



PHASE 2

Ages 6-10
1-4 years in sport

Pole jumpers

Objective: To clear a series of poles placed on the ground at 90 degrees to the skier's direction of travel.

Primary Skill: Pressure

Justification: Pressure along the fore/aft axis of the ski as a primary area of reference is important to the emerging ski racer. Clearing a series of poles while maintaining a straight path down the hill is only possible if the skier has fore/aft pressure control skills.

Slope: Beginner groomed terrain that is even from side to side, without sidehill or fall-away.

Set-up: Eight poles are laid flat on the ground at 90 degrees across the fall-line at eight meter spacing. The poles can be secured or unsecured to the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.

Description:

- Ski in a straight run down the fall-line
- Skier jumps once to clear each pole in the snow

Criteria for perfect execution:

- Skier maintains a straight path down the fall-line
- Equal distance is maintained between both skis and knees
- Jump off both feet simultaneously
- Land on both feet simultaneously
- Skis do not touch poles
- Economy of movement from the jumping skier

KID-FRIENDLY START INSTRUCTIONS:

- Ski straight down the hill
- Jump over the poles without your skis touching the poles
- Keep your skis and knees the same distance apart even when you jump and land
- Jump and land with both feet at the same time
- Jump from your legs, keeping the rest of your body quiet

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.