



Beginner Skier Progression -Class Levels One and Two Never-ever skiers to skiers making advanced wedge turns

This is an in depth progression which would be more suitable for students who are not particularly athletic or brave

During any lesson the process of analyzing the student to assess their achievement progress will enable the instructor to tailor the lesson to each student.

Some students may need more practice time before they are ready to move on to the next step where as others may be able to move through the steps relatively quickly and even skip some steps.

PART ONE

GOAL Exploring the 4 movements of skiing- mobility exercises on flat terrain

Mini Goal --get to know boots and ensure correct fit

Start with visually checking students boots are adjusted for a comfortable snug fit

Ensure only the socks inside the boots with No wrinkles

Explain how to adjust boots correctly so that the fit is snug to enable effective performance

Mini Goal - introduce the 4 movements and develop an Athletic Stance

Static Exercises

Warm up using the 4 movements of skiing

Have students use poles on either side and in the snow to aid balance

Start with activities where 2 feet are on ground - easier

Show and try the athletic stance

Explore the 4 movements

- Fore/Aft and vertical - flexing all joints - explore the range - feel sensations along bottom of foot and around the lower leg where the boot interacts with the leg (K)
- Fore/Aft lever back and forward a little - feel the sensations along the bottom of the foot (K)
- Lateral make lateral movements with the legs - feel the sides of the feet (K)
- Move on to activities with one foot on the ground- repeat each exercise on both sides
- Vertical and lateral balance(foot to foot) -Stepping on the spot- lift up one foot (flex that leg) repeat several times - try without the poles
- Rotation / vertical/ lateral balance - lift one leg and rotate the leg
- Rotation/ vertical/ lateral balance- step around 360 on the spot -start with inside leg
- Lateral legs/lateral balance/vertical - side stepping

Mini goal - get to know the skis

Explain/show the skis and bindings –tip tail , toe piece heel piece, breaks- and how the binding works

Explore the 4 movements - use poles for balance

Static exercises

- Put on one ski – slide that foot back and forward - feel slippery ski on snow(K)
- Repeat some/all of the above exercises - useful to repeat stepping 360 and side stepping
- Scooter on one ski – reinforce the athletic stance encourage working up to longer glide time (VAK)
- Repeat on other Leg .
- Put on two skis

Static exercises

- Shuffling both skis back and forward

- Repeat some/all of the warm ups using the 4 movements-useful to repeat stepping 360 and side stepping
- Introduce pole use to push forward and backward
- Move around on flat terrain using Diagonal Stride (walking while keeping skis sliding on the snow)
- Using poles students push skis in a parallel relationship across flat and where terrain allows glide a little – emphasis on athletic stance
- Static reminder of an athletic stance – test it with a small jump and land in athletic stance
- Teach bull fighter turn on the flat

PART TWO

READY to Increase terrain and strengthen athletic stance/balance on a sliding platform

GOAL Develop balance while sliding down a slight slope

Explain (A) up hill /down hill / across the hill and how orientation to those will affect the skis

- Side step up slope with little gradient and run out
- Practice bullfighter turn both ways.
- Static practice / reminder of athletic stance (VAK)
- Demo towards and away a straight run in athletic stance
- Students try to make a balanced straight run –run out controls the speed
- Students practice this a few times with feedback to adjust stance to be more accurate

Static & Active Exercises

Straight running exercises -Challenge athletic stance to develop ability to maintain athletic stance

- Practice each of these statically first then in a straight run
- Practice each one more than once if needed
- Vertical / Fore Aft - Small ankle flexes (VAK)
- Fore/Aft Moving body forward and back along the feet and skis – then finding centre– VAK
- Vertical / lateral balance -Lift one ski and then the other – (VAK)
- Vertical/ Fore-Aft - Small jumps and landing in athletic stance – VAK
- Finish with the goal ie ideal athletic stance in a straight run

Some students will need more practice to achieve the goal and others may not need to do all these activities to achieve the goal.

