

Advanced Skier

The ability level of the advanced skier is an athlete who can perform controlled open parallel turns to an athlete who can perform controlled dynamic parallel turns on an advanced course. The advanced skier will refine his/her intermediate skills on the most difficult terrain.

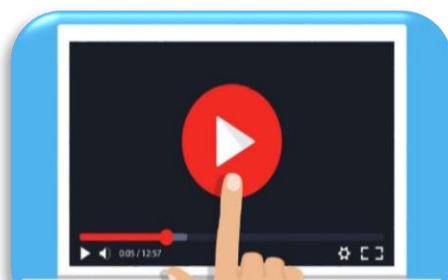
Can Your Athlete:

- Perform consistent open parallel turns on an advanced course
- Increase and decrease speeds on difficult terrain
- Carve turns in a variety of shapes and snow conditions
- Perform dynamic parallel turns on an advanced course



Perform consistent open parallel turns on an advanced course

Athlete can ski on more advanced terrain with skis parallel throughout the turn.



Open Parallel Turns (Advanced Terrain)

Teaching Points – Perform consistent open parallel turns on an advanced course

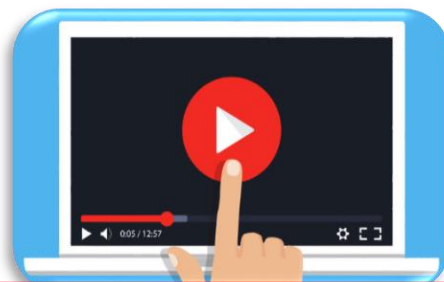
- Athlete can maintain parallel ski relationship while on more advanced course.
- Athlete can take an efficient, effective line through a course.
- Athlete can maintain fundamental movements (centered stance, core moving in the direction of the new turn, hands in front) necessary to ski in control on advanced terrain.

Faults & Fixes – Perform controlled open parallel turns on an advanced course

Error	Correction	Drill Reference
Athlete cannot maintain speed control on steeper terrain.	Athlete works on edging skills on gentler terrain, before going to the steeper terrain.	Garlands on steeper terrain Leapers Crab Walk Hop turns to short radius turns on gentler terrain
Athlete skis at the gate and finishes the turn after the gate.	Athlete works on developing a correct line/path of travel through the gates.	Use cones or brushes (or whatever you have to work with) as turning gates.
Athlete sits back, using upper body rotation through the turns.	Check to see that athlete is aligned properly. Boots are too stiff. Review proper movement patterns.	Review hand position, stance. Athlete holds object in hand and doesn't let it out of his/her sight.

Increase and decrease speeds on difficult terrain

Athlete can ski on more advanced terrain with skis parallel throughout the turn.



Increase/Decrease Speed

Teaching Points – Increase and decrease speeds on difficult terrain

- Athlete can maintain consistent speed on varied degree of slope.
- Athlete can push out of the start gate to accelerate the start.
- Athlete can use edges to increase or decrease speed when necessary.
- Athlete can do a proper tuck position for straightaways and going through the finish.
- Athlete can skate over flat terrain.

Faults & Fixes - Increase and decrease speeds on difficult terrain

Error	Correction	Drill Reference
Athlete skids skis to decrease speed on steeper terrain.	Work on edging skills.	Garlands to promote strong finish of the turn with good edge engagement Crab Walk
Athlete cannot get into a proper tuck position.	Athlete practices getting into the tuck position in front of a mirror.	Toe touches with a squat
Athlete cannot skate smoothly.	Athlete works with shorter skis to get the motion before trying it with his/her own skis.	Do skating move in boots.

Carve turns in a variety of shapes and snow conditions

Athlete can ski on more advanced terrain with skis parallel throughout the turn.



Carve Turns

Teaching Points – Carve turns in a variety of shapes and snow conditions

- Athlete can do carved long, medium and short radius turns.
- Athlete can manage turn shape and speed control in a variety of snow conditions.
- Athlete can smoothly transition between differing turn size and shapes as dictated by terrain or changes in pitch.

Faults & Fixes – Carve turns in a variety of shapes and snow conditions

Error	Correction	Drill Reference
Athlete cannot pivot the ski.	Athlete is not in balanced stance. Athlete is not centered. Check alignment.	Athlete pivots from a straight run to an edged ski in the fall line, perpendicular to the slope (to a sideslip in a corridor).
Athlete skids the skis in a turn on one side or the other.	Athlete should work on weaker side. May be disability related.	Garlands to work on edge control on weaker side One-ski turns
Athlete cannot make smooth transitions from short to medium to long radius turns.	Develop fluidity in turn.	Funnel Hourglass Turns to a cadence (counting, singing, etc.)
Athlete cannot maintain speed control.	Work on consistent turn shape.	Maintain same-speed medium to short radius turns on steep to flat terrain.

Perform dynamic parallel turns on an advanced course

Athlete can ski on more advanced terrain with skis parallel and on edge throughout the turn in most all conditions and terrain.

Teaching Points – Perform dynamic parallel turns on an advanced course

- Athlete shows dynamic stance while racing on an advanced course.
- Athlete is able to carve turns through the gates.
- Athlete is able to do short radius turns.
- Fundamental movements are consistent throughout the turns from top to bottom.

Faults & Fixes – Perform dynamic parallel turns on an advanced course

Error	Correction	Drill Reference
Athlete has inappropriate range of balance.	Athlete must maintain centered position.	Ski on one ski on intermediate terrain. Skate down intermediate terrain.
Athlete scrubs (reduces) speed.	Work on turn shape. Develop more efficient and effective line/path through the course. Work on turn initiation.	Work on “J” turns on steeper terrain. Skate down the hill. Use cones or brushes to develop more effective line through the course.
Athlete fatigues on short radius turns.	More dry-land training. Review proper movement pattern.	Pivot turns to short radius turns More skating for longer distances Boot skiing