

Movement Analysis – Observation, Evaluation and Prescription



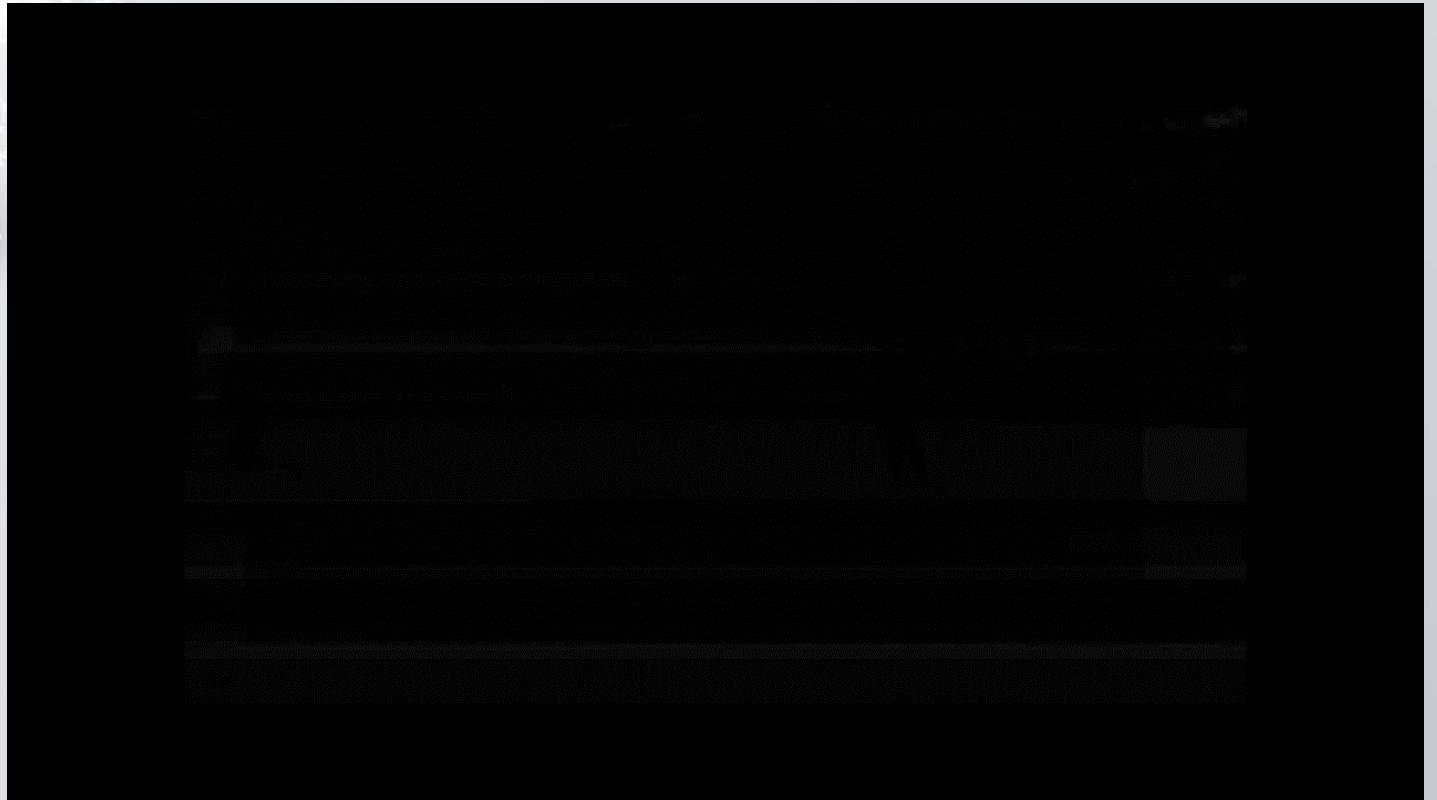
Observation - Phase I SKI PERFORMANCE

- 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



