



## Pole jumpers

**Objective:** To clear a series of poles placed on the ground at 90 degrees to the skier's direction of travel.

**Primary Skill:** Pressure

**Justification:** Pressure along the fore/aft axis of the ski as a primary area of reference is important to the emerging ski racer. Clearing a series of poles while maintaining a straight path down the hill is only possible if the skier has fore/aft pressure control skills.

**Slope:** Beginner groomed terrain that is even from side to side, without sidehill or fall-away.

**Set-up:** Eight poles are laid flat on the ground at 90 degrees across the fall-line at eight meter spacing. The poles can be secured or unsecured to the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.

### Description:

- Ski in a straight run down the fall-line
- Skier jumps once to clear each pole in the snow

### Criteria for perfect execution:

- Skier maintains a straight path down the fall-line
- Equal distance is maintained between both skis and knees
- Jump off both feet simultaneously
- Land on both feet simultaneously
- Skis do not touch poles
- Economy of movement from the jumping skier

### KID-FRIENDLY START INSTRUCTIONS:

- Ski straight down the hill
- Jump over the poles without your skis touching the poles
- Keep your skis and knees the same distance apart even when you jump and land
- Jump and land with both feet at the same time
- Jump from your legs, keeping the rest of your body quiet

### Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.



## Outside ski turns

**Objective:** To ski solely on the outside ski prior to, during and after the ski turn during medium radius highly carved turns connected with a traverse on one ski.

**Primary Skill:** Edging

**Justification:** The ability to ski on the outside ski is essential to optimally maintain balance against extreme external forces created by tight turn radii and high speeds. Without an inside ski to assist with lateral balance and regulate pressure the ski racer is limited to their options with regards to what they can do with the ski.

**Slope:** Easy intermediate groomed terrain.

### Description:

- Skier makes eight carved GS radius turns with weight entirely on the outside ski
- The inside ski is kept entirely off the snow during the turn
- Skier concludes turn by remaining on the old outside ski for two ski lengths
- Skier will make an identifiable weight transfer
- Skier will initiate the new turn after a traverse of two ski lengths on the uphill (new outside) ski
- Pole may only be used to swing and touch the snow, not for balance support against the snow

### Criteria for perfect execution:

- Inside ski carried off the snow 100% of the time
- A deliberate weight transfer can be identified when the skier transfers pressure to the new outside ski
- Prior to the turn, the new outside ski is skied for two ski lengths to indicate balance is solely on the new outside ski
- After turn completion the outside ski is skied for two ski lengths to indicate balance is still 100% outside ski dominant
- Turns are mainly carved
- Speed is consistent throughout entire maneuver
- Turn shape is relatively round
- Ski poles are kept off the snow except if used for a pole plant

### KID-FRIENDLY START INSTRUCTIONS:

- Ski eight round, carved GS turns with all of your weight on your outside ski
- Lift the inside ski off the snow for the whole turn
- Between turns, step onto the uphill ski and lift the downhill as you traverse before you start into the turn
- Your poles are only used for pole plants, do not drag them or use them for balance
- Your speed is the same for all of the turns

### Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

## Straight run to sideslip with edge set

**Objective:** To go straight down the fall-line then rotate both skis simultaneously until skis are perpendicular to fall-line to sideslip and finish with an edge set and pole plant.

**Primary Skill:** Rotary

**Justification:** Rotation of the ski is used in many ways. When combined with the skill of edging in one drill it makes this very ski-specific. It is similar to the rotary and edging demands involved with a steered turn entry to a carved completion.

**Slope:** Easy intermediate groomed terrain with a consistent fall-line.

### Description:

- Skier starts in a straight run down the fall-line
- Skis remain hip width
- After 15 meters in a straight run, both skis are pivoted across the fall-line
- Skier will maintain a sideslip for 6 meters in a corridor
- The skier stops with an edge set timed with the pole plant and holds stopped position for 3 seconds
- The test is performed with a stop in each direction

### Criteria for perfect execution:

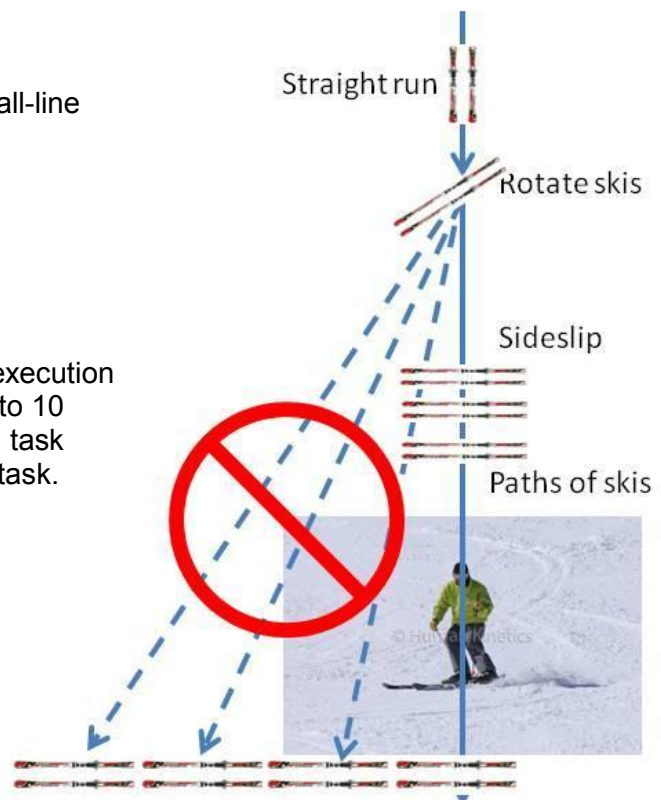
- Direction of travel does not deviate from fall-line
- Hip width stance in all phases of the drill
- Skis are pivoted simultaneously
- Skier remains in a ski width corridor
- Pole touch coincides with edge set

### Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

### KID-FRIENDLY START INSTRUCTIONS:

- Ski straight down the hill to get up to speed
- Then quickly pivot your skis to turn them across the hill, turning both feet sideways at the same time
- Continue slipping sideways straight down the hill
- Stop by setting your edges and planting your downhill pole
- Hold still for 3 seconds
- Keep your skis hip-width apart the whole time
- Then do the same drill turning your skis in the other direction





## PHASE 2

Ages 6-10  
1-4 years in sport

### Freeski with pole usage

**Objective:** To ski GS radius turns with pole usage.

**Primary Skill:** Balance

**Justification:** To combine the skills of *rotary*, *edging*, and *pressure*.

**Slope:** Easy intermediate groomed terrain.

#### Description:

- The skier skis eight GS radius turns
- The skier times their pole swing with the edge release while their center-of-mass moves into the new turn

#### START INSTRUCTIONS FOR ATHLETE:

- Ski eight carved, round GS turns with a pole plant between turns
- Try to ski fast but with good balance

#### Criteria for perfect execution:

- Balance is maintained in all three planes
- Linked round turns such that speed is maintained throughout
- The skis show a high degree of carving
- A pole swing coincides with edge release and center-of-mass movement into new turn

#### Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.