



## 📝 Ski Skills Reset:

### Rewire Your Skiing Foundation in 5 Focused Drills By Andrew Elsdon | SkiChatter.com

# Tired of feeling stuck halfway down the mountain — and halfway to the skier you *could* be?

It's not your gear. It's not your age.

It's your foundation. And it's time to reset it.

This one-pager gives you 5 simple, high-impact drills designed to **rewire** your skiing from the boots up — so you stop compensating and start progressing.

#### Why Reset?

Most intermediates are skiing around a gap, not through it. If your skis aren't bending, your body isn't stacked, and you're "surviving" steeps instead of shaping them — this is your wake-up call.





## The 5 Drills to Reset Your Skiing

#### 1. One-Turn Wonder (Terrain Truth Serum)

- Green to blue terrain
- of Goal: Feel your ski bend and body stack in just one turn
- Tip: Do *one* strong turn, stop, reset. Don't link until it's gold.

#### 2. Javelin Drill (Balance Over Brute Force)

- P Blue groomers
- 6 Goal: Stability over the outside ski while turning
- $\bigcirc$  Tip: Tip your inside ski like a javelin over the snow hover, don't hurl.

#### 3. Slow Mo Turns (Control = Confidence)

- Flattish terrain
- 6 Goal: Maximum control at minimum speed
- Tip: Pretend you're demoing turns for a drone shoot. Glide like you're getting paid.

#### 4. Edge Hold Pause (Build Trust in the Platform)

- Mild roll or sidehill
- Goal: Lock into your edges mid-turn
- Tip: Initiate turn, hold position for 2 seconds mid-arc, then complete.

#### **5.** Boots-Only Traverse (Stack Test)

- Traverse across mellow slope
- **⊚** Goal: Feel where your weight stacks no poles, no turns
- Tip: Hands in front, spine tall, ankles soft. Feel the boot cuff talk back.

### <mark>V</mark> What Happens When You Reset:

- Your skis will finally work with you not against you
- Turns get smoother, snappier, and more intuitive
- You'll stop defaulting to defensive habits on steeps, bumps, or crud
- Confidence goes up ego bruises go down

## Reset Now. Progress Sooner.

Master these drills for 2 weeks, and you won't just feel different — you'll *look* different on the hill. (And yes, people will ask.)