

Variety is the Spice of Sliding

Exploring the range of skills and
movements with PSIA's 5 Fundamentals

Ron LeMaster & Mike Porter

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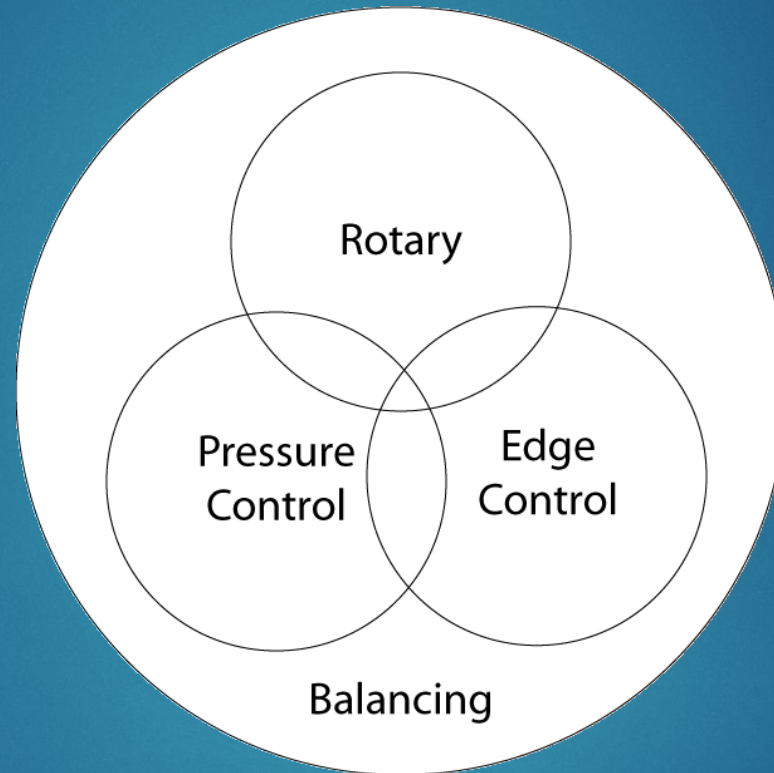
Skiing in the Moment



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The Skills Concept



- ▶ We teach skills, not specific turns

The 5 Fundamentals

- ▶ Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis
- ▶ Control pressure from ski to ski and direct pressure toward the outside ski
- ▶ Control edge angles through a combination of inclination and angulation
- ▶ Control the skis' rotation (turning, pivoting, steering) with leg rotation, separate from the upper body
- ▶ Regulate the magnitude of pressure created through ski/snow interaction

