Movement Analysis – Observation, Exaluation and Prescriptio

LINDSEY VONN CHAMPION SKI RACER OLYMPIC GOLD MEDALIST

OBSERVATION -PHASE 1 SKI PERFORMANCE

- Describe path/track of the skis.
- When and Where does the snow spray from the skis?
- Describe the balance of skills present.
- Describe edge release & engagement.
- Describe when and where the ski bends.

Medium Radius – Level II

Desired Outcomes:Consistent SpeedSkis remain parallel

Round turn shape



OBSERVATION - PHASE 2 FUNDAMENTALS

- Control the relationship of COM to the base of support to direct pressure along the length of the skis.
 - Control pressure from ski to ski direct pressure toward the outside ski.

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- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation (turning, steering) with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

Medium Radius – Level II

Desired Outcomes:Consistent SpeedSkis remain parallel

Round turn shape

EVALUATION PHASE 1 & 2

- Collaborate on relating
 observed ski performance and
 observed Fundamentals
- Compare desired outcome to observed outcome

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Off Piste Conditions – Level II

Desired Outcomes:

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Off Piste Conditions – Level II

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Desired Outcomes:

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Consistent Speed Skis remain parallel



PRESCRIPTION

- Create a simple Prescription that includes the following
 - Ski Performance
 - Observation

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- Preferred Ski Performance
- Exercise/Task

Off Piste Conditions – Level II

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Desired Outcomes:

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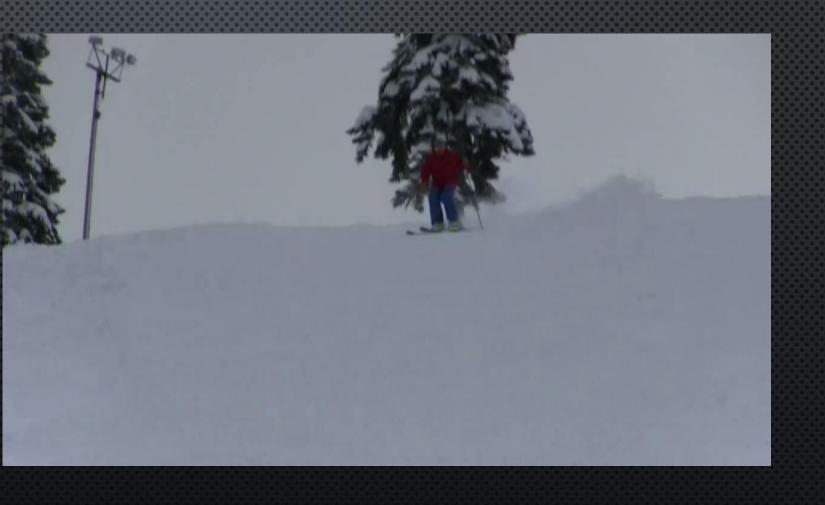
Short Radius – Level III

Desired Outcomes:

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Consistent Speed Skis remain parallel



OBSERVATION - PHASE 2 FUNDAMENTALS

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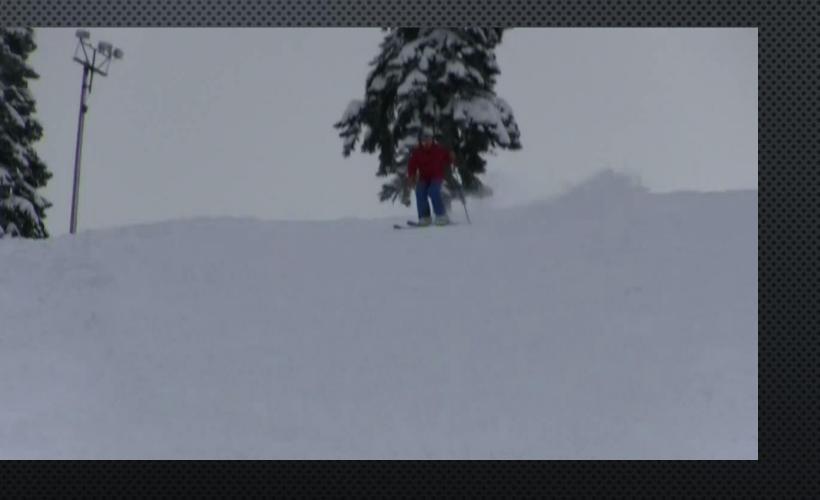
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Short Radius – Level III

