



Milestones of The Progression for NZSIA Ski Level Two Qualification

1. Intro Wedge Parallel

- *Intro - Skier Analysis*
- Negotiate a goal - Becoming parallel at the end of the turn & why it's good.
- Show what a Wedge Parallel is.
- Use a skiing approach -- Ski It
- Use a Skiing approach to encourage the student to go parallel using the natural forces of skiing. Skiing approach could be - try skiing with a "smaller wedge", try skiing a "little faster"
- Refer back to the goal - is the goal being achieved - check for understanding - is it happening?
- Develop more active and precise angulation of the upper body to balance on the outside ski.
- Exercises to develop this. Focus on using VAK.
- Once students are comfortable with Centre of Gravity moving inside the base of support, and balancing the upper body towards outside ski then refresh the idea of more active rotation of the inside ski.
- Static rotation of inside ski (both skis). Focus on using VAK
- Ski It
- Blend in vertical movements to aid.
- Speed is controlled through turn shape and skidding

2. More Grip in Control Phase

- *Intro - Skier Analysis*
- Negotiate a goal - getting more grip will allow you to ski faster with more control
- Start with skiing approach - focus on the skis try tipping them up in the control phase, and or identify what to feel i.e. "arch of the outside foot", and where we might feel it "control phase"
- Ski It
- Introduce Lateral movement of legs to create a slightly higher edge angle starting from the feet and working up through the legs.
- Use Exercises to develop this. Focus on using VAK. Start with a static exercise, on a flatter section of the slope, to add in feelings from the feet up
- Ski it
- Reiterate where you are trying to do it - "control phase"
- Use a visual image focus to reinforce the lateral movement - e.g. pouring water out of boots to the inside of the turn, or point headlights(knees) into the turn
- Once a higher edge angle is being created - review leg rotation
- Highlight that a greater intensity of rotational movement will be required
- Exercises to develop intensity of rotation. Focus on Using VAK
- Speed is controlled through turn shape and skidding

3. Intro Parallel Initiation

- *Intro - Skier Analysis*
- Negotiate a goal - parallel skiing will allow you to be more comfortable and open more possibilities to ski steeper, varied terrain and control speed more effectively.
- Highlight that your students are parallel for nearly the whole turn and really you are only working in the initiation phase
- Start with a skiing approach –ski a little faster and try to start your turn without a wedge Using a visual imagery cue such as "imagine skis are on railway tracks"
Ensure that students are maintaining an effective athletic stance to enable effective leg movements
- Focus on a lateral weight shift from foot to foot, starting in the completion of the old turn to the upcoming outside ski.
- Use a muscular vertical movement of the legs to facilitate this lateral foot to foot
- Encourage the students to travel forward with their skis as they are flattening to maintain good fore/aft balance
- Develop simultaneous flattening of the skis Focus on lateral movement of the feet/ankles/boots/ knees/ femurs/ muscles in thighs. Focus on VAK
- Once the skis are flattening together focus on rotational movement of both legs at the same time by the same amount in the same direction. Focus on VAK to reinforce rotation of the legs.
- E.G Use a visual image focus to reinforce the rotational movement e.g. imagine you have lasers coming out of your knees and don't let the laser beams cross
- Speed is controlled through turn shape and skidding

4. Teach Pole Touch

- *Intro - Skier Analysis*
- Negotiate a goal - by adding in a pole touch it will allow you to add in rhythm and set you up to go and explore more terrain. (It will also aid all the other movements)
- Encourage your students to have good arm carriage, this will set them up for an effective pole swing and touch as well as aid overall better balance.
- Show the student what a pole touch looks like by demonstrating towards them
- Use a Skiing Approach to have students try the pole touch
- Teach your students "How" to hold the pole and how to swing the pole - both sides
Focus on VAK
- Ski it
- Teach your students "Where" to touch the pole - it is always to the downhill side
- Drills with a box/triangle/semicircle drawn next to the skis gives students a good reference.
- Ski it
- Teach your students "When" to touch the pole - as the skis are flattening- Focus on using VAK e.g. when the skis are quietest on the snow
- Use the idea of a pole swing to prepare the student to do a pole touch.
- Ski and experiment with pole touch - use of rhythm will help e.g. using counting/breathing

5 Teach Versatility of Turns

- *Intro - Skier Analysis*
- Negotiate a goal - now it is time to go exploring and take our skiing all over the mountain, different size and shaped turns will help us do this in control.
- Skiing approach - get students to follow you and make the turns gradually slightly smaller
- Review rotation of the legs focus on VAK
- Encourage students to increase the rate of rotation to create a slightly smaller turn size.
- Drills like counting and then changing the tempo of the counting
- Relate the rate of turning with the activation of the muscles in the legs- Focus on VAK
- Change the size of turns and relate to steepness of terrain
- Emphasise that control is achieved through turn shape no matter the size of turn
- Imagery drills where the student imagines they are in a corridor – challenge the students
- Make sure that students are still balancing laterally now that the rate of rotation is changing.
- Upper body stability drills like pole drag will develop upper body stability- focus on VAK

6 Advanced Parallel

- *Intro - Skier Analysis*
- Negotiate a goal - start to feel a higher edge angle a bit higher in the turn so that you can go a bit faster with more control, get more out of your ski design
- Start with a skiing approach - encourage the students to ski a little faster, while keeping a round turn shape (easiest to do this in a medium radius turn)
- Encourage the students to feel the arch of their foot - inside edge of outside ski -VAK
- Show and explain that the goal is to have this happen in the initiation
- Intersperse static Exercise(s) with lots of guided practice time to develop lateral movement of the feet and legs at initiation - work your way up the lower body- skis/feet/ankles/boot cuffs/ knees/ femurs/thigh muscles (focus on VAK)
- To achieve an early edge engagement - encourage the students to weight shift to the new outside ski earlier, firstly feeling for the little toe of the soon to be new outside ski before rolling to the inside edge
- Recap lateral movement of the feet and legs (rolling from outside edge to inside edge)
- Develop and blend in active forward movement at the initiation to pressure the tip of the new outside ski. (VAK)
- Ensure that the upper body remains stable as the legs incline