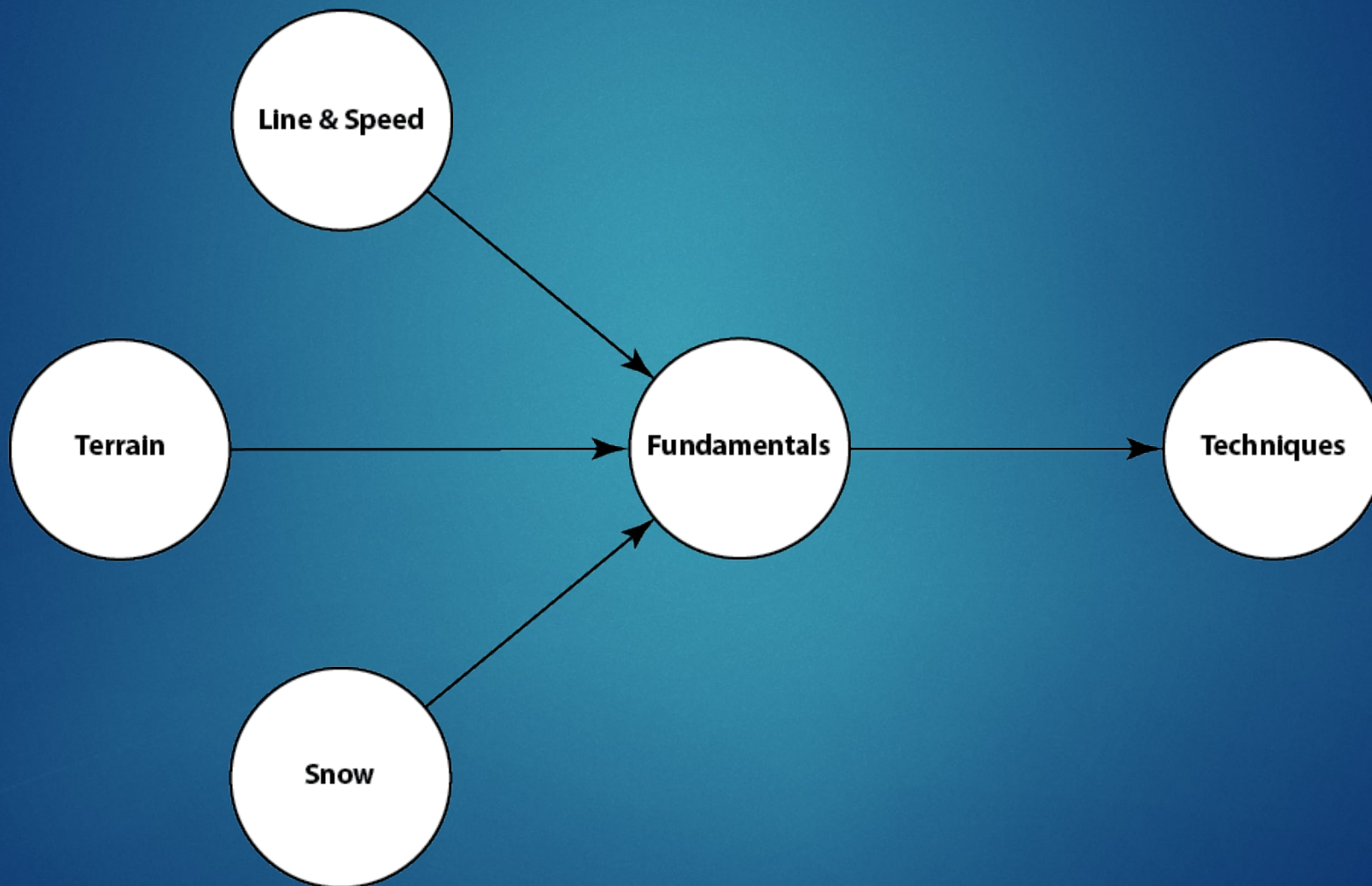
The 5 Fundamentals

- ▶ Each describes a type of interaction we have with the snow, through our skis

The 5 Fundamentals

- ▶ **Control** the relationship of the Center of Mass to the base of support to direct **pressure along the length of the skis**
- ▶ **Control pressure from ski to ski** and direct pressure toward the outside ski
- ▶ **Control edge angles** through a combination of inclination and angulation
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Tactics Drive Technique



Why These Principles?

- ▶ Each is equally important
- ▶ They appear, coordinated, in virtually every good turn
- ▶ Each has distinctly different purposes
- ▶ Varying the skill blend in response to the situation at hand is a cornerstone of good skiing

The 5 Fundamentals

Control the relationship of the Center of Mass to the base of support to direct **pressure along the length of the skis**



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Control the relationship of the Center of Mass to the base of support to direct **pressure along the length of the skis**

▶ Why?

- ▶ Maintain stability
- ▶ Accurately control how the ski turns

Control pressure from ski to
ski and direct pressure
toward the outside ski



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Control pressure from ski to ski and direct pressure toward the outside ski

▶ Why?

- ▶ Use each ski for different purposes
- ▶ The outside ski is the one that does the best job of holding and making you turn
 - ▶ Physiology
 - ▶ Edge angle

Control edge angles

through a combination of
inclination and angulation



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Control edge angles

through a combination of inclination and angulation

▶ Why?

- ▶ Hold/slip, carve/shape
- ▶ Control turn radius
- ▶ You have to change edges to change direction
- ▶ Incline to anticipate the force of the turn and to be centered on the new outside ski

Control the skis rotation

(turning, pivoting, steering)
with leg rotation, separate
from the upper body



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Control the skis rotation

(turning, pivoting, steering)
with leg rotation and
coordinated upper-body
movements

► Why?

