

Fun-Five Ski Progressions

Notes:

- These exercises are intended to be a grab bag of ideas grouped by similar focus, not a teaching prescription.
- Allow plenty of ski time to keep it fresh and fun.
- Integrate the intent of the exercises into real skiing.
- Vary speed & terrain for all exercises.
- Adjusting exercise difficulty for the needs of each student can compensate for ability splits in the class.
- Class stuck in the back seat = terrain too steep.

We want to make this more useful to you. If you have Comments/additions/suggestions/wishes please email gregne@comcast.net

Independent leg turning **Focus: Early rotary movements**

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|--------|---|
| Easy | Turn foot/feet while standing; with skis, without skis
Walking in a figure 8 with skis on
Wedge change-up
Paddle turns
Wedge turn |
| Medium | Javelin straight run
Javelin traverse
Wedge Christie |
| Hard | Converging and diverging step turns
Flying wedge
Match skis increasingly earlier in the turn |

Sideslipping **Focus: develop stance & edge control**

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| Easy | Sidestep up hill between your poles to higher pole, then slip back down
Herringbone up hill; slide back down
Slip parallel downhill in wide corridor |
| Medium | Crab walk
Hockey slips and hockey stops
Falling leaf |
| Hard
(Add turns) | Traverse with edge set, sideslip, edge set, turn

Turn – slip at end; turn; edge at end
360s—both directions
Pivot slips in a corridor
Sideslip backwards between pivots (Back to Back)
Pivot slip in steeps & chutes |

One Ski Skiing **Focus: balancing over one foot**

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| Easy | Stand on 1 foot in boots, flex boot, lift toes, hop from boot to boot.

Do above with eyes closed
Do above with skis on
Walk with one ski in a figure 8 (scooters)
Straight running Thumpers |
| Medium | Straight running with one ski off snow
Straight running hop from ski to ski
Traverse - Thumpers then ski off snow
Uphill Christie & Garlands - 80/20 |
| Hard | Uphill Christie & Garlands
Traverse & execute turn on one foot
Turn both ways |
| Notes | Add difficulty using javelin position as well as varied terrain
Proficiency on both feet is important |

Hopping **Focus: develop stance**

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| Easy | Without skis - hop from both feet and one foot. Focus on flexing ankle, not knee

With skis - both feet and one foot |
| Medium | Straight run hop both feet
Straight run hop from foot to foot
Hop into a wedge
Hop into fall line to start turn (leapers). Start big and work down to a no-hop turn.
Hop into fall line to start turn (Leapers) |
| Hard | Straight run hop on one foot
Hop at fall line during turn
Hop through the whole turn
Hop edged ski to edged ski (hop Wedeln) |

Skating **Focus: skill integration**

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| Easy | Herringbone up gentle hill
Glide on flats and up gentle hill (more power) |
| Medium | Push off, coast on one foot, click heels |
| Hard | Skate down gentle slope
Skate into a turn |