

MOVEMENT ANALYSIS

Observation

Evaluation

Prescription

OBJECTIVE: Continue to develop the ability to provide a clear and concise description of what we are seeing, with an emphasis on ski/snow interaction.

Observation:

Observe and describe the ski/snow interaction.

When and where in the turn? Top third, middle third, bottom third. Or top half, bottom half, transition?

Describe what the skis are doing in the snow. What evidence do you see?

- Sliding, Slipping, Skidding

What are the skis doing in relation to each other?

- Similar edge angles
- Skis are being guided at a similar rate
- Skis pivoting from the middle, front, or back
- Maintaining a parallel relationship
- Turn Shape: C, J, or Z
- DIRT

Describe the Skill Application and evidence of observation

- Edge Control
- Pressure Control
- Rotational Control

Cause and Effect/ Body Movements:

Observe and Describe:

- Where does the movement originate?
- Body Part Specific
- Movement Pattern
- Location Specific (when in the turn)
- DIRT and Direction

Fundamentals from the National Standard – Describe the movements effecting the Skill Application:

- Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.