- Control the direction the snow is pushing on you
 - Speed control
 - To achieve your desired line
 - Extract a turning force from the snow

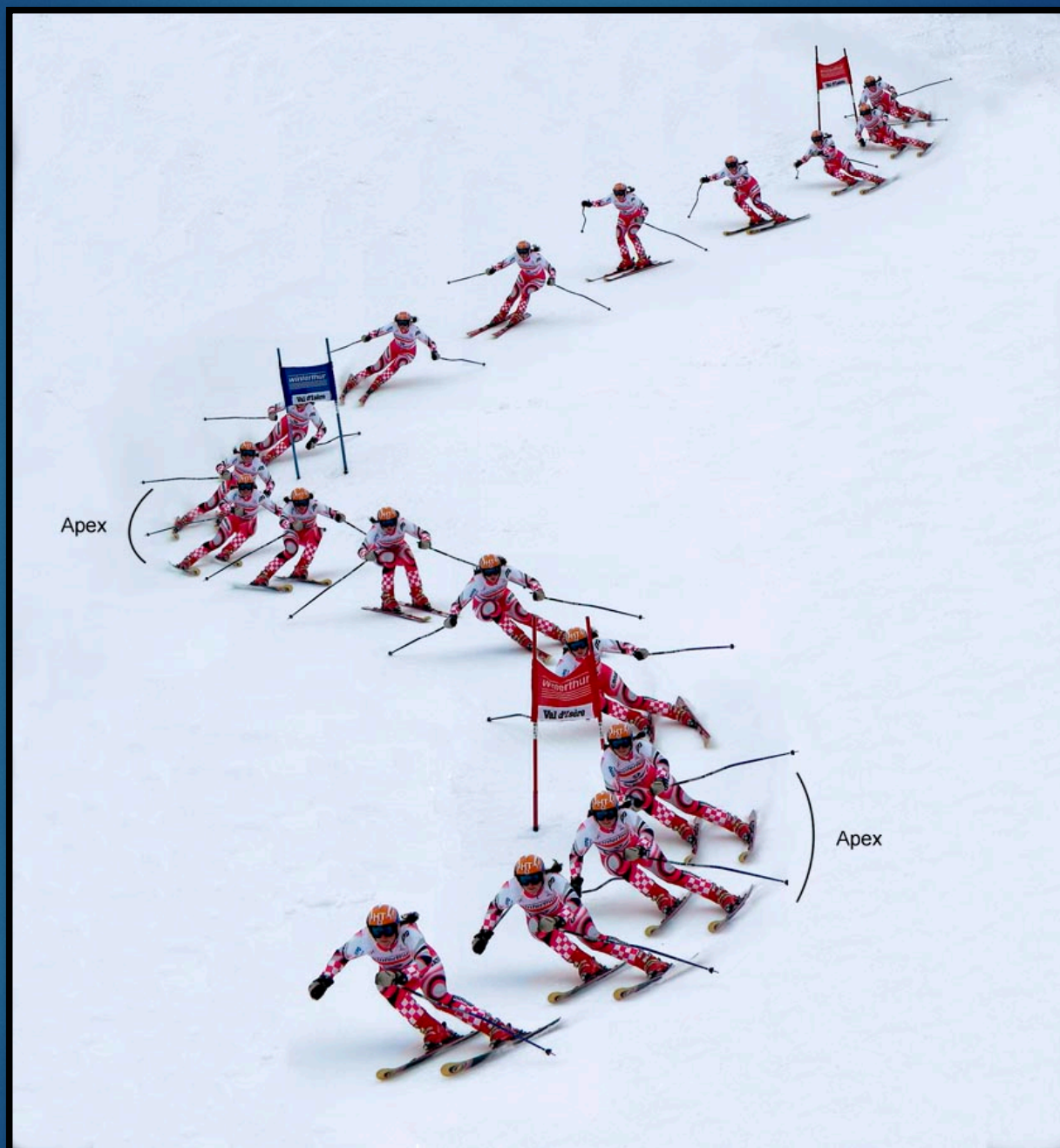
**Regulate the magnitude of
pressure** created through
ski/snow interaction



