

Straight run to sideslip with edge set

Objective: To go straight down the fall-line then rotate both skis simultaneously until skis are perpendicular to fall-line to sideslip and finish with an edge set and pole plant.

Primary Skill: Rotary

Justification: Rotation of the ski is used in many ways. When combined with the skill of edging in one drill it makes this very ski-specific. It is similar to the rotary and edging demands involved with a steered turn entry to a carved completion.

Slope: Easy intermediate groomed terrain with a consistent fall-line.

Description:

- Skier starts in a straight run down the fall-line
- Skis remain hip width
- After 15 meters in a straight run, both skis are pivoted across the fall-line
- Skier will maintain a sideslip for 6 meters in a corridor
- The skier stops with an edge set timed with the pole plant and holds stopped position for 3 seconds
- The test is performed with a stop in each direction

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
- Continue slipping sideways straight down the hill
- Stop by setting your edges and planting your downhill pole
- Hold still for 3 seconds
- Keep your skis hip-width apart the whole time
- Then do the same drill turning your skis in the other direction

Criteria for perfect execution:

- Direction of travel does not deviate from fall-line
- Hip width stance in all phases of the drill
- Skis are pivoted simultaneously
- Skier remains in a ski width corridor
- Pole touch coincides with edge set

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.

