Movement Analysis – Observation, Evaluation and Prescription
Observation - Phase I
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.

Open Parallel
Desired Outcomes:
- Consistent Speed
- Skis remain parallel
- Round turn shape
Open Parallel

Desired Outcomes:
- Consistent Speed
- Skis remain parallel
- Round turn shape

OBSERVATION - PHASE II
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 directly 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.
Evaluation Phase I & II

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

Open Parallel

Desired Outcomes:
- Consistent Speed
- Skis remain parallel
- Round turn shape
Observation - Phase I
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.

(Bumps) Off Piste Conditions
Desired Outcomes:
- Consistent Speed
- Skis remain parallel
- Ski/Snow Contact
- Speed Control
- Rhythmic and Controlled turns
Observation - Phase II 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 directly 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.

(Bumps) Off Piste Conditions

Desired Outcomes:

- Consistent Speed
- Skis remain parallel
- Ski/Snow Contact

- Speed Control
- Rhythmic and Controlled turns
Evaluation Phase I & II

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

(Bumps) Off Piste Conditions

 Desired Outcomes:

- Consistent Speed
- Skis remain parallel
- Ski/Snow Contact

- Speed Control
- Rhythmic and Controlled turns
Create a simple Prescription that includes the following:

- Ski Performance
- Observation
- Preferred Ski Performance
- Exercise/Task

**Desired Outcomes:**

- Consistent Speed
- Skis remain parallel
- Ski/Snow Contact

- Speed Control
- Rhythmic and Controlled turns
Observation - Phase I
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.

Short Radius
Desired Outcomes:
- Consistent Speed
- Skis remain parallel
- Round turn shape
- Within Corridor
**Observation - Phase II 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 directing 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.

**Short Radius**

**Desired Outcomes:**

- Consistent Speed
- Skis remain parallel
- Round turn shape
Evaluation
Phase I & II

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

Short Radius
Desired Outcomes:
- Consistent Speed
- Skis remain parallel
- Round turn shape
PRESCRIPTION

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

Short Radius

Desired Outcomes:
- Consistent Speed
- Skis remain parallel
- Round turn shape
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”
Observation - Phase I
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.

Slalom Racer #1
Desired Outcomes:
• Ski Fast
• Skis remain smooth on the snow

• Clean turn shape
• Rhythmic and Controlled turns
Observation - Phase II
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 directing 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.

Slalom Racer #1
Desired Outcomes:

- Consistent Speed
- Skis remain parallel
- Round turn shape
- Rhythmic and Controlled turns
Evaluation
Phase I & II

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

Slalom Racer #1
Desired Outcomes:

• Consistent Speed
• Skis remain parallel

• Round turn shape
• Rhythmic and Controlled turns
CREATE A SIMPLE PRESCRIPTION THAT INCLUDES THE FOLLOWING:

- Ski Performance
- Observation
- Preferred Ski Performance
- Focus, Exercise/Task

Slalom Racer #1
Desired Outcomes:

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

Picture of a slalom skier skiing between red poles.
Observation - Phase I
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.

Slalom Racer #2
Desired Outcomes:

• Ski Fast
• Skis remain smooth on the snow
• Clean turn shape
• Rhythmic and Controlled turns
Observation - Phase II 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 directing 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.

Slalom Racer #2

Desired Outcomes:

- Consistent Speed
- Skis remain parallel
- Round turn shape
- Rhythmic and Controlled turns
Evaluation
Phase I & II

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

**Slalom Racer #2**

**Desired Outcomes:**
- Consistent Speed
- Skis remain parallel
- Round turn shape
- Rhythmic and Controlled turns

[Image of a skier making a turn]
Slalom Racers Compare & Contrast