

HOPPING

Students should know HOW to move (which joints to emphasize), WHEN (in turn or on terrain), and WHY (alignment, timing, emphasize correct movement, create new feeling)

- 1) In the transition from edges to a flat ski* (*patient transition and encourage hips to topple into the new turn*)
- 2) In the transition from a flat ski to new edges* (*rolling ankles and knees to create early platform and create grip above the fall line*)
- 3) From old edges to new edges* (*catching mass with BOS, athletic transition, controlled release of pressure and creation of grip*)

**easier in big turns at moderate speed. More challenging in shorter turns or at high speed. Too slow is less effective as you don't have forces to act against.*

- 4) Hop feet from wedge to parallel stance (*use when straight running or at the end of the turn*)
- 5) Timing hop off natural features and moguls (*timing, reading terrain, pressure control*)
- 6) Timing pre-jump on drops / rollers (*timing, reading terrain, pressure control*)
- 7) Quick, little hops (*activate ankles. Maintain alignment. Bring feet together to change lead change issues*)
- 8) Big, powerful hops (*knee / hip activation. Maintain alignment*)

- 9) **SPIESS!** (on flats / steeps for different ROM, to a rhythm set by group clicking poles, with no poles for balance and edge grip, hands on hips / shoulders)
- 10) **Draw a line in fall line. Hop over the line timed with a pole plant** (timing, rhythm, symmetry)



- 11) **Frog Hops** (draw a 'ladder' with ski marks in the snow, hop over ski poles, hip / knee angulation, holding poles downhill)
- 12) **Ollies** (ankle activation, over ski pole)
- 13) **Dolphin Turns** (progression from simple olly)
- 14) **Hop in a tuck** (maintain alignment)
- 15) **Hop skis to the fall line** (time with pole plant, promote turning legs at top of turn, catch mass with BOS, maintain alignment)
- 16) **Hop 180s** (centered take off + landing, alignment)
- 17) **Hopping straight run through powder** (trampoline effect, staying active with lower joints to maintain balance)