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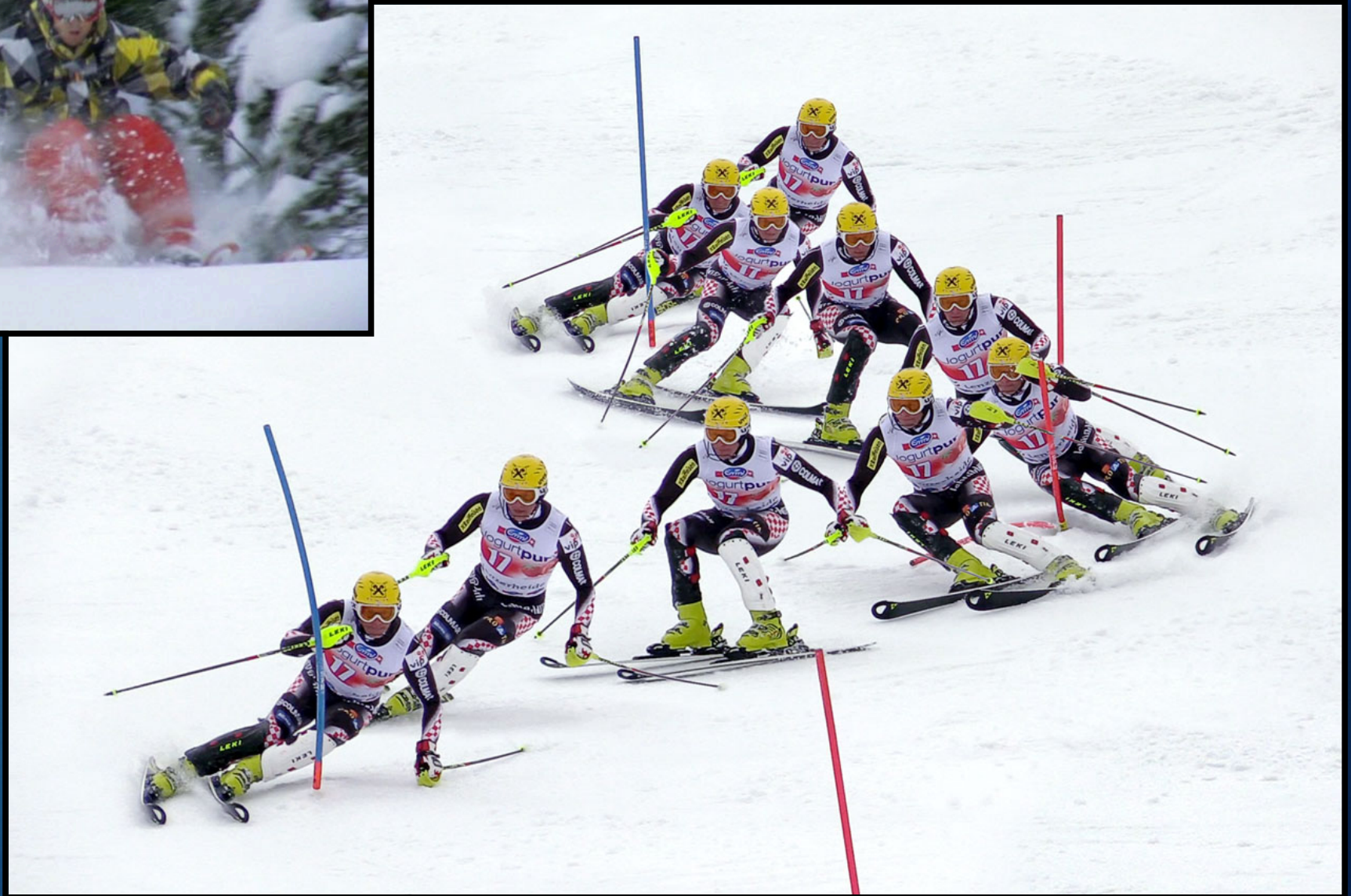


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Regulate the magnitude of **pressure** created through ski/snow interaction

▶ Why?

