

## Braquage / Side Slipping

Every skier should have a good side slip in their repertoire. With your students you can work on alignment, standing in the middle of the ski, creating / managing separation, angulation and grip, timing and rhythm. It's also an important tactic for students to have for sliding into some alpine terrain or getting down any terrain that they are not comfortable turning on whether that is a blue, black or double black.

Students need to know HOW to move, and WHY this will improve their skiing. Relate the movements being worked on to a moment in the turn. Alltracks video below is a good example of these concepts. Great teaching Guy!

Basic braquage (just add pole plants!):

<https://www.youtube.com/watch?v=yCc90N4GxHY>

Alltracks Academy Video. Diagonal side slip, garland demo:

<https://www.youtube.com/watch?v=-dxSAIlXoks>

- 1) **Slip and Grip:** Feather edging using knees and ankles while maintaining separation. Add hands on knees, hips, shoulders etc for different emphasis (*helps pattern ankle / knee angulation and develop more precision with edging skills, creating more edge or letting go of edge*)
- 2) **Classic Braquage:** Turning legs to create separation and shift balance from ski to ski while side slipping. Minimal deflection is preferable. Pole plant times movement and adds rhythm. (*Emphasis can be on turning legs to achieve separation, releasing pressure and flattening skis, achieving rhythm, timing pole plant, flow in the transition, alignment and a centered stance.*)
- 3) **Falling Leaf:** Playing with separation in a sideslip by turning the skis up the hill and back down. Helps refine balance point under foot and ability to pivot the ski. Tip and tail of ski should move at the same rate. Effect is altering direction of side slip forwards, backwards, forwards, backwards etc (*alignment, turning legs, managing separation.*)
- 4) **Braquage with ski tap:** tapping the uphill ski emphasizes balance on the downhill ski and promotes good alignment.

- 5) **Braquage inside corridor:** creates an external cue for students to see how much in the fall line they can side slip. Balancing more to the front or back of the ski will cause them to move across the hill more. *(Promotes standing in the middle of the downhill ski, good alignment and managing separation by turning with the lower body)*
- 6) **Side slip races:** Make a start and finish line have students race head to head slipping sideways. Excellent, fun way to work on subtle edging skills and good balance and alignment. The students that win will be balanced better in the middle of the downhill ski with the least edging. *(good way to introduce sliding a box stance and balance.)*
- 7) **Garlands:** (see Alltracks video) choosing the right time and location to do these safely and effectively is key!
- 8) **Braquage with picture frame:** Substitute picture frame for holding poles in an 'X', holding poles down the hill or balancing poles on the back of your hands. Be careful with these. Emphasis is on turning the legs not posing with the upper body!
- 9) **Delay Turns:** In medium to big turns at moderate to high speed start the turn with a side slip. Add angulation to increase edge angle and grip while transferring more balance to the outside ski. *(Plays with inclination and angulation. Emphasize how the student should create angulation. Shows how separation is a prerequisite for angulation and grip. It's basically advanced slip and grip)*
- 10) **Diagonal side slip:** (see Alltracks video) Gets students sliding in the right stance. This is the result of turning with the lower body. The angle seen in the lead change of the skis should be seen in the upper body too, especially hips. Again see the Alltracks video)