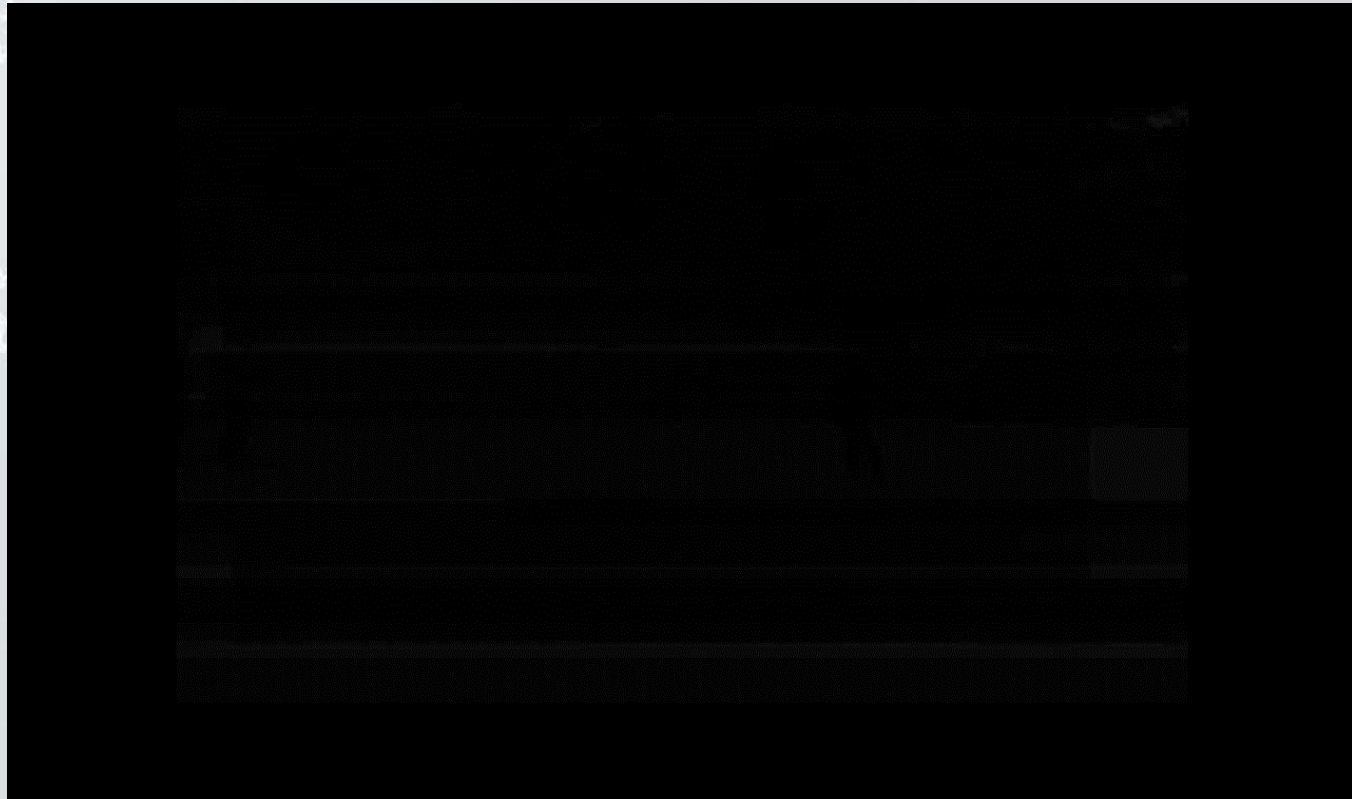
OBSERVATION - PHASE II FUNDAMENTALS

- 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 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.

Open Parallel

Desired Outcomes:

- Consistent Speed
- Skis remain parallel
- Round turn shape



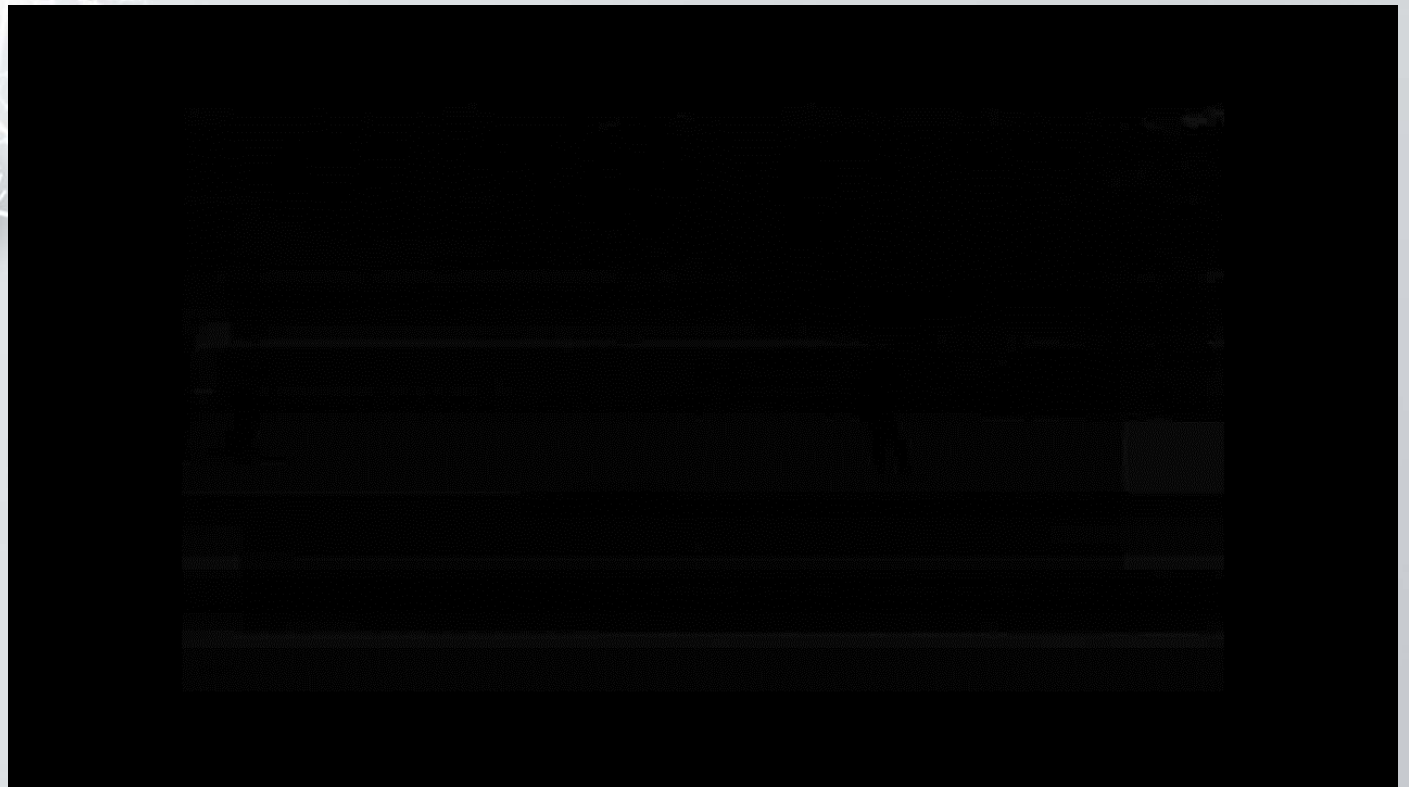
Evaluation Phase I & II

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

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

(Bumps) Off Piste Conditions

Desired Outcomes:

- 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.

- Consistent Speed
- Skis remain parallel
- Ski/Snow Contact
- Speed Control
- Rhythmic and Controlled turns



Evaluation Phase I & II

(Bumps) Off Piste Conditions

Desired Outcomes:

- Collaborate on relating observed ski performance and observed Fundamentals
 - Compare desired outcome to observed outcome
- **Consistent Speed**
 - **Skis remain parallel**
 - **Ski/Snow Contact**
 - **Speed Control**
 - **Rhythmic and Controlled turns**



(Bumps) Off Piste Conditions

PRESCRIPTION

- 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 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.

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 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.

Slalom Racer #1

Desired Outcomes:

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



Evaluation Phase I & II

Slalom Racer #1

Desired Outcomes:

- Collaborate on relating observed ski performance and observed Fundamentals
 - Compare desired outcome to observed outcome
- Consistent Speed
 - Skis remain parallel
 - Round turn shape
 - Rhythmic and Controlled turns



PRESCRIPTION

- 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



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

Slalom Racer #2

Desired Outcomes:

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



Evaluation Phase I & II

Slalom Racer #2

Desired Outcomes:

- Collaborate on relating observed ski performance and observed Fundamentals
 - Compare desired outcome to observed outcome
- Consistent Speed
 - Skis remain parallel
 - Round turn shape
 - Rhythmic and Controlled turns



Slalom Racers Compare & Contrast