- ▶ Maintain stability
- ▶ Control the ski's engagement with the snow
 - ▶ Light, so you can manipulate the ski
 - ▶ Strong, so the snow can make you move in a different direction or slow you down

Mixing and Matching

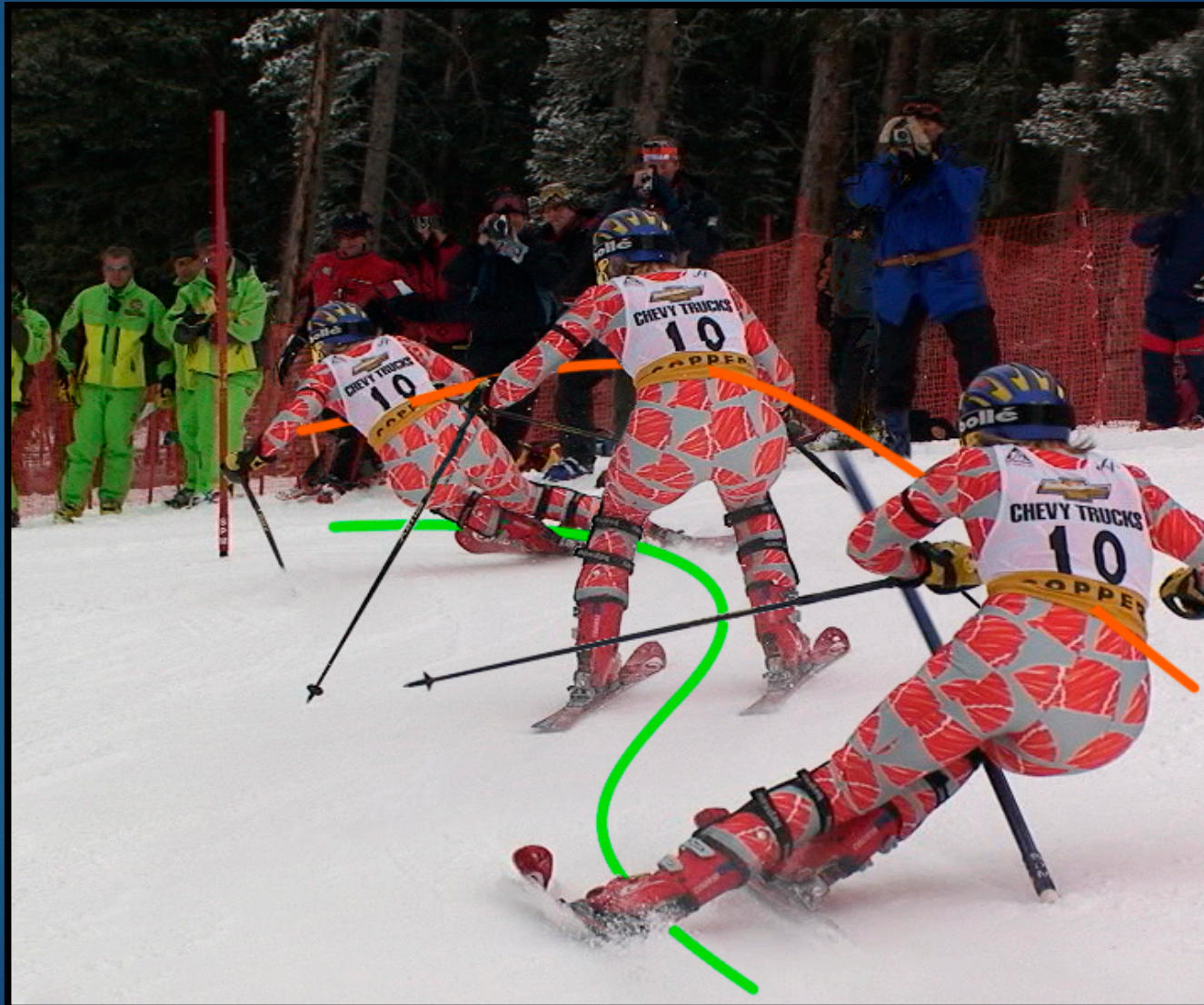
Fundamentals and Movements

- ▶ Intended outcomes and personal style determine the blend of skills and movements

