

Intermediate Skier

The ability level of the intermediate skier ranges from an athlete who can perform Christie-type linked turns (skidded turns) on an intermediate course to an athlete who can perform controlled open parallel turns on an intermediate course. The intermediate skier will continue to refine his/her skills on more difficult terrain.

Can Your Athlete:

- Perform Christie-type linked turns on an intermediate course
- Refine fundamental movement patterns through the turn
- Change radius of turns to suit snow conditions and terrain
- Perform controlled open parallel turns
- Perform controlled open parallel turns on an intermediate course



Perform Christie-type linked turns (skidded turns) on an intermediate course

Athlete can maintain Christie-type turns in both directions through an intermediate course. Speed control is maintained for the entire length of the course for safety.



Christie-Type Link Turns (Intermediate Terrain)

Teaching Points – Perform Christie-type linked turns (skidded turns) on an intermediate course

- Athlete can maintain Christie-type turns on varied terrain.
- Athlete can vary the size or radius of the turn to maintain consistent speed.
- Athlete can maintain consistent speed doing Christie-type turns on different pitches.
- Athlete moves center of mass in the direction of the new turn.

Faults & Fixes – Perform Christie-type linked turns (skidded turns) on an intermediate course

Error	Correction	Drill Reference
Athlete cannot maintain Christietype turns.	Use edge control to maintain skid during the turn Maintain turn completion	Garlands Hockey Stops
Athlete cannot maintain consistent speed.	Athlete uses a breaking wedge for speed control.	Garlands Falling Leaf

Refine fundamental movement patterns through the turn

Athlete can move his/her center of mass through the turn in the direction of the new turn.



Fundamental Movement Patterns through the Turn

Teaching Points – Refine fundamental movement patterns through the turn

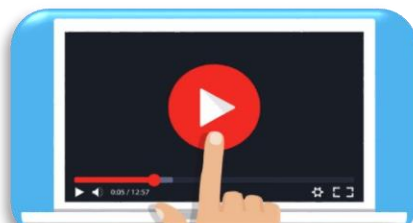
- Athlete moves center of mass down the hill in the direction of the new turn.
- Athlete skis with shoulders parallel to the slope of the hill.
- Athlete maintains speed control through turn.
- Athlete maintains balanced stance, with ankles flexed and hips over center of boot, through each turn.

Faults & Fixes – Refine fundamental movement patterns through the turn

Error	Correction	Drill Reference
Athlete uses upper body rotation to finish the turns.	Work on edging skills. Work on moving the body in the direction of the new turn at the beginning of the turn.	Sideslips Sideslips with body facing down the hill Falling Leaf
Athlete does “Z” turns.	Athlete should decrease emphasis on the end of the turn and braking. Work on turn initiation.	Popcorn turns Frog jumps over the log Count to 5 (out loud) through each turn.

Change radius of turns to suit snow conditions and terrain

Athlete can vary the size of the turns to maintain control while skiing on various terrains and/or in a variety of snow conditions.



Change Turn Radius

Teaching Points – Change radius of turns to suit snow conditions and terrain

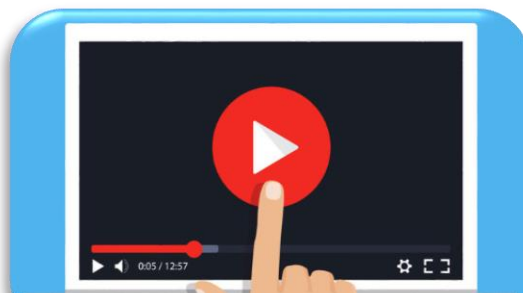
- Athlete can perform long, medium and short radius turns.
- Athlete can ski on a variety of terrain pitches at consistent speed.
- Athlete can maintain balanced stance in multiple snow conditions.

