



# Ski Skills & Drills

For all the thrills without the spills

Name: \_\_\_\_\_

Memories and learning inspired through encouragement,  
accomplishment and friendship



December 2012

## HOW TO USE THIS GUIDE

<b>LEVEL 1</b>	<b>I am just learning to ski</b>
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**GOAL: To turn both ways and stop**

Mobility

- Play games with boots ⇒ Duck, duck, goose only  
⇒ Ring a ring a rosie  
⇒ Tag (chase the instructor)  
⇒ Green light/red light  
⇒ Simon says

I can put on, take off and carry my own skis

- Knows how bindings work ⇒ Press the magic button (skis on and off)
- Knows how to clean off boots ⇒ Front, back, clickety-clack, into the dragon's mouth
- Keeps fingers away from bindings when putting on ⇒ Carry one ski, then two

Refer to the level title for a review of the students' current abilities

The goal describes the purpose for the level

Lesson outcomes are underlined

Points denote desired skills

Arrows denote effective drills

Please feel free to elaborate on these drills or even invent your own and share them with your fellow instructors. Creativity will help bring variety and enjoyment to your lessons for both your students and yourself.

Check drill descriptions at the end of this book.

# LEVEL 1

## I am just learning to ski

### **GOAL: To turn both ways and stop**

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#### **Mobility**

- Play games with boots only
  - ⇒ Duck, duck, goose
  - ⇒ Ring a ring a rosy
  - ⇒ Tag (chase the instructor)
  - ⇒ Green light/red light
  - ⇒ Simon says

#### **I can put on, take off and carry my own skis**

- Knows how bindings work
  - ⇒ Press the magic button (skis on and off)
- Knows how to clean off boots
  - ⇒ Front, back, clickety-clack, into the dragon's mouth
- Keeps fingers away from bindings when putting on
  - ⇒ Carry one ski, then two

#### **I can walk with my skis on**

- Can walk on flat terrain in a square in both directions
  - ⇒ Mobility with one ski. Then two
- Slide with one leg in the air on flat terrain
  - ⇒ Follow the leader
  - ⇒ Red Rover
  - ⇒ Tag

#### **I am able to side-step up the hill**

- Can side step up a gentle slope
  - ⇒ Winnie the Pooh and Scooby Doo
- Can roll edge over using the ankle joint
  - ⇒ Peanut Butter and Jam
  - ⇒ Batman and Robin
- Can keep skis parallel while stepping
  - ⇒ Crab walk

#### **I am able to snowplow to a gentle stop**

- Balanced position – hands out in front of the body
  - ⇒ Drive car
  - ⇒ Straight running
- Skis flat not on extreme edge
  - ⇒ Red light/green light, or stop & go
- Can maintain a snowplow position
  - ⇒ Stop/go – Xmas tree, pizza slice, arrow, rooftop

### **I am able to get up with minimal assistance**

- Knows to turn skis across the hill ⇒ Flip the skis  
⇒ Magic button
- Can get up with skis on ⇒ Rainbow or bum in the air  
⇒ Fall down without skis, one ski, two skis

### **I can turn in both directions**

- Good turn shape ⇒ Train track
- Skis turn together in a wedge – no extreme edge ⇒ Green light turns  
⇒ Press the big red button  
⇒ Follow the instructor

### **I can stay balanced and show good body position at all times**

- Hands in front ⇒ Hands on knees
- Looking where you are going (head up) ⇒ Hopping
- Knees bent/feel the front of boot
- Not too far back, not too far forwards

## **I AM READY FOR LEVEL 2**

# **LEVEL 2**

## **I can turn both ways and stop**

### **GOAL: To control speed using turn shape on green terrain**

#### **I can turn around the features in the learning area**

- Able to avoid obstacles ⇒ Cops and robbers
- Uses turn shape to control speed ⇒ High fives as they ski by  
⇒ Kangaroo turns (hop and turn/turn and hop)
- Is in control
- Starting to do hops in traverse between turns ⇒ Vary placement of obstacles frequently
- Linking turns

#### **I am able to follow my instructor in a line**

- Can follow directions ⇒ Can follow directions
- Able to stop at will ⇒ Able to stop at will
- Does not pass other kids ⇒ Does not pass other kids

### **I can stop using behind and below**

- Slows down before getting close to the group/instructor ⇒ Parking cars, landing airplanes
- Leaves space between themselves and other students ⇒ Face the coach

### **I can control my speed and stop by turning up the hill**

- Falling is not a safe way of stopping ⇒ J turns  
⇒ Follow the leader
- Turning across the fall-line and back up the hill ⇒ High mark
- Advance kids could try hockey stops

