

How to Ski

A Beginner's Introductory Guide

Mobility
Gliding
Speed Management
Change in Direction



1a. Mobility - Tactics

- Terrain = Flat area
- Quiet, not busy area
- Turn Shape = Straight
- Rule of thumb: Minimum terrain, maximum speed

1b. Mobility - Technique

- Mobility is the key
- Practice walking without skis getting familiar with your equipment
- Click in and out of bindings
- Turn the foot inward without skis on
- Climb sideways or herringbone up the hill
- Use poles & pole straps properly ("Up thru the hole, grab the pole")
- Know how to get up from ground. (both pole - one hand above basket and one hand half way on poles. Place pole in snow beside your butt and push off snow using both hands)



2a. Gliding - Tactics

- Terrain = Flat, gentle slope
- Concave or slight rise in outrun
- Turn Shape = Straight

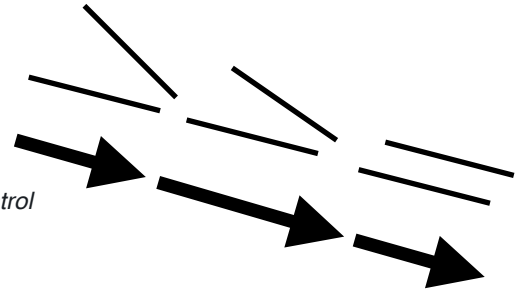
2b. Gliding - Technique

- Start with athletic stance ("ready") - balance over both feet
- Feeling in foot (shins on tongues, weight in middle of each foot)
- Maintain balance by using all joints (ankle, knee, hip), look forward, hands forward & relaxed
- Try hopping as you glide to use all joints
- Lift legs independently to feel left & right balance



3a. Speed Management - Tactics

- Terrain = Flat, gentle slope
- Concave or slight rise in outrun
- Turn shape = straight to start
- Turn Frequency = straight
- Wedge Size = Vary the width, not too wide.
- Vary quickness and amount of movement for speed management and control



3b. Speed Management - Technique

- Wide stance in wedge to start
- Stationary feeling of turning the foot from centre of foot
- Jump into snowplow stance
- Glide then turn legs so ski tips come closer together
- Turn legs inward (not heels out) to create wedge
- Feel balance over the outside foot
- Practice small and medium sized wedge
- Practice stopping on gentle slope

4a. Change in Direction - Tactics

- Terrain: Gently sloping with space
- Space is clear of any hazards
- Allow for momentum
- Turn Shape = Linked Round

4b. Change in Direction- Technique

- Why we can change direction (Forces created by body & ski design)
- Narrow snowplow
- Straight snowplow then one side more than other
- Turning is led by the lower body and the ski design
- Rotate femur of outside ski to lighten inside foot (Not upper body)
- Balance over outside ski
- Change of Balance:
 - As both feet turn, feel weight transfer from one ski to the next
 - Rotate femur, add angulation and balance on outside ski = turn
 - Release edge and rotational effort to release from turn = turn linking
 - Turn by turning foot inward (not heels out)
 - Femur rotation + tilted ski (edging) = forces that change your direction
 - As balance moves to new outside foot, roll and turn new leg to maintain momentum

