

Freeski – lane changes

Objective: To ski with an established rhythm and turn shape, then break that rhythm and re-create the same rhythm and turn shape in a new fall-line.

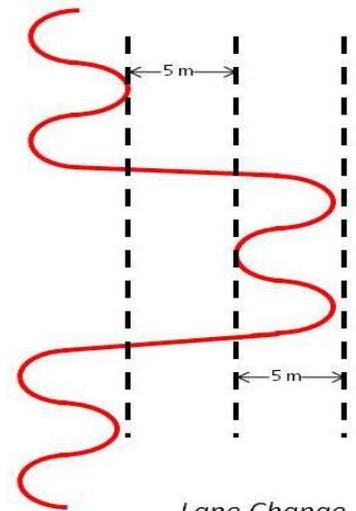
Primary Skill: Balance

Justification: To combine the skills of *rotary*, *edging*, and *pressure*.

Slope: Intermediate groomed terrain.

Description:

- Skier skis three turns in the fall-line of even size, rhythm and speed in a 5 meter wide corridor, then traverses across another 5 meter corridor to a new fall-line corridor and repeats for three turns
- The drill consists of six short turns sequences linked by five traverses



Lane Change Drill

Criteria for perfect execution:

- Balance is maintained in all three planes
- Turns are relatively round, carved, and of consistent radius
- Changing lanes is accomplished by a radical rhythm change where the skis continue across the fall-line without changing the radius of the exiting turn or the first turn in the new corridor
- Consistent speed is maintained throughout all portions of maneuver
- A pole swing coincides with edge release and center-of-mass movement into the new turn

Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

KID-FRIENDLY START INSTRUCTIONS:

- Ski three short radius turns in a corridor about as wide as a snow cat lane
- After the third turn, continue across the hill for about two cat-widths and start another three short turns section
- Ski six short turn sections connected by traverses
- Stay in balance
- The turns are carved and linked together
- All turns are of the same shape, but the third turn is taken across the hill to a new corridor
- Speed is maintained for all of the turns
- Use a pole swing or plant for each turn