### **I can ski green runs comfortably and I match my skis at the end of the turn**

- Uses a wide stance ⇒ Big as a house, small as a mouse
- Reinforce with lots of mileage on comfortable terrain ⇒ Pizza, French fries  
⇒ Stomping monsters
- Minimum terrain = Maximum performance ⇒ Squishing bugs  
⇒ Hopping

### **I am able to link turns on green slopes to control my speed**

- Speed is controlled by turn shape, not snow plow ⇒ Follow the leader  
⇒ Airplane turns
- Does not take up too much of the run

### **I can get up on my own**

- Skis are downhill from hips and pointed across the fall line

### **I can stay balanced skiing over a bump**

- Kids should not be getting air at this level ⇒ Shock absorber legs  
⇒ Hands in front (Flying through the air, carrying a tray)
- Use very small bumps or rolls
- Use flat terrain
- Goal is to have good form while adjusting to terrain changes ⇒ Shock absorber/spaghetti legs

- Feature should not be too big that kids are crashing
- Introduce and review safety procedures for going over terrain features
- Ensure and use good class control to keep the group safe
- Use flat terrain with a flat run out

## I AM READY FOR LEVEL 3

### LEVEL 3

I can control speed using turn shape on green terrain

**GOAL: Ski with control with a wide parallel stance with poles on blue runs**

#### I can adapt my turn shape to control speed on varied terrain

- Can do a mixed radius run – ⇒ Varied radius turns  
3 medium, 3 long, 3 short ⇒ Simon Says
- Looks ahead – adjusts to the pitch of the slope to maintain speed
- Round turns, shallow turns

#### I can maintain an athletic stance while holding my poles in front

- Arms up and ahead of the body ⇒ Carrying a tray of drinks  
⇒ Driving a truck/bus  
⇒ Hold poles horizontally  
⇒ Picture frame

#### I am able to ski all green runs using wide stance parallel turns

- No stem to start the turn ⇒ Shuffle turns
- Can adjust to different snow conditions ⇒ 1000 steps  
⇒ Lifting uphill ski
- Min terrain/max speed ⇒ Touching the boot (ie. picking flowers, dribbling a ball and shooting)
- Well balanced body position. Arms ahead, eyes up, knees bent

- ⇒ Poles (rolling pin down the leg)
- ⇒ Hockey stops
- ⇒ Side Slipping
- ⇒ Squash the bugs
- ⇒ Airplane turns

### **I can skate on flat and gentle slopes**

- Play a game (ie. relay race, follow the leader, tag) ⇒ Ice skating
- Use as a warm up at any time ⇒ Races
- Kick and glide ⇒ Start in beginner area/ terrain

### **I can side slip on both sides for at least 4 meters on groomed terrain**

- Slide at a constant speed ⇒ Slice monsters heads off
- Good balance ⇒ Cut the grass
- Can adjust edge angle with the ankle joint and lower leg ⇒ Slice the flowers
- Skis remain parallel ⇒ Slip, stop, slip, stop
- Edge set to flat ski ⇒ Slip at an angle

### **I am able to do hockey stops on both sides**

- Can turn both skis without stemming at the start ⇒ Stomp stops
- Able to come to a complete stop ⇒ Spraying the snow
- Able to stop as fast as you can stop
- Adjusts lateral balance to not fall to the inside
- Able to stop on a straight line

### **I can ski up a side bank and turn back down**

- Use very small side hills to start with ⇒ See how high you can get
- Show how you identify a safe side bank to use ⇒ Hop at the apex of your turn
- Prep for spine features and half pipe ⇒ Use side slipping exercises to introduce edge control
- Work on edge control to climb up the bank
- Student able to adjust BOS as terrain changes

- Can go through green runs in the Castle or Emerald Forest
- Look where you want to go (downhill)
- Turn head and shoulders

### **I can ski blue runs with a parallel stance**

- Very confident and consistent ⇒ 1000 steps  
⇒ Gorilla turns
- Can adjust to different snow conditions ⇒ Squish the bugs
- Reinforce through mileage on appropriate terrain

### **I know how and where to stop safely**

- Stopping at side of run ⇒ Letting them choose a stopping spot
- Where you can be seen
- Not under chair ⇒ Asking questions about where you have stopped
- Inside of curve
- Not too close to my friends ⇒ Park you cars – not in the middle of the road!
- Behind and below
- Not coming in too fast ⇒ Airplanes land on the runway, not the terminal

### **I understand how to merge and who has right of way**

- Alpine responsibility code ⇒ Point out members of the public with proper etiquette
- Look uphill before merging ⇒ Ask them when safe to go  
⇒ Make them look up merge/  
remind them every time  
⇒ Ask questions

