

Hands On ...

When we use hands on hips, knees, shoulders etc as a development tool for students, their skiing can be affected in a few ways. Firstly putting hands on a part of the body makes the student more aware of how it is moving and they can more easily make changes. Secondly we can use this tactic to move the student's center of mass (COM). For example, hands on head elevates the COM and hands behind the back brings the COM towards the back of the ski. Finally we can improve skillfulness and coordination by combining many of these. For example making turns with alternating hands in front of you and hands behind you.

Teapot Turns / Superman Turns: One hand on outside of hip (handle) while inside hand is moved over the tip of the downhill ski (spout). (*Coordination, separation and angulation*)

Hands on Knees: It's a classic for a reason! (*Brings beginners COM into the center of their wedge stance and puts them into an athletic stance with shoulders over knees and toes.*)

Hands on downhill knee: Fantastic for beginners again. (*Balance on the outside ski, maintain alignment through turn*)

Hands inside knees: Palms together or make fists and put hands between knees. (*Creates athletic stance, corrects the 'A frame', symmetry with knee / ankle angulation, use with rollerblade style turns.*)

Hands on hips: Brings awareness to, and helps correct how hips move through the turn. (*Separation, angulation*)

Hands on shoulders: Cross arms across chest and place hands on shoulders. Torso will rotate more, like a figure skater rotates more quickly when they tuck their arms in. Student must work harder to create and manage separation by engaging their core, specifically their abs and oblique muscles, to stabilize their torso. (*Effective in short turns*)

Hands on head: Elevates COM and makes skier more unstable. Student will more easily tip inside. They must work harder to achieve angulation and balance against the outside ski. They do this again by engaging the core, specifically the oblique muscles. (*Effective in med to big turns. Speed is challenging. Easier version is to put hands on top of shoulders*)

Hands behind back: For students that tend to let the feet get ahead of them at the end of the turn / let the shoulders fall behind. By bringing COM further back the student must compensate by bending at the hip to compensate for COM moving backwards. Shoulders should align over toes better. Also helps rotational issues. (*Alignment, rotation. Effective in short to medium turns*)

Boot touch, hand clap: outside hand touches either the top of the boot or knee in the fall line then clap hands together over the tip of the downhill ski in the transition when the skis flatten.
(Angulation, feel hips topple into next turn, timing, rhythm. Med to big turns most effective)

Hands all over: Changing hands position using combinations of all the above. *(Coordination, timing, rhythm + the adjustments that each part emphasizes)*