



PHASE 3

Girls Ages 10-13, Boys Ages 11-14
4-8 years in sport

Pivot slips

Objective: To go straight down the fall-line and be able to rotate both skis simultaneously in each direction until skis are perpendicular to the fall-line with sideslips between pivots while not losing excessive speed.

Primary Skill: Rotary

Justification: Upper body and lower body separation demonstrated by rotation of the skis while maintaining a quiet upper body in space is essential for efficient ski racing.

Slope: Intermediate groomed terrain with a consistent fall-line.

Description:

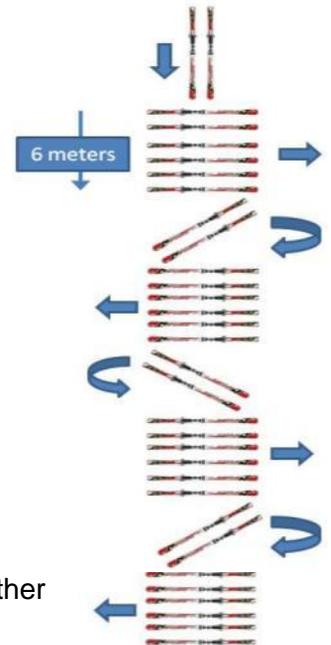
- Skier starts in a straight run down the fall-line
- Skis are maintained at hip width throughout the drill
- Skier travels 15 meters then pivots both skis across the fall-line
- Skier sideslips for six meters in a corridor down the fall-line, then pivots both skis in the opposite direction into a sideslip down the fall-line for another six meters
- Drill is concluded after the fourth sideslip, with an edge set that is timed with a pole plant and holds a stopped position for 3 seconds

Criteria for perfect execution:

- Skier stays within a ski-width corridor without deviation from the fall-line through entire drill
- Skis are pivoted simultaneously
- Hip width stance in all phases of the drill
- Skier loses a minimal amount of speed during the sideslips
- Pole plant coincides with edge set at conclusion of drill

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 straight down the hill to get up to speed
- Then quickly pivot your skis to turn them across the hill, turning both feet sideways at the same time
- Slip sideways straight down the hill, trying not to lose much speed
- Quickly pivot your skis to turn them across the hill in the other direction followed by another sideslip
- You'll do four sideslips in all, two to each side
- Try not to lose much speed and stay in a straight line down the hill the whole time
- Keep your skis hip-width apart the whole time
- After the fourth sideslip, stop by setting your edges and planting your downhill pole
- Hold still for 3 seconds

