

Common Problems

Skiers are stiff resulting in turns being difficult and the skier is off balance:

Solutions (Skills used) Balance, Pressure Control

- Rocking fore and aft
- Bouncing, hopping or jumping around the turn (hop turns)
- Drag ski poles out to the side throughout
- Prayer hands, Cossack, hands behind head, on hips (all without poles)
- Turn feeling the whole foot
- Hands over head or hand on hips
- Lifting the uphill ski, touch tip to snow and lean on it
- Ski on one ski through the turn then switch
- Poles behind back or behind legs, pole on head, or arms crossed in front. Ski while moving the poles around the body.
- Poles held out at eye level
- Ski backwards
- 360's
- Nose over toes
- Tall and small
- Shuffle feet throughout the turn/Thousand Steps

Skiers are turning with their upper body:

Solutions (Skill - Rotational Control)

- Picture frame downhill
- Hockey stops or skidding/side slips
- Hands on outside knee
- Hand on outside hip and point downhill with upper arm
- Two poles tapping downhill in the traverse, turn, do it again
- Poles across chest
- Canoe
- Chin over downhill foot
- Ski poles on hips pointing downhill
- Hockey stops then linked hockey stops (bracquage)
- Demonstrate upper and lower body separation off of skis
- Place poles across back of knees and link turns
- Bounce basketball with uphill arm, shoot, turn

Skiers are leaning into the hill-tipping:

Solutions (Skill - Edging Control or upper and lower body separation allows for inclination and angulation to provide grip)

- Experiment with moving ankle first
- Side slip and edge to stop
- Short edging stops across the hill
- Traverse on edges
- J turn using edge - see how deep you can make the edge in the snow
- Lift the inside ski and pole so that balance is on the outside ski
- Hand on outside hip with opposite arm in the air
- Tap the snow or drag the outside ski pole while traversing
- Hop turn and land on edge
- Hockey stops - spray the snow
- Power plows
- Rollerblade turns on shallow terrain
- Tuck turns, rolling ankles
- 10 to 2 o'clock on boot tops to get ski on edge (side of boots)
- Lift up small toe on outside ski
- Lift inner knee to chest while traversing
- Lift uphill arm to pinch downhill waste
- Push uphill knee up the hill