## **I AM READY FOR LEVEL 4**

## **LEVEL 4**

**I am able to ski parallel turns on blue runs while holding my poles in front**

**GOAL: To improve edging skills, pole plant consistently and ski parallel on black runs in a variety of snow conditions**

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### **I can make large carved turns on green terrain**

- Speed is appropriate ⇒ Rollerblade turns (start on flats)
- Aware of other skiers/riders on the hill ⇒ Outrigger turns  
⇒ J turns

### **I can maintain my balance and link parallel turns in small bumps and in powder on blue runs**

- Adjusts balance and pressure as necessary for powder/varied terrain ⇒ Mogul traverse  
⇒ Mogul hourglass/mogul funnel
- Adjusts turn shape as necessary for powder riding/  
varied terrain

### **I can make 15 fall-line short radius turns on blue runs**

- Able to maintain a constant speed ⇒ Power plows  
⇒ Speiss (with or without steering)
- Consistent pole plant
- Link consistent turns – no stopping ⇒ Hockey stop turns  
⇒ Corridor turns

### **I am able to ski with round parallel turns on black runs**

- Adapts turn size to suit terrain ⇒ J turns (on black terrain)  
⇒ Hockey stops (on black terrain)
- Rounded, rhythmic turns
- Show good body position ⇒ Turn shape/number challenges

### **I make solid pole plants with proper timing and coordination**

- Wears pole strap properly ⇒ Pole plant on a straight line
- Knows where and when to plant the pole for different size turns ⇒ Pole plant and counting  
⇒ Pole plant and hop  
⇒ Popping bubbles
- Starting to keep the pole baskets continuously moving
- Plants pole to initiate turn and stabilize the upper body

- Adjusts position of pole plant in relation to steepness, terrain and type of turn
- Steep slope/short radius – plant further downhill in the fall-line

### **I am comfortable with speed on groomed terrain**

- Demonstrates control and awareness of others on the hill ⇒ Tuck drills  
⇒ Short straight runs
- Proper technique and body position is still shown

### **I approach small terrain park features with appropriate speed and good body position**

- Does not snow plow to slow down, instead uses turn shape ⇒ Straight skis to a target  
⇒ Jumping over poles
- Hands up, knees bent, eyes looking at the feature

### **I can safely pick my own line down blue runs and choose a safe stopping location**

- Able to read terrain and identify hazards ⇒ Tactics  
⇒ Terrain discussion
- Speed is appropriate for terrain ⇒ Turn shape/number challenges
- Talk about hazards, and when going fast is not ok

**I AM READY FOR LEVEL 5**

# LEVEL 5

I am able to ski strong parallel turns on black runs  
I enjoy skiing difficult terrain, bumps and powder

**GOAL: Improve edging, pressure control and timing & coordination in varied terrain and conditions**

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## **I am able to carve turns on blue runs**

- Demonstrates edging at the fall-line ⇒ Rollerblade turns  
⇒ Touch the dh/outside boot
- Uses lower leg to obtain edge ⇒ Banana turn (highest mark)

## **I can perform short radius turns on black runs**

- Edging occurs at or near the fall-line ⇒ Power plows  
⇒ Braquage
- Consistent speed maintained ⇒ Speiss (with or without steering)
- Able to keep skis on the snow throughout the turn ⇒ Hockey stops

## **I can link traverses through advanced bumps while maintaining snow contact**

- Skiing is fluid, with no stopping ⇒ Mogul countdown  
⇒ Mogul traverse
- Correct body position is maintained

## **I can ski in control through gladed runs**

- Review safety procedures when skiing in tree runs ⇒ Turn shape discussion  
⇒ Gate skiing
- Ensure good class control is maintained ⇒ Cap number of turns (3 turns and stop)
- Uses a buddy system and explain importance
- Knows about tree wells

## **I am able to ski parallel on black runs with powder and cut up snow**

- Adjusts tactics for changing conditions ⇒ Tactics  
⇒ Hop turns
- Turn shape, how to initiate turn, use of terrain features ⇒ Bend and stretch  
⇒ Outside ski turns
- Able to adjust pressure control to suit the conditions ⇒ Foot shuffle

### **I can ski black runs with bumps while staying within a 5 meter corridor**

- Able to stay in fall-line with- ⇒ Speiss (with or without  
out traversing steering)
- Uses solid pole plant for ⇒ Power plows  
timing and stabilizing the ⇒ Braquage  
upper body ⇒ Hockey stops
- Maintains control

