

Movement Analysis – Observation, Evaluation and Prescription

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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 Speed
- Skis 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.
- 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 Speed
- Round turn shape
- Skis remain parallel



EVALUATION PHASE 1 & 2

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

Medium Radius – Level II

Desired Outcomes:

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Off Piste Conditions – Level II

Desired Outcomes:

- Consistent Speed
- Skis remain parallel
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- Rhythmic and Controlled turns



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PRESCRIPTION

- Create a simple Prescription that includes the following
 - Ski Performance
 - Observation
 - Preferred Ski Performance
 - Exercise/Task

Off Piste Conditions – Level II

Desired Outcomes:

- Consistent Speed
- Skis remain parallel
- Round turn shape
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- Describe when and where the ski bends.

Short Radius – Level III

Desired Outcomes:

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



OBSERVATION - PHASE 2

FUNDAMENTALS

- Control the relationship of COM to the base of support to direct pressure along the length of the skis.
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Short Radius – Level III

Desired Outcomes:

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



EVALUATION PHASE 1 & 2

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

Short Radius – Level III

Desired Outcomes:

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



Short Radius – Level III

Desired Outcomes:

- Consistent Speed
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SUMMARY

- **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”