Faults & Fixes – Change radius of turns to suit snow conditions and terrain

Error	Correction	Drill Reference
Movement patterns change on steeper terrain.	Reinforce edging skills on less steep terrain.	Sideslip Falling Leaf
Speed control is lost doing short radius turns.	Athlete should maintain edge control Practice on less steep terrain.	Hop Turns Skating on flats or easy terrain Skating into short radius turns on easy terrain
Athlete is not able to change the radius smoothly.	Athlete gradually reduces radius of the turn.	Hourglass Funnel turns

Perform controlled open parallel turns

Athlete can ski with skis parallel throughout the turn on intermediate to beginning advanced terrain.



Open Parallel Turns

Teaching Points – Perform controlled open parallel turns

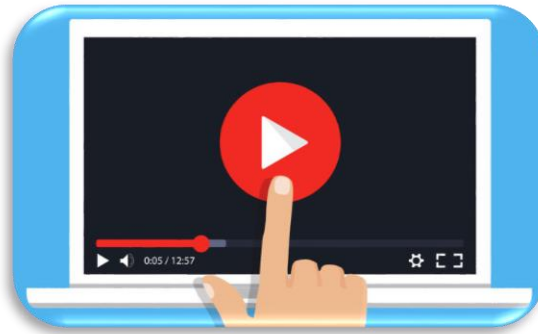
- Athlete can keep parallel ski relationship throughout the turn and from turn to turn.
- Athlete can maintain consistent speed on varied pitches.
- Athlete maintains balanced stance throughout the turn.
- Athlete uses pole swing to initiate turns.

Faults & Fixes – Perform controlled open parallel turns

Error	Correction	Drill Reference
Athlete reverts to breaking wedge to control speed.	Develop edging skills on easier terrain.	Boot skiing on easiest terrain Sideslip in vertical corridor Sideslip with clean stop
Athlete does “Z” turns to control speed.	Work on turn initiation.	Garlands Count to 5 for each turn from beginning to end.
Athlete leans to the inside of the turn.	Athlete needs to develop strong inside half, with shoulders parallel to the hill.	
Athlete swings the wrong pole.	Traverse with pole swing on downhill side.	Mark poles; coach calls out markings at appropriate time.
Athlete swings pole at the wrong time or not at all.	Practice.	Garlands Traverse with pole swings With coaching, athlete shouts “pole” at appropriate time for pole swing.

Perform controlled open parallel turns on an intermediate course

Athlete can maintain skis parallel and balanced stance using fundamental movement patterns while on a course.



Open Parallel Turns (Intermediate Course)

Teaching Points – Perform controlled open parallel turns on an intermediate course

- Athlete can keep parallel ski relationship throughout the turn and from turn to turn while on the course.
- Athlete projects his/her core in the direction of the turn, to flow downhill while on the course.
- Athlete can maintain good hand position, up and in front, to enhance balance and good body position.
- Athlete can maintain speed control on varied terrain.
- Athlete can push out of the start gate.
- Athlete can get into a tuck position for skiing over flats and through the finish.

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

Error	Correction	Drill Reference
Athlete reverts to wedge to control speed.	Athlete needs more work on gentler terrain. Develop edging skills on gentler terrain. Athlete needs more time free skiing on steeper terrain.	Boot skiing on easiest terrain Sideslip in vertical course Sideslip with clean stop Falling Leaf with pivot turn on mild intermediate terrain Garland on steeper terrain
Athlete does “Z” turns to control speed.	Work on turn initiation. Return to easier terrain to work on skills. Athlete needs more time free skiing on steeper terrain.	Count to 5 (out loud) for each turn from beginning to end.
Athlete leans to the inside of the turn.	Athlete needs to develop strong inside half, with shoulders parallel to the hill.	Traverse with proper stance Pole drag with both poles on the snow, hands in front, always within sight
Athlete drops inside hand or both hands while turning.	Practice holding hands in proper position.	Hold poles horizontally (like a tray) and keep them horizontal.