PART THREE

READY to make a gliding wedge

GOAL– learning a gliding wedge & why it's good.

- Start with a skiing approach – demo from a straight run into a gliding wedge “ watch my skis”
- Ask students to try that.
- Static exercise show /explain the elements of a wedge (skis and body) as students step in and out of a wedge. Skis and Legs are in a V, feet, skis on inside edges -feel isides of feet more pressured (lateral) , tips together tails apart, legs turned inward (rotation) .
- Jump in and out of a wedge reinforcing using VAK.
- Ask students to use poles to push forward into a little glide and then “brush’ both skis out into a small wedge
- Ask Students to try “brushing” out into a wedge again from a straight run – point out speed decreased a little while in a gliding wedge
- Practice using various focus’s (see above VAK)
- EG Lateral focus of widening stance and/or moving legs away from each other
- EG rotational focus-Static exercise to highlight inward rotation on the legs – create resistance to create feelings (hold skis or use pole to turn front of ski against)
- Practice straight run to gliding wedge focus on feeling of inside thigh muscles used for inward rotation of legs
- Ensure that both legs are moved laterally and rotationally at same time and same amount to create a symmetrical wedge

- Practice holding a gliding wedge for whole length of the gradient that you have been skiing ie same terrain.-speed control from the run out
- Develop the ability to co-ordinate the rotation and lateral movements of the legs
- Use Wedge change ups to vary the size of the wedge.eg start with a straight run brush into a wedge, back to a straight run, open to a slightly larger wedge etc .
- Explore wedge sizes and forming a wedge from a straight run. Point out how the straight run is fastest and the larger the wedge the slower the speed
- Gradually increase terrain --- still with a run out to ensure safe speed control
- Finish off with the goal skiing in a gliding wedge to the run out from where the terrain has been increased to. Speed should be maintained steadily down the slope.

Some students will need more practice to achieve the goal and others may not need to do all these activities to achieve the goal.

PART FOUR

READY to Learn to turn

GOAL Learning to turn & why it's good.

- Part 1 - Leg Rotation
- Start with a skiing approach.
- Demo shallow wedge turns from towards and away from students.(V)
- **Skiing approach** -Ask students to try turning use a simple focus eg point the ski tips a little one way then a little the other way
- **Static exercise** to teach leg rotation (VAK)
- Ask students to try shallow turns again by turning their legs
- **Static exercise creating resistance** – focus on feelings along sides of feet and or muscles in thighs (VAK)
- Practice with focus on one then the other feeling(s)
- Increase terrain ie increase distance down the slope a little and practice shallow turns there
- Part 2 Stable Upper body
- **Skiing approach** – keep looking down the hill while turn skis a little one way and a little the other way.
- **Static exercise** on flat – start with skis and body lined up rotationally(body square to the skis) . Step ski tips to point a little to right then back to square to the skis and little to the left .
- Focus on how the pelvis and torso remain in same orientation while legs turn away towards and away from the body.
- Practice creating that while turning
- **Active Exercise** -Use an exercise to reinforce this – eg pole handles on pelvis with pole tips orientated down hill .
- Finish with ideal run of shallow wedge turns – turning legs under a stable upper body

PART FIVE

READY To develop turn shape

GOAL–Develop a round Turn shape to control speed

- **Skiing approach**– try and make slightly bigger turns
- To start with demo this towards and away from the group
- Have students try and follow you while you make slightly bigger turns
- **Remind students of leg turning (VAK)**
- Focus on the feelings in the feet against the boots (big toe/little toe)
- Try again with the focus of the turning coming from the thigh muscles in the legs for a longer duration
- **Skiing approach** with counting for duration of rotational movements (two Seconds ie 1,2)
- Have students try this
- **Static exercise** reinforce for leg rotation with added resistance for muscular engagement of the upper legs
- Ski with the focus on the leg muscles
- Give students another go and they can choose what works best for them (toes/Legs)
- Increase the duration of the turn (if counting then three seconds ie 123)
- Reminder to keep the upper body stable

- Keep turning for the longest duration that they can (eventually they will stop 'J' turn)
Explain the use of turn shape to control speed
- Link turns together feeling the speed control by the turn shape

PART SIX

READY To develop Lateral Balance

GOAL Develop skiing to give more speed control which will lead to being able to explore more of the mountain. These developments will give increased speed control through creating stronger turning ability Also will give a slightly increased edge angle on the outside ski which means that the outside ski will grip the snow more, this in turn slightly increases the use of the design to the ski to aid turning.

