



PHASE 2

Ages 6-10
1-4 years in sport

Outside ski turns

Objective: To ski solely on the outside ski prior to, during and after the ski turn during medium radius highly carved turns connected with a traverse on one ski.

Primary Skill: Edging

Justification: The ability to ski on the outside ski is essential to optimally maintain balance against extreme external forces created by tight turn radii and high speeds. Without an inside ski to assist with lateral balance and regulate pressure the ski racer is limited to their options with regards to what they can do with the ski.

Slope: Easy intermediate groomed terrain.

Description:

- Skier makes eight carved GS radius turns with weight entirely on the outside ski
- The inside ski is kept entirely off the snow during the turn
- Skier concludes turn by remaining on the old outside ski for two ski lengths
- Skier will make an identifiable weight transfer
- Skier will initiate the new turn after a traverse of two ski lengths on the uphill (new outside) ski
- Pole may only be used to swing and touch the snow, not for balance support against the snow

Criteria for perfect execution:

- Inside ski carried off the snow 100% of the time
- A deliberate weight transfer can be identified when the skier transfers pressure to the new outside ski
- Prior to the turn, the new outside ski is skied for two ski lengths to indicate balance is solely on the new outside ski
- After turn completion the outside ski is skied for two ski lengths to indicate balance is still 100% outside ski dominant
- Turns are mainly carved
- Speed is consistent throughout entire maneuver
- Turn shape is relatively round
- Ski poles are kept off the snow except if used for a pole plant

KID-FRIENDLY START INSTRUCTIONS:

- Ski eight round, carved GS turns with all of your weight on your outside ski
- Lift the inside ski off the snow for the whole turn
- Between turns, step onto the uphill ski and lift the downhill as you traverse before you start into the turn
- Your poles are only used for pole plants, do not drag them or use them for balance
- Your speed is the same for all of the turns

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.