Example: Skiing through Bumps



Transitions



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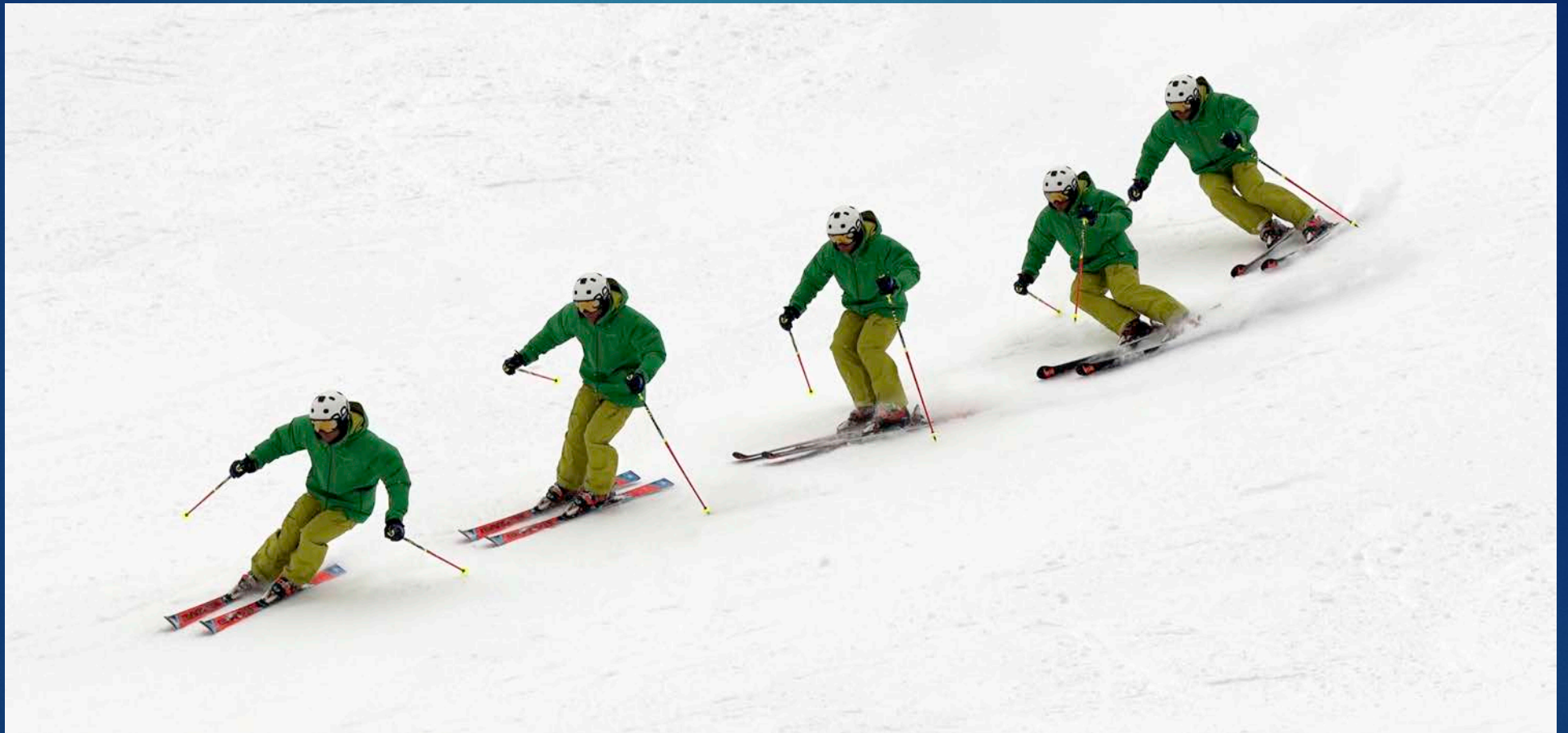
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A Variety of Transitions