Mini Goal -READY to introduce lateral balance more towards the outside ski

- **Skiing approach** - Start with skiing slightly faster still using turn shape to control speed
- Demo towards and away from the group
- Feel for the outside leg/foot getting heavier than the inside one through end of control/completion phase
- Explain that as speed increases there will be an increase in external forces pulling them to the outside of the turn – a useful explanation is when making a fast turn in a car what happens to the orange on the dashboard ie moves to the outside of the turn
- Making linked round turns ski again focusing on feeling for the weight moving more to the inside of outside foot
In the second half of the turn
Active exercise – touching the upper thigh of the outside leg during the second half of the turn
Repeat this exercise and focus on the feeling of the weight/pressure increasing on the inside of the outside foot in the second half of the turn
- **Practice** making linked turns with hands in normal position-- focus on feeling for the weight moving more to the inside of outside foot In the second half of the turn
Making linked round turns ski again focusing on feeling for that the overall balance is moving more to the inside of outside foot In the second half of the turn

Upper Body Stability Reinforce that the upper body remains stable as the skis are turned continuously and progressively through the turns and as the lateral balance moves more towards the outside ski in the second half of each turn

Skiing approach small “bow” towards the tip of the outside ski

- **Active Exercise** to develop this (hands clasped out in front, once the skis turn underneath the hands, slightly increase flexion hip joint towards the outside ski, VAK)
- Ski this exercise with focus on timing of slight flexion hip joint towards the outside ski (as the outside leg gets heavy)
- Ski again with normal hand position and practice the flexion movement of the hip joint to create a small bow toward the tip of the outside ski

PART SEVEN

READY to develop flexion and extension

Mini Goal – Gives increased ability to control speed which allows exploration of more terrain.

Why --Developing flexion in the second half of the turn – allows the skis to be continuously and progressively turned through the second half of the turn – increases ability to control speed.

Flexion aids lateral balance towards the outside ski in the second half of each turn

Flexion when combined with extension creates rhythm and flow

Part A: Flexion

Start with skiing approach explain -get a bit lower through the second half of the turn

- Demo towards the group
- Have students try this while skiing
- **Static exercise** of flexion of the legs and hip joint (slow rate)
Practice slowly flexion in the second half of the turns
- Use the lateral balancing as a timing cue for flexion (once the outside ski gets heavy flex and steer the skis)
- Use exercises to develop this (hands clasped out in front, once the skis turn underneath the hands, increase flexion in the ankles, knees and hip joint)
- Bring this back into their own skiing with normal hand position feeling the same as the exercise

Part B: Extension

- **Skiing approach** -explain as you start the new turn stand back into a taller athletic stance
- Demo towards and away from the students
- **Static exercise** extension of both legs statically (slow rate)
Practice slowly extending during the initiation of the turns while skiing
- **Static exercise** Develop extension of both legs statically focus on extending ankle, knee and hip joints evenly this ensures that fore aft balance is maintained
- Use exercises to develop this (VAK)
- Have students ski with the focus of a slow extension- focus on counting or breathing in
- Develop timing of extension (extending to release into the new turn to re-centre)
- Have students ski with this focus
- Blend both flexion and extension together to create better rhythm and flow
- Use exercises to develop this (breath in to extend, breath out to flex or counting rise123-down123)

Now all 4 movements have been introduced so its time to use DIRRT to develop students onwards