.
	bent at ankles, knees and from hips up through the spine	
	ski very low – gorilla turns	
	ski very tall – little or no flexion	
	elegance – narrow stance	
	cowboy turns – extremely wide stance	
	shoulders tip to outside/parallel to terrain	
	elevate inside/uphill hand during series of turns	
	contacting cuffs of both boots during traverse and turns	
	flexing and opening ankles during traverses and turns	
any use of slalom poles		