

BALANCE (in motion)

- Open stance (functional for your body)
- Shoulders forward of hips
- Shins maintain contact with boot cuffs forward and laterally
- Keep functional tension of torso
- Balance while skiing is different than static balance
- Elbows in front of body, hands wider than elbows

EDGING

- Progressive and simultaneous adjustment in the edge angle of both skis edges should release and re-engage in one, fluid movement
- Feet, legs and hips move diagonally (forward and laterally) to engage/release edges
- The shin makes forward and lateral contact with the boot cuff as the skier rolls the skis onto new edges

ROTARY

- Legs turn more than upper body
- Turning movements originate in feet and legs
- Independent rotation/steering of both legs
- The femur turns within the hip socket, instead of the entire hip coming around.

PRESSURE

- Balancing over the inside edge of the outside ski
- Inside half leads through turn
- Shoulders are leveling through turn
- Legs should flex and extend independently of each other in most skiing

- Remember
 - Arms and hand carriage contributes to effective pressure how
 - weight and pressure are *not* the same thing

Using Gradual Release

STEP 1: Present information and model **to** your students

STEP 2: Students discuss application, use, effectiveness etc. of information in small group **with** facilitator

- Facilitator supports discussion as a LISTENER
- Use questions to prompt discussion and thinking

STEP 3: Student partner up and share their new understanding regarding the content **with** their partner

- Partnering creates interaction and engagement for everyone
- Facilitator listens for student interacting and applying information. Listen for beginnings of understanding and ownership. Allow learning between students.
- Provide clarification through asking guiding questions