### **I am comfortable with speed on all black runs**

- Control and awareness of ⇒ Tuck turns  
other skiers/riders is ⇒ Straight run challenges  
demonstrated at all times ⇒ Turn shape delays
- Proper technique and body  
position is still shown

### **I demonstrate control and balance on small freestyle terrain features**

- Small jumps, spines, banked ⇒ Jumping over poles  
corners and tables ⇒ Side hits
- Review park etiquette and ⇒ Tactics  
ARC
- Safe stopping areas
- Learn how to use different  
terrain features
- Good technique = Safe  
technique
- Inspect the features first

### **I can identify terrain hazards and inspect them from a safe location**

- Able to explain dangers, in ⇒ Tactics  
addition to seeing them. ⇒ Identify hazards from below

**I AM READY FOR LEVEL 6**

# LEVEL 6

I have good ski performance and strong skills in all conditions

**GOAL: Continue to refine all skills in varied snow conditions, speed and terrain**

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## **I can carve on groomed runs, steeps and bumps**

- Edging phase is consistently at or above the fall-line ⇒ See previous levels— increase speed and difficulty of terrain
- Maintain consistent speed
- Able to adjust turn shape as terrain changes

## **I can adapt to all types of terrain and snow conditions**

- Is confident and solid in all conditions ⇒ Skiing without poles  
⇒ Hop turns
- Play with terrain and adapt to snow conditions ⇒ Bend and stretch  
⇒ Outside ski turns  
⇒ Max number of turns on a run

## **I can adapt my turn shape and speed down steep bumpy black runs**

- Adapts pressure and body position to suit terrain ⇒ Turn shape challenge (vary turn shape)
- Able to ski fluidly, with little or no stopping ⇒ Synchro skiing  
⇒ Skier cross  
⇒ Lion tamer (marriage turns)  
⇒ Cat and mouse

## **I am comfortable with higher speeds in steeps, bumps and powder**

- Adjusts balance and pressure as necessary for powder/varied terrain ⇒ See all (go faster!)
- Adjusts turn shape as necessary for powder riding/varied terrain
- Adjusts speed as necessary for powder riding/varied terrain
- Can choose a suitable line by looking ahead/planning

## **I can link a series of controlled switch turns on groomed green terrain**

- Able to ski fluidly with little or no stopping necessary ⇒ Switch plow  
⇒ On snow 180
- Balanced on outside ski ⇒ Switch lead changes
- Looking over outside shoulder ⇒ Switch pointing  
⇒ Switch hockey stops
- Speed is appropriate
- Do not take up too much of the run

## **I am able to keep a consistent rhythm in short radius turns**

- Turn size is appropriate ⇒ Synchro skiing
- Well timed pole plant ⇒ Beat master
- Able to complete their turns ⇒ Gates  
⇒ Counting

## **I can slide a small box or rail**

- Demonstrate a controlled entry and exit ⇒ Controlled side slip  
⇒ One foot side slip
- Strong, well timed "pop" onto feature ⇒ 90 degree hops  
⇒ Step on box slides
- Good body position on box/rail ⇒ Braquage  
⇒ Hop and slide
- Able to find a safe stopping location ⇒ Hop and stop

## **I can 180 off of a small jump**

- Speed is appropriate ⇒ Must be comfortable skiing
- Strong, well timed "pop" on the take-off, with good body position ⇒ switch  
⇒ Skis off 180  
⇒ Skis on 180 (static)
- Controlled rotation. Upper and lower body is coordinated ⇒ Hop 90 and slide  
⇒ Hop 90 and stop  
⇒ Buttered 180/360
- Knees bent for landing - absorption ⇒ Flat ground, hopping 180 (moving)
- Landing is balanced (tips and tails touch down at the same time)
- Able to ski away switch
- Finds a suitable and safe stopping location

## **FREESKI SAFETY**

- ◇ I know and understand Terrain Park etiquette
- ◇ I know how to jump safely
- ◇ I know why and how to spot a jump
- ◇ I know how to inspect terrain features
- ◇ I know how to use Terrain Park features
- ◇ I know how to ski safely through the Castle runs
- ◇ I know what tree wells are
- ◇ I know how to ski safely through gladed tree runs

**AIRPLANE TURNS-** With arms out wide (in a "T" position), have student bend at the waist from side to side in order to weight their inside ski. Alternating sides in accordance with the direction they are turning.

**BRAQUAGE-** Student places skis perpendicular to the fall line and attempts to side slip in a straight line, alternating the direction the skis are pointed by only turning the lower body.

**BEND AND STRETCH-** Student begins in a low, compact position, and then pushes the feet away from the body through the arc of the turn. Legs are drawn back under the body at the neutral phase.

