

**LEVEL 1**  
**DEVELOPMENT & ASSESSMENT TASKS**  
**February 2009**

These tasks are designed to help instructors develop specific body movements that are integral to good skiing.

The following includes:

- A brief guide to the movements that add-up to good, functional skiing. These movements should be observable in all free-skiing maneuvers and in all demonstrations. These movements should also be observable (in varying degrees with an understanding of timing and priorities) in the listed tasks.
- A description of each task that should allow the reader the ability to understand and perform the task at a basic level. Some definitions will, by necessity, be more involved than others, and a solid working knowledge of current instruction terminology may be required for full understanding.
- A list of Task Criteria that can be used to isolate the key elements that must be present for the task to be gradable (that is, to actually be performed).
- A Skill Focus list that can be used to determine the quality of the task performed. This list may include the sequentiality of the movements, the physical limitations in which the task should be performed, the specific movements that must be isolated within the performance of the task or some combination of these.
- Also, a review of the basic movements of functional skiing on each task will give the reader an over-view of the requirements to perform the tasks well.

**THE BASIC MOVEMENTS OF FUNCTIONAL SKIING**

- Flexion and extension movements that affect the ankles, knees, hips and vertebrae are crucial to create and maintain dynamic balance over the entire foot in order to control pressure and manage terrain.
- The legs must be turned under the upper body for effective control of turn shape and in order to maintain balance. These movements are generated in the hip joint, but are apparent in the legs and feet, and resulting in a stable and quiet upper body.
- Balance is directed to the outside ski to effectively regulate and capitalize on external forces and turn the skis with strength and efficiency.
- Diagonal movements of the feet, legs and hips are used to smoothly engage and release the edges and to assure early edge engagement within the turn.
- The upper body and the pole swing are directed in a purposeful manner to flow with the skis through turns and from turn to turn. When a pole touch is appropriate, the timing of the touch must compliment the desired outcome.
- Speed control is a result of turn shape, and in general, speed should remain constant throughout an entire sequence of maneuvers.

## **LEVEL I TASKS**

### **February 2009**

#### **1. Wedge Change-Ups**

Performed on gentle terrain with consistent pitch

Beginning in a straight run, the skier simultaneously steers both legs into a wedge (converging relationship) and displace the feet and skis laterally away from each other directly under the skier's center of mass. While maintaining forward momentum the skier will simultaneously steer both feet back underneath the center of mass so that the skis return to the parallel position the task began in. These two moves will be performed as many times as the terrain allows.

##### Task Criteria:

- Both skis are simultaneously steered into and out of the wedge
- The legs must be steered in equal proportions
- Skier maintains a center, balanced stance; hips should remain over the feet
- Skier should not turn

##### Skill Focus:

While maintaining a centered stance the skier should be able to steer the legs into a wedge and back into a parallel relationship with no turn shape. The skier must regulate edging and pressure control movements to maintain a constant speed and direction

#### **2. Foot Steered Turns**

Performed on gentle terrain with a consistent pitch

Starting from a narrow wedge initiate a slight turn by using simultaneous steering of both feet slightly across the fall line, then steer back across the fall line in the opposite direction. (These turns are very shallow) This will be repeated as many times as the terrain will allow.

##### Task Criteria:

- Direction change should come predominantly from foot steering, not by pressuring the outside ski
- Both feet should be steered simultaneously
- Skier maintains a centered, balanced stance; hips should remain over the feet

##### Skill Focus:

Steering both feet simultaneously while minimizing edge engagement will result in a steered turn.

#### **3. Sideslips With A Stop**

Performed on beginner terrain with a steeper pitch

Starting from a standstill with the skis directly across the fall line, release the edges and slip sideways down the fall line for several yards. Re-engage the edges and stop. Repeat going the other direction. There is no pivot or turn in this task.

##### Task Criteria:

- The skis should slide directly down the fall line with minimal travel fore or aft

- Edge release is accomplished via directed extension from the uphill foot and simultaneous tipping of both feet
- Edge engagement is accomplished by tipping the feet into the hill combined with a simultaneous flexing of the ankles, knees and hips
- Skier shall maintain a balanced stance at all times

Skill Focus:

Simultaneous edging movements combined with a centered stance will allow for progressive movement directly down the fall line.

**4. Wedge Christie Garlands**

Performed on green terrain

The skier directs the skis to the fall line in a wedge position and returns to the traverse in a wedge Christie. Repeated as per available terrain in both directions.

Task Criteria:

- The start of the garland must begin with a wedge, not a displacement of the uphill ski.
- The inside ski must be steered, not pulled, to parallel during the Christie portion of the garland.
- Continually start on opposing edges and ending on corresponding edges

Skill Focus:

A directed extension movement combined with active steering into the fall line from a wedge position occurs. As the skier steers out of the fall line the inside ski steers at a faster pace to form a parallel position.

**5. Stepping out of a Straight Run**

Performed on gentle terrain

Starting from a straight run, lift one foot completely off the snow, pivot the ski in the air until it is diverged slightly from the direction of travel, step back onto that divergent ski, lift the other ski completely off the snow, pivoting it in the air until it matches the first ski and then step back onto it. Repeat until both skis are out of the fall line and forward momentum has ceased.

Task Criteria:

- The skis must come completely off the snow
- The skier must maintain a centered and balanced stance throughout
- The weight transfer from ski to ski must be complete
- The deceleration and stop must come from the ski being stepped out of the fall line, not edging movements. Some edging may be present to prevent slipping as the skier moves out of the fall line.

Skill Focus:

Lateral weight transfer will occur as the skier steps from one ski to the other. Steering will occur as the ski is diverged from the fall line while in the air.