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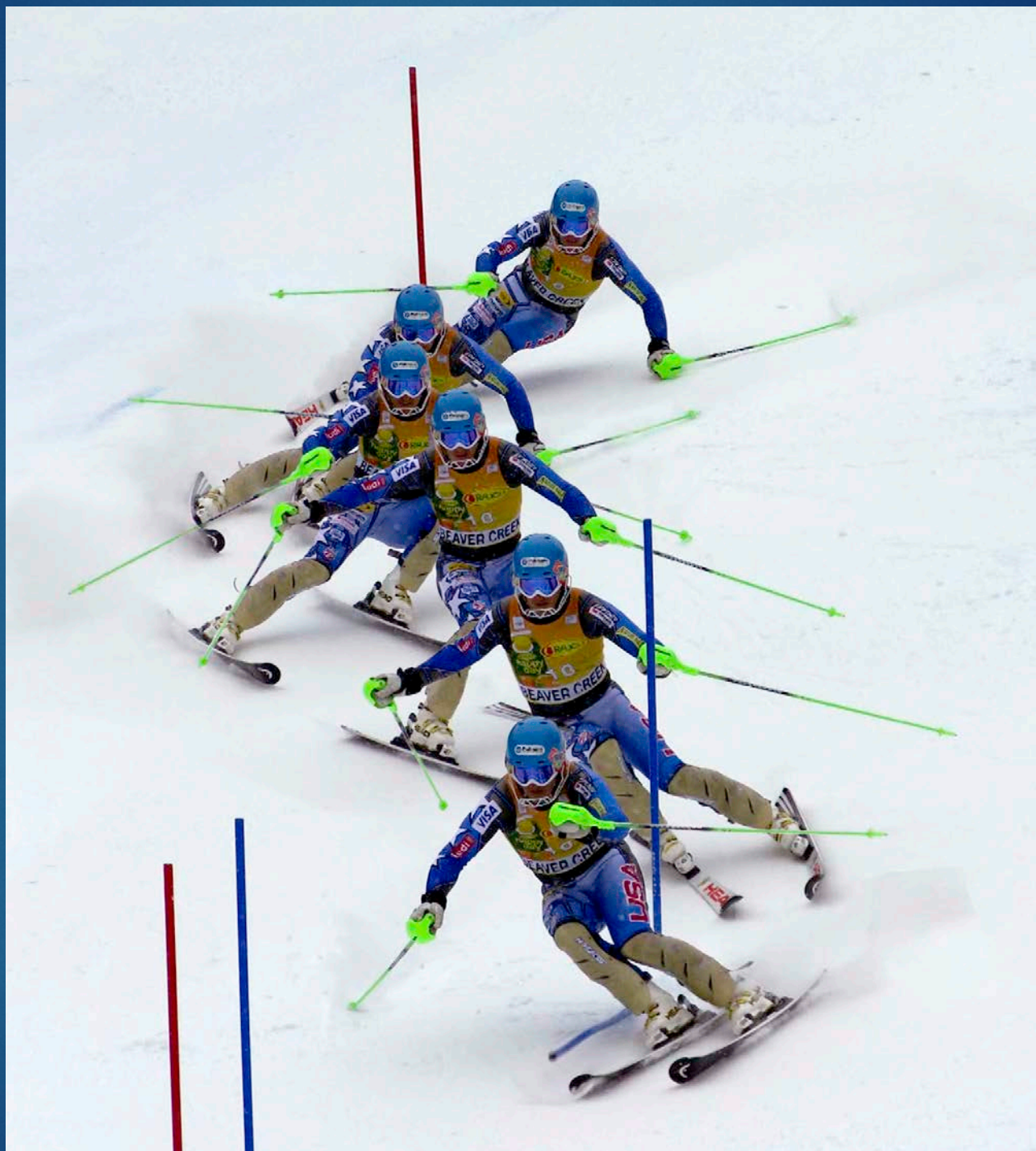
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What's Bode Doing?





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The Instructor's Job

- ▶ Teach skiers to ski with intention, consciously choosing their tactics at all times
- ▶ Determine what fundamental interactions with the snow are needed
- ▶ Determine what movements will best produce those interactions
- ▶ Keep verbal communication simple, concrete, and non-technical
- ▶ Teach with tasks when possible

The Instructor's Job

- ▶ Teach skills, not maneuvers
- ▶ Drills for skills, not talk
- ▶ Invent learning experiences
 - ▶ Let the task do the teaching

The 5 Fundamentals

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Building Turns on the Fly



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