Desired Outcomes:

Consistent Speed Skis remain parallel



EVALUATION PHASE 1 & 2

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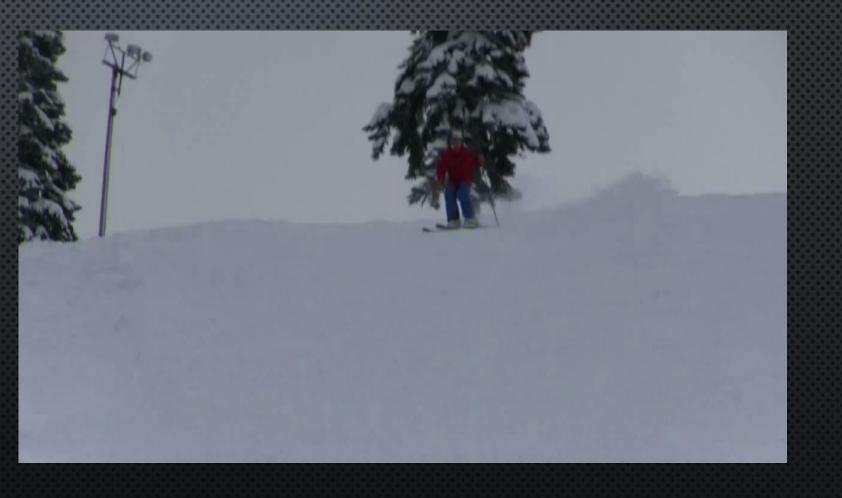
Short Radius – Level III

Desired Outcomes:

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- Consistent Speed Skis remain parallel
- Round turn shape Rhythmic and Controlled turns



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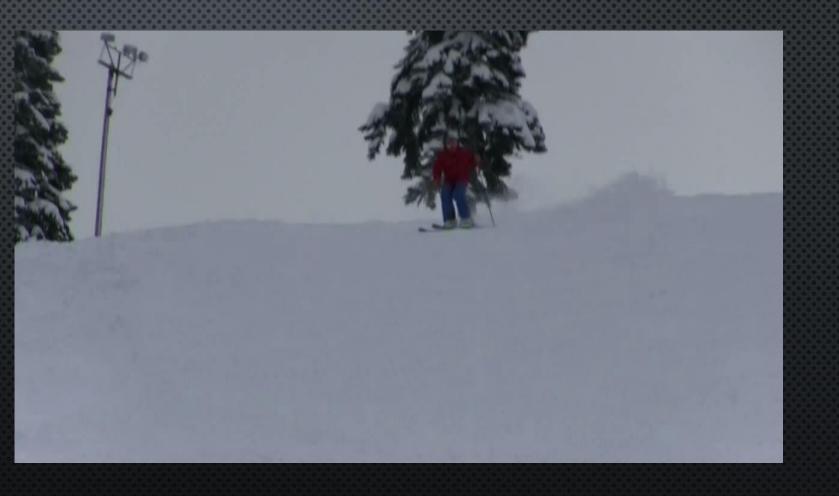
Short Radius – Level III

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SUMMARY

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- Observation Ski behavior and body movements with working with the fundamentals
- Evaluation Relating the observed ski performance and fundamentals
 - Compared desired outcome with "real vs ideal"
- Prescription Relating the observed ski performance and fundamentals
 - Compared desired outcome with "real vs ideal"