**BUG STOMP-** While making large, rounded turns, have your student repeatedly lift and lower their uphill ski, as though they were attempting to squish bugs. This can be made more difficult by continuing to stomp through all three phases of the turn, alternating legs as appropriate.

**CUT THE GRASS/SLICE THE FLOWERS (SIDE SLIP) -** Student's goal is to side slip in as straight a line as possible in order to cut a straight line in the grass. Hands can be placed down the hill, as though they were holding the handle of a lawnmower.

**HIGH MARK-** Students start from the same spot, ski straight to a designated point, and then try to make one long turn to get as far back up the hill as possible. Have them compete to set the highest mark on the hill.

**HOCKEY STOP TURNS -** Warm up using hockey stops then work these back into short turns trying to achieve the same feeling and finish the turn with skis across the hill. This helps create short, rounded turns and teaches kids how to control speed.

**HOP OVER POLES/ OBSTACLE COURSE-** Choose a quiet, out of the way location. Lay a series of poles across the hill, perpendicular to the fall line, spaced one after another. Have your student attempt to hop over the poles without stopping between each one. Poles can be spaced further apart or closer together depending on desired difficulty level. Add other obstacles if desired.

**J TURNS-** Students draw out phase three with the goal of completing their turn by facing up the hill. Turn shape looks like a "J"

**LION TAMER/MARRIAGE TURNS-** The seeming opposite of synchro skiing. In pairs, students ski down a slope, with the partner at the back shouting directions to the first skier and then attempting to match their turn shape.

**MOGUL TRAVERSE-** Students make large, round turn through the bumps, attempting to travel over the top (apex) of the moguls while maintaining snow contact at all times. Extension and retraction of the legs is required

**MOGUL HOURGLASS/COUNTDOWN-** Students begin by traversing across five moguls (have them count), then making a turn. Now they count out four bumps and turn, then three, then two, and finally one, before reversing the process and counting back up to five bumps traversed. The students path through the moguls should look like an hourglass.

**OUTSIDE SKI TURNS-** Have students lift their inside ski off of the snow and the initiation of the turn through to the completion phase; performing the entire turn balanced on the outside ski.

**PICTURE FRAME-** Flip poles upside down (baskets pointing to the sky) and arms out. Keep the direction of travel, or the downhill, centered inside of your "picture frame"

**POLE PLANT AND HOP-** Students add a small hop after each pole plant. The feet are turned in the air. The angle at which they land can be adjusted to suit their ability.

**POWER PLOW-** In a plow position, students alternate balancing against fully edged skis to perform fall line - fully completed size arcs. Shoulders and hips remain down the fall line, while arms are forward and balanced with the pole plant.

**ROLLERBLADE TURNS-** Students edge both skis by rolling both ankles and knees forward and inside (shin pressure). Student must show

patience in allowing the ski to complete its turn.

**SHUFFLE TURN/1000 STEPS-** While making large, round turns, alternate raising and lowering each leg, as though they were running in place.

**SIMON SAYS-** Instructor stands at the bottom of a pitch, facing up hill, while students stand at the top waiting for direction. Students must watch their instructor for directions on which way to turn or when to go straight (instructor will point correct direction). Try varying the size of turns, (i.e. pointing longer in one direction).

**SPEISS-** Student performs small jump (from ankles) to turn the skis perpendicular to the line of travel while keeping hips, and shoulders facing down the fall line. Upper body is stabilized with a pole plant.

**SWITCH POINTING-** While skiing switch, have student point in their desired direction of travel with downhill arm, thereby opening up their shoulders and hips. When preparing to change directions, the student must return to a neutral position, before switching arms and once again pointing where they want to go.

**TOUCHING THE BOOT/PICKING FLOWERS/PATTING THE DOG-** Have students bend at the waist and knees in order to reach down and touch their outside (downhill) boot. At first they may do this while traversing across the hill and then gradually begin to apply it throughout the turn. Student should return to a neutral position between each turn.

**TURN NUMBER/SHAPE CHALLENGE-** Challenge your students to only complete a certain number of turns down a face. I.e. minimum 30 turns, or max 10 turns. Or limit them to a certain number of large turns/short turns they may do between the top and bottom.

**TURN SHAPE DELAYS-** Have student adjust their turn shape to draw out/shorten various phases of the turn. IE, add a controlled side-slip in phase 3 (between fall line and completion).

**VARIED RADIUS TURNS-** Use an audible count during turns (1 count for short turns, 2 counts for medium, and 3 counts for large) to promote a rhythm in skiing. Get the kids to